1. A 14-year-old boy is at the pediatric clinic for a checkup. The nurse is aware that the production of testosterone is responsible for which physical change in males during puberty?
   a. Stimulation of production of white cells and platelets
   b. Promotion of growth of small bones
   c. Increase in muscle mass and strength
   d. Decrease in production of sebaceous gland secretions

   ANS: C
   Testosterone increases muscle mass, promotes strength and growth of long bones, and enhances production of red blood cells.

   DIF: Cognitive Level: Knowledge       REF: p. 22       OBJ: 5
   TOP: Male Reproductive System       KEY: Nursing Process Step: Assessment
   MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

2. The nurse explains that the production of sperm and secretion of hormones is regulated by the:
   a. testes.
   b. vas deferens.
   c. ejaculatory ducts.
   d. prostate gland.

   ANS: A
   The testes have two functions: manufacture of spermatozoa and secretion of androgens.

   DIF: Cognitive Level: Knowledge       REF: p. 21       OBJ: 5
   TOP: Male Reproductive System       KEY: Nursing Process Step: Implementation
   MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

3. The nurse, speaking with a couple trying to conceive a child, reminds the patients that a factor that can decrease sperm production is:
   a. infrequent sexual intercourse.
   b. the man not being circumcised.
   c. the penis and testes being small.
   d. the testes being too warm.
ANS: D
The scrotum is suspended away from the perineum to lower the temperature of the testes for sperm production.

DIF: Cognitive Level: Comprehension REF: p. 21 OBJ: 5
TOP: Male Reproductive System KEY: Nursing Process Step: Implementation
MSC: NCLEX: Physiological Integrity: Reduction of Risk

4. When describing the female reproductive tract to a pregnant woman, the nurse would explain that which uterine layer is involved in implantation?
   a. Perimetrium
   b. Endometrium
   c. Myometrium
   d. Internal os

ANS: B
The endometrium is the inner mucosal layer of the uterus that is governed by cyclical hormonal changes. It is functional during menstruation and during the implantation of a fertilized ovum.

DIF: Cognitive Level: Knowledge REF: p. 24 OBJ: 3
TOP: Female Reproductive System KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

5. A group of nursing students plans to teach a class of sixth-grade girls about menstruation. They would teach the girls that:
   a. menarche usually occurs around 12 years of age.
   b. ovulation occurs regularly from the very first cycle.
   c. a regular cycle is established by the third period.
   d. typically, menstrual flow is heavy and lasts up to 10 days.

ANS: A
The beginning of menstruation, called menarche, occurs at about 12 years of age. Early cycles are irregular and anovulatory.

DIF: Cognitive Level: Application REF: p. 27 OBJ: 9
TOP: Female Reproductive Cycle and Menstruation
KEY: Nursing Process Step: Planning
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

6. A 10-year-old girl asks the nurse, “What is the first sign of puberty?” The correct nursing response is:
   a. an increase in height.
   b. breast development.
c. appearance of axillary hair.
d. the first menstrual period.

ANS: B
The first outward change of puberty in girls is the development of breasts at about 10 to 11 years of age.

7. Maturation of the ovarian follicle is initiated by which hormone?
a. Estrogen
b. Follicle-stimulating hormone
c. Progesterone
d. Luteinizing hormone

ANS: B
Follicle-stimulating hormone (FSH) stimulates the maturation of a follicle.

8. The statement that indicates a woman has correct information about oogenesis is:
a. “Women make fewer ova as they age.”
b. “Women have all of their ova at the time they are born.”
c. “Ova production begins at birth and continues until puberty.”
d. “New ova are made every month from puberty to climacteric.”

ANS: B
Oogenesis (formation of immature ova) does not occur after fetal development. Females are born with about 2 million immature ova that rapidly reduce by adulthood.

9. A pregnant woman asks the nurse, “Will I be able to have a vaginal delivery?” The nurse would base a response on the understanding that the pelvic type most favorable for vaginal birth is:
a. gynecoid.
b. android.
c. anthropoid.
d. platypelloid.
ANS: A
The gynecoid pelvis is the typical female pelvis and is most favorable for vaginal birth.

