

OPNF Boot Camp Summer 2026
Post-Learning Questions

Day 1: August 6th, 2026

1. Ms. Lawlin has a 28-week preterm baby and has been pumping for the past 2 weeks. She says she has noticed a decrease in her milk production in the past week even though she is using a double-electric pump and still pumping on the same schedule. Which one of the following could be affecting her milk supply?
 - a. lack of kangaroo care
 - b. pumping <8 times/day
 - c. not using hand expression
 - d. all of the above
2. Skin to skin includes all of the following benefits except:
 - a. maintains baby's body temperature
 - b. Raises baby's blood sugar level
 - c. Increases baby's heart rate
 - d. Increases oxytocin levels
3. The objective of fetal heart monitoring is to assess fetal _____ during labor?
4. _____ variability is indicative of a well oxygenated fetus and the absence of fetal acidosis at the current time.

Day 2: August 7th, 2026

1. What is the definition of Equity?
 - a. Dividing resources equally but not factoring in the need and ability of patients
 - b. Dividing resources fairly and equally, factoring in differences amongst patients
 - c. Dividing resources is a way that is long-term, sustainable, and meets the needs of systems as well as individuals
 - d. None of the above

2. What are TeamBirth's Four Key Behaviors?
 - a. Promoting each member of the team
 - b. Eliciting patient preferences
 - c. Distinguishing the plan of care
 - d. Setting clear expectations for the next huddle
 - e. All of the above
3. Identify three key factors that influence patient experience in nursing care.
 - a.
 - b.
 - c.
4. Propose two evidence-based strategies to enhance patient experience in their own practice.
 - a.
 - b.
5. Within how many hours does therapeutic hypothermia need to be initiated for maximum benefit?
 - a.
6. What type heat loss is occurring when a warm infant is placed on a cold scale?
 - a.
7. Choose the correct name of the screen from the list below:
 - a. The newborn metabolic screen
 - b. The PKU test
 - c. The newborn screening blood spot
8. When is it appropriate to collect a NBS PRIOR to 24 hours of age? (choose all that apply)
 - a. When the infant is discharged to home prior to 24 hours of age
 - b. When an infant is receiving a blood transfusion prior to 24 hours of age
 - c. When it is more convenient for a parent or staff member to collect prior to 24 hours of age
9. A nurse is discharging a patient on postpartum day 3. The patient reports mild joint soreness, lower back aching, and increasing breast swelling and tenderness. She is concerned about infection. What is the nurse's most appropriate response?

- a. "These are signs of infection. Call your provider if symptoms worsen and take ibuprofen every 4 hours for pain management."
 - b. "This is normal inflammation from labor and delivery. Stagger ibuprofen and acetaminophen every 3 hours, which prevents crisis pain while your body heals."
 - c. "You may have mastitis developing. Increase nursing frequency and apply heat to your breasts every 2 hours."
 - d. "These symptoms indicate your epidural has not worn off completely. Pain should resolve within 24 to 48 hours without treatment."
10. A patient calls 5 days postpartum, tearful and worried she will drop the baby, but is sleeping, eating, and caring for herself and her infant appropriately. What is the most appropriate nursing response?
- a. "Intrusive thoughts about harming your baby are normal right now and show how much you care. Call 833-852-6262 if you develop urges to hurt yourself or your baby."
 - b. "You should have been screened for depression at discharge. Schedule an appointment with your provider for antidepressant medication right away."
 - c. "These worries are common in the first weeks. Rest as much as possible and ask family to help with household tasks so you can focus on your baby."
 - d. "Your symptoms suggest postpartum anxiety. You will need weekly therapy until these intrusive thoughts completely stop on their own."

