

Maternal and Child Health (MCH) Services LEC 2 Q:

1. What is the primary goal of preconception care?

- A) To manage labor and delivery complications
- B) To optimize the health of both the mother and the child before pregnancy
- C) To prevent pregnancy-related diseases
- D) To provide family planning services

2. Which of the following is NOT a key component of preconception care?

- A) Health promotion
- B) Risk assessment for pre-existing conditions
- C) Immunizations against childhood diseases
- D) Nutritional advice, including folic acid intake

3. Which group of individuals is the primary target population for premarital services?

- A) Pregnant women
- B) Couples about to marry or newly married individuals
- C) Individuals with pre-existing health conditions
- D) Children in the postnatal period

4. What is the recommended screening during preconception care to assess the risk of inherited genetic conditions?

- A) Blood glucose screening
- B) Beta-thalassemia screening
- C) Hepatitis B immunization
- D) Semen analysis for males

5. Which of the following is an essential part of family planning and contraception services in MCH care?

- A) Screening for hypertension and diabetes
- B) Counseling on informed decision-making regarding contraception
- C) Providing genetic counseling
- D) Promoting regular physical activity

6. Why is BMI considered a preferred indicator for nutritional status during preconception care?

- A) It directly measures the level of physical activity
- B) It assesses both the mother's and child's health during pregnancy

- C) It helps in monitoring weight gain and managing pre-existing conditions
- D) It evaluates the intake of megavitamins and herbal supplements

7. What is the role of immunizations in MCH services before pregnancy?

- A) To prevent pre-existing conditions like hypertension and diabetes
- B) To ensure that the mother is protected against preventable infections like rubella and hepatitis B
- C) To improve mental health and stress management
- D) To promote fertility and hormonal balance

8. Antenatal care (ANC) aims to accomplish all of the following EXCEPT:

- A) Promote and maintain the health of both the mother and the baby
- B) Detect and manage complications during pregnancy
- C) Prepare for birth and manage any complications
- D) Cure pre-existing chronic diseases like diabetes or hypertension

9. Which of the following is a recommended action during antenatal care to improve infant survival?

- A) Initiate family planning immediately
- B) Discuss birth spacing to reduce risks in subsequent pregnancies
- C) Increase the frequency of prenatal visits
- D) Provide counseling on labor pain management

10. What is the purpose of psychosocial support and mental health services in MCH care?

- A) To assess nutritional deficiencies
- B) To provide counseling or referrals for mental health conditions
- C) To screen for infectious diseases
- D) To monitor fetal development during pregnancy

11. Which of the following is NOT typically assessed during the preconception care phase?

- A) Nutritional status and weight management
- B) Screening for genetic conditions
- C) Fertility investigation, including hormonal evaluation
- D) Pre-existing maternal conditions like diabetes and hypertension

12. What is the role of genetic counseling in MCH care?

- A) To recommend family planning methods
- B) To provide dietary supplements for pregnant women
- C) To assess the risk of inherited genetic conditions and guide family planning decisions
- D) To offer counseling on managing pregnancy-related complications

13. Which is a primary objective of antenatal care?

- A) To assess the social and emotional readiness of the mother
- B) To promote and maintain the health of both the mother and baby
- C) To administer vaccinations for the infant
- D) To screen for childhood diseases like measles

14. What is a significant health recommendation for individuals during preconception care?

- A) Increase intake of herbal supplements
- B) Avoid the intake of megavitamins and herbal supplements due to unknown risks
- C) Avoid physical activity during pregnancy
- D) Skip immunizations to prevent risks during pregnancy

15. What role do immunizations play before pregnancy as part of preconception care?

- A) Immunizations are not necessary for individuals planning pregnancy
- B) Immunizations help protect the mother from preventable diseases that could affect pregnancy and fetal development
- C) Immunizations are only given to pregnant women, not during preconception
- D) Immunizations are administered solely to prevent childhood diseases in future children

16. Which of the following best describes the focus of antenatal care (ANC)?

- A) To provide counseling on labor pain management
- B) To promote and maintain maternal and fetal health, and detect/manage complications early
- C) To prepare the mother for breastfeeding only
- D) To treat chronic conditions like diabetes and hypertension exclusively

17. What is the key reason for recommending folic acid supplementation before and during pregnancy?

- A) To reduce the risk of gestational diabetes
- B) To prevent neural tube defects in the developing fetus

- C) To increase maternal calcium absorption
- D) To promote physical activity in the mother

18. Which of the following statements regarding premarital and preconceptional care is true?

- A) Preconceptional care is intended only for women planning to become pregnant
- B) Premarital care focuses solely on physical health
- C) Premarital services include health education on sexuality, puberty, and family planning
- D) Preconception care is unnecessary if the individual is not planning a pregnancy within the next year

19. What is the main goal of family planning services within MCH care?

- A) To delay marriage and prevent early childbearing
- B) To prepare the mother for labor and delivery
- C) To administer vaccinations for future children
- D) To inform individuals and couples about the available contraception methods and help them make informed decisions

20. Which of the following is most important for ensuring the health of the mother and child before conception?

- A) Focusing only on the physical health of the mother without considering mental health
- B) Increasing the intake of megavitamins to improve maternal health
- C) Achieving an optimal BMI and managing existing health conditions
- D) Avoiding all vaccinations until pregnancy

21. What is the role of family planning services within MCH care?

- A) To inform individuals and couples about the available contraception methods and help them make informed decisions
- B) To administer vaccinations for future children
- C) To delay marriage and prevent early childbearing
- D) To prepare the mother for labor and delivery

22. Why is screening for pre-existing conditions, such as hypertension or diabetes, emphasized during preconception care?

