

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

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

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

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

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

6. Which of the following is NOT a pregnancy-related complication?

- A. Implantation bleeding
- B. Hyperemesis gravidarum
- C. Gestational diabetes
- D. Preeclampsia

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

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

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

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

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

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

13. What modality is NOT intended to address pelvic dysfunction in women?

- A. Talk therapy
- B. Biofeedback
- C. Therapeutic exercises
- D. Behavior modifications

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

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

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

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

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

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

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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