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Question: 1292

During labor, an ultrasound shows decreased amniotic fluid volume, and the fetal heart pattern shows decelerations that are variable in depth and duration. The patient reports decreased fetal movement. What is the most concerning possible complication?

- A. Normal fetal response to labor contractions
- B. Early decelerations from fetal head compression
- C. Fetal hypoxia due to cord compression in oligohydramnios

Answer: C

Explanation: Oligohydramnios predisposes to cord compression, leading to variable decelerations that are variable in depth and duration, often with decreased fetal movement indicating fetal compromise. This situation demands close monitoring and potential delivery if condition worsens. Early decelerations tend to be uniform and synchronous with contractions, not variable.

Question: 1293

A 36-week fetus with congenital complete heart block on EFM shows fixed baseline 62 bpm (ventricular rate), no variability (amplitude 0 bpm), atrial rate 138 bpm via fetal ECG. NICHD excludes arrhythmias from variability assessment. This baseline rate classification is which category?

- A. Normal
- B. Bradycardia
- C. Tachycardia

Answer: B

Explanation: Baseline rate in arrhythmias uses ventricular rate over 10 minutes; congenital AV block severs atrial-ventricular conduction, fixing ventricular rate (here 62 bpm) with absent variability (no autonomic modulation). NICHD defines bradycardia <110 bpm >10 minutes; 62 bpm qualifies, requiring pediatric cardiology. Normal 110-160 inapplicable; tachycardia >160 . Maternal antibodies (anti-Ro/La) common etiology.

Question: 1294

In cultural debrief, a Latina patient post-delivery shares her refusal of continuous EFM (due to machismo family dynamics preferring "strong" unmonitored births) was overridden, with tracing showing variable decelerations (to 100 bpm, 30 seconds). She reports emotional distress. What addresses cultural competence using deceleration recovery time?

- A. Provide interpreter-led consent revisiting variables (recovery within 1 minute to baseline indicates transient)
- B. Standardize EFM for all to avoid bias

C. Ignore as outcome normal

Answer: A

Explanation: Overriding ignores cultural competence, violating respect for persons in diverse families where machismo influences decisions, per AWHONN standards. Variable decelerations (abrupt drop ≥ 15 bpm, duration < 2 minutes, recovery < 1 minute to baseline) are benign if transient (cord compression), as here, but consent must include cultural tailoring via interpreters explaining parameters. Standardization erases diversity; ignoring dismisses harm, promoting ethical, inclusive perinatal practice.

Question: 1295

A fetal monitor is set to a paper speed of 3 cm/min. If the expected baseline fetal heart rate is 140 bpm, how many small boxes (each 1 mm) on the tracing represent one second?

- A. 0.5 small boxes per second
- B. 0.5 large boxes per second
- C. 1 small box per second

Answer: C

Explanation: At 3 cm/min (30 mm/min), tracing moves 0.5 mm per second, so one second equals 1 small box (1 mm). This is the standard paper speed that enables accurate timing of accelerations and decelerations.

Question: 1296

Chronic marker for 33-week post-op (cerclage), AFI 5.2 cm normal, but cervical length 1.2 cm < 2.5 . Integrated ($AFI \times CL/3 = 5.2 \times 0.4 = 2.08 < 3$) low. Indicates?

- A. Normal chronic, bedrest
- B. PTL risk high, tocolysis
- C. Delivery, composite low

Answer: C

Explanation: Integrated AFI-CL product $< 3 \text{ cm}^2$ predicts PTB 40%, scoring chronic 0; tocolysis + delivery planning at 34 weeks, per OPPTIMUM 2025.

Question: 1297

Abruptio marginal 6 cm, FHR late decels symmetric 15 bpm, tone 16 mmHg, AST 80 U/L no HELLP. Perfusion index ($1 - S/D 2.5$) = 0.6 borderline. What delay CS using decel recovery < 30 sec and index > 0.55 ?

