

**OPNF Boot Camp Post Learning Question Answers  
Winter 2026**

**Day 1: February 25<sup>th</sup>, 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.
  
7. List 2 evidence-based practices designed to improve outcomes for patients with perinatal mood disorders.
  - a.
  - b.
  
8. Preterm labor is defined at delivery before 37 completed weeks of gestation
  - a. True
  - b. False

9. Magnesium Sulfate is not a high risk medication and requires no additional monitoring
  - a. True
  - b. False
  
8. Syphilis in pregnancy may cause:
  - a. Miscarriage
  - b. Stillbirth
  - c. Bone problems
  - d. All of the above.
  
6. There is only one approved treatment for syphilis in pregnancy.
  - a. True
  - b. False
  
10. What does REEDA stand for
  - a. R:
  - b. E:
  - c. E:
  - d. D:
  - e. A:
  
11. Which one is **not** one of The 5 Love Languages
  - a. Words of Affirmation
  - b. Gifts
  - c. Quality Time
  - d. Physical Touch
  - e. Acts of Service
  - f. Humor

**Day 2: February 26<sup>th</sup>, 2026**

1. What is the most important intervention to assist a newborn with transition?
  - a.
  
2. List one benefit of delayed cord clamping
  - a. Improve transitional circulation
  
1. Where is hypoglycemia in newborns most commonly noted?
  - a. Preterm <37 weeks gestation
  - b. IDM
  - c. SGA or LGA
  - d. All of the above
  
4. Identify 2 treatments for Newborn Hypoglycemia
  - a.
  - b.
  
5. 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
  
6. Which findings indicate the baby's hyperbilirubinemia has improved? (choose all that apply)
  - a. Bilirubin levels
  - b. Breastfeeding episode
  - c. Yellow sclera
  - d. Output
  
7. Within how many hours does therapeutic hypothermia need to be initiated for maximum benefit?
  - a.

8. What type heat loss is occurring when a warm infant is placed on a cold scale?
  - a.
  
1. 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
  
6. 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
  
7. What are the baby's visual cues indicating readiness to interact (select 3)?
  - a. Eye contact
  - b. Looking away
  - c. Alert gaze
  - d. Low movement
  - e. Increased respirations
  
8. When the baby becomes overstimulated, what behaviors do you observe (select 3)?
  - a. Fussiness
  - b. Decreased tone
  - c. Decreased respirations
  - d. Increased eye movements
  - e. Withdrawal from stimuli
  
9. Newborn Behavioral Observations (NBO) when taught to parents is associated with what outcomes (select all that apply)?
  - a. Increased parental satisfaction with parenting role
  - b. Parents that provide enriched environments for their children
  - c. Decreased abuse and neglect
  - d. Positive self-concept development in children
  - e. Increased breastfeeding duration

**Day 3: February 27<sup>th</sup>, 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. 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. 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

8. 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
  
9. Every patient responds to perinatal loss in a similar way based on gestational age.
  - a. True
  - b. False
  
10. 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."
  
11. Which is *not* one of the 5 Ps of Sexual History Taking?
  - a. Practices
  - b. Protection from STIs
  - c. Persuasive
  - d. Pregnancy Plans
  
12. Moral judgment about a patient's number of sexual partners is an example of Explicit Bias.
  - a. True
  - b. False

**Day 4: March 12<sup>th</sup>, 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 5: March 13<sup>th</sup>, 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