

Electronic Fetal Monitoring Practice Questions and Answers (Verified Answers)

1. A nurse is explaining to a pregnant patient the purpose of electronic fetal monitoring. Which of the following statements by the nurse is the most accurate way to describe the purpose of EFM?

- a. "EFM is a diagnostic procedure that monitors your baby's heart rate or FHR and your uterine contractions.
- b. "EFM is a screening procedure that monitors your baby's heart rate or FHR and your uterine contractions."
- c. "EFM is a screening procedure that only monitors your baby's heart rate or FHR."
- d. "EFM is a diagnostic procedure that only monitors the frequency, duration, and intensity of your uterine contractions."

ANS. "EFM is a screening procedure that monitors your baby's heart rate or FHR and your uterine contractions."

2. The nurse measures fetal well being during labor by paying attention to:

- a. the response of the FHR to uterine contractions
- b. mom's complaint of pain during the labor
- c. the FHR only

d. the frequency, duration, and intensity of the mother's uterine contractions only **ANS**. the response of the FHR to uterine contractions

3. A nursing student explains during her presentation that the 5 factors for adequate fetal oxygenation include:

1. normal maternal _____ and volume to the placenta
2. normal _____ in the maternal blood
3. adequate exchange of _____ and CO₂ in the placenta
4. an open _____ path between the placenta and the fetus through vessels in the umbilical cord
5. normal fetal circulatory and _____-carry functions: **ANS** 1.

normal ma-ternal blood flow and volume to placenta

2. normal oxygen saturation in the maternal blood

3. adequate exchange of oxygen and CO₂ in the palcenta

4. an open circulatory path between the placenta and the fetus through vessels in the umbilical cord

5. normal fetal circulatory and oxygen-carrying functions

4. While monitoring a baby's fetal well being using EFM, the nurse recognizes that the baby's baseline fetal heart rate is identified as the:

a. average rate of a 30 minute segment that excludes periodic or episodic changes

b. average rate of a 10 minute segment that excludes periodic or episodic

changes

c. average rate of a 20 minute segment that does not include periodic or episodic changes

ANS. average rate of a 10 minute segment that excludes periodic or episodic changes

5. A nurse determines that term baby's baseline fetal heart rate is 140 beats per minute. A nurse explains to her patient that this fetal heart rate is:

a. abnormal because it is not in the normal range of 90-100 bears perm minute for a term or post term fetus

b. normal because it is in the range of 110-160 bpm for a term or post term fetus

c. abnormal because it is not in the normal range of 160-200 bpm for a term or post term fetus

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ANS. normal because it is in the range of 110-160 bpm for a term or post term fetus

6. The nurse documents that the baseline heart rate for a fetus is between 120-160 beats per minute. Based on this finding, the nurse can determine that the fetus is:

a. post term

b. term

c. premature

d. both a and b **ANS.** premature