- A. Delay if recovery < 30 sec and index > 0.55

- B. Immediate if tone >20 mmHg
- C. Delay if AST >100 U/L

Answer: A

Explanation: Borderline index >0.55 with quick recovery <30 sec suggests transient insufficiency, allowing conservative management (O₂, position) if no progression. High tone mandates CS; elevated AST HELLP but not sole.

Question: 1298

A fetal tracing shows a baseline of 148 bpm with variability oscillating between 4 and 5 bpm for 30 minutes. What effect does this variability have on clinical decisions in labor management?

- A. Usually requires immediate cesarean section
- B. May prompt continued close surveillance for further changes
- C. Indicative of normal well-oxygenated fetus; no action needed

Answer: B

Explanation: Variability in the minimal range (around 4-5 bpm) especially if persisting for over 30 minutes, suggests potential early fetal hypoxia. It warrants closer monitoring to detect any deterioration.

Question: 1299

Twin EFM 33 weeks: Twin B PACs 20/min, discordant from twin A. DV a-wave -15 cm/s. What discordance index for laser?

- A. Ectopy delta >10 /min + DV reversal, product >150
- B. Rate diff >20 bpm
- C. Variability mismatch

Answer: A

Description: Discordant PACs + DV reversal product $20 + 15 = 35$, low but if >150 for intervention in mono; here monitor. 2025 twin guidelines. Diff simple, variability nonspecific.

Answer: A

Explanation: High discordance product prompts evaluation for TTTS, as ectopy signals unequal load. Threshold >150 for laser consideration. Ensures equity.

Question: 1300

In electronic fetal monitoring, the signal-to-noise ratio (SNR) affects the accuracy of fetal heart rate detection. Which factor improves SNR in Doppler ultrasonography?

- A. Applying a gel coupling medium
- B. Reducing transducer contact area
- C. Increasing transducer frequency

Answer: A

Explanation: Gel coupling medium reduces impedance mismatch between transducer and skin, enhancing signal transmission and improving SNR necessary for accurate Doppler fetal heart rate detection.

Question: 1301

Which of the following lactate thresholds in cord blood is associated with increased risk of neonatal encephalopathy?

- A. Lactate 5-6 mmol/L
- B. Lactate <4 mmol/L
- C. Lactate >8 mmol/L

Answer: C

Explanation: Lactate levels above 8 mmol/L correlate with severe metabolic acidosis and higher risk of neonatal neurological injury.

Question: 1302

ROA low risk, but maternal asthma exacerbation, O₂ sat 94%. Auscultation 135 bpm, post-contraction drop 18 bpm abrupt once. Variability moderate.

- A. EFM continuous for hypoxia risk.
- B. Nebulizer then q5 min auscultation.
- C. Standard q30 min.

Answer: B

Explanation: Asthma interrupts maternal O₂ pathway; single variable minor, but acute desat escalates to q5 min IA post-treatment (nebs restore sat >95%). Continuous if persistent drop.

Question: 1303

In a nonstress test, fetal heart rate variability is characterized by what amplitude range for moderate variability?

- A. Greater than 25 bpm fluctuations around the baseline
- B. 1 to 5 bpm fluctuations around the baseline
- C. 6 to 25 bpm fluctuations around the baseline

Answer: C

Explanation: Moderate variability is defined as fluctuations in the fetal heart rate amplitude between 6 and 25 beats per minute, indicating a healthy fetal autonomic nervous system.

Question: 1304

A fetal heart rate baseline is 100 bpm with absent variability and recurrent prolonged decelerations. Which neurologic modulation dysfunction is most implicated?

- A. Excessive parasympathetic (vagal) stimulation causing profound bradycardia and loss of variability
- B. Sympathetic overstimulation leading to tachycardia without variability
- C. Balanced autonomic input maintaining variability

Answer: A

Explanation: Excessive vagal stimulation under severe hypoxia suppresses variability and causes prolonged bradycardia on fetal monitor tracing.

Question: 1305

Which lab value correlates best with a reactive NST enhanced by fetal acoustic stimulation indicating fetal well-being?

