

**References: List 5 of your references for completing this Study Guide. Please use the APA style of reference writing (<http://webster.commnet.edu/apa/>)**

**1.**

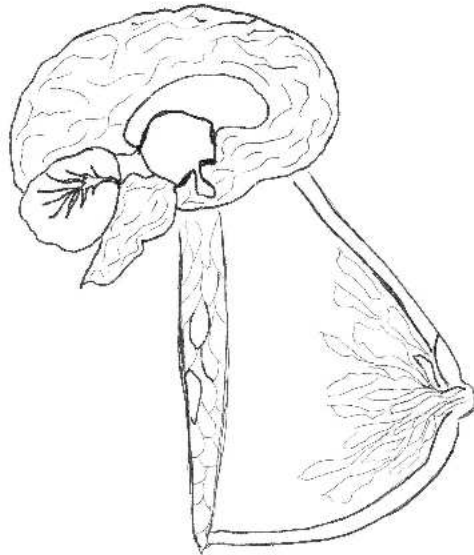
**2.**

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35. Label this diagram with reference to breastfeeding and the hormones of breastfeeding.



36. On the internet, find the Lamaze Six Care Practices for Healthy Birth and attach the Practices to this Study Guide.

29. Define lochia flow and explain the plan of care.

30. Name 4 benefits of breastfeeding.

31. List 3 common holds for positioning a baby during breastfeeding.

32. List 3 benefits of immediate and continuous skin-to-skin contact between mother and baby.

33. Describe the etiology (cause) of physiologic jaundice.

34. Differentiate between postpartum blues, postpartum depression, and postpartum psychosis.

23. List 7 clinical indications for cesarean deliveries.

24. Name the two types of skin incisions and uterine incisions for a cesarean.

25. List 3 types of breach presentations and describe each.

26. Differentiate between placenta previa and abruptio placenta.

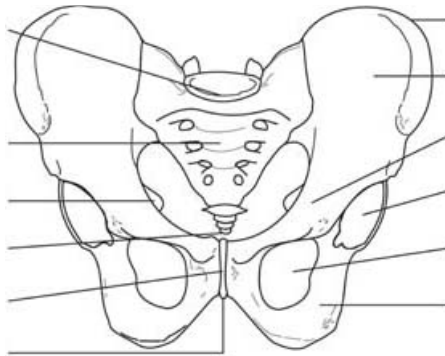
27. Explain the acronym, VBAC.

28. Identify the 5 areas examined in APGAR scoring and how the scoring is evaluated.  
(Hint: make a chart)

17. Identify the common cause of back labor. List two techniques to remedy the situation.
  
  
  
  
  
  
  
  
  
  
18. Find the latest Food Guide Pyramid for Pregnancy and attach it to this Study Guide.
  
  
  
  
  
  
  
  
  
  
19. Explain the differences between **analgesia** and **anesthesia**, and list at least one type of each that may be used in birth.
  
  
  
  
  
  
  
  
  
  
20. Describe the differences between an **epidural** and a **spinal**.
  
  
  
  
  
  
  
  
  
  
21. Name and describe two types of instrumental, vaginal deliveries.
  
  
  
  
  
  
  
  
  
  
22. Define episiotomy; describe first, second, third and fourth degree episiotomies; and name at least one method for relieving the discomfort after the procedure.

13. What is pre-eclampsia? How is it diagnosed? Describe possible causes and treatments.

14. Define pelvic station, and label the bones of the pelvis.



15. Define precipitate labor.

16. Define the term dystocia.





# Perinatal Education Associates, Inc. Pre-Workshop Assessment and Study Guide

Your name: \_\_\_\_\_  
(Please print clearly in ink. When finished, staple your pages together)

1. Label the diagram below and explain the significance of each with regards to pregnancy and/or birth: *uterus, cervix, bladder, vagina, placenta, umbilical cord, amniotic fluid, anus.*

