

Chapter 3: Reproductive Anatomy and Physiology

Chapter 03_LO01_Q01

The normal position of the uterus within the body cavity is:

1. Anteflexed.
2. Retroflexed.
3. Retroverted.
4. Anteverted.

Correct Answer: 4

Rationale:

1. Retroflexed, or bending backward; retroverted; and anteflexed, or not flexed, are not normal uterine positions within the body cavity.
2. Retroflexed, or bending backward; retroverted; and anteflexed, or not flexed, are not normal uterine positions within the body cavity.
3. Retroflexed, or bending backward; retroverted; and anteflexed, or not flexed, are not normal uterine positions within the body cavity.
4. Anteverted is the normal position of the uterus as the uterus bends forward, forming a sharp angle with the vagina.

Cognitive Level: Comprehension

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 3.1 Identify the structures and functions of the female reproductive system.

Chapter 03_LO01_Q02

The client shows an understanding of the pelvic cavity divisions by stating:

1. "The true pelvis is made up of the sacrum, coccyx, and the innominate bones."
2. "The false pelvis consists of the inlet, the pelvic cavity, and the outlet."
3. "The true pelvis is the portion above the pelvic brim."
4. "The relationship between the false pelvis and the fetal head is of paramount importance."

Correct Answer: 1

Rationale:

1. The true pelvis is made up of the sacrum, coccyx, and two innominate bones (or hip bones), and represents the bony limits of the birth canal.
2. The true pelvis consists of the inlet, the pelvic cavity, and the outlet, not the false pelvis.
3. The false pelvis is the portion above the pelvic brim.
4. The relationship between the true pelvis (not the false) and the fetal head is of paramount importance.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Evaluation

Learning Outcome: 3.1 Identify the structures and functions of the female reproductive system.

Chapter 03_LO01_Q03

The uterine ligaments support and stabilize the various reproductive organs. Which of the following are true statements about the individual ligaments? Select all that apply.

1. The infundibulopelvic ligaments suspend and support the uterus.
2. The broad ligament keeps the uterus centrally placed.
3. The uterosacral ligaments contribute to the pain of dysmenorrhea (painful menstruation).
4. The ovarian ligaments anchor the ovary to the uterus.
5. The cardinal ligaments prevent uterine prolapse and support the upper vagina.

Correct Answers: 2; 3; 4; 5

Rationale:

1. The infundibulopelvic ligaments suspend and support the ovaries, not the uterus.
2. The broad ligament keeps the uterus centrally placed.
3. The uterosacral ligaments contribute to the pain of dysmenorrhea (painful menstruation).
4. The ovarian ligaments anchor the ovary to the uterus.
5. The cardinal ligaments prevent uterine prolapse and support the upper vagina.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 3.1 Identify the structures and functions of the female reproductive system.

Chapter 03_LO02_Q04

A man who has had a vasectomy becomes functionally sterile because the sperm:

1. Are no longer being produced.
2. Are no longer motile and fertile.
3. Cannot reach the outside of the body.
4. Cannot penetrate an ovum.

Correct Answer: 3

Rationale:

1. Sperm are produced in the seminiferous tubules in the testes, and are not affected by a vasectomy.
2. A vasectomy does not affect motility or fertility of sperm.
3. Sperm cannot reach the outside of the body in a man who has a vasectomy. The main function of the vas deferens, which is ligated in a vasectomy, is to squeeze the sperm from their storage site into the urethra.
4. Sperm cannot penetrate an ovum, but only because they cannot reach the outside of the body due to the ligation.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 3.2 Identify the structures and functions of the male reproductive system.

Chapter 03_LO02_Q05

A school nurse, teaching a health class to adolescent boys, explains that spermatozoa become motile and fertile during the 2–10 days they are stored in the:

1. Epididymis.
2. Vas deferens.
3. Prostate gland.
4. Urethra.

Correct Answer: 1

Rationale:

1. The epididymis provides a reservoir where maturing spermatozoa become both motile and fertile. The spermatozoa remain in the epididymis for 2–10 days.
2. The vas deferens connects the epididymis with the prostate.
3. The prostate gland secretes a fluid that protects the sperm from the acidic environment of the vagina.
4. The urethra is the passageway for both urine and semen.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 3.2 Identify the structures and functions of the male reproductive system.