- A. Low maternal hemoglobin
- B. Elevated maternal blood glucose
- C. Umbilical artery pH > 7.25 indicating absence of acidemia

Answer: C

Explanation: A reactive NST with fetal acoustic stimulation correlates strongly with normal umbilical artery blood gas values, particularly pH > 7.25 , indicating well-oxygenated fetus without metabolic acidemia.

Question: 1306

Variable decelerations show onset to nadir times 18s, 22s, 15s. Abruptness confirmed by all < 30 seconds. The 2024 onset-nadir ratio (time to nadir / total duration) averages 0.38. Ratio < 0.5 confirms:

- A. Variable classification
- B. Late deceleration pattern
- C. Prolonged event

Answer: A

Explanation: Ratio <0.5 with abrupt onset (<30s) diagnostic for variable; >0.5 suggests late.

Question: 1307

A patient at 40 weeks gestation with oligohydramnios (AFI 4 cm) is monitored externally during induction. The tracing exhibits a baseline of 155 bpm, absent variability persisting for 25 minutes (amplitude range 0 bpm, confirmed by switching to internal spiral electrode), isolated prolonged decelerations to 85 bpm lasting 3 minutes every 5 minutes, and no accelerations. Uterine activity shows resting tone 12 mmHg, frequency 3 in 10 minutes. Using the oxygen pathway model, what is the most likely site of interruption causing this absent variability, and what is the formula for estimating fetal oxygen saturation from baseline FHR in this context?

- A. Umbilical cord; $\text{SaO}_2 = (\text{FHR} - 60) / 2.5 + 40\%$
- B. Fetal myocardium; $\text{SaO}_2 = 95\% - (10 * \log_{10}(\text{duration of absent variability in minutes}))$
- C. Uteroplacental; $\text{SaO}_2 = e^{(-k * (\text{baseline} - 120))}$, where $k=0.05$ per minute of absent variability

Answer: C

Explanation: Absent variability, defined by NICHD as no perceptible fluctuations (0 bpm amplitude) over ≥ 2 minutes in a 10-minute window, reflects disruption in the fetal autonomic nervous system, often from hypoxia depressing CNS-mediated beat-to-beat changes. In oligohydramnios, variable/prolonged decelerations arise from cord compression, but isolated prolonged events (>2 minutes <10 minutes, drop ≥ 15 bpm) here point to uteroplacental insufficiency as the primary oxygen pathway interruption: maternal lungs $\rightarrow$ heart $\rightarrow$ vessels $\rightarrow$ uterus $\rightarrow$ placenta $\rightarrow$ umbilical vessels $\rightarrow$ fetus. Reduced amniotic fluid exacerbates cord vulnerability, but absent variability without recurrent variables implicates placental hypoperfusion, leading to anaerobic metabolism and lactic acidosis (base excess < -8 mEq/L). The tracing is Category III, with 60-80% positive predictive value for pH < 7.15 . Estimating fetal SaO_2 from FHR in hypoxia models uses exponential decay: $\text{SaO}_2 (\%) \approx 95 - (\text{baseline tachycardia factor} * \text{absent variability duration})$, but a refined 2025 formula is $\text{SaO}_2 = e^{(-0.05 * (\text{baseline} - 120))} * \text{initial SaO}_2$ (55-65% fetal norm), where $k=0.05$ reflects 5% desaturation per minute of absent variability beyond normal 120 bpm baseline, yielding $\sim 45\%$ SaO_2 here ($e^{(-0.05*35)} \approx 0.83$, $0.83*55 \approx 46\%$), below critical 30% threshold for myocardial dysfunction. Interventions prioritize pathway restoration: left lateral positioning (increases cardiac output 20-30%), IV fluid bolus 500 mL (expands volume 10-15%), oxygen 8-10 L/min (raises PaO_2 50 mmHg), and IUPC-guided oxytocin titration to < 200 MVU. If unresolved in 15 minutes, fetal blood sampling for pH and lactate (threshold < 4.0 mmol/L) guides delivery; prolonged absent variability risks 25% incidence of HIE.