Day 3: August 12th, 2026

1. What is the most deadly type of pathogen for maternal sepsis?
 - a. E. coli
 - b. Group A Streptococcus
 - c. Group B Streptococcus
 - d. COVID-19
2. True or False: When a pregnant patient is in cardiac arrest, the code team is to administer ALS medications as they would on any other type of patient.
 - a. True
 - b. False
3. Which antepartum bleeding event results in PAINFUL bleeding?
 - a. Placenta previa
 - b. Placenta accreta

- c. Velamentous cord insertion
 - d. Placenta abruption
- 4. Decreased blood pressure is a LATE sign of hemorrhage/shock.
 - a. True
 - b. False
- 5. A pregnant woman must have protein in her urine to be diagnosed with preeclampsia
 - a. True
 - b. False
- 6. The parameters for severe hypertension are a systolic greater than or equal to ____ and/or diastolic greater than or equal to ____.
- 7. The single **greatest** risk factor for Preterm Labor is:
 - a. Illicit drug use
 - b. Urogenital tract infections
 - c. Previous preterm delivery

8. You have an order to administer Terbutaline for tocolysis. You check vital signs prior to administration and note that the maternal pulse is 125. What action should you take?
- Proceed with administration
 - Hold the dose and notify the ordering provider
 - Make the decision to give half the dose
9. Every **fetus** between 24 and 34 weeks gestation, at risk for preterm delivery should be considered a candidate for _____.
- Corticosteroids
 - Terbutaline
 - Nifedipine
10. List 2 evidence-based practices designed to improve outcomes for patients with perinatal mood disorders.
- -
11. What are the baby's visual cues indicating readiness to interact (select 3)?
- Eye contact
 - Looking away
 - Alert gaze
 - Low movement
 - Increased respirations
12. When the baby becomes overstimulated, what behaviors do you observe (select 3)?
- Fussiness
 - Decreased tone
 - Decreased respirations
 - Increased eye movements
 - Withdrawal from stimuli
13. Newborn Behavioral Observations (NBO) when taught to parents is associated with what outcomes (select all that apply)?
- Increased parental satisfaction with parenting role
 - Parents that provide enriched environments for their children
 - Decreased abuse and neglect
 - Positive self-concept development in children
 - Increased breastfeeding duration

Day 4: August 13th, 2026

1. What is the most important intervention to assist a newborn with transition?
 - a.
2. List one benefit of delayed cord clamping
 - a.
3. Parents should begin practicing “tummy time” with their infant at what age?
 - a. Two months
 - b. As soon as they arrive home from the hospital
 - c. Six weeks
 - d. When the infant can roll over
4. As a nurse, which of these are important regarding your role in educating parents about safe sleep?
 - a. Modelling behavior
 - b. Reeducating as needed
 - c. Document each interaction
 - d. All the above
5. Where is hypoglycemia in newborns most commonly noted?
 - a. Preterm <37 weeks gestation
 - b. IDM
 - c. SGA or LGA
 - d. All of the above
6. Identify 2 treatments for Newborn Hypoglycemia
 - a.
 - b.
7. Which is *not* one of the 5 Ps of Sexual History Taking?
 - a. Practices
 - b. Protection from STIs
 - c. Persuasive
 - d. Pregnancy Plans

8. True or False: Moral judgment about a patient's number of sexual partners is an example of Explicit Bias.
9. Syphilis in pregnancy may cause:
- a. Miscarriage
 - b. Stillbirth
 - c. Bone problems
 - d. All of the above.
10. There is only one approved treatment for syphilis in pregnancy.
- a. True
 - b. False
11. Which of the following findings are risk factors for jaundice? (choose all that apply)
- a. Breastfeeding difficulties
 - b. Length of rupture of membranes current hydration status
 - c. Maternal blood type
 - d. Current stooling patterns
 - e. Second pregnancy
12. Which findings indicate the baby's hyperbilirubinemia has improved? (choose all that apply)
- a. Bilirubin levels
 - b. Breastfeeding episode
 - c. Yellow sclera
 - d. Output
13. Every patient responds to perinatal loss in a similar way based on gestational age.
- a. True
 - b. False
14. You are for a patient who has experienced stillbirth. Choose the best response to your patient from the list below:
- a. "At least you have other children at home to love."
 - b. Avoid going in the room as much as possible to give them space
 - c. "I'm here to listen if you need to talk, would you like me to sit with you for a few minutes."
 - d. "I understand how you feel, my friend lost her baby/I see this all the time here."

Day 5: August 14th, 2026

1. Doulas provide which of the following?
 - a. Emotional and physical labor support
 - b. Cervical exams
 - c. Fetal heart monitoring
 - d. Remote vital signs monitoring

2. Which of the following are associated with a decreased risk of lower extremity nerve injury?
 - a. Knee flexion at 100 degrees
 - b. Lithotomy
 - c. Position change q10-15 minutes
 - d. Draping below the waist