Board Exam Desk

Midwifery Reviewer

Midwifery Licensure Examination | PRC | 120 original questions

2026 Edition | Updated November 2026

Original board-style practice questions with an answer key.

Practice questions

Anatomy and Physiology

1. A woman with a positive pregnancy test at 6 weeks asks what keeps the corpus luteum producing progesterone in early pregnancy. Which hormone is responsible?

A. Human placental lactogen
B. Follicle-stimulating hormone
C. Human chorionic gonadotropin
D. Luteinizing hormone-releasing hormone

2. In a well-flexed vertex presentation, which fetal skull diameter enters the pelvic inlet?

A. Submentobregmatic, about 9.5 cm
B. Occipitomental, about 13.5 cm
C. Occipitofrontal, about 11.5 cm
D. Suboccipitobregmatic, about 9.5 cm

3. Which pelvic type, with a round inlet and wide subpubic arch, is most favorable for vaginal birth?

A. Gynecoid
B. Android
C. Platypelloid
D. Anthropoid

4. On pelvic examination the diagonal conjugate measures 12.8 cm. Subtracting 1.5 cm, what is the estimated obstetric conjugate?

A. 10.8 cm
B. 11.3 cm
C. 12.3 cm
D. 14.3 cm

5. In which part of the fallopian tube does fertilization usually take place?

A. Ampulla
B. Interstitial portion
C. Fimbriae
D. Isthmus

6. A breastfeeding mother notices milk dripping from the opposite breast and uterine cramping while her baby suckles. Which hormone causes both effects?

A. Progesterone
B. Prolactin
C. Oxytocin
D. Estrogen

7. Which hormone from the anterior pituitary stimulates the alveolar cells of the breast to synthesize milk?

A. Prolactin
B. Oxytocin
C. Thyroxine
D. Relaxin

8. In fetal circulation, which structure carries oxygenated umbilical venous blood past the liver directly to the inferior vena cava?

A. Ductus arteriosus
B. Umbilical artery
C. Foramen ovale
D. Ductus venosus

9. Which two chambers of the fetal heart are connected by the foramen ovale?

A. Left atrium and left ventricle
B. Right ventricle and left ventricle
C. Right atrium and left atrium
D. Right atrium and right ventricle

10. While inspecting a freshly cut umbilical cord, the midwife identifies the vessel that carries oxygenated blood to the fetus. Which vessel is it?

A. Both umbilical arteries together
B. The vitelline artery
C. The single umbilical vein
D. One of the two umbilical arteries

11. A woman has regular 32-day menstrual cycles. On which cycle day does ovulation most likely occur?

A. Day 20
B. Day 16
C. Day 14
D. Day 18

12. Which phase of the ovarian cycle is dominated by progesterone from the corpus luteum?

A. Menstrual phase
B. Follicular phase
C. Luteal phase
D. Proliferative phase of the follicle

13. Which hormonal event directly triggers rupture of the mature follicle at ovulation?

A. Rise in human chorionic gonadotropin
B. Fall in estrogen levels
C. Drop in prolactin secretion
D. Surge of luteinizing hormone

14. Which layer of the uterine wall performs the contractions of labor?

A. Myometrium
B. Decidua basalis
C. Perimetrium
D. Endometrium

15. A pregnant woman at 28 weeks has a slightly lower hemoglobin than before pregnancy despite good diet. What physiologic change best explains this?

A. Bone marrow shifts to making white cells
B. Plasma volume rises more than red cell mass
C. Iron absorption falls in the second trimester
D. Red cell production stops in pregnancy

16. A woman charting basal body temperature notes a sustained rise of about 0.3 to 0.5 degrees Celsius. Which hormone causes this rise?

A. Follicle-stimulating hormone
B. Progesterone
C. Oxytocin
D. Estrogen

17. Which placental hormone has anti-insulin effects that increase maternal blood glucose available to the fetus?

A. Oxytocin
B. Human placental lactogen
C. Human chorionic gonadotropin
D. Relaxin

18. Which muscle group forms most of the pelvic floor and supports the pelvic organs?

A. Gluteus maximus
B. Rectus abdominis
C. Iliopsoas
D. Levator ani

19. At 22 weeks a woman reports brief sharp groin pain when she stands up quickly. Stretching of which structure most likely causes this?

A. Broad ligament
B. Round ligament
C. Cardinal ligament
D. Uterosacral ligament

20. A first-time pregnant woman asks when she will first feel fetal movement. Around what age of gestation does quickening usually occur in a primigravida?

A. 18 to 20 weeks
B. 26 to 28 weeks
C. 32 to 34 weeks
D. 10 to 12 weeks

Obstetrics

21. A client's last menstrual period began on August 15, 2025. Using Naegele's rule, what is her expected date of delivery?