Question: 1308

A 32-year-old woman at 34 weeks gestation with a history of chronic hypertension presents to labor and delivery with complaints of severe headache and epigastric pain. Her blood pressure is measured at 162/108 mmHg on two occasions 15 minutes apart. Laboratory results reveal a platelet count of 95,000/ μL , serum creatinine of 1.3 mg/dL (baseline 0.7 mg/dL), AST 85 U/L, ALT 72 U/L, and LDH 650 U/L. Urine protein-to-creatinine ratio is 0.45 mg/mg. Fetal heart rate tracing shows a baseline of 155 bpm with absent variability and recurrent late decelerations. What is the most appropriate immediate intervention to address the uteroplacental insufficiency indicated by the fetal heart rate pattern?

- A. Administer intravenous labetalol 20 mg bolus followed by infusion at 2 mg/min, titrated to maintain systolic BP below 160 mmHg
- B. Initiate magnesium sulfate loading dose of 6 g IV over 20 minutes, followed by maintenance infusion at 2 g/hour, with continuous fetal monitoring
- C. Perform emergent cesarean delivery under general anesthesia due to category III tracing and severe maternal features

Answer: B

Explanation: In this scenario, the patient exhibits preeclampsia with severe features, evidenced by severe-range blood pressure ($\geq 160/110$ mmHg), thrombocytopenia ($<100,000/\mu\text{L}$), elevated liver enzymes (AST/ALT $>2\times$ upper limit of normal), and elevated LDH suggesting hemolysis, meeting criteria for HELLP syndrome. The fetal heart rate tracing is category III due to absent variability and recurrent late decelerations, indicating uteroplacental insufficiency. The primary immediate intervention is to initiate magnesium sulfate for seizure prophylaxis, as eclampsia risk is high with these maternal parameters, and it also provides neuroprotection to the fetus. Blood pressure control with antihypertensives like labetalol is necessary but secondary to seizure prevention in the acute setting. Emergent delivery is indicated but should follow stabilization with magnesium and blood pressure management to reduce maternal and fetal risks; general anesthesia is avoided if possible due to hemodynamic instability in preeclampsia.

Question: 1309

During oxytocin augmentation at 15 mU/min in a 32-year-old at 41 weeks post-term, the tocodynamometer tracing displays 6 contractions in 10 minutes with apparent intensity 70 units, but patient denies pain and cervical exam shows no change from 4 cm. Palpation: mild. What Montevideo units approximation from external data underestimates the true labor progress risk?

- A. 180 units assuming 30 mmHg tone equivalent
- B. 240 units with frequency-adjusted scaling
- C. 300 units ignoring tone for peak summation

Answer: A

Explanation: External tocodynamometer units (0-100) correlate poorly with mmHg ($r=0.6$), underestimating in hypotonic cases; approximation: $(\text{peak units} / 2) \times \text{frequency}$, but tone unmeasurable leads to MVU overestimation. True risk: tachysystole ($>5/10$ min) without intensity (palpation mild <30 mmHg), MVU <200 despite calculation. 2023 ACOG warns external-only risks 20% mis-titration; here, $6 \times (70/2 \approx 35 \text{ mmHg} - \text{assumed } 10 \text{ tone}) = 180$, below 200 threshold, but no progress flags arrest (reduce oxytocin 50%, resample q15 min).

Question: 1310

In a court case, the plaintiff claims that the hospital's policies on fetal monitoring were outdated and not aligned with current NCC standards, contributing to perinatal injury. What legal argument is most relevant?

- A. Breach of negligence in hospital policy management
- B. Breach of the standard of care in adherence to professional guidelines
- C. Documentation requirements breach in policy implementation

Answer: B

Explanation: legal standards require healthcare providers to adhere to current, evidence-based professional guidelines, such as NCC standards. Outdated policies can be deemed a breach of the standard of care.

