

**Sample exam Nurses and Midwives Certification**

*The exam score equals 100 points and includes:*

- *94 'multiple choice questions' for which you need to select a single most correct answer from four options. For each correct answer you earn 1 point. You do not lose points by giving incorrect answers.*
- *One 'scenario-based question' in which you need to answer one lead-in question based on the description of a patient scenario and two additional questions. All three questions should be answered by selecting the most correct option from the list. For each correct answer you earn 2 points, equaling six points in total. You do not lose points by giving incorrect answers.*

Examples of multiple-choice questions:

**A. Physiology of spontaneous conception**

Q) Which hormone is normally produced by the corpus luteum?

- a) FSH
- b) LH
- c) Prolactin
- d) Progesterone

**B. Epidemiology of infertility**

Q) The total fertility rate is defined as?

- a) The monthly chance of pregnancy when a couple has unprotected intercourse
- b) The average number of children born per woman by the age of 45
- c) The average number of couples achieving pregnancy within 12 months of unprotected intercourse
- d) The average number of couples achieving pregnancy within 24 months of unprotected intercourse

**C. Factors affecting fertility**

Q) Why do ART mothers have higher perinatal risks in their pregnancies?

- a) Older age
- b) Multiparity
- c) More smokers among ART population
- d) Stress

**D. Female reproduction**

Q) Which gland secretes steroid hormones?

- a) Hypothalamus
- b) Ovaries
- c) Pituitary
- d) Thyroid

**E. Male reproduction**

Q) Where do sperm undergo their final maturation?

- a) Sertoli cells
- b) Epididymis
- c) Ejaculate
- d) Female tract

**F. Clinical fertility treatments**

Q) When is it acceptable to wait more than 1 year to initiate investigations?

- a) Amenorrhea
- b) Pelvic inflammatory disease
- c) Undescended testicles
- d) When the woman is aged 30 years or younger

**G. Lab Medical Assisted Reproduction (MAR)-procedures**

Q) An advantage of vitrification includes:

- a) Slow cooling/warming rates
- b) Avoids the formation of ice crystals
- c) Long exposure to cryoprotectants
- d) Low concentration of cryoprotectants

### **H. Embryology**

- Q) The first and second polar bodies are products of
- a) Completion of Meiosis I
  - b) Completion of Meiosis II
  - c) Completion of Meiosis I and Meiosis II, respectively
  - a) None of the above

### **I. Genetics**

- Q) PCR (polymerase chain reaction) is a method used for:
- a) Karyotyping a couple
  - b) Sending out interview letters to a chain of patients
  - c) Selectively amplifying parts of a genome
  - d) Estimating testicular volume using a chain of balls with different sizes

### **J. Early pregnancy**

- Q) The maximal level of hCG concentration in the maternal circulation is reached at the following number of weeks of gestation:
- a) Week 4-7
  - b) Week 8-10
  - c) Week 11-12
  - d) Week 13-15

### **K. Quality of care**

- Q) According to the EU Tissues and Cells Directive, sperm donors should be routinely screened for:
- a) HIV, Hepatitis B, Hepatitis C, Syphilis, Chlamydia
  - b) HIV, Hepatitis B, Hepatitis C, Syphilis
  - c) HIV, Hepatitis B, Hepatitis C
  - d) Hepatitis B, Hepatitis C

**L. Safety of fertility treatment**

Q) Which of the following is not associated with OHSS?

- a) Hypoproteinaemia
- b) Abdominal bloating
- c) Nausea and vomiting
- d) Increased urine output

**M. Psychosocial wellbeing of and support for patients**

Q) Which statement on the difference in emotional wellbeing between women and men is TRUE?

- a) Women are more likely to experience anxiety than men
- b) Women are more likely to experience depression than men
- c) Women are more likely to experience distress than men
- d) All of the above

**N. Research**

Q) Which statement on the difference between qualitative and quantitative research is FALSE?

- a) Both forms of research are appropriate for studying patterns of associations while only quantitative research is concerned with quantifying relationships
- b) In quantitative research data collection and analysis take place consecutively while both take place interactively in qualitative research
- c) Whereas reasoning of qualitative research is rather inductive, reasoning of quantitative research is rather deductive
- d) Both forms of research differ in rigor, qualitative research is of higher quality than quantitative research

Correct answers: Ad, Bb, Ca, Db, Eb, Fd, Gb, Hc, Ic, Jb, Ka, Lb, Md, Nd