- A) To allow for early identification and appropriate management, improving maternal and fetal health
- B) To prevent the need for antenatal care

- C) To address mental health concerns before pregnancy
- D) To cure these conditions before pregnancy

23. Which of the following is considered a key component of health promotion during preconception care?

- A) Recommending routine use of herbal supplements
- B) Teaching mothers how to handle newborn infants
- C) Encouraging balanced nutrition and regular physical activity
- D) Managing postnatal depression

24. Why is fertility investigation an important aspect of preconception care for couples?

- A) To delay pregnancy until infertility treatments are available
- B) To identify potential fertility issues that could affect conception and develop an appropriate management plan
- C) To ensure that all pregnancies result in twins
- D) To prescribe immediate fertility treatments for all individuals

25. What does antenatal care (ANC) primarily focus on in terms of the mother's health?

- A) Administering immunizations to the newborn
- B) Preparing the father for the childbirth process
- C) Detecting and managing any complications that could arise during pregnancy, labor, or delivery
- D) Providing postnatal care for the infant

26. Which of the following is an example of a lifestyle change encouraged during preconception care to improve maternal and child health?

- A) Increase alcohol consumption to reduce stress
- B) Stop using contraception to allow conception
- C) Stop smoking and avoid harmful substances
- D) Focus solely on physical exercise and ignore nutrition

27. What role do immunizations play before pregnancy as part of preconception care?

- A) Immunizations are not necessary for individuals planning pregnancy
- B) Immunizations help protect the mother from preventable diseases that could affect pregnancy and fetal development
- C) Immunizations are only given to pregnant women, not during preconception

D) Immunizations are administered solely to prevent childhood diseases in future children

28. Which of the following is a reason for including discussions on birth spacing during antenatal care?

- A) To prepare for a higher number of children
- B) To reduce the risk of complications in future pregnancies and improve infant survival
- C) To delay childbirth until the mother is older
- D) To prevent the mother from breastfeeding

29. Which of the following is a major goal of antenatal care (ANC)?

- A) To focus only on maternal mental health
- B) To monitor and treat physical complications, such as hypertension or diabetes
- C) To provide immunizations for the infant
- D) To cure pre-existing diseases

30. What is the main recommendation regarding lifestyle during preconception care?

- A) Increase caffeine intake to improve fertility
- B) Stop smoking, reduce alcohol consumption, and avoid harmful substances
- C) Focus exclusively on improving physical health and ignore mental health
- D) Use herbal supplements to boost fertility

Answers:

- 1. B
- 2. C
- 3. B
- 4. B
- 5. B
- 6. C
- 7. B
- 8. D
- 9. B
- 10. B
- 11. C
- 12. C
- 13. B
- 14. B
- 15. B
- 16. B

- 17. B
- 18. C
- 19. D
- 20. C
- 21. A
- 22. A
- 23. C
- 24. B
- 25. C
- 26. C
- 27. B
- 28. B
- 29. B
- 30. B

1. Preconception care is primarily focused on the health of the mother and child before pregnancy.

True / False

2. Antenatal care (ANC) services are only aimed at detecting complications during pregnancy, and do not include health promotion.

True / False

3. Premarital and preconception care includes health education on topics such as sexuality, puberty, and family planning.

True / False

4. Folic acid supplementation before and during pregnancy helps prevent neural tube defects in the developing fetus.

True / False

5. Immunizations are recommended before pregnancy to protect both the mother and child from preventable infections.

True / False

6. Preconception care includes screening for pre-existing conditions like hypertension, diabetes, and infections to manage risks before pregnancy.

True / False

7. Screening for genetic conditions, such as beta-thalassemia, is only necessary after pregnancy.

True / False

8. Preconception care emphasizes the need for individuals to avoid harmful substances such as smoking, alcohol, and illicit drugs.

True / False

9. Family planning services within MCH care are solely focused on contraception and have no role in preparing individuals for pregnancy.

True / False

10. One of the objectives of antenatal care is to help mothers prepare for breastfeeding and infant care.

True / False

11. Preconception care includes counseling on mental health, stress management, and providing referrals if needed.

True / False

12. Genetic counseling is designed to help couples assess the risk of inherited genetic conditions and make informed decisions about family planning.

True / False

13. Prenatal visits are primarily designed to prepare the mother for childbirth and are not concerned with detecting pregnancy complications.

True / False

14. A balanced diet and regular physical activity are important recommendations for individuals undergoing preconception care.

True / False

15. Screening for diabetes, hypertension, and other chronic conditions during preconception care allows for early management and improved maternal and fetal health.

True / False

16. Birth spacing is not discussed during antenatal care as it has no impact on infant survival or maternal health.

True / False

17. Antenatal care (ANC) includes the provision of vaccines to the newborn but does not include any prenatal screening.

True / False

18. Antenatal care services aim to address both the physical and mental health needs of the mother.

True / False

19. Preconception care recommends avoiding the intake of megavitamins and herbal supplements due to the lack of evidence regarding their safety during pregnancy.

True / False

20. Fertility investigations, including semen analysis for men and hormonal evaluation for women, are a part of preconception care for couples.

True / False

Answers:

1. True
2. False
3. True
4. True
5. True
6. True
7. False
8. True
9. False
10. True

11. True
12. True
13. False
14. True
15. True
16. False
17. False
18. True
19. True
20. True

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