DIF: Cognitive Level: Analysis REF: p. 25 OBJ: 8
TOP: Female Reproductive System KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

10. A mother is anxious about her ability to breastfeed after her child is born because of her small breast size. An important point to teach her is that:
   a. milk is produced in ducts and lobules regardless of breast size.
   b. supplementing breastfeeding with formula allows the infant to receive adequate nutrition.
   c. breast size can be increased with exercise.
   d. drinking extra milk during pregnancy allows breasts to produce adequate amounts of milk.

ANS: A
Breast size does not influence the ability to secrete milk.

DIF: Cognitive Level: Application REF: p. 27 OBJ: 6
TOP: Female Reproductive System KEY: Nursing Process Step: Implementation
MSC: NCLEX: Psychosocial Integrity: Psychosocial Adaptation

11. The nurse explains that the decrease in estrogen and progesterone during the menstrual cycle is responsible for:
   a. degeneration of the corpus luteum.
   b. ovulation.
   c. follicle maturation.
   d. shedding of the endometrium.

ANS: D
The fall in estrogen and progesterone causes the endometrium to break down, resulting in menstruation.

DIF: Cognitive Level: Comprehension REF: p. 27 OBJ: 9
TOP: Female Reproductive Cycle KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

12. The nurse assisting with pelvic inlet measurements on a pregnant woman is aware that the measurement that provides information about whether or not the woman can deliver vaginally is:
a. diagonal conjugate.
b. obstetric conjugate.
c. transverse diameter.
d. anteroposterior diameter.

ANS: B
This measurement determines if the fetus can pass through the birth canal.

DIF: Cognitive Level: Analysis REF: p. 26 OBJ: 8
TOP: Female Reproductive System KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

13. The nurse has explained menstruation to a 13-year-old girl. The statement that indicates the girl needs additional education is:
a. “Periods last about 5 days.”
b. “My cycle should get regular in 6 months.”
c. “I should expect heavy bleeding with clots.”
d. “Periods come about every 4 weeks.”

ANS: C
Clots are not normally seen in menstrual discharge. A normal menstrual flow is 30 to 40 mL blood and 30 to 50 mL serous fluid.

DIF: Cognitive Level: Comprehension REF: p. 27 OBJ: 9
TOP: Female Reproductive Cycle KEY: Nursing Process Step: Evaluation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

14. A mother asks the nurse, “When will I know my child has entered puberty?” Based on an understanding of changes associated with puberty, the nurse states:
a. “When your daughter has her first period.”
b. “You’ll recognize puberty by the mood swings.”
c. “The child becomes interested in the opposite sex.”
d. “Secondary sex characteristics, such as pubic hair, appear.”

ANS: D
Puberty begins when the secondary sex characteristics appear. Puberty ends when mature sperm are formed in the male and when regular menstrual cycles occur in the female.

DIF: Cognitive Level: Application REF: p. 20 OBJ: 2
TOP: Puberty KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development
15. When planning to teach couples about the physiology of the sex act, the nurse would state that:
   a. “Fertilization of an ovum requires penetration by several sperm.”
   b. “An ovum must be fertilized within 24 hours of ovulation.”
   c. “It takes 4 to 5 days for sperm to reach the fallopian tubes.”
   d. “Sperm live for only 24 hours following ejaculation.”

   ANS: B

   Following ovulation, the egg lives for only 24 hours. Sperm must be available during that time if fertilization is to occur.

   DIF: Cognitive Level: Comprehension     REF: p. 29     OBJ: 6
   TOP: Physiology of the Sex Act         KEY: Nursing Process Step: Planning
   MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

16. A newly married couple tells the nurse they would like to wait a few years before starting a family. The statement made by the man that indicates an understanding about sexual activity and pregnancy is:
   a. “My wife can’t get pregnant if I withdraw before climax.”
   b. “A man can secrete semen before ejaculation.”
   c. “If we don’t have intercourse very often, my wife won’t get pregnant.”
   d. “It is safe to ejaculate outside the vagina.”

   ANS: B

   Semen may be secreted during sexual intercourse before ejaculation.

