OT Mastery

OT in Maternal Health

1. The term "maternal health" encompasses all aspects of well-being for women except during which of the following?

A. The period when a woman is trying to conceive
B. The gestational period, or pregnancy
C. The postpartum period, also known as the fourth trimester
D. The menopausal transition period

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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. Which two talk therapy modalities are given as examples that OTs may use to address social and emotional health in postpartum women?

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. Collaborating with which mental health professionals is indicated for comprehensive treatment of social and emotional health concerns such as postpartum depression?

A. Licensed professional counselors; licensed mental health counselors; MDs: spiritual care workers
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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