

PLAYER TIPS

UNIT 6: CHILDBIRTH

Chapter 7 Decisions Facing A Parent-to Be pg 179

1. There are many _____ parents must consider when having a child.
 - A) Health care provider for prenatal care, _____, and for baby.
 - B) Birthplace
 - C) Support people for _____ and for after birth.
 - D) Name(s)
 - E) Breast-feeding or _____-feeding
 - F) Housing arrangements, _____, and equipment
 - G) _____ and leave options

Explaining Pregnancy to Siblings pg 179

2. Explain changes in the _____ or how a baby is born if asked.
3. Familiarize an older child with _____.
4. Assure child about what _____ will be the same.
5. Explain and make any changes in _____ arrangements or routines.
6. Engage older child as a special _____.
7. Make sure older children receive at least one _____.
8. Let child "introduce" baby to _____ and friends.

Employment Considerations pg 180

9. Pregnancy leave is used if a mother-to-be cannot _____ during pregnancy due to health _____ reasons.
10. *Pregnancy Discrimination Act* (PDA) protects rights of working _____ women.
11. Maternity/paternity leave is time away from work _____ the birth or adoption of a child.
12. *Family and Medical Leave Act* (FMLA) is used to take _____ leave for family-related _____ reasons.
13. Choosing a birthplace: A) hospitals B) birthing rooms C) birth centers D) home
14. Choosing a method of delivery: A) _____ childbirth B) Lamaze method C) delivery with _____
15. Hospitals deliveries are the most _____.
16. In a hospital, mothers labor in a _____ room and are taken to a delivery room shortly before the baby's birth.
17. Mothers who require _____ delivery of their babies use a surgical room.
19. The delivery or surgical room in a hospital is the best place for _____-risk deliveries.
19. After the birth, mothers spend time in a _____ room before returning to their maternity room.
20. At the hospital, newborns stay in the hospital _____.

NOTES:

PLAYER TIPS

UNIT 6: CHILDBIRTH

Delivery Considerations pg 181

21. Many hospitals offer parents the option of a homelike room or _____ room in the hospital for low-risk deliveries.
22. The birthing room is furnished like a _____ but has all the needed hospital equipment.
23. A _____ stays with the parents during labor in the birthing room.
24. The _____ remains with the parents in the birthing room until the mother is discharged.
25. Mothers-to-be who have low-risk pregnancies may opt for a _____ center that provides health care before labor as well as delivery services.
26. Birth centers are often located near _____ and employ certified nurse-midwives.
27. A certified nurse midwife or CNM is a _____ who has special training in delivering babies during low-risk pregnancies.
28. One drawback of birth centers is that mothers are often released within _____ after giving birth.
29. Mothers may choose to give birth in their own _____.
30. Home births can be _____, especially when emergency services are not nearby.
31. Parents may lessen the risk of home births by having a _____ present for the delivery.
32. The newborn death rate for home births is higher than for _____ births.
33. _____ childbirth is a delivery method in which pregnant woman learns about the birth process and uses breathing and relaxation techniques to reduce fear and pain during labor.
34. Women do not use any pain relieving drugs during _____ and delivery in natural childbirth.
35. Most common method is the _____ method which is both a prenatal care and delivery method in natural childbirth.
36. The _____ method is named for a French doctor that has pregnant women train to use breathing patterns to keep her mind off the pain.
37. There are _____ ways to deliver a baby with drugs.
38. _____ are used to reduce anxiety and are used in the early stages of labor.
39. _____ are used to reduce pain but not take pain away.
40. _____ blocks pain during labor.

Signs of Labor pg 187

41. Birth should occur about _____ days after conception.
42. _____ is when the baby descends into the pelvis during the last few weeks of pregnancy.
43. _____ are the tightening of the muscles to move the baby out of the mother's body.
44. When the _____ plug becomes dislodged or the amniotic sac breaks notify your doctor.
45. _____ labor is irregular contractions that are not real labor.
46. A _____ birth position is when the baby's feet, legs or buttocks emerge first.

NOTES:

