

## Community

- \_ Maternal and Child part one
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# TEST BANK

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# Maternal and child part one

**Which global conference highlighted Maternal and Child Health (MCH) as a primary component of Primary Health Care?**

- A) Cairo Conference
- B) Alma Ata Conference
- C) World Health Summit
- D) Millennium Summit

Answer: B) Alma Ata Conference

Slide 2

**What was the main objective of the Safe Motherhood Initiative in 1987?**

- A) Reducing neonatal mortality
- B) Promoting emergency obstetric care and skilled birth attendance
- C) Increasing vaccination rates
- D) Reducing child malnutrition

Answer: B) Promoting emergency obstetric care and skilled birth attendance

Slide 3

**Which Millennium Development Goals (MDGs) specifically targeted maternal and child health?**

- A) Goal 2 and Goal 3
- B) Goal 1 and Goal 5
- C) Goal 4 and Goal 5
- D) Goal 6 and Goal 7

Answer: C) Goal 4 and Goal 5

Slide 4

**Under the Sustainable Development Goals (SDGs), by what year should the global maternal mortality ratio be reduced to less than 70 per 100,000 live births?**

- A) 2025
- B) 2030
- C) 2040
- D) 2050

Answer: B) 2030

Slide 5

**Which age group is targeted by Maternal and Child Health (MCH) services for reproductive health?**

- A) 10 - 40 years
- B) 15 - 49 years
- C) 20 - 45 years
- D) 18 - 55 years

Answer: B) 15 - 49 years

Slide 6

**One of the objectives of MCH services is to reduce neonatal morbidity and mortality. In high-mortality countries, what is a common cause of neonatal deaths?**

- A) Congenital anomalies
- B) Neonatal infections
- C) Birth defects
- D) Premature birth

Answer: B) Neonatal infections

Slide 9

**Why is providing Maternal and Child Health (MCH) care essential for socio-economic development?**

- .A) It increases family income
- .B) It lowers healthcare costs
- .C) Poor maternal health impacts women's productivity and family welfare
- .D) It guarantees employment for health workers

.Answer: C) Poor maternal health impacts women's productivity and family welfare

Slide 13

**Which factor increases the risk of maternal mortality in teenage pregnancies?**

- A) Increased preterm birth rate
- B) Lower rate of neonatal death
- C) Lower risk of gestational diabetes
- D) Reduced risk of hypertension

Answer: A) Increased preterm birth rate

Slide 22

**What is one of the reproductive health indicators suggested by WHO for global monitoring?**

- A) Vaccination coverage
- (B) Total Fertility Rate (TFR)
- C) Child literacy rate
- D) Food security index

(Answer: B) Total Fertility Rate (TFR)

Slide 25

**What is a major impact of overweight and obesity in pregnancy?**

- A) Reduced need for intensive care
- B) Increased risk of gestational diabetes
- C) Decreased risk of hypertension
- D) Improved pregnancy outcomes

Answer: B) Increased risk of gestational diabetes

Slide 23

**Which of the following is NOT a medical condition listed as a pregnancy risk factor?**

- A) Diabetes mellitus
- B) Urinary tract infection
- C) Varicose veins
- D) Heart disease

Answer: C) Varicose veins

Slide 18

**What does a high-risk pregnancy indicate?**

- A) Higher chance of maternal and/or fetal complications
- B) A standard level of care required
- C) No medical interventions necessary
- D) Increased chance of cesarean birth without complications

Answer: A) Higher chance of maternal and/or fetal complications

Slide 14

**What is the primary purpose of risk assessment in pregnancy?**

- A) To eliminate all risks
- B) To allocate resources effectively and improve outcomes
- C) To avoid any medical interventions
- D) To assess a woman's socio-economic status

Answer: B) To allocate resources effectively and improve outcomes

Slide 15

**According to WHO's indicators, what is the percentage threshold for low birth weight prevalence ?**

- A) 2,000g
- B) 2,500g
- C) 3,000g
- D) 3,500g

Answer: B) 2,500g

Slide 26

**Which factor is considered an epidemiological risk factor in pregnancy?**

- A) Maternal education level
- B) Maternal age
- C) Access to clean water
- D) Type of housing

Answer: B) Maternal age

Slide 21

# Maternal and Child part two

**What is the primary goal of maternal and child health (MCH) services?**

- A. Reducing healthcare costs
- B. Ensuring favorable health outcomes for mothers and children
- C. Increasing birth rates
- D. Promoting alternative therapies

Answer: B

Slide 2

**Which population is targeted for premarital services?**

- A. Couples considering marriage
- B. Newly married couples
- C. Any individual seeking health advice before marriage
- D. All of the above

Answer: D

Slide 4

**Preconception care includes:**

- A. Prenatal vitamins
- B. Screening and managing pre-existing conditions
- C. Folic acid supplementation
- D. All of the above

Answer: D

Slide 6,7

**Why is folic acid important during preconception?**

- A. It boosts immune function
- B. It helps prevent congenital anomalies
- C. It improves digestion
- D. It strengthens bones

Answer: B

Slide 6

**What should be avoided during pregnancy due to risks of congenital anomalies?**

- A. High doses of vitamin A
- B. Low-fat diets
- C. Natural supplements
- D. Iron supplements