Chapter 03_LO02_Q06

Based on the anatomy of the male external genitalia, which of the following is the most logical cause of inability to achieve erection?

1. Weakness or atrophy of the penile muscles
2. Poor circulation to the penis
3. An undescended testicle
4. Decreased functioning of the seminiferous tubules

Correct Answer: 2

Rationale:

1. Weakness or atrophy of the penile muscle does not play a primary role in the inability to achieve erection.
2. Poor circulation to the penis is the most logical cause because the penis becomes erect as result of innervation from the pudendal nerve, causing its blood vessels to become engorged.
3. An undescended testicle does not play a primary role in the inability to achieve erection.
4. Decreased function of the seminiferous tubules does not play a primary role in the inability to achieve erection.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Diagnosis

Learning Outcome: 3.2 Identify the structures and functions of the male reproductive system.

Chapter 03_LO03_Q07

A pregnant adolescent asks the nurse, “Why does the physician call measuring my uterus ‘a fundal height’?” The nurse’s answer is based on the fact that the fundus of the uterus is located:

1. Between the internal cervical os and the endometrial cavity.
2. In the elongated portion where the fallopian tubes enter.
3. In the lower third area.
4. In the uppermost (dome-shaped top) portion.

Correct Answer: 4

Rationale:

1. The isthmus is that portion of the uterus between the internal cervical os and the endometrial cavity.
2. The elongated portion where the fallopian tubes enter the uterus is called the cornua.
3. The lower third of the uterus is called the cervix or neck.
4. The rounded uppermost (dome-shaped top) portion of the uterus that extends above the points of attachment of the fallopian tubes is called the fundus.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 3.3 Discuss the significance of specific female reproductive structures during childbirth.

Chapter 03_LO03_Q08

When planning care for a client who has undergone an episiotomy, it would be important to include a goal that addresses the need for pain relief of the:

1. Mons pubis.
2. Perineum.
3. Labia minora.

4. Hymen.

Correct Answer: 2

Rationale:

1. The mons pubis refers to the soft mound overlying the pubic bone, and is not involved in an episiotomy.
2. The perineum is the superficial area between the anus and vagina, and this tissue is often the site of an episiotomy or lacerations during childbirth.
3. The labia minora are the inner folds of the vagina, and are not cut in an episiotomy.
4. The hymen, if present, is a thin elastic collar of tissue that surrounds the vaginal opening; it is not cut in an episiotomy.

Cognitive Level: Application

Category of Client Need: Physiological Integrity

Nursing Process: Planning

Learning Outcome: 3.3 Discuss the significance of specific female reproductive structures during childbirth.

Chapter 03_LO03_Q09

The nurse explains to the client that the obstetric conjugate measurement is important because:

1. The size of this diameter determines whether the fetus can move down into the birth canal so that engagement can occur.
2. This measurement determines the shape of the inlet.
3. The fetus passes under it during birth.
4. This determines the tilt of the pelvis.

Correct Answer: 1

Rationale:

1. The obstetric conjugate extends from the middle of the sacral promontory to an area approximately 1 cm below the pubic crest. The fetus passes through the obstetric conjugate, and the size of this diameter determines whether the fetus can move down into the birth canal in order for engagement to occur.
2. The transverse diameter is the largest diameter of the inlet, and helps determine its shape.
3. The fetus passes under the pubic arch, which is part of the pelvic outlet.

4. A change in the lumbar curve can increase or decrease the tilt of the pelvis.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 3.3 Discuss the significance of specific female reproductive structures during childbirth.

Chapter 03_LO04_Q10

A school nurse is teaching a health class to middle school children. The nurse explains that follicle-stimulating hormone (FSH) and luteinizing hormone (LH) are secreted by the:

1. Hypothalamus.
2. Ovaries and testes.
3. Posterior pituitary.
4. Anterior pituitary.

Correct Answer: 4

Rationale:

1. The hypothalamus secretes gonadotropin-releasing hormone to the pituitary gland in response to signals from the central nervous system.
2. The ovaries secrete the female hormone of estrogen and progesterone, and the testes secrete testosterone.
3. The posterior pituitary gland secretes oxytocin and antidiuretic hormone.
4. The anterior pituitary secretes FSH and LH, which are primarily responsible for maturation of the ovarian follicle.

