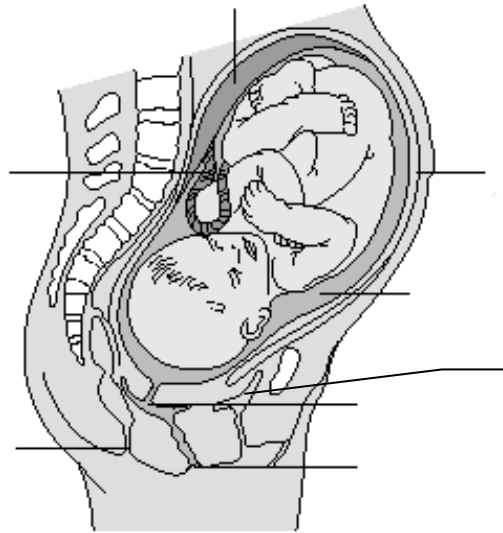


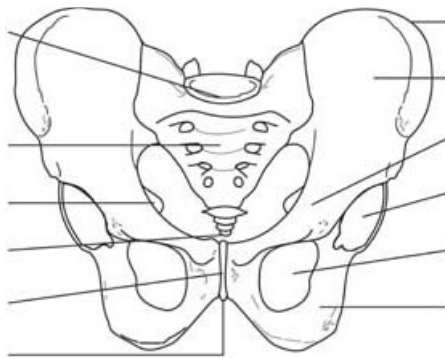
Pre-Workshop Assessment and Study Guide

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.*



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.

17. Identify the common cause of back labor. List two techniques to remedy the situation.
18. What are the 4 types of somatic receptors and what do they detect? (cliffnotes.com)
19. Find the latest Food Guide Pyramid and attach it to this Study Guide.
20. Explain the differences between **analgesia** and **anesthesia**, and list at least one type of each that may be used in birth.
21. Describe the differences between an **epidural** and a **spinal**.
22. Name and describe two types of instrumental, vaginal deliveries.

23. Define episiotomy; describe first, second, third and fourth degree episiotomies; and name at least one method for relieving the discomfort after the procedure.

24. List 7 clinical indications for cesarean deliveries.

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

26. List 3 types of breech presentations and describe each.

27. Differentiate between placenta previa and abruptio placenta.

28. Explain the acronym, VBAC.

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

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

31. Name 4 benefits of breastfeeding.

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

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

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

35. Discuss attachment as it pertains to the newborn and parents, including John Bowlby's suggestion of newborns being preprogrammed for behaviors that guarantee bonding.

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

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