

Maternal and Child Health (MCH) LEC 3 Q:

- Which of the following best describes the main purpose of antenatal care (ANC)?**
 - To monitor fetal heart rate and growth at regular intervals
 - To provide medical treatment to women who already have complications
 - To provide care by skilled health professionals to ensure the health of both mother and baby during pregnancy
 - To ensure that all pregnant women undergo mandatory testing
- What is the primary benefit of antenatal care in reducing maternal and perinatal morbidity and mortality?**
 - By ensuring early detection and treatment of pregnancy-related complications
 - Through the use of herbal remedies for common pregnancy ailments
 - Through the routine use of ultrasounds
 - By encouraging home births to reduce medical costs
- According to the WHO 2016 recommendations, how many ANC visits should be made by a pregnant woman?**
 - A minimum of six visits
 - A minimum of eight visits
 - A minimum of ten visits
 - A minimum of four visits
- The primary reason for conducting an ultrasound at 10 to 13 weeks of pregnancy is to:**
 - Detect the baby's gender
 - Establish the viability of the pregnancy and determine gestational age
 - Check for any hormonal imbalances in the mother
 - Monitor the fetal heart rate
- Which of the following is not a recommended screening test in antenatal care?**
 - Urine tests for protein
 - Routine HIV test
 - Ultrasound scan at 10–13 weeks
 - Blood pressure measurement
- The Focused Antenatal Care (FANC) model is typically recommended for women who:**
 - Are experiencing severe pregnancy-related illnesses
 - Are under 18 or over 35 years of age
 - Have no underlying pregnancy complications and are generally healthy
 - Are pregnant with multiple fetuses
- Which of the following risk factors for pregnancy should be considered during antenatal care?**
 - A preference for a water birth
 - A history of breast cancer
 - Height less than 150 cm
 - Having a family history of asthma
- Which of the following statements about adolescent pregnancy is correct?**
 - Teenage pregnancy has no significant impact on maternal health
 - Children born to adolescent mothers have the same health outcomes as those born to older mothers

- C) Teenage pregnancy rates are highest among women with higher levels of education
- D) Teen mothers have lower rates of educational achievement and are at higher risk for pregnancy complications
9. **What is the primary reason for recommending at least five ANC visits in the third trimester according to WHO guidelines?**
- A) To determine the exact birth weight of the fetus
- B) To monitor fetal growth
- C) To perform routine screenings for infectious diseases
- D) To detect and manage complications such as preeclampsia and gestational diabetes
10. **Which of the following maternal morbidities is most commonly associated with hypertension during pregnancy?**
- A) Perineal tears
- B) Preterm delivery
- C) Preeclampsia
- D) Ectopic pregnancy
11. **What is a major complication that can arise from untreated preeclampsia?**
- A) Postpartum hemorrhage
- B) Eclampsia, characterized by epileptic seizures
- C) Increased risk of maternal anemia
- D) Ectopic pregnancy
12. **Which of the following is not a recognized risk factor for preeclampsia (PE)?**
- A) First pregnancy
- B) Chronic hypertension
- C) Having a history of multiple healthy pregnancies
- D) Age under 18 or over 35
13. **What is the key clinical feature that distinguishes preeclampsia from regular hypertension during pregnancy?**
- A) Weight gain and swelling
- B) New onset of hypertension with proteinuria after 20 weeks of gestation
- C) A sudden increase in fetal heart rate
- D) Abdominal pain and nausea
14. **The incidence of teenage pregnancy in Jordan is:**
- A) Lower than the global average
- B) Highest among women with no formal education
- C) Completely absent in rural areas
- D) Uniform across all regions
15. **Which of the following is NOT typically an element of access to ANC services as defined by WHO?**
- A) The personal preference of the healthcare provider
- B) Economic and other associated costs
- C) The physical availability of services
- D) Cultural and social factors that may impede access
16. **Which of the following is not considered a direct cause of maternal morbidity?**
- A) Obstructed labor
- B) Stillbirth
- C) Preterm delivery
- D) Obesity

17. **Which of the following is the most accurate definition of maternal morbidity?**

- A) Any disorder present before pregnancy that affects the mother's health
- B) Any physiological or psychological condition affecting a woman's well-being during pregnancy, childbirth, or postpartum
- C) Any complication related to the pregnancy that affects fetal development
- D) Any departure from a state of psychological well-being during pregnancy

Answers:

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

1. **The primary objective of antenatal care (ANC) is to:**

- A) Ensure the birth of a healthy baby through medical interventions
- B) Monitor fetal growth and development exclusively through ultrasounds
- C) Educate the mother on childbirth and parenting skills
- D) Provide comprehensive care to the mother and fetus to reduce risks and complications