Cognitive Level: Analysis

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 3.4 Summarize the actions of the hormones that affect reproductive functioning.

Chapter 03_LO04_Q11

A nurse teaches newly pregnant clients that if an ovum is fertilized and implants in the

endometrium, the hormone the fertilized egg begins to secrete is:

1. Estrogen.
2. Human chorionic gonadotropin (hCG).
3. Progesterone.
4. Luteinizing.

Correct Answer: 2

Rationale:

1. Estrogen and progesterone are ovarian hormones.
2. When the ovum is fertilized, and implants in the endometrium, the fertilized egg begins to secrete human chorionic gonadotropin (hCG) hormone to maintain the corpus luteum.
3. Estrogen and progesterone are ovarian hormones.
4. Luteinizing hormone is excreted by the anterior pituitary.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 3.4 Summarize the actions of the hormones that affect reproductive functioning.

Chapter 03_LO04_Q12

A woman has been unable to complete a full-term pregnancy because the fertilized ovum failed to implant in the uterus. This is most likely due to a lack of which hormone?

1. Estrogen
2. Progesterone
3. FSH
4. LH

Correct Answer: 2

Rationale:

1. Estrogen primarily assists in maturation of the ovarian follicles and causes endometrial mucosa to proliferate.
2. Progesterone decreases uterine motility and contractility; thus a lack of progesterone will

affect the ability of the uterus to be prepared for implantation after the ovum is fertilized.

3. FSH and LH are hormones secreted by the pituitary gland.

4. FSH and LH are hormones secreted by the pituitary gland.

Cognitive Level: Analysis

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Diagnosis

Learning Outcome: 3.4 Summarize the actions of the hormones that affect reproductive functioning.

Chapter 03_LO05_Q13

A woman is experiencing mittelschmerz and increased vaginal discharge. Her temperature has increased by 0.6°C (1.0°F) over the past 36 hours. This most likely indicates that:

1. Menstruation is about to begin.
2. Ovulation will occur soon.
3. Ovulation has occurred.
4. She is pregnant, and will not menstruate.

Correct Answer: 3

Rationale:

1. A temperature increase does not occur when menstruation is about to begin or before ovulation has occurred.
2. A temperature increase does not occur when menstruation is about to begin or before ovulation has occurred.
3. Signs that ovulation has occurred include pain associated with rupture of the ovum (mittelschmerz), increased vaginal discharge, and a temperature increase of 0.6°C for the past 36 hours.
4. *She is pregnant, and will not menstruate* is incorrect because this can only be detected through testing the urine for the presence of human chorionic gonadotropin hormone.

Cognitive Level: Analysis

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Diagnosis

Learning Outcome: 3.5 Identify the two phases of the ovarian cycle and the changes that occur in each phase.

Chapter 03_LO06_Q14

Place the phases of the uterine (menstrual) cycle in order, beginning with the end of the menstrual phase. (Write your answer in the space below.)

1. Ischemic phase
2. Proliferative
3. Secretory

Correct Answer: 2, 3, 1

Rationale:

1. After the menstrual phase ends, the proliferative phase begins when the endometrial glands enlarge. The secretory phase follows. If fertilization does not occur, the ischemic phase begins.
2. After the menstrual phase ends, the proliferative phase begins when the endometrial glands enlarge. The secretory phase follows. If fertilization does not occur, the ischemic phase begins.
3. After the menstrual phase ends, the proliferative phase begins when the endometrial glands enlarge. The secretory phase follows. If fertilization does not occur, the ischemic phase begins.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 3.6 Describe the phases of the uterine (menstrual) cycle, their dominant hormones, and the changes that occur in each phase.

Chapter 03_LO06_Q15

The vascularity of the uterus increases and the endometrium becomes prepared for a fertilized ovum in which phase of the menstrual cycle?

1. Menstrual
2. Proliferative
3. Secretory
4. Ischemic

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Correct Answer: 2

Rationale:

1. The menstrual phase refers to the cyclic uterine bleeding in response to hormonal changes.
2. The proliferative phase refers to the buildup of the endometrium as blood supply and uterine size are increased.
3. The secretory phase occurs after ovulation.
4. The ischemic phase occurs if fertilization does not occur.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 3.6 Describe the phases of the uterine (menstrual) cycle, their dominant hormones, and the changes that occur in each phase.