Answer: A

Slide 8

**Family planning services support individuals and couples by:**

- A. Providing general healthcare
- B. Offering contraception options and family planning advice
- C. Increasing fertility rates
- D. Reducing healthcare costs

Answer: B

Slide 9

**Genetic counseling primarily helps with:**

- A. Improving mental health
- B. Assessing genetic risks for conditions like  $\beta$ -thalassemia
- C. Providing dietary guidelines
- D. Physical fitness advice

Answer: B

Slide 11, 12

**Why is rubella vaccination important for women planning to conceive?**

- A. It boosts the immune system
- B. It prevents congenital rubella syndrome in newborns
- C. It enhances maternal nutrition
- D. It prevents multiple pregnancies

Answer: B

Slide 14-16

**Which vaccine should women avoid during pregnancy?**

- A. Flu vaccine
- B. MMR vaccine
- C. Hepatitis B vaccine
- D. Tetanus vaccine

Answer: B

Slide 16

**Psychosocial support in preconception care focuses on:**

- A. Physical exercise
- B. Dietary supplements
- C. Mental health and emotional well-being
- D. Blood pressure monitoring

Answer: C

Slide 17

**Antenatal care (ANC) includes all of the following EXCEPT:**

- A. Promoting hygiene and nutrition
- B. Detecting complications during pregnancy
- C. Fertility testing
- D. Birth preparedness planning

Answer: C

Slide 20 , 21

**A primary objective of antenatal care is:**

- A. Reducing weight gain in pregnancy
- B. Preparing mothers for breastfeeding
- C. Preventing all forms of illness
- D. Increasing maternal age at birth

Answer: B

Slide 21

:The antenatal period is also a time to inform about

- A. Parenting skills
- B. Future birth spacing
- C. Career planning
- D. Childbirth alternatives

Answer: B

Slide 22

**Which of the following is NOT a component of preconception care?**

- A. Risk assessment
- B. Genetic counseling
- C. Postnatal care
- D. Mental health screening

Answer: C

Slide 5-17



**Premarital screening for  $\beta$ -thalassemia is important because?**

- A. It prevents all genetic disorders
- B. It reduces the incidence of carriers in the population
- C. It is mandatory by law
- D. It helps couples make informed family planning decisions

Answer: D

Slide 11

# Maternal and child part three

Which of the following is NOT a component of ANC?

- A. Health education and promotion
- B. Risk identification
- C. Employment assistance
- D. Disease prevention and management

Answer: C

Slide 3

How many antenatal care (ANC) visits are recommended in low-risk pregnancies according to the 2002 WHO ANC model?

- A. Two visits
- B. Four visits
- C. Six visits
- D. Eight visits

Answer: B

Slide 7

The 2016 WHO ANC model recommends how many minimum contacts?

- A. Four
- B. Six
- C. Eight
- D. Ten

Answer: C

Slide 8

In Jordan, what percentage of women receive antenatal care from a skilled provider?

- A. 75%
- B. 85%
- C. 97%
- D. 100%

Answer: C

Slide 10

**Which of the following is considered a pregnancy risk factor?**

- A. Age under 18 or above 35
- B. Education level
- C. Smoking
- D. All of the above

Answer: D

Slide 11,12

**Teenage pregnancy is more common among which educational background in Jordan?**

- A. Higher education
- B. Secondary education or less
- C. Vocational training
- D. Professional education

Answer: B

Slide 14

**Which test is used to determine gestational age in pregnant women?**

- A. Blood test
- B. Ultrasound scan
- C. Urine test
- D. Physical examination

Answer: B

Slide 6

**What is maternal morbidity?**

- A. Medical disorders before pregnancy
- B. Any departure from maternal well-being during pregnancy, childbirth, and postpartum
- C. Infant mortality rate
- D. Psychological health during pregnancy only

Answer: B

Slide 17

**Which of the following is NOT a cause of maternal morbidity?**

- A. Hemorrhage
- B. Perineal tears
- C. Hypertension
- D. Malaria

Answer: D

Slide 18

**Chronic hypertension in pregnancy is defined by which of the following blood pressure levels?**

- A. Above 120/80 mm Hg
- B. Above 130/85 mm Hg
- C. Above 140/90 mm Hg
- D. Above 160/100 mm Hg

Answer: C

Slide 19

**Preeclampsia (PE) is most commonly characterized by?**

- A. High blood sugar and dehydration
- B. High blood pressure and proteinuria
- C. Low blood pressure and anemia
- D. Nausea and vomiting

Answer: B

Slide 20

**Which of the following is a risk factor for preeclampsia?**

- A. First pregnancy
- B. Age above 35
- C. Chronic hypertension
- D. All of the above

Answer: D

Slide 24

**What is eclampsia?**

- A. severe complication of preeclampsia involving seizures
- B. High blood pressure in pregnancy
- C. Blood glucose issues in pregnancy
- D. Low blood pressure in pregnancy

Answer: A

Slide 23

**Which factor does NOT affect access to antenatal care?**

- A. Personal dietary choices
- B. Cultural and social beliefs
- C. Distance to a healthcare facility
- D. Quality of healthcare services

Answer: A

Slide 16