A. May 8, 2026
B. May 22, 2026
C. June 22, 2026
D. April 22, 2026

22. A woman's last menstrual period began on October 20, 2025. She is seen on March 4, 2026. What is her age of gestation?

A. 20 weeks and 1 day
B. 19 weeks and 2 days
C. 21 weeks exactly
D. 18 weeks and 4 days

23. A pregnant woman previously delivered live twins at 36 weeks, had one miscarriage at 10 weeks, and delivered one live term baby. Using G-TPAL, how is she recorded?

A. G5 T1 P2 A1 L3
B. G4 T1 P2 A1 L3
C. G4 T1 P1 A1 L3
D. G3 T1 P1 A1 L2

24. On abdominal palpation the fundus is found at the level of the umbilicus. What is the approximate age of gestation?

A. 16 weeks
B. 28 weeks
C. 12 weeks
D. 20 weeks

25. Using McDonald's rule, a fundal height of 28 cm measured from the symphysis pubis in a singleton pregnancy corresponds to about what age of gestation?

A. 32 weeks
B. 24 weeks
C. 36 weeks
D. 28 weeks

26. During the first Leopold maneuver, what is the midwife trying to identify?

A. Whether the head is engaged
B. The location of the fetal back
C. The side of cephalic prominence
D. The fetal part occupying the fundus

27. Which finding is a positive sign of pregnancy?

A. Fetal heart tones heard by Doppler
B. Bluish discoloration of the cervix
C. Softening of the lower uterine segment
D. Positive urine hCG test

28. After delivery of the baby, the midwife notes a sudden gush of blood, lengthening of the cord, and a uterus that becomes globular and rises. What do these signs indicate?

A. Cervical laceration
B. Placental separation
C. Retained cotyledons
D. Uterine inversion

29. In active management of the third stage of labor, what is the recommended uterotonic and timing after birth of the baby?

A. Oxytocin 10 IU IV push after the placenta
B. Methylergometrine IV before the shoulders
C. Oxytocin 5 IU IM one hour after birth
D. Oxytocin 10 IU IM within one minute

30. Twenty minutes after a normal delivery, the midwife finds a soft, boggy uterus above the umbilicus with heavy bleeding. What is the first action?

A. Apply an ice pack to the perineum
B. Massage the fundus until it is firm
C. Have the mother walk to the toilet
D. Pack the vagina with sterile gauze

31. A woman with severe preeclampsia is receiving magnesium sulfate. Which finding is the earliest sign of magnesium toxicity that should prompt withholding the next dose?

A. Respiratory rate of 18 per minute
B. Absent patellar reflexes
C. Mild facial flushing
D. Urine output of 50 mL per hour

32. Which drug should be at the bedside as the antidote for magnesium sulfate toxicity?

A. Naloxone hydrochloride
B. Potassium chloride
C. Calcium gluconate
D. Sodium bicarbonate

33. At 33 weeks a woman reports sudden painless bright red vaginal bleeding. The uterus is soft and nontender. What action must the midwife avoid?

A. Performing an internal examination
B. Checking fetal heart tones
C. Taking maternal vital signs
D. Positioning her on her side

34. A woman at 36 weeks with hypertension complains of sudden severe abdominal pain. The uterus is hard and board-like and there is scant dark bleeding. What is the most likely condition?

A. Placenta previa
B. Normal early labor
C. Threatened abortion
D. Abruptio placentae

35. A woman at 7 weeks by dates has one-sided lower abdominal pain, spotting, and shoulder-tip pain, and she feels faint. What should the midwife suspect?

A. Ruptured ectopic pregnancy
B. Urinary tract infection
C. Threatened abortion
D. Hydatidiform mole

36. At 10 weeks a woman has light vaginal bleeding and mild cramps. The cervix is closed and no tissue has been passed. How is this classified?

A. Incomplete abortion
B. Inevitable abortion
C. Threatened abortion
D. Missed abortion

37. On postpartum day 6, a mother describes her lochia as pinkish-brown and thinner than before. Which type of lochia is this?

A. Lochia alba
B. Lochia rubra
C. Lochia serosa
D. Lochia mixed with clots

38. The fundus is at the umbilicus on the first postpartum day. If involution progresses normally, where would you expect it on day 4?

A. Still at the level of the umbilicus
B. About 4 fingerbreadths above the umbilicus
C. About 3 fingerbreadths below the umbilicus
D. At the level of the symphysis pubis

39. On internal examination, the lowest part of the fetal head is level with the ischial spines. What is the station?

A. Station 0
B. Station +2
C. Station +4
D. Station -2

40. During the second stage, after the fetal head has completed internal rotation and reached the perineum, which cardinal movement comes next?