2. **According to the WHO 2016 guidelines, the optimal number of ANC visits for women with a healthy pregnancy is:**

- A) 4 visits: One in each trimester
- B) 10 visits: Spread evenly throughout the pregnancy
- C) 8 visits: One in the first trimester, two in the second trimester, and five in the third trimester
- D) 6 visits: One per trimester and two post-partum

3. **Which of the following is not typically included in the routine components of antenatal care?**

- A) Risk identification for pregnancy complications
- B) Ultrasound scan exclusively for determining gender
- C) Blood tests to monitor fetal abnormalities
- D) Health education and promotion for the mother

4. **In the context of antenatal care, the Focused Antenatal Care (FANC) model is primarily designed for:**

- A) Pregnant teenagers under the age of 16
 - B) Women with high-risk pregnancies who require frequent monitoring
 - C) Women with low-risk pregnancies who do not have any underlying complications
 - D) Women who have had more than one miscarriage
5. **The primary reason for conducting an ultrasound scan during the first trimester is to:**
- A) Confirm the gestational age and establish the viability of the pregnancy
 - B) Assess the health of the mother
 - C) Detect potential complications like preeclampsia
 - D) Determine the exact size of the fetus
6. **According to the text, which of the following is considered a pregnancy risk factor that should be monitored during antenatal care?**
- A) Height of 160 cm
 - B) BMI between 20 and 24.9
 - C) Previous history of a caesarean section
 - D) Being a first-time mother with no complications
7. **In Jordan, antenatal care coverage is:**
- A) Nearly universal, with 97% of women receiving ANC from a health professional
 - B) Consistently low across all socioeconomic backgrounds
 - C) Less than 50% of pregnant women receive ANC services
 - D) Primarily offered only in urban areas
8. **Which of the following is not a factor that influences access to antenatal care services according to the WHO?**
- A) The personal preferences of the healthcare provider
 - B) Cultural and social barriers
 - C) The proximity of healthcare facilities to the woman's home
 - D) The quality of the healthcare services available
9. **Which of the following is not a recommended intervention to prevent maternal morbidity during pregnancy?**
- A) Routine use of antibiotics for all pregnant women
 - B) Screening for pre-existing medical conditions like hypertension or diabetes
 - C) Monitoring blood pressure and proteinuria for early detection of preeclampsia
 - D) Providing nutritional guidance and iron supplements for women with anemia
10. **One of the most serious complications that can arise from untreated preeclampsia is:**
- A) Anemia and malnutrition
 - B) Stroke and seizure (eclampsia)
 - C) Preterm labor without any associated complications
 - D) Increased risk of gestational diabetes
11. **According to the text, the incidence of teenage pregnancy in Jordan is lowest in which of the following areas?**
- A) Zarqa
 - B) Ma'an and Aqaba
 - C) Amman
 - D) Irbid
12. **What is a key aspect of antenatal education provided during antenatal classes in Europe?**
- A) Regular ultrasound scans to monitor fetal development

- B) A review of all possible medical complications during pregnancy
C) Instruction on physical exercises and relaxation techniques for labor
D) Information on prenatal vitamins and dietary supplements
13. **Which of the following maternal conditions is most commonly linked to preeclampsia?**
A) Obesity
B) Renal disease
C) History of mental health issues
D) Preexisting anemia
14. **The main clinical signs of preeclampsia include:**
A) Excessive weight gain and frequent vomiting
B) Hypertension and proteinuria developing after 20 weeks of gestation
C) Elevated blood sugar levels and increased fetal movements
D) Proteinuria, weight loss, and nausea
15. **The term “maternal morbidity” refers to:**
A) Any complication that leads to preterm birth
B) A condition that results in the death of the mother during pregnancy
C) Any pregnancy-related health issue affecting only the fetus
D) Any departure from a state of maternal well-being during pregnancy, childbirth, or postpartum
16. **Which of the following medical comorbidities can increase the risk of maternal morbidity during pregnancy?**
A) Migraine
B) Chronic hypertension
C) Menstrual irregularities
D) Acute respiratory infections
17. **Which of the following is NOT a common risk factor for preeclampsia (PE)?**
A) Family history of preeclampsia
B) Diabetes and obesity
C) Advanced maternal age (over 35 years)
D) Prior cesarean section
18. **What does the WHO recommend as a critical component in ensuring access to antenatal care services?**
A) Reducing the number of necessary ANC visits
B) Lowering the costs of healthcare services
C) Ensuring that services are physically available and culturally appropriate
D) Requiring all pregnant women to use private healthcare providers

Answers:

1. **D**
2. **C**
3. **B**
4. **C**
5. **A**
6. **C**

7. **A**
8. **A**
9. **A**
10. **B**
11. **B**
12. **C**
13. **B**
14. **B**
15. **D**
16. **B**
17. **D**
18. **C**

1. **What is the most critical reason for scheduling the first ANC visit as early as possible during pregnancy?**
 - A) To detect pregnancy-related complications early, such as gestational diabetes or preeclampsia
 - B) To determine the sex of the fetus
 - C) To initiate the administration of prenatal vitamins
 - D) To monitor the fetal heart rate and ensure normal growth
2. **In the WHO 2016 ANC recommendations, it was found that the focused ANC (FANC) model is associated with:**
 - A) Higher rates of perinatal deaths compared to ANC models with more than eight contacts
 - B) A significant reduction in maternal and perinatal mortality
 - C) Reduced healthcare costs without compromising maternal or fetal health
 - D) A decrease in the need for ultrasound screenings during pregnancy
3. **Which of the following pregnancy risk factors would most likely prompt an increased number of ANC visits?**
 - A) Having a BMI between 18 and 24
 - B) Being diagnosed with chronic hypertension before pregnancy
 - C) Being under 25 years of age with a history of previous pregnancy
 - D) Having a normal weight and no family history of pregnancy complications
4. **Which of the following is a long-term benefit of the focused antenatal care (FANC) model that was mentioned in the text?**
 - A) It is particularly useful for high-risk pregnancies, requiring only one ANC visit per trimester
 - B) It is associated with improved maternal health outcomes when applied to healthy pregnancies with no complications
 - C) It reduces maternal and fetal mortality rates by increasing the frequency of ANC visits
 - D) It ensures early detection of diseases like malaria in pregnant women
5. **What is the most likely consequence if a pregnant woman's height is less than 150 cm during ANC?**
 - A) She may have a higher risk of developing preeclampsia
 - B) She may face difficulties during labor, such as obstructed labor
 - C) She will need more ultrasound scans to monitor fetal growth
 - D) She is more likely to experience gestational diabetes

6. **Which of the following statements about ultrasound scanning during pregnancy is incorrect?**
- A) Ultrasound is recommended at 10 to 13 weeks to determine gestational age and fetal viability
 - B) Ultrasound at 24 weeks is crucial for detecting ectopic pregnancy
 - C) Routine ultrasound scans at 20 weeks of gestation are for determining fetal abnormalities
 - D) Ultrasound is used to monitor fetal growth and detect multiple pregnancies
7. **In the case of pregnant adolescents (teenage pregnancy), which of the following statements is most accurate?**
- A) Teenage pregnancy in Jordan has a uniform rate across all regions and educational backgrounds
 - B) Teenage pregnancy is more likely to occur in wealthier families
 - C) Adolescents who give birth tend to face more health risks and have less opportunity for education compared to older mothers
 - D) Teenage pregnancy is most common among those with secondary or higher education
8. **Which of the following risk factors significantly increases the risk of preeclampsia during pregnancy?**
- A) Having a previous pregnancy with gestational diabetes
 - B) Being older than 40 years of age
 - C) Having a low body mass index (BMI)
 - D) Being younger than 18 years of age
9. **What role does health education play during antenatal care (ANC)?**
- A) It primarily focuses on the physical examination and lab tests for the pregnant woman
 - B) It informs pregnant women about possible complications and encourages self-management of pregnancy
 - C) It mainly includes information about postpartum care and birth options
 - D) It is designed to focus solely on the diet and nutrition during pregnancy
10. **According to the text, pregnancy-related hypertension (including chronic hypertension) is most likely to cause:**
- A) Higher rates of ectopic pregnancy
 - B) Increased maternal risk for hemorrhage and infection
 - C) Fetal developmental delays due to placental insufficiency
 - D) Increased risk of preterm birth
11. **Maternal morbidity can result from all of the following except:**
- A) Increased fetal movement during the third trimester
 - B) Perineal tears during delivery
 - C) Preterm labor
 - D) Emotional distress related to unexpected pregnancy complications
12. **Eclampsia, a severe progression of preeclampsia, is associated with:**
- A) Hemorrhage and loss of consciousness
 - B) Seizures and brain edema due to vascular spasms
 - C) Elevated blood sugar levels and seizures
 - D) Premature rupture of membranes and early delivery
13. **According to the text, the risk of postpartum hemorrhage (PPH) and antepartum hemorrhage (APH) is higher for women who:**