   DIF: Cognitive Level: Comprehension     REF: p. 22     OBJ: 4
   TOP: Male Reproductive System         KEY: Nursing Process Step: Evaluation
   MSC: NCLEX: Physiological Integrity: Reduction of Risk

17. The nurse who is aware that the diagonal conjugate is 12 centimeters knows that the obstetric conjugate is ________ centimeters.
   a. 10 to 10.5
   b. 11 to 11.5
   c. 12.5 to 13
   d. 14 to 14.5

   ANS: A

   The obstetric conjugate is approximately 1.5 to 2 centimeters shorter than the diagonal conjugate.

   DIF: Cognitive Level: Application     REF: p. 26     OBJ: 8
   TOP: Obstetric Conjugate            KEY: Nursing Process Step: Implementation
   MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease
18. The nurse uses a diagram to demonstrate the fimbriae, which:
a. are the passageway for the sperm to meet the ovum.
b. is the site of fertilization.
c. are fingerlike projections that “capture” the ovum.
d. propel the egg through the fallopian tube.

ANS: C
Fimbriae are the fingerlike projections from the infundibulum that “capture” the ovum at ovulation and conduct it into the fallopian tube.

DIF: Cognitive Level: Comprehension    REF: p. 25    OBJ: 6
TOP: Fimbriae    KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

19. The nurse explains to a 12-year-old patient that nocturnal emissions (wet dreams) are characterized by:
a. a drop in testosterone level.
b. sexual stimulation.
c. absence of sperm in ejaculate.
d. association with violent dreams.

ANS: C
Nocturnal emissions occur without sexual stimulation and contain no sperm. Testosterone levels are constant until midlife.

DIF: Cognitive Level: Comprehension    REF: p. 21    OBJ: 2
TOP: Nocturnal Emissions    KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

20. The nurse explains to a pregnant patient who expects to breastfeed that the portions of the breast that secrete milk are the:
a. lactiferous sinuses.
b. lobes.
c. Montgomery’s glands.
d. alveoli.

ANS: D
The alveoli secrete milk.

DIF: Cognitive Level: Knowledge    REF: p. 27    OBJ: 6
TOP: Milk Secretion    KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

21. The nurse explains that the sperm are nourished by secretions from the:
a. vas deferens.
b. epididymis.
c. Cowper’s glands.
d. scrotum.

ANS: C
The Cowper’s gland secretions nourish the sperm.

DIF: Cognitive Level: Knowledge  REF:  p. 22  OBJ:  4
TOP: Cowper’s Gland  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

22. The nurse clarifies that puberty ends for a male when:
a. facial hair is evident.
b. erections can be sustained.
c. ejaculate is greater than 5 mL.
d. mature sperm form.

ANS: D
Puberty ends for a male when mature sperm are formed by the testes.

DIF: Cognitive Level: Knowledge  REF:  p. 20  OBJ:  2
TOP: End of Puberty  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

23. The nurse explains that sperm can remain viable in the female reproductive tract for as long as:
a. 12 hours.
b. 1 day.
c. 2 days.
d. 4 days.

ANS: D
Sperm can remain viable in the reproductive tract of the female for as long as 4 to 5 days.

DIF: Cognitive Level: Knowledge  REF:  p. 29  OBJ:  7
TOP: Viability of Sperm  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

24. The nurse encourages the members of a prenatal class to seriously consider breastfeeding because, in addition to nourishment for the infant, breast milk provides:
a. maternal antibodies.
b. stimulus for red blood cell production.
c. endorphins that soothe the infant.
d. hormones that stimulate growth.

ANS: A
Breast milk provides maternal antibodies to the infant that give the child acquired immunity from some diseases for several months.

DIF: Cognitive Level: Application  REF: p. 26  OBJ: 4
TOP: Properties of Breast Milk  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

MULTIPLE RESPONSE

25. The nurse conducting a sex education class for junior high students describes some cultural rites celebrating the entry to adulthood. Which would be included? Select all that apply.
   a. Bar mitzvah
   b. Displays of bravery
   c. Receiving part of their inheritance
   d. Ritual circumcision
   e. Displays of self-defense

ANS: A, B, D, E
Some cultures celebrate the entry to adulthood with rites such as displays of strength, bravery, self-reliance, and self-defense. Ritual circumcisions and bar and bat mitzvahs are also entry rites to adulthood. Lack of such rituals can sometimes confuse young people because there is no evidence of acceptance as an adult.