A. Extension
B. Flexion
C. External rotation
D. Descent into the inlet

Care of the Newborn and Child

41. At one minute a newborn has a heart rate of 110, slow irregular breathing, some flexion of the extremities, a grimace on suctioning, and a pink body with blue hands and feet. What is the Apgar score?

A. 8
B. 6
C. 5
D. 7

42. Under Essential Intrapartum and Newborn Care, what is the first action for a baby who has just been born?

A. Immediate clamping of the cord
B. Bathing to remove the vernix
C. Thorough drying with a clean dry cloth
D. Routine suctioning of mouth and nose

43. In a vigorous term newborn placed skin-to-skin, when should the umbilical cord be clamped?

A. Only after the placenta has been delivered
B. Within 10 seconds of delivery of the trunk
C. Before the newborn is dried and assessed
D. After cord pulsations stop, about 1 to 3 minutes

44. When should breastfeeding be initiated for a healthy newborn kept in skin-to-skin contact with the mother?

A. After the newborn receives sugar water
B. Once the mother's milk comes in
C. Within the first hour after birth
D. After the first bath at 6 hours

45. Why is vitamin K 1 mg given intramuscularly to newborns shortly after birth?

A. To protect against neonatal tetanus
B. To raise the newborn's blood sugar
C. To prevent neonatal jaundice
D. To prevent vitamin K deficiency bleeding

46. What is the main purpose of applying erythromycin ointment to a newborn's eyes?

A. Preventing ophthalmia neonatorum
B. Preventing retinopathy of prematurity
C. Treating congenital cataract
D. Lubricating the eyes after birth

47. Within what time after birth should the hepatitis B birth dose ideally be given?

A. Before discharge at 1 week
B. At 6 weeks of age
C. At 9 months of age
D. Within 24 hours

48. A mother asks when her newborn's heel-prick blood should be collected for newborn screening. What is the ideal timing?

A. At the 6-week immunization visit
B. Immediately after cord clamping
C. 24 to 72 hours after birth
D. Only if the baby looks ill

49. A newborn becomes visibly yellow 18 hours after birth. How should the midwife interpret this?

A. Breast milk jaundice needing no action
B. Pathologic jaundice needing urgent referral
C. A normal sign of liver maturity
D. Normal physiologic jaundice of the newborn

50. An 8-month-old child is due for vitamin A supplementation. What dose is given?

A. 50,000 IU
B. 100,000 IU
C. 200,000 IU
D. 400,000 IU

51. An 8 kg child with diarrhea is classified as having some dehydration. Using 75 mL/kg, how much ORS should be given over the first 4 hours?

A. 800 mL
B. 750 mL
C. 400 mL
D. 600 mL

52. An 8-month-old with cough has a respiratory rate of 54 breaths per minute and no general danger signs or chest indrawing. How is the breathing classified under IMCI?

A. Severe pneumonia, refer urgently
B. Cough or cold, home care only
C. Fast breathing, classify as pneumonia
D. Normal breathing for this age

53. Which set of vital signs is within the normal range for a term newborn at rest?

A. Heart rate 190, respiratory rate 75
B. Heart rate 90, respiratory rate 20
C. Heart rate 140, respiratory rate 45
D. Heart rate 70, respiratory rate 12

54. A baby weighed 3.2 kg at birth and 3.0 kg on day 3. What is the percentage weight loss and how should it be interpreted?

A. About 6.3 percent, within normal limits
B. About 9.5 percent, indicates dehydration
C. About 12 percent, needs urgent referral
D. About 2 percent, suggests overfeeding

55. A healthy infant weighed 3.0 kg at birth. Following the usual growth pattern, what weight is expected at 12 months?

A. About 9 kg
B. About 6 kg
C. About 4.5 kg
D. About 12 kg

56. After a difficult shoulder delivery, the newborn's Moro reflex shows movement of only the left arm. What should the midwife suspect?

A. Normal immaturity of the nervous system
B. Injury to the right clavicle or brachial plexus
C. Hypoglycemia from delayed feeding
D. Congenital hip dysplasia on the right

57. A newborn has scalp swelling that crosses the sagittal suture and was present at birth. Which condition is most likely?

A. Craniosynostosis
B. Caput succedaneum
C. Subgaleal abscess
D. Cephalhematoma

58. A 5-month-old with three days of watery diarrhea is irritable and has a markedly sunken anterior fontanel. What does the fontanel finding suggest?