- A) Are younger than 25 years of age
 - B) Have a BMI between 18 and 24.9
 - C) Are physically inactive during pregnancy
 - D) Have a history of cesarean sections or forceps delivery
14. **The Focus Antenatal Care (FANC) model is characterized by:**
- A) A greater number of visits and medical tests compared to other models
 - B) More frequent use of medications and supplements throughout pregnancy
 - C) Fewer visits, focusing on risk identification and prevention in healthy pregnancies
 - D) A focus on early pregnancy termination and counseling for women with multiple children
15. **Teenage pregnancy in Jordan is most strongly associated with:**
- A) Wealthier families with higher incomes
 - B) Having no formal education or only a primary education
 - C) A desire to have children early due to cultural traditions
 - D) Increased educational attainment and family planning knowledge

Answers:

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

1. The Focused Antenatal Care (FANC) model recommends a minimum of four ANC visits for healthy women with no complications, but women with pregnancy-related illnesses should have more visits based on their specific conditions.

True / False

2. According to the WHO, eight ANC visits are now considered essential for all pregnancies, regardless of whether the woman is healthy or has underlying complications.

True / False

3. The first ANC visit should be scheduled as late as possible during pregnancy to ensure the mother is fully aware of her condition before undergoing any tests.

True / False

4. Ultrasound scans during pregnancy are primarily used to determine the fetal sex and genetic abnormalities, with no other significant diagnostic value.

True / False

5. Maternal morbidity includes any psychological or physical condition that negatively affects the mother's health during pregnancy, childbirth, or the postpartum period.

True / False

6. The primary benefit of focused antenatal care (FANC) is that it reduces the number of visits a pregnant woman needs, even if there are complications.

True / False

7. Teenage mothers are less likely to experience adverse pregnancy outcomes when compared to older mothers due to better maternal adaptability during pregnancy.

True / False

8. Preterm birth and hemorrhage are two of the leading causes of maternal morbidity and mortality in the first 42 days after delivery.

True / False

9. Women who are older than 35 or under 18 years of age, or have a BMI greater than 25, are at a higher risk for preeclampsia and gestational diabetes.

True / False

10. Chronic hypertension refers to high blood pressure that develops after 20 weeks of gestation and resolves after childbirth.

True / False

11. In Jordan, 97% of women receive antenatal care from a skilled healthcare provider, indicating very high levels of ANC coverage.

True / False

12. Access to ANC services is determined solely by the availability of healthcare facilities in a given region, without considering other social or economic factors.

True / False

13. One of the reasons focused ANC has been found to be less effective is that it reduces the total number of ANC visits, leading to less interaction between the pregnant woman and healthcare professionals.

True / False

14. Women with pre-existing medical conditions such as diabetes or cardiovascular diseases should receive the same level of ANC care as healthy women, as the risks to both mother and fetus are similar.

True / False

15. The risk of stillbirth and neonatal death increases significantly for teenage mothers, especially those with low educational attainment and lower socioeconomic status.

True / False

16. A pregnancy risk factor such as previous cesarean section requires that a pregnant woman undergo a higher frequency of ANC visits due to the increased risk of complications in subsequent pregnancies.

True / False

17. Perineal tears and uterine rupture are complications that can be avoided by limiting the number of ANC visits.

True / False

18. The primary objective of antenatal care (ANC) is to focus on maternal well-being alone, without consideration for the fetal condition or risk factors.

True / False

19. Social and cultural barriers to accessing ANC services, such as distance or socioeconomic factors, can lead to lower maternal care utilization in low-resource settings.

True / False

20. Ultrasound scans are recommended during the first trimester to confirm pregnancy viability, but subsequent scans are not required unless there are signs of complications.

True / False

21. Preeclampsia typically manifests as new-onset hypertension in women with a normal blood pressure before pregnancy, often with proteinuria after 20 weeks of gestation.

True / False

22. The risk of preeclampsia is particularly high for women who are having their first pregnancy and those who are under 18 years or over 35 years of age.

True / False

23. Chronic hypertension during pregnancy is generally less dangerous to maternal and fetal health than preeclampsia, as it does not typically lead to proteinuria.

True / False

24. Antenatal classes in Europe focus on preparing mothers for labor and delivery, but they do not include any topics related to postpartum recovery or baby care.

True / False

25. The WHO's 2016 ANC recommendations suggest that minimum 8 ANC visits improve pregnancy outcomes, especially reducing perinatal deaths, when compared to models with fewer visits.

True / False

Answers:

1. True
2. False
3. False
4. False
5. True
6. False
7. False
8. True
9. True
10. False
11. True
12. False
13. True
14. False
15. True
16. True
17. False
18. False
19. True
20. False
21. True
22. True
23. False
24. False
25. True

Done By: Khaled Ghanayem