

## POST-TEST

### ICEA POSITION PAPER: WATER BIRTH

1. *The optimum time for a laboring woman to enter water for labor progress and relaxation is:*
  - a. 7-10 cm (Transition).
  - b. 1-3 cm (Early).
  - c. As soon as contractions begin.
  - d. 3-5 cm (Active).
  
2. *Water labor is a comfort measure that:*
  - a. stimulates secretion of endorphins.
  - b. activates touch fibers to decrease the perception of pain.
  - c. reduces stress hormones that can inhibit the release of oxytocin.
  - d. all of the above
  
3. *The nerves that stimulate the baby's first breath are:*
  - a. maxofacial
  - b. intercostal
  - c. trigeminal
  - d. posterior pulmonic
  
4. *Relaxation from water labor is achieved by:*
  - a. hydrostatic pressure
  - b. buoyancy
  - c. increase in catecholamines.
  - d. A & B
  
5. *The recommended temperature for waterbirth water is:*
  - a. colder than body temperature to provide a numbing sensation.
  - b. close to body temperature.
  - c. 20° warmer than body temperature to relax muscles.
  - d. varies by hospital policy.
  
6. *Contraindications to water labor and water birth are:*
  - a. ruptured membranes.
  - b. GBS, VBAC, EFM
  - c. epidurals, monitoring, induction.
  - d. both b and c.
  
7. *Benefits of hydrotherapy include:*
  - a. increase maternal movement.
  - b. reduction in length of labor.
  - c. decrease in pain.
  - d. all of the above.

8. *Indications that there has been cord avulsion during a water birth are:*

- a. extreme maternal abdominal pain.
- b. sudden change of color of the water due to gush of blood.
- c. sudden release of cord tension.
- d. b & c

9. *This hydrotherapy advocate found that not only does immersion in water increased endorphin secretion but also anticipatory feeling of pain relief does this also.*

- a. Michael Rosenthal
- b. Igor Charkosvsky
- c. Michel Odent
- d. Barbara Sprague

10. *A shortened length of labor with water labor is due to:*

- a. reduction of muscle tension.
- b. Gate Control Theory.
- c. ease of movement to facilitate Cardinal Movements.
- d. all of the above.

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***Please Remit to:***

International Childbirth Education Association

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