

## Maternal positions Quiz

**Question 1:** What are efforts of upright birthing positions?

**Answers:**

- a) The woman can rest.
- b) It can reduce the time of birth and the need of pain killers.
- c) It has a positive impact on the fetal heart rate.
- d) The blood flow to the uterus is decreased.

**Correct answer:** b) and c)

**Question 2:** What should you pay attention to when you guide a woman with sitting positions?

**Answer:**

- a) The sitting position just has to be comfortable for the woman.
- b) Sitting on a toilet is not good.
- c) The woman should prefer positions where she can lean forward.
- d) Back leaning positions promote the correct position of the fetus

**Correct answer:** c)

**Question 3:** Which positions support the entrance of the head in the pelvis

**Answers:**

- a) Standing or kneeling with one leg raised and toes to the outside.
- b) Standing or kneeling with toes to the outside.
- c) Standing or kneeling with toes to the inside.
- d) Standing or kneeling and bent forwards.

**Correct answer:** a) + b)

**Question 4:** What is important to know about the positioning of occiput posterior position of the fetus and Sims-position of the mother?

**Answer:**

- a) It doesn't matter on which side the labouring woman is positioned.
- b) The Sims-position should be on the side of the small parts.
- c) We take the side that is more comfortable for the woman.
- d) The Sims-position should be on the side of the fetal back.

**Correct answer: b)**

**Question 5:** Which statements to the "rollover sequence" is wrong?

**Answers:**

- a) It can be used if the cause of the leak of engagement cannot be identified.
- b) Sims-position is not part of the sequence.
- c) It can be used for a woman with epidural.
- d) When the woman is very exhausted, it is a good opportunity to rest.

**Correct answer: b)**