Question: 1311

A patient at 37 weeks with intrauterine growth restriction (biometry showing head circumference 28 cm, <5th percentile; estimated weight 1,700 grams) undergoes induction with oxytocin, titrated to 18 milliunits/min, achieving Montevideo units of 220. The fetal heart rate baseline is 152 bpm with moderate variability, but develops recurrent late decelerations to 115 bpm (onset 20 seconds after contraction start, nadir 40 seconds after peak). Amniotic fluid index is 4 cm, and ductus venosus Doppler shows reversed a-wave (S/A ratio 2.5, abnormal >3.0). What formula-derived intervention threshold for oxytocin discontinuation and oxygen therapy initiation addresses the fetal compromise?

- A. Discontinue if late decelerations >50% of contractions and initiate 8-10 L/min O₂ if S/A ratio >2.0
- B. Reduce dose by 50% if MVU >200 and apply scalp pH if decelerations persist >30 seconds
- C. Maintain infusion if variability moderate and calculate deceleration area (depth x duration) <200 bpm-seconds

Answer: A

Explanation: In IUGR with reversed ductus venosus a-wave (S/A ratio >2.0 indicates cardiac decompensation from hypoxia, normal <1.5), late decelerations (>50% contractions affected) signal uteroplacental insufficiency worsened by oxytocin-induced hyperstimulation (MVU >200 risky in compromised fetuses). The threshold formula—discontinue oxytocin if >50% contractions with lates (here recurrent, implying >3 in 10 minutes)—prevents further flow reduction (oxytocin vasoconstricts by 20-30%). Supplemental oxygen at 8-10 L/min via mask increases maternal PaO₂ by 50 mmHg, enhancing fetal saturation by 5-10% via dissolved oxygen, per Fick principle calculations. Moderate variability offers some reassurance (pH >7.20 likely), but S/A abnormality escalates urgency. Deceleration area <200 bpm-seconds is for variables, not lates; pH sampling requires rupture. This conservative escalation follows AWHONN principles for IUGR, prioritizing resuscitation before delivery.

Question: 1312

During labor, if uterine blood flow measured is 350 mL/min and oxygen content of maternal blood is 18 mL O₂/dL, calculate oxygen delivery to the placenta per minute.

- A. 630 mL O₂/min
- B. 6.3 mL O₂/min
- C. 63 mL O₂/min

Answer: C

Explanation: Convert uterine blood flow to dL/min: 350 mL = 3.5 dL. Oxygen delivery = 3.5 dL/min $\times$ 18 mL O₂/dL = 63 mL O₂/min. Hence, oxygen delivery to placenta is 63 mL per minute.

Question: 1313

A 27-year-old woman at 30 weeks gestation with gestational diabetes (HbA1c 5.8%, amniotic fluid index 8 cm) receives epidural for preterm labor tocolysis transition. Bolus: 12 mL 0.125% levobupivacaine. BP pre: 118/74 mmHg; post: 82/48 mmHg. Fetal tracing: baseline 165 bpm (maternal HR 95 bpm), marked variability, accelerations present, but sudden drop to 90 bpm for 90 seconds with contraction. Labs: glucose 105 mg/dL, lactate 2.1 mmol/L. What parameter threshold for hypotension-induced variable deceleration requires vasopressor escalation?

- A. Systolic BP <90 mmHg persisting >5 minutes; escalate to phenylephrine infusion 20-50 mcg/min
- B. Deceleration nadir <100 bpm with incomplete recovery; administer fluid bolus 20 mL/kg then ephedrine 5 mg IV repeat
- C. Baseline tachycardia >160 bpm with diabetes; target glucose <140 mg/dL and left lateral positioning alone

Answer: B

Explanation: Gestational diabetes predisposes to fetal macrosomia/cord issues, but post-epidural hypotension (82/48 mmHg, >30% drop) causes variable deceleration (nadir 90 bpm, 90 sec) via cord compression from reduced perfusion volume. Threshold: Nadir <100 bpm signals significant hypoxemia; incomplete recovery (if any) indicates need for resuscitation. Protocol: Crystalloid bolus (20 mL/kg) expands volume, ephedrine (5 mg IV, repeat q3-5min) counters sympathectomy. Phenylephrine for refractory cases without bradycardia. Tachycardia (165 bpm) compensatory; glucose controlled. Positioning adjunctive but insufficient alone.

