

# Cheap Nursing CEUs

## Providing Quality Family Planning Services

**1. Family planning services typically provide services such as pregnancy testing and counseling.**

- A. True
  - B. False
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**2. Which of the following statements is most accurate?**

- A. The CDC recommends that all women over the age of 25, capable of having a child, should have a reproductive life plan.
  - B. The CDC recommends that all women under the age of 40, capable of having a child, should have a reproductive life plan.
  - C. The CDC recommends that all persons capable of having a child should have a reproductive life plan.
  - D. The CDC does not recommend individual life plans for patients.
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**3. A 25 year-old female patient requires a sexual health assessment. Which of the following is the recommended first step for a sexual health assessment?**

- A. Pregnancy prevention, e.g., discuss current and future contraceptive options.
  - B. Partners, e.g., ask questions to determine the number and gender (men, women, or both) and concurrency of the patient's sex partners.
  - C. Practices, e.g., explore the types of sexual activity in which the patient engages.
  - D. Past STD history, e.g. ask about any history of STDs.
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**4. Clients should be informed that contraceptive methods, including condoms, offer no protection against STDs.**

- A. True
  - B. False
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**5. According to information provided by the FDA, which of the following is the most effective form of approved contraceptive methods?**

- A. Spermicide
  - B. Male condom
  - C. Female condom
  - D. Intrauterine device
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**6. Weight measurement is not needed to determine medical eligibility for any method of contraception because all methods generally can be used among obese women.**

- A. True
  - B. False
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**7. Which of the following statements is most accurate?**

- A. A provider can be reasonably certain that a woman is not pregnant if she has no symptoms or signs of pregnancy and is within 2 days postpartum.
  - B. A provider can be reasonably certain that a woman is not pregnant if she has no symptoms or signs of pregnancy and is within 2 weeks postpartum.
  - C. A provider can be reasonably certain that a woman is not pregnant if she has no symptoms or signs of pregnancy and is within 3 weeks postpartum.
  - D. A provider can be reasonably certain that a woman is not pregnant if she has no symptoms or signs of pregnancy and is within 4 weeks postpartum.
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**8. Which of the following statements is most accurate?**

- A. Long-acting reversible contraception is a safe and effective option for many adolescents, including those who have not been pregnant or given birth.
  - B. Long-acting reversible contraception is a safe and effective option for many adolescents, not including those who have not been pregnant or given birth
  - C. Long-acting reversible contraception is not a safe option for adolescents, including those who have not been pregnant or given birth.
  - D. Long-acting reversible contraception is not an effective option for adolescents, including those who have not been pregnant or given birth.
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**9. Providers should not encourage or promote communication between adolescents and their parent(s) or guardian(s) about sexual and reproductive health.**

- A. True
  - B. False
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**10. Which of the following statements is most accurate?**

- A. If a pregnancy test is positive, a clinical visit should include an estimation of gestational age so that appropriate counseling can be provided.
  - B. If a pregnancy test is positive for any patient over the age of 18, a clinical visit should include an estimation of gestational age so that appropriate counseling can be provided.
  - C. If a pregnancy test is positive for any patient over the age of 25, a clinical visit should include an estimation of gestational age so that appropriate counseling can be provided.
  - D. If a pregnancy test is positive, a clinical visit should not include an estimation of gestational age.
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**11. A fellow health care professional has questions regarding an infertility care-related physical examination for male patients. Which of the following points of interest should be communicated to the health care professional?**

- A. Only male patients over the age of 25 should receive a physical examination.
  - B. Only male patients over the age of 40 should receive a physical examination.
  - C. Male physical examinations should not include palpation of the testes and measurement of their size.
  - D. Male physical examinations should include a digital rectal exam.
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**12. Which of the following statements is most accurate?**

- A. In a family planning setting, all women planning or capable of pregnancy should be counseled about the need to take a daily supplement containing 0.2 to 0.4 mg of folic acid, in accordance with the USPSTF recommendation.
  - B. In a family planning setting, all women planning or capable of pregnancy should be counseled about the need to take a weekly supplement containing 0.2 to 0.4 mg of folic acid, in accordance with the USPSTF recommendation.
  - C. In a family planning setting, all women planning or capable of pregnancy should be counseled about the need to take a daily supplement containing 0.4 to 0.8 mg of folic acid, in accordance with the USPSTF recommendation.
  - D. In a family planning setting, all women planning or capable of pregnancy should be counseled about the need to take a weekly supplement containing 0.4 to 0.8 mg of folic acid, in accordance with the USPSTF recommendation.
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**13. For female clients, providers should screen all sexually active women aged  $\geq 25$  years for chlamydia annually, in addition to sexually active women aged  $>25$  years with risk factors for chlamydia infection.**

- A. True
  - B. False
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**14. Which of the following statements is most accurate?**

- A. Male clients aged 6–21 years should be offered HPV4 vaccine, if not vaccinated previously.
  - B. Male clients aged 7–21 years should be offered HPV4 vaccine, if not vaccinated previously.
  - C. Male clients aged 8–21 years should be offered HPV4 vaccine, if not vaccinated previously.
  - D. Male clients aged 11–21 years (minimum age: 9 years) should be offered HPV4 vaccine, if not vaccinated previously.
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**15. Which of the following statements is most accurate?**

- A. ACOG recommends annual clinical breast examinations for all women aged  $>19$  years.
- B. ACOG recommends annual clinical breast examinations for all women aged  $>20$  years.
- C. ACOG recommends annual clinical breast examinations for all women aged  $>25$  years.

D. ACOG recommends annual clinical breast examinations for all women aged >40 years.

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**16. Service sites that offer family planning services should have a system for conducting quality improvement, which is designed to review and strengthen the quality of services on an ongoing basis.**

- A. True
  - B. False
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**17. Which of the following statements is most accurate?**

- A. Providers should refer pregnant and parenting adolescents to home visiting and other programs that have been shown to provide needed support and reduce rates of repeat teen pregnancy.
  - B. Providers should only refer pregnant adolescents to home visiting and other programs that have been shown to provide needed support and reduce rates of repeat teen pregnancy.
  - C. Providers should only refer parenting adolescents to home visiting and other programs that have been shown to provide needed support and reduce rates of repeat teen pregnancy.
  - D. Providers should not refer pregnant or parenting adolescents to home visiting and other programs that have been shown to provide needed support and reduce rates of repeat teen pregnancy.
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**18. Family planning programs should not stock or offer contraceptive methods such as male condoms.**

- A. True
  - B. False
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**19. Which of the following statements is most accurate?**

- A. CDC guidelines on contraceptive use provide evidence that long-acting reversible contraception is safe and effective for adolescents and nulliparous women.
  - B. CDC guidelines on contraceptive use provide evidence that long-acting reversible contraception is not safe or effective for adolescents and nulliparous women.
  - C. CDC guidelines on contraceptive use provide evidence that long-acting reversible contraception is not safe or effective for nulliparous women.
  - D. CDC guidelines on contraceptive use provide evidence that long-acting reversible contraception is not safe or effective for adolescents.
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**20. Which of the following statements is most accurate?**

- A. The U.S. Preventive Services Task Force recommends routine screening for ovarian cancer for individuals over the age of 18.

- B. The U.S. Preventive Services Task Force recommends routine screening for ovarian cancer for individuals over the age of 25.
  - C. The U.S. Preventive Services Task Force recommends routine screening for ovarian cancer for individuals over the age of 40.
  - D. The U.S. Preventive Services Task Force recommends against routine screening for ovarian cancer.
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