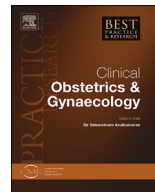




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## Best Practice & Research Clinical Obstetrics and Gynaecology

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### Fetal Growth – Multiple Choice Questions for Vol. 49

1. Small for gestational age (SGA) is often confused with fetal growth restriction (FGR). This results in which of the following?
  - a) Equal detection as they equate to the same problem
  - b) Better detection of FGR as more small children will be diagnosed with FGR
  - c) Dilution of pathology in FGR studies
  - d) Worse detection of FGR as only small children will be diagnosed as FGR
  - e) Worse detection of FGR as more FGR children with weight appreciated to be normal will be missed
  
2. Standardization of core outcomes in FGR studies will result in which of the following?
  - a) Better and uniform reporting of outcomes
  - b) Less outcomes to be reported per study as the core outcome set reduces the options needed to study
  - c) Less outcome reporting bias and higher study quality
  - d) Probably more patients to consent to FGR studies as they had their vote in the list of essential outcomes.
  - e) An obligation to study too many outcomes
  
3. Which of the following is/are recommendations for feeding of low birth-weight (LBW) neonates?
  - a) They should be fed their mother's breast milk
  - b) Those who cannot be fed mother's breast milk, should be fed animal-based milk
  - c) Those who can be breastfed, should be put to the breast as soon as possible once clinically stable
  - d) They should be exclusively breastfed until 6 months of age
  - e) Those who cannot be breastfed should be fed by cup or spoon
  
4. Which of the following is/are recommendations for thermoregulation?
  - a) Kangaroo mother care is recommended for unstable infants under 2.0 kg
  - b) Plastic wrapping is sufficient to maintain an infant's core body temperature alone
  - c) Air temperatures of delivery rooms should be at least 25 °C
  - d) Relative humidity does not affect incubator temperature guidance or fluid loss in neonates
  - e) Axillary temperatures are preferred over rectal temperatures, due to minimal invasiveness

5. Preventive care of newborns, within the first 28 days after birth include which of the following?
- Sterilization and appropriate temperature of bottles for storage of expressed or donor breast milk
  - Cleaning of incubators
  - Umbilical Cord Care
  - Immunization with Hepatitis B
  - Administration of Vitamin A supplements to reduce the risk of nightblindness
6. Which of the following findings increase the risk of stillbirth/adverse pregnancy outcomes?
- Decreased amniotic fluid volume
  - Increased resistance in the umbilical artery
  - Increased resistance in the middle cerebral artery
  - Decreased cerebroplacental ratio
  - Increased head circumference: abdominal circumference ratio
7. Which of the following placental abnormalities are associated with both fetal growth restriction and stillbirth?
- Retroplacental haematoma
  - Acute chorioamnionitis of the chorionic plate
  - Low placental weight
  - Intraparenchymal thrombus
  - Single umbilical artery
8. Which of the following is/are the Doppler changes in a hypoxic growth-restricted fetus?
- Decreased pulsatility index in the middle cerebral artery
  - Positive a-wave in the ductus venosus
  - Reversal of diastolic flow in the umbilical artery
  - Decreased flow through the foramen ovale
  - Decreased perfusion of lungs
9. The main endocrine and metabolic changes in the growth-restricted fetus are which of the following?
- Hypotrophy of adrenal glands
  - Glucose intolerance
  - Activation of the hypothalamo-pituitary-adrenal axis
  - Increased plasma cortisol
  - Decreased levels of thyroid stimulating hormone
10. Which of the following statements regarding management options for the prevention of FGR is/are correct?
- Low molecular weight (LMWH) in women with thrombophilia reduces the incidence of FGR
  - Aspirin reduces the risk of pre-eclampsia and FGR in high risk women
  - Smoking cessation reduces the risk of FGR especially if stopped in the second trimester
  - High protein diet can cause SGA babies
  - Routine use of anti-oxidants is recommended for the prevention of FGR

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