Multiple-Choice Questions on Maternal and Child Health

1. What is the most common cause of anemia during pregnancy?

A) Folate deficiency

B) Iron deficiency

C) Vitamin D deficiency

D) Physiologic anemia

2. At what hemoglobin level is anemia diagnosed in the second trimester?

A) <11.0 g/dL

B) <10.0 g/dL

C) <10.5 g/dL

D) <9.5 g/dL

3. Which trimester sees peak hemodilution during pregnancy?

A) First trimester

B) Second trimester

C) Third trimester

D) Postpartum

4. What is the most common risk factor for iron deficiency during pregnancy?

A) Poor dietary iron intake

B) Vitamin C deficiency

C) Smoking

D) Obesity

5. What is asymptomatic bacteriuria?

A) A urinary infection with severe symptoms

B) Presence of significant bacteria without symptoms

C) Kidney stones during pregnancy

D) Inflammation of the bladder

6. When is screening for asymptomatic bacteriuria recommended?

A) 8-10 weeks

B) 12-16 weeks

C) 20-24 weeks

D) 28-32 weeks

7. What is the primary cause of gestational diabetes mellitus (GDM)?

A) Increased insulin resistance

B) Vitamin D deficiency

C) Poor diet during pregnancy

D) Obesity

8. Which maternal complication is associated with gestational diabetes?

A) Pre-eclampsia

B) Hypoglycemia

C) Shoulder dystocia

D) Neural tube defects

9. What is polyhydramnios?

A) Excessive accumulation of amniotic fluid

B) Lack of amniotic fluid

C) Excess fetal weight

D) Low fetal weight

10. What percentage of women with gestational diabetes develop type 2 diabetes later?

A) 10%

B) 25%

C) 50%

D) 75%

11. What is the leading cause of maternal mortality worldwide?

A) Severe bleeding

B) Infections

C) High blood pressure

D) Unsafe abortion

12. What percentage of maternal deaths occur in low and middle-income countries?

A) 50%

B) 65%

C) 80%

D) 95%

13. How many routine postpartum evaluations does WHO recommend?

A) 2

B) 4

C) 6

D) 8

14. What is the primary purpose of folate supplementation during pregnancy?

A) Prevent anemia

B) Prevent neural tube defects

C) Prevent gestational diabetes

D) Prevent pre-eclampsia

15. Which of the following is NOT a fetal complication of GDM?

A) Macrosomia

B) Autism spectrum disorders

C) Neural tube defects

D) Cardiomyopathy

16. What is the global prevalence of gestational diabetes?

A) 10%

B) 17%

C) 25%

D) 30%

17. Which of the following is NOT a risk factor for GDM?

A) Older maternal age

B) Family history of diabetes

C) Smoking

D) Obesity

18. Which condition is characterized by anemia due to plasma volume expansion?

A) Iron deficiency anemia

B) Folate deficiency anemia

C) Physiologic anemia

D) Megaloblastic anemia

19. Which trimester has the highest prevalence of physiologic anemia?

A) First trimester

B) Second trimester

C) Third trimester

D) Postpartum

20. What is the recommended folate intake during pregnancy?

A) 200-400 mcg

B) 400-800 mcg

C) 800-1000 mcg

D) 1000-1200 mcg

1. B) Iron deficiency

2. C) <10.5 g/dL

3. B) Second trimester

4. A) Poor dietary iron intake

5. B) Presence of significant bacteria without symptoms

6. B) 12–16 weeks

7. A) Increased insulin resistance

8. A) Pre-eclampsia

9. A) Excessive accumulation of amniotic fluid

10. C) 50%

11. A) Severe bleeding

12. D) 95%

13. B) 4

14. B) Prevent neural tube defects

15. C) Neural tube defects

16. B) 17%

17. C) Smoking

18. C) Physiologic anemia

19. B) Second trimester

20. B) 400–800 mcg