DIF: Cognitive Level: Knowledge  REF: p. 20  OBJ: 2
TOP: Rites of Passage  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

26. By reading a pregnant patient’s history and physical, the nurse recognizes what information that might indicate the need for a cesarean delivery? Select all that apply.
   a. History of childhood rickets
   b. Immobile coccyx
   c. Prepregnant weight of 100 pounds
   d. Avid horse rider
   e. Pelvic fracture 3 years ago
ANS:  A, B, E
Pelvic conditions that might predispose to a cesarean delivery are childhood rickets, pelvic fracture, and immobile coccyx.

DIF:  Cognitive Level: Analysis  REF:  p. 26  OBJ:  8
TOP:  Pelvic Conditions Predisposing Cesarean Delivery
KEY:  Nursing Process Step: Assessment
MSC:  NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

27. The nurse explains that the fallopian tubes have which function(s)? Select all that apply.
   a. Passage for sperm to meet ova
   b. Passage for ovum to uterus
   c. Safe environment for zygote
   d. Restriction for only one ovum to enter uterus
   e. Site for fertilization

ANS:  A, B, C, E
The fallopian tube provides passage for both sperm and ova, offering an optimum place for fertilization and a safe environment for the zygote.

DIF:  Cognitive Level: Comprehension  REF:  p. 25  OBJ:  6
TOP:  Function of Fallopian Tubes  KEY:  Nursing Process Step: Implementation
MSC:  NCLEX: Health Promotion and Maintenance: Growth and Development

28. Using a diagram, the nurse points out which bones that are part of the pelvis? Select all that apply.
   a. Two innominates
   b. Obstetric conjugate
   c. Sacrum
   d. Perimetrium
   e. Coccyx

ANS:  A, B, E
The bones of the pelvis are two innominates, the sacrum, and the coccyx.

DIF:  Cognitive Level: Comprehension  REF:  p. 25  OBJ:  8
TOP:  Bones of the Pelvis  KEY:  Nursing Process Step: Implementation
MSC:  NCLEX: Health Promotion and Maintenance: Growth and Development

29. The nurse explains that testosterone is responsible for males exceeding females in which aspect(s)? Select all that apply.
   a. Strength
b. Height
c. Mental concentration
d. Hematocrit levels
e. Agility

ANS: A, B, D  DIF: Cognitive Level: Application  REF: p. 25
OBJ: 2  TOP: Effects of Testosterone
KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

COMPLETION

30. When the nurse reads in the history and physical of a pregnant patient that she has a platypelloid pelvis, the nurse is aware that this pelvis has a narrow ____________ diameter, making a vaginal birth unlikely.

ANS: anteroposterior
The platypelloid pelvis is very narrow from front to back (anteroposterior). The shape of this pelvis makes vaginal delivery unlikely.

DIF: Cognitive Level: Comprehension  REF: pp. 25-26, Figure 2-5
OBJ: 8  TOP: Platypelloid Pelvis
KEY: Nursing Process Step: Assessment
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

31. In males the follicle-stimulating hormone (FSH) and the luteinizing hormone (LH) from the anterior pituitary stimulate testosterone production in the ________ cells of the testes.

ANS: Leydig
The Leydig cells in the testes are stimulated by the FSH and LH to produce testosterone.

DIF: Cognitive Level: Knowledge  REF: p. 22  OBJ: 2
TOP: Leydig Cells  KEY: Nursing Process Step: N/A
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

OTHER

32. The nurse outlines the phases of the sexual response. Arrange the phases in order of occurrence.
a. Nipples become erect.
b. Involuntary muscle spasms occur.
c. Engorgement resolves.
d. Heart rate slows.
e. Skin flushes.

ANS:
A, E, B, C, D

DIF: Cognitive Level: Application  REF: p. 29  OBJ: 2
TOP: Sexual Response  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Physiological Integrity: Physiological Adaptation