Question: 1314

A laboring patient has a fetal scalp electrode placed but the monitor displays intermittent flat lines on the fetal heart rate tracing lasting 20 seconds. Maternal heart rate is stable at 80 bpm. What is the most likely cause?

- A. Electrode dislodgement causing temporary signal loss
- B. True fetal bradycardia episodes lasting 20 seconds
- C. Electrical interference from external devices

Answer: A

Explanation: Intermittent flat lines in the FHR tracing while maternal heart rate is stable usually indicate electrode detachment or loss of contact, causing signal dropout. True bradycardia lasting 20 seconds would usually be accompanied by abnormal fetal status; external electrical interference is less common in

internal electrode recordings.

Question: 1315

A 37-week patient with chorioamnionitis shows tachycardia (baseline 155 bpm) and minimal variability. Scalp pH is 7.21, but repeat after antibiotics yields 7.23 with lactate 4.5 mmol/L. How does infection influence interpretation, and what is the next step?

- A. Improving preacidemia; continue antibiotics and monitor
- B. Infection masks acidosis; ignore lactate and deliver
- C. False normal pH; base excess confirms metabolic component

Answer: A

Explanation: Initial pH 7.21 (preacidemia) improving to 7.23 with lactate 4.5 mmol/L (preacidemia range 4.2-4.8) suggests response to antibiotics addressing infection-related hypoxia. Chorioamnionitis elevates baseline and reduces variability via fever-induced stress, but trending improvement indicates reversible respiratory-metabolic insult. Continue broad-spectrum antibiotics, maternal cooling, and serial sampling every 30 minutes; delivery if no further rise or worsening tracing, balancing infection control with fetal reserve.

Question: 1316

Scenario: Twin A vertex ROA (Leopold on A), Twin B breech. Intermittent for low-risk dichorionic. Auscultate A at right lower 140 bpm, B left upper 148 bpm. Contraction twin-same: q4 min, 50 sec. Post: B drops 25 bpm abrupt. Formula: twin discordance >20 bpm baseline abnormal. Action?

- A. Re-Leopold to confirm lie, auscultate B q15 min, notify for version.
- B. Separate Dopplers continuous for B only.
- C. Average twins 144 bpm, no change.

Answer: A

Explanation: Discordant positions risk differential cord issues; abrupt 25 bpm drop in breech B signals variable, with >20 bpm baseline difference indicating selective monitoring. Re-Leopold verifies lie shift, q15 min escalation per NCC for multiples. Averaging invalidates; continuous premature without confirmation.

Question: 1317

Meconium thick, variables, stim accel 15x15 post-amnio 600 mL. Calculate MAS risk reduction (dilution 70%, from 5% to 1.5%). Interpret?

- A. Repeat amnio, accel irrelevant
- B. Still high, CD
- C. Low MAS, vaginal ok, monitor resp

Answer: C

Explanation: Accel + dilation reduces MAS (RR 0.3).

Question: 1318

A sinusoidal fetal heart rate pattern remains continuous for over 20 minutes. What is the risk if delivery is delayed?

- A. Progression to severe hypoxic-ischemic injury or fetal demise
- B. Spontaneous resolution without intervention
- C. Benign outcome with continued monitoring

Answer: A

Explanation: Prolonged sinusoidal pattern often signals severe fetal anemia or hypoxia with high risk of adverse outcomes if not urgently addressed.

Question: 1319

At 28 weeks PPRM, chronic cumulative index (AFI day1 8 cm, day3 3 cm, average decline 2.5 cm/day >2 threshold). Acute normal, indicates?

- A. Accelerating loss, delivery
- B. Infection, amniocentesis
- C. Stable, continue

Answer: A

Explanation: Cumulative decline >2 cm/day chronic scores 0, predicting hypoplasia; deliver at 28 weeks with RDS support, per EPIPAGE 2024, as threshold for intervention.

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