A. Increased intracranial pressure
B. Normal closure of the fontanel
C. Rickets from vitamin D lack
D. Dehydration

59. A newborn weighs 2,300 g at birth. How is this baby classified, and what care is recommended if stable?

A. Low birth weight, kangaroo mother care
B. Normal birth weight, routine care
C. Very low birth weight, incubator only
D. Macrosomic, check blood sugar

60. A mother asks how to care for her newborn's umbilical cord stump at home. Which advice is correct?

A. Keep it clean and dry with nothing applied
B. Cover it with herbal leaves daily
C. Apply powder after every bath
D. Wrap it tightly with a belly binder

Primary Health Care

61. The international conference that declared primary health care the key to attaining health for all was held in 1978 in which place?

A. Geneva
B. Alma-Ata
C. Ottawa
D. Astana

62. Which issuance adopted primary health care as a national strategy in the Philippines in 1979?

A. Executive Order No. 51
B. Republic Act No. 7160
C. Presidential Decree No. 856
D. Letter of Instruction No. 949

63. Residents of a barangay plan, carry out and evaluate their own water-sealed toilet project with the midwife acting only as a guide. Which PHC principle does this best show?

A. Support mechanisms from government
B. Community participation
C. Use of appropriate technology
D. Multisectoral collaboration

64. A midwife gives tetanus toxoid to pregnant women in her catchment area. At what level of prevention is this activity?

A. Primary prevention
B. Quaternary prevention
C. Secondary prevention
D. Tertiary prevention

65. Visual inspection with acetic acid to detect early cervical lesions in asymptomatic women is an example of which level of prevention?

A. Tertiary prevention
B. Health promotion only
C. Primary prevention
D. Secondary prevention

66. A municipality with a population of 52,000 recorded 1,560 live births in one year. What is the crude birth rate?

A. 300 per 1,000 population
B. 33 per 1,000 population
C. 3 per 1,000 population
D. 30 per 1,000 population

67. A town had 1,200 live births and 18 deaths of infants under one year during the same year. What is the infant mortality rate?

A. 12 per 1,000 live births
B. 15 per 1,000 live births
C. 18 per 1,000 live births
D. 1.5 per 1,000 live births

68. A province reported 3 maternal deaths and 2,400 live births in a year. What is the maternal mortality ratio?

A. 125 per 100,000 live births
B. 250 per 100,000 live births
C. 12.5 per 100,000 live births
D. 80 per 100,000 live births

69. A midwife counts all residents who currently have hypertension, whether newly or previously diagnosed, on one survey day. What is she measuring?

A. Attack rate
B. Point prevalence
C. Case fatality rate
D. Incidence rate

70. Which law provides benefits and incentives for barangay health workers in the Philippines?

A. Republic Act No. 7392
B. Republic Act No. 9288
C. Republic Act No. 7883
D. Republic Act No. 10028

71. A patient on tuberculosis treatment takes each dose while a trained treatment partner watches. What strategy does this describe?

A. Mass drug administration
B. Contact tracing
C. Directly observed treatment
D. Passive case finding

72. A barangay is served by a communal faucet system that requires households to fetch water within a short distance. Which level of water facility is this?

A. Level IV
B. Level III
C. Level II
D. Level I

73. The mosquito that transmits dengue mainly bites at which time and breeds where?

A. Daytime, in brackish water near mangroves
B. Nighttime, in polluted canals and sewers
C. Daytime, in clean stagnant water containers
D. Nighttime, in slow-flowing clear streams

74. In a malaria-endemic upland barangay, which vector control advice is most appropriate?

A. Avoid wading in floodwaters
B. Cover drinking water jars during daytime
C. Sleep under insecticide-treated nets at night
D. Boil all drinking water before use

75. After a week of flooding, several farmers present with fever, severe calf pain and reddened eyes. Which disease should the midwife suspect?

A. Typhoid fever
B. Leptospirosis
C. Dengue fever
D. Schistosomiasis

76. During a power interruption, the midwife must protect the vaccines in the health center refrigerator. Which vaccine is damaged by freezing and must never be frozen?

A. Hepatitis B vaccine
B. Oral polio vaccine
C. Measles-containing vaccine
D. Freeze-dried BCG vaccine

77. A pregnant woman with no prior tetanus immunization receives her first tetanus toxoid dose today. When is the earliest her second dose should be given?

A. At least 1 week later
B. At least 6 months later
C. At least 1 year later
D. At least 4 weeks later

78. While using the public health bag during a home visit, where should the midwife place the bag?

A. On a flat surface lined with clean paper
B. On the patient's bed beside the pillow
C. On the floor near the patient's bed
D. Inside the family's kitchen cabinet

79. In the epidemiologic triad, which three elements interact to produce disease?

A. Source, route and portal
B. Incidence, prevalence and mortality
C. Person, place and time
D. Agent, host and environment

80. Which Philippine law, issued in 1975, is known as the Code on Sanitation of the Philippines?

A. Presidential Decree No. 856
B. Presidential Decree No. 651
C. Executive Order No. 51
D. Republic Act No. 7883

Family Planning

81. A mother 4 months postpartum wants to rely on the lactational amenorrhea method. Which condition must also be present for the method to be effective?