PLAYER TIPS

UNIT 6: CHILDBIRTH

Complications of Childbirth pg 189

47. Premature delivery is when baby may not be mature enough to _____.
48. Baby is often not in the correct position for delivery in a _____ delivery.
49. Premature rupture of membranes is when the _____ sac breaks, but labor does not begin.
50. Infection is a _____ when there is a premature rupture of membranes.
51. With an _____ baby, drugs are given to prevent infection until delivery.
52. _____ delivery is when both mother and baby are at risk for other complications.
53. When baby is in abnormal position for delivery, baby may be injured and _____ may rupture.
54. Sometimes the position may be corrected. If not, the baby needs to be _____ removed.
55. Cephalopelvic disproportion is when baby's head is too _____ to pass through mother's pelvis bones. Baby is often surgically removed.
56. Umbilical cord problems like _____ is hollow cord is wrapped around the baby's body,
57. _____ is when cord slips into the birth canal and is trapped between the baby and canal.
58. The umbilical cord supplies _____.
59. A baby who is deprived of _____ may be born with cerebral palsy, visual problems and brain damage or may even die.
60. If the _____ cord cannot be returned to the proper position, the baby must be surgically removed.
61. _____ is when oxygen supply is cut off due to problems with the placenta or umbilical cord which can cause brain damage or death.
62. After birth, breathing problems may result if lungs contain _____ or waste materials.
63. Chest massage, _____ and respirators can be used to stimulate breathing.
64. Meconium aspiration occurs if the baby passes a _____ before birth, the meconium in the amniotic fluid may be swallowed or aspirated (breathing it in) and the baby may be covered in meconium.
65. Swallowing _____ meconium is not a problem.
66. Aspirating meconium can cause the baby to have mild to severe _____ problems which can last for years.
67. Doctors attempt to suction _____ from the baby's nose and mouth before the first breath.
68. Postpartum bleeding --the uterus should _____ and squeeze the blood vessels shut that supplied the uterus during pregnancy.
59. Massage and _____ are given to help the uterus return to its original size.

Procedures for Childbirth Complications pg 190

60. Drug-assisted deliveries is the increase or administration of drugs for _____ relief during labor.
61. Vaginal-assisted deliveries may be _____ using version or *operative* using forceps or vacuum extraction.
62. Cesarean sections is when baby is surgically removed through _____.
63. Hysterectomy is the removal of the _____.

NOTES

PLAYER TIPS

UNIT 6: CHILDBIRTH

64. The 7 Medical Reasons for C-Section Deliveries pg 191

- 1) Mother's _____ is small.
- 2) Baby or mother is at _____ risk.
- 3) Baby's _____ is large.
- 4) Contractions are _____ or absent.
- 5) The baby is in _____ position for birth.
- 6) Pregnancy is a _____ birth.
- 7) Doctor feels previous uterine _____ could rupture during labor.

Newborn Medical Care and Tests pg 193

65. _____ is a doctor who cares for infants, children and teens until adulthood.
66. _____ is a baby from birth to one month of age.

Sign	Scores		
	0	1	2
Heart rate	Absent	Slow; fewer than 100 beats per minute	More than 100 beats per minute
Respiratory effort	Absent	Weak cry; hyperventilation	Good; strong cry
Muscle tone	Limp	Some flexing and bending of extremities	Well flexed
Reflex irritability	No response	Some motion	Cry
Color	Blue; pale	Body pink; extremities blue	Completely pink

67. The Apgar test checks the baby's pulse, _____, muscle tone and skin color.

Newborn Screening Tests pg 195

68. Blood tests check for anemia, _____, and developmental disorders.
69. _____ test checks neonate's hearing.
70. Heart test checks for heart _____, such as critical congenital heart disease (CCHD).
71. _____ is a when the level of healthy red blood cells which carry oxygen becomes too low.
72. _____ is a liver condition that can make the skin, tissues, and body fluids look yellow.
73. The _____ Scale is used to test babies up to two months of age.
74. The Brazelton identifies whether a baby has problems with 4 areas:
 - A) interacting with the _____
 - B) handling _____ processes
 - C) controlling _____ state
 - D) responding to _____

NOTES:

PLAYER TIPS

UNIT 6: CHILDBIRTH

First Medical Care of Baby pg 196

75. Male circumcision is the removal of the _____ from the end of the penis one or 2 days after birth.
76. Well-baby checkup is routine _____ visit to ensure signs of good health and proper growth.
77. Pediatrician will want to see newborn in 3 to _____ days after leave hospital.

Care for High-Risk Newborns

78. High-risk newborns are newborns who are _____, low-birthweight, or who have another high-risk condition.
79. Neonatal intensive care unit (NICU) provides immediate, specialized care for _____-risk newborns.
80. Neonatology is the branch of medicine concerned with _____, development, and diseases of Newborns.

Physical Care of the Mother pg 200

81. Postpartum care is medical care the _____ receives for the six to eight weeks following childbirth.
82. Typical side effects of _____ include the following:
- A) mild _____ and vaginal bleeding
 - B) some loss or thinning of _____
 - C) facial blemishes or _____
 - D) night _____ and frequent urination
 - E) sore _____ and engorgement of breasts if breastfeeding
 - F) extra _____ due to any delivery complication

Postpartum Mood Disorders pg 200

82. Baby blues is a mild mood _____ that goes away on its own.
83. Postpartum depression (PPD) is a serious maternal _____.
84. Postpartum psychosis (PPP) is severe maternal _____ illness characterized by delusions.
85. Paternal postpartum depression (PPPD) is paternal depression following _____.

6 Things to Help Meet the Parent's Needs pg 203

- A) Getting enough _____
- B) Maintaining a healthful _____
- C) Staying physically _____
- D) Staying _____
- E) Taking care of _____ matters
- F) Socializing

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