

ATI Maternity Proctored Exam – Study Guide (Latest 2021)

A nurse in a woman's health clinic is providing teaching about nutritional intake to a client who is at 8 weeks of gestation. The nurse should instruct the client to increase her daily intake of which of the following nutrients?

Top of Form

Calcium

The recommendation for calcium intake during pregnancy is the same as that for women who are not pregnant: 1,300 mg/day for women younger than 19 years old and 1,000 mg/day for women between the ages of 19 and 50 years old.

Vitamin E

The recommendation for vitamin E intake during pregnancy is 15 mg/day, the same as that for women who are not pregnant.

Iron

The recommendation for iron intake during pregnancy is higher than that for women who are not pregnant. For women who are pregnant, it is 27 mg/day. For women who are not pregnant, it is 15 mg/day for women younger than 19 years old and 18 mg/day for women between the ages of 19 and 50 years old.

Vitamin D

The recommendation for vitamin D intake during pregnancy is 600 IU/day, the same as

A nurse is caring for a client who has uterine hypotonicity and is experiencing postpartum hemorrhage. Which of the following actions is the nurse's priority?

Top of Form

Check the client's capillary refill.

It is important for the nurse to monitor capillary refill in order to track baseline data for this client. However, another action is the nurse's priority.

Massage the client's fundus.

Uterine hypotonicity and postpartum hemorrhage indicate that this client is at the greatest risk for hypovolemic shock. This can compromise the perfusion to the client's vital organs, causing death to occur. Therefore, the nurse's priority is to massage the client's fundus in order to minimize blood loss.

Insert an indwelling urinary catheter for the client.

It is important for the nurse to insert an indwelling urinary catheter in order to assess the client for hypovolemia. However, another action is the nurse's priority.

Prepare the client for a blood transfusion.

Ati Maternity Study Guide

Michael Brown



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