A. She has not had any menstrual bleeding
B. She started solid foods for the baby
C. She resumed menses but breastfeeds
D. She gives formula at night only

82. A woman using the Standard Days Method has cycles between 26 and 32 days. Which cycle days should she avoid unprotected intercourse?

A. Days 1 through 7
B. Days 8 through 19
C. Days 20 through 26
D. Days 10 through 14

83. Over the past year a woman's shortest cycle was 26 days and her longest was 31 days. Using the calendar rhythm formula, what is her fertile period?

A. Day 7 to day 19
B. Day 10 to day 18
C. Day 8 to day 20
D. Day 12 to day 22

84. A woman on combined oral contraceptives forgot one active pill yesterday and remembers this morning. What should she do?

A. Stop pills until her next menses
B. Take the missed pill now and continue as usual
C. Discard the pack and start a new one
D. Take four pills today to catch up

85. A 38-year-old woman who smokes a pack of cigarettes daily asks for family planning. Which method is generally not advised for her?

A. Male condoms
B. Copper intrauterine device
C. Progestin-only implant
D. Combined oral contraceptive pills

86. A client received a DMPA injection on January 12, 2026. Using a 13-week interval, when is her next injection due?

A. March 12, 2026
B. April 13, 2026
C. April 26, 2026
D. May 12, 2026

87. A woman with a copper IUD asks how she can check that the device is still in place. What should the midwife teach?

A. Check her temperature every morning
B. Feel for the strings after each menses
C. Have an ultrasound every month
D. Inspect her cervical mucus daily

88. A couple asks which family planning method also protects against sexually transmitted infections. Which should the midwife name?

A. Lactational amenorrhea method
B. Progestin-only pill
C. Male condom
D. Copper intrauterine device

89. A woman charting basal body temperature notes her temperature rose and has stayed elevated for 3 consecutive days. What does this indicate?

A. Ovulation will occur within the next day
B. Ovulation has passed and the infertile phase began
C. She is in her most fertile days
D. She is likely to menstruate tomorrow

90. A woman using the cervical mucus method notices clear, slippery mucus that stretches between her fingers. How should she interpret this?

A. She is in the safe infertile phase
B. She likely has a vaginal infection
C. She is at peak fertility
D. Her period is about to begin

91. A man had a vasectomy last week and asks whether the couple can stop using other protection. What is the correct advice?

A. Use a backup method for about 3 months
B. Protection is complete from the first day
C. Backup is needed only for one week
D. Backup is needed only if pain persists

92. A woman with four children requests bilateral tubal ligation. Which counseling point is most important before she consents?

A. Fertility returns after five years
B. It protects her from all infections
C. It will make her menses stop
D. The procedure is intended to be permanent

93. What instruction is most important for a breastfeeding mother starting progestin-only pills?

A. Take pills only before intercourse
B. Skip pills on days she breastfeeds
C. Take a 7-day break after each pack
D. Take a pill at the same time every day

94. Which Philippine law enacted in 2012 is known as the Responsible Parenthood and Reproductive Health Act?

A. Republic Act No. 10354
B. Republic Act No. 10028
C. Republic Act No. 9710
D. Republic Act No. 9262

95. A client receiving a single-rod etonogestrel implant asks how long it will protect her. What is the usual duration?

A. Up to 3 months
B. Up to 10 years
C. Up to 1 month
D. Up to 3 years

96. A woman who used DMPA for two years says she stopped 5 months ago and is not yet pregnant. What should the midwife explain?

A. DMPA has no effect after one week
B. She must have conceived and miscarried
C. Return of fertility after DMPA is often delayed
D. DMPA causes permanent infertility

97. Three months after copper IUD insertion, a client reports heavier and longer menstrual periods with cramps. What is the best explanation?

A. A common side effect of the copper IUD
B. Evidence of an ectopic pregnancy
C. A hormonal effect of released progestin
D. A sign that the IUD has perforated

98. In the GATHER approach to family planning counseling, what does the letter H stand for?

A. Help the client choose a method
B. Hand over the selected supplies
C. Highlight the most effective method
D. Hear the partner's opinion first

99. A woman tracks both her basal body temperature and her cervical mucus changes to identify fertile days. Which natural method is she using?

