MATCHING KEY TERMS

Match the term with the correct definition.

1. _______ ambivalence  
   a. Conflicting emotions

2. _______ couvades 
   b. Changing from one pattern of behavior to another

3. _______ introversion 
   c. Inward concentration

4. _______ mimicry 
   d. Preoccupation with self

5. _______ narcissism 
   e. Copying the behaviors of others

6. _______ role transition 
   f. Pregnancy-related rituals experienced by some prospective fathers

KEY CONCEPTS

1. List the typical maternal responses for each trimester of pregnancy.
   a. First

   b. Second

   c. Third

2. What changes occur that make the fetus seem real to the pregnant woman?

3. How might sexual interest and activity change during pregnancy? What factors may increase or decrease interest in either partner of the couple?
4. How does the woman’s perception of the baby change during pregnancy?
   a. First trimester
   
   b. Second trimester
   
   c. Third trimester

5. What is the significance of quickening in the woman’s developing relationship with her fetus?

6. Why might grief have a place during a desired and normal pregnancy?

7. Describe the four maternal tasks of pregnancy, according to Rubin.
   a. ___________________________________________________________
   
   b. ___________________________________________________________
   
   c. ___________________________________________________________
   
   d. ___________________________________________________________

8. Describe the three developmental processes that the expectant father goes through during pregnancy.
   a. ___________________________________________________________
   
   b. ___________________________________________________________
   
   c. ___________________________________________________________

9. Describe three major factors that influence grandparents’ responses to pregnancy and birth.
   a. ___________________________________________________________
   
   b. ___________________________________________________________
   
   c. ___________________________________________________________
10. Describe ways to ease the adaptation of siblings to the birth of an infant.
   a. Toddlers
   b. Preschoolers
   c. School-age children
   d. Adolescents

11. How may each of these factors influence a woman’s psychosocial adaptation to pregnancy?
   a. Young age
   b. Absence of a partner
   c. Multiparity

12. How may health beliefs differ for pregnant clients from the following cultures?
   a. Hispanics
   b. Native Americans
   c. Southeast Asians
   d. Muslims
   e. Africans
13. What do each of these factors have to do with a woman’s choice to take childbirth classes?
   a. Income

   b. Desire to participate

   c. Fear

14. List content typically covered in early pregnancy classes.
   a. First trimester

   b. Second trimester

15. List three important precautions for exercise classes during pregnancy.
   a. 

   b. 

   c. 

16. What are important topics to cover in a cesarean birth preparation class?

CRITICAL THINKING EXERCISES
1. Talk to a pregnant woman about her psychological reactions to pregnancy. Compare her reactions with typical responses listed in the text.

2. Talk with expectant fathers about when their baby first became real to them.

3. Observe interactions of the nursing staff with a woman who did not have prenatal care. Do you note any differences from the interactions with women who have had prenatal care?
4. What are the major cultural groups you encounter in the clinical setting? What specific practices or beliefs can you identify that are unique to each group?

5. You may have to help a woman correct her labor breathing or breathe with her while she is in labor, so you must know it well. Practice the breathing techniques until you are comfortable with them. Then teach them to a friend or family member.

6. Try the breathing techniques during a stressful situation. For example, take a cleansing breath when you begin your next nursing test. Breathe slowly as you take the test. Did it help reduce your stress?

7. Prepare a birth plan that you would like, identifying any special preferences you would like to include in a birth experience.

CASE STUDY

Sara is a 17-year-old girl who is making her first visit to the prenatal clinic at 24 weeks of gestation with her first pregnancy. She admits that this pregnancy was not planned and that she has little contact with the baby’s father. She quit school during her senior year of high school because she is embarrassed about her situation. She has gained 20 pounds and feels that she is unattractive and fat. She is the oldest of six children and lives at home with her parents.

1. What factors may be involved in Sara’s delay in seeking prenatal care?

2. What two priority nursing diagnoses are apparent by Sara’s situation?

3. What conflicts are likely between Sara and the clinic staff (physicians and nurses)?

4. What services, in addition to prenatal care, is Sara likely to need because of her situation?

5. What long-term consequences are more likely because of Sara’s pregnancy at this time in her life? Why?
REVIEW QUESTIONS

Choose the correct answer.

1. A woman who is 12 weeks pregnant begins wearing maternity clothes. This is most likely an example of
   a. introversion.
   b. mimicry.
   c. narcissism.
   d. fantasy.

2. Choose the maternal behavior that best describes role playing during pregnancy.
   a. The woman shifts from saying, “I am pregnant” to “I am having a baby.”
   b. The woman begins calling her fetus by a name rather than “it.”
   c. The woman tries to care for infants while an experienced mother watches.
   d. The woman becomes less absorbed in her own needs and focuses on the fetus.

3. The nurse can best help a man assume his role as a parent by
   a. encouraging him to attend prenatal visits with the woman and ask questions.
   b. referring him to prenatal discussion groups for expectant fathers.
   c. advising the woman to limit discussions of her symptoms during early pregnancy.
   d. enrolling him in childbirth classes to involve him actively in the birth.

4. Choose the most likely reaction of an 8-year-old to his mother’s pregnancy.
   a. Embarrassment or shame at his mother’s appearance
   b. Inability to sense the reality of the infant
   c. Desire to role-play his big-brother status
   d. Interest in learning about the developing baby

5. The nurse is teaching a Laotian woman about self-care during pregnancy. The nurse can best determine if she learned the information by
   a. asking the woman to indicate what teaching she did and did not understand.
   b. observing for the woman’s eye contact with the nurse during teaching.
   c. recognizing that nodding while being taught indicates understanding.
   d. having the woman restate the information that is taught.

6. The primary benefit of a preconception class is to
   a. reduce the risk of having a baby with a birth defect.
   b. begin the pregnancy in an optimal nutritional state.
   c. limit the number of unplanned pregnancies in the community.
   d. encourage the couple to have their baby at that facility.

7. The primary benefit of perinatal education is to help
   a. reduce the likelihood that parents will have problems with their infant.
   b. women have a satisfying, medication-free childbirth.
   c. parents become active in health maintenance during pregnancy and birth.
   d. enhance the chance that prospective parents will return to a hospital.