

OT Mastery

OT in Maternal Health

1. The term 'maternal health' does NOT encompass what period of a woman's life?

- A. The postpartum period, also known as the fourth trimester
 - B. The time when a woman is trying to conceive
 - C. The gestational period, or pregnancy
 - D. The family planning process
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2. What is the role that OTs play in the maternal health arena?

- A. To assist in the family planning process
 - B. To improve occupational performance, occupational balance, and role transitioning/development for mothers
 - C. To treat pregnancy-related complications
 - D. To advocate for greater insurance coverage for maternal health services in institutional settings
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3. Which two populations have the highest rates of pregnancy-related mortality and pregnancy-related complications?

- A. Black and American Indian women
 - B. White and Latinx women
 - C. Latinx and American Indian women
 - D. Latinx and Black women
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4. What typical pregnancy-related changes can be attributed to the growth of the uterus during gestation?

- A. Difficulty sleeping
 - B. Strain on the kidneys
 - C. Edema in the feet
 - D. Weight gain in the breasts
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5. Which hormones are the reason for many physical and emotional changes around the 10th week of a woman's pregnancy?

- A. Aldosterone and thyroid hormone
 - B. Cortisol and estrogen
 - C. Estrogen and progesterone
 - D. Aldosterone and testosterone
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6. Which of the following is NOT a pregnancy-related complication?

- A. Implantation bleeding
 - B. Hyperemesis gravidarum
 - C. Gestational diabetes
 - D. Preeclampsia
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7. What warning signs may be indicative of untreated gestational diabetes or preeclampsia?

- A. Vaginal bleeding
 - B. Gradual swelling in the legs and feet
 - C. Sudden and severe vision changes
 - D. Burning or pain with urination
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8. What symptom indicates that a pregnant woman may have a blood clot?

- A. Sudden and severe shortness of breath
 - B. Increased exercise tolerance
 - C. Suicidal ideation
 - D. Sudden swelling in the hands, feet, or face
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9. What outcome measure can be used to assess emotional health from a maternal health lens?

- A. Parenting Stress Index
 - B. Edinburg Postnatal Depression Scale
 - C. Infant-Parent Social Interaction Code
 - D. Bethlem Mother-Infant Interaction Scale
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10. Postpartum Support International recommends what two outcome measures as the most effective ways to screen for mood and anxiety disorders?

- A. Patient Health Questionnaire (PHQ-9) and Barkin Index of Maternal Functioning (BIMF)
 - B. Edinburg Postnatal Depression Scale (EPDS) and National Institute of Mental Health and Neurosciences Maternal Behavior Scale (NIMBUS)
 - C. Patient Health Questionnaire (PHQ-9) and Edinburg Postnatal Depression Scale (EPDS)
 - D. National Institute of Mental Health and Neurosciences Maternal Behavior Scale (NIMBUS) and Index of Mother-Infant Separation
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11. What outcome measure can be used to assess newborns to aid in a maternal health evaluation?

- A. Hawaii Early Learning Profile
 - B. Beery-Buktenica Developmental Test of Visual-Motor Integration
 - C. Modified Barthel Index
 - D. Disabilities of the Arm, Shoulder, and Hand
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12. How does pelvic health intersect with maternal health?

- A. Pelvic health is another term for maternal health and these two practice areas are synonymous with one another
 - B. Due to hormone changes and pressure from a growing uterus, pregnant women are likely to experience pelvic dysfunction that can lead to a range of physical symptoms
 - C. Pelvic health is a similar but separate practice area from maternal health
 - D. Pelvic health is common in women during the postpartum period, but not during pregnancy; therefore, only select healthcare professionals can address these concerns
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13. What modality is NOT intended to address pelvic dysfunction in women?

- A. Talk therapy
 - B. Biofeedback
 - C. Therapeutic exercises
 - D. Behavior modifications
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14. What are some ways in which OT can help mothers improve breastfeeding abilities?

- A. Ergonomics education; coping strategies to manage discomfort; sensory processing strategies for mother and baby; adaptive equipment to help with breastfeeding
 - B. Ergonomics education; talk therapy; Cognitive Behavioral Therapy; Dialectical Behavior Therapy
 - C. Manual therapy; medications; latch techniques; adaptive equipment
 - D. Manual therapy; biofeedback; sensory processing strategies for mother and baby; latch techniques
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15. Outside of direct services, in what other ways can OT help with breastfeeding?

- A. Education for the importance of breastfeeding
 - B. Advocacy to lessen stigma and help integrate this occupation into a mother's life
 - C. Insurance reimbursement presentations
 - D. Interprofessional collaboration
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16. What two approaches are considered cornerstones of treatment for postpartum depression?

- A. Dialectical Behavior Therapy and Psychoeducation
 - B. Kawa Model and Interpersonal Effectiveness Approach
 - C. Cognitive Behavioral Therapy and Interpersonal Therapy
 - D. Anger Management and Family-Centered Therapy
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17. What mental health professionals are typically the most qualified to assist women dealing with postpartum depression?

- A. Psychiatrists; licensed professional counselors; social workers; licensed mental health counselors
 - B. Physical therapists; occupational therapists; speech therapists
 - C. Rehabilitation therapists; phlebotomists; spiritual counselors; vocational counselors
 - D. Physical therapists; radiology technicians; occupational therapists; pastoral care workers
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18. Within the social and emotional realm of maternal health, what OT modality can be most effective?

- A. Psychotropics
 - B. Narrative medicine
 - C. Neurofeedback
 - D. Electrical stimulation
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19. What general benefit is not associated with kangaroo care?

- A. Improved daytime mood for mothers
 - B. Improved sleep
 - C. Enhanced breastfeeding experience
 - D. Increased restlessness
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20. Research shows improvements in occupational performance for mothers as a result of what intervention approach?

- A. Narrative medicine
 - B. Talk therapy
 - C. Activity coaching and health promotion programs
 - D. Psychoeducation
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