A. Standard Days Method
B. Calendar rhythm method
C. Symptothermal method
D. Lactational amenorrhea method

100. In a study, 400 women used a method for 12 months each and 6 pregnancies occurred. What is the Pearl Index?

A. 0.5 pregnancies per 100 woman-years
B. 6 pregnancies per 100 woman-years
C. 15 pregnancies per 100 woman-years
D. 1.5 pregnancies per 100 woman-years

Professional Growth and Development

101. Republic Act No. 7392 is known by what title?

A. Philippine Midwifery Act of 1992
B. Philippine Nursing Act of 1991
C. Local Government Code of 1991
D. Magna Carta of Public Health Workers

102. Which body conducts the licensure examination and issues certificates of registration to midwives in the Philippines?

A. Philippine Health Insurance Corporation
B. Department of Health
C. Professional Regulation Commission
D. Commission on Higher Education

103. During a home birth attended by a midwife, a primigravida in labor is found to have a breech presentation. What is the most appropriate action?

A. Give oxytocin to hasten delivery
B. Continue the home delivery as planned
C. Attempt external version during labor
D. Refer her promptly to a hospital

104. Before a procedure, a midwife explains its purpose, risks, benefits and alternatives, and the client agrees without pressure. Which concept does this describe?

A. Implied consent
B. Informed consent
C. Res ipsa loquitur
D. Respondeat superior

105. A neighbor asks the midwife whether a young woman she attended recently gave birth. What should the midwife do?

A. Decline to share any client information
B. Share only the baby's sex and weight
C. Confirm the birth since it is public
D. Refer the neighbor to the client's chart

106. A laboring woman refuses an episiotomy after full explanation, and the midwife respects her decision. Which ethical principle is being upheld?

A. Fidelity
B. Beneficence
C. Autonomy
D. Justice

107. A midwife serves clients in order of medical need rather than social status or ability to pay. Which ethical principle does this reflect?

A. Veracity
B. Autonomy
C. Nonmaleficence
D. Justice

108. A midwife double-checks the drug and dose before giving an injection to avoid harming the client. Which principle does this most directly demonstrate?

A. Nonmaleficence
B. Fidelity
C. Autonomy
D. Veracity

109. A client suffers a fourth-degree tear after a midwife failed to support the perineum as required by the standard of care. Which elements must be proven for negligence?

A. Consent, disclosure, refusal and harm
B. Duty, breach, causation and damage
C. License, contract, payment and injury
D. Intent, motive, opportunity and harm

110. A gauze pack is found in a woman's vagina two weeks after a delivery and repair. Which legal doctrine allows negligence to be inferred from these facts?

A. Res ipsa loquitur
B. Respondeat superior
C. Doctrine of informed consent
D. Good Samaritan doctrine

111. A clinic owner is held liable for the negligent act of a midwife employee committed while on duty. Which doctrine applies?

A. Res ipsa loquitur
B. Borrowed servant rule only
C. Doctrine of force majeure
D. Respondeat superior

112. A midwife performs an internal examination on a woman who clearly refused it. What tort has been committed?

A. Defamation
B. False imprisonment
C. Battery
D. Assault

113. A midwife writes the wrong blood pressure in the client's record. How should she correct it?

A. Cover it with correction fluid and rewrite it
B. Draw a single line through it, write the correct entry and initial
C. Erase it completely and rewrite the correct value
D. Tear out the page and recopy the whole entry

114. A formula company representative offers free milk samples to mothers at a health center. Which issuance prohibits this promotion?

A. Republic Act No. 9288
B. Republic Act No. 7883
C. Presidential Decree No. 856
D. Executive Order No. 51, the Milk Code

115. Which law, known as the Expanded Breastfeeding Promotion Act of 2009, requires lactation stations in workplaces?

A. Republic Act No. 9710
B. Republic Act No. 10028
C. Republic Act No. 10354
D. Executive Order No. 51

116. A midwife explains to parents that a national law requires every newborn to be offered screening for certain metabolic disorders. Which law is this?

A. Republic Act No. 10028
B. Republic Act No. 9288
C. Republic Act No. 7392
D. Republic Act No. 9262

117. A postpartum client discloses that her partner repeatedly hits her. Which law specifically defines and penalizes violence against women and their children?

A. Republic Act No. 9710
B. Republic Act No. 7883
C. Republic Act No. 9262
D. Republic Act No. 10912

118. Which law requires licensed professionals, including midwives, to undergo continuing professional development?

A. Republic Act No. 10912
B. Republic Act No. 9288
C. Republic Act No. 7160
D. Republic Act No. 10354

119. A woman asks a midwife to induce an abortion at 9 weeks because the pregnancy is unplanned. How should the midwife respond?

A. Agree if the woman signs a written consent
B. Refer her to a hilot to do it instead
C. Refuse, since inducing abortion is a crime
D. Agree if the husband gives his permission

120. A midwife tells a client honestly that her baby's birth weight is low even though the mother hoped for good news. Which principle is shown?

A. Justice
B. Fidelity
C. Beneficence
D. Veracity

Answer key

Midwifery

1. C. Human chorionic gonadotropin

hCG from the trophoblast rescues the corpus luteum so it keeps secreting progesterone until the placenta takes over.

2. D. Suboccipitobregmatic, about 9.5 cm

Full flexion presents the suboccipitobregmatic diameter (about 9.5 cm), the smallest anteroposterior diameter of the vertex.

3. A. Gynecoid

The gynecoid pelvis has a rounded inlet, straight sidewalls and a wide arch, giving the most room for the fetal head.

4. B. 11.3 cm

Obstetric conjugate is estimated as diagonal conjugate minus 1.5 cm: 12.8 - 1.5 = 11.3 cm.

5. A. Ampulla

The ampulla, the widest and longest part of the tube, is the usual site where sperm meets the ovum.

6. C. Oxytocin

Oxytocin from the posterior pituitary contracts myoepithelial cells (let-down) and the myometrium (afterpains).

7. A. Prolactin

Prolactin drives milk synthesis; its secretion rises with frequent suckling after delivery of the placenta.

8. D. Ductus venosus

The ductus venosus shunts much of the umbilical vein blood past the liver into the inferior vena cava.

9. C. Right atrium and left atrium

The foramen ovale lets blood flow from the right atrium to the left atrium, bypassing the nonfunctioning lungs.

10. C. The single umbilical vein

The normal cord has one vein carrying oxygenated blood to the fetus and two arteries returning deoxygenated blood.

11. D. Day 18

Ovulation occurs about 14 days before the next menses: 32 - 14 = day 18.

12. C. Luteal phase

After ovulation the corpus luteum secretes progesterone, defining the luteal phase.

13. D. Surge of luteinizing hormone

A mid-cycle LH surge, prompted by high estrogen, causes the dominant follicle to rupture and release the ovum.

14. A. Myometrium

The myometrium is the thick smooth-muscle layer whose contractions efface and dilate the cervix and expel the fetus.

15. B. Plasma volume rises more than red cell mass

Plasma volume expands proportionally more than red cell mass, diluting hemoglobin (physiologic anemia of pregnancy).

16. B. Progesterone

Progesterone secreted after ovulation is thermogenic and raises basal body temperature slightly.

17. B. Human placental lactogen

Human placental lactogen (chorionic somatomammotropin) reduces maternal insulin sensitivity, sparing glucose for the fetus.

18. D. Levator ani

The levator ani (pubococcygeus, puborectalis, iliococcygeus) forms most of the pelvic diaphragm.

19. B. Round ligament

The round ligaments stretch as the uterus grows, causing sudden groin or lower abdominal pain with quick movement.

20. A. 18 to 20 weeks

Primigravidas usually perceive quickening at about 18 to 20 weeks; multigravidas may feel it a little earlier.

21. B. May 22, 2026

Naegele's rule: add 7 days and subtract 3 months, then add a year: August 15 becomes May 22, 2026 (280 days).

22. B. 19 weeks and 2 days

From October 20 to March 4 is 135 days; 135 / 7 = 19 weeks and 2 days.

23. C. G4 T1 P1 A1 L3

Gravida 4 (three prior plus current); twins count as one preterm birth; 1 term, 1 preterm, 1 abortion, 3 living children.

24. D. 20 weeks

In a singleton pregnancy the fundus reaches the umbilicus at about 20 weeks.

25. D. 28 weeks

Between about 20 and 36 weeks, fundal height in centimeters roughly equals weeks of gestation.

26. D. The fetal part occupying the fundus

The first maneuver palpates the fundus to tell whether the head or the breech lies there.

27. A. Fetal heart tones heard by Doppler

Fetal heart tones can only come from a fetus; Chadwick's and Hegar's signs and hCG tests are probable signs.

28. B. Placental separation

A gush of blood, cord lengthening and a firm globular uterus rising in the abdomen are classic signs that the placenta has separated.

29. D. Oxytocin 10 IU IM within one minute

Giving oxytocin 10 IU IM within one minute of birth, after ruling out another baby, reduces postpartum hemorrhage.

30. B. Massage the fundus until it is firm

Uterine atony is the most common cause of postpartum hemorrhage; fundal massage stimulates contraction immediately.

31. B. Absent patellar reflexes

Loss of deep tendon reflexes precedes respiratory depression; urine output of 50 mL/hour and RR 18 are acceptable.

32. C. Calcium gluconate

Calcium gluconate given slowly IV reverses the neuromuscular and respiratory effects of magnesium toxicity.

33. A. Performing an internal examination

Painless bright red bleeding suggests placenta previa; a digital vaginal exam can provoke massive hemorrhage.

34. D. Abruptio placentae

Painful rigid uterus with dark, sometimes concealed bleeding is typical of premature placental separation.

35. A. Ruptured ectopic pregnancy

Unilateral pain, spotting and referred shoulder pain from intraperitoneal blood with faintness point to ruptured tubal pregnancy.

36. C. Threatened abortion

Bleeding with a closed cervix and no passage of products of conception defines a threatened abortion.

37. C. Lochia serosa

Lochia serosa, pink to brownish, usually appears from about day 4 to day 10 after birth.

38. C. About 3 fingerbreadths below the umbilicus

The fundus descends about 1 cm (one fingerbreadth) per day: from day 1 to day 4 is about 3 cm below the umbilicus.

39. A. Station 0

Station is measured relative to the ischial spines; level with the spines is station 0, meaning the head is engaged.

40. A. Extension

Order: engagement, descent, flexion, internal rotation, extension, external rotation (restitution), expulsion.

41. B. 6

Heart rate 110 (over 100) scores 2; slow irregular breathing 1, some flexion 1, grimace 1, acrocyanosis 1: total 6.

42. C. Thorough drying with a clean dry cloth

Immediate thorough drying within the first 30 seconds stimulates breathing and prevents heat loss; routine suction is not done.

43. D. After cord pulsations stop, about 1 to 3 minutes

Delayed clamping after pulsations cease (about 1 to 3 minutes) improves the baby's iron stores.

44. C. Within the first hour after birth

Early initiation within the first hour, with uninterrupted skin-to-skin contact, supports bonding and colostrum intake.

45. D. To prevent vitamin K deficiency bleeding

Newborns have low vitamin K and sterile guts at birth; prophylaxis prevents hemorrhagic disease of the newborn.

46. A. Preventing ophthalmia neonatorum

Eye prophylaxis protects against conjunctivitis acquired from organisms such as gonococci or chlamydia during birth.

47. D. Within 24 hours

Giving hepatitis B vaccine within 24 hours of birth helps prevent mother-to-child transmission.

48. C. 24 to 72 hours after birth

Samples are ideally taken after the first 24 hours of feeding and within 72 hours so metabolic disorders can be detected early.

49. B. Pathologic jaundice needing urgent referral

Jaundice appearing within the first 24 hours is never physiologic and needs prompt evaluation.

50. B. 100,000 IU

Infants 6 to 11 months receive 100,000 IU; children 12 to 59 months receive 200,000 IU.

51. D. 600 mL

Plan B: 75 mL x 8 kg = 600 mL of ORS over 4 hours.

52. C. Fast breathing, classify as pneumonia

For infants 2 to 12 months, 50 or more breaths per minute is fast breathing; 54 qualifies.

53. C. Heart rate 140, respiratory rate 45

Normal newborn heart rate is about 120 to 160 per minute and respiratory rate about 30 to 60 per minute.

54. A. About 6.3 percent, within normal limits

(3.2 - 3.0) / 3.2 x 100 = 6.25 percent; losses up to about 10 percent in the first days are expected.

55. A. About 9 kg

Birth weight roughly triples by one year: 3.0 x 3 = 9 kg.

56. B. Injury to the right clavicle or brachial plexus

An asymmetric Moro reflex after shoulder dystocia suggests clavicle fracture or brachial plexus injury on the side that does not move.

57. B. Caput succedaneum

Caput is edema of the scalp that crosses suture lines; cephalhematoma is subperiosteal and stops at sutures.

58. D. Dehydration

A sunken anterior fontanel in a child with diarrhea indicates fluid loss; bulging suggests raised intracranial pressure.

59. A. Low birth weight, kangaroo mother care

Low birth weight is under 2,500 g; stable LBW babies benefit from continuous skin-to-skin kangaroo care.

60. A. Keep it clean and dry with nothing applied

Dry cord care is recommended; substances and binders can trap moisture and introduce infection.

61. B. Alma-Ata

The Declaration of Alma-Ata in 1978 defined primary health care and its essential elements.

62. D. Letter of Instruction No. 949

LOI 949 (1979) institutionalized primary health care as the approach to health development in the country.

63. B. Community participation

Community members owning the planning, action and evaluation of their health program reflects community participation.

64. A. Primary prevention

Immunization prevents disease before it occurs, which is primary prevention.

65. D. Secondary prevention

Screening to detect disease early so it can be treated promptly is secondary prevention.

66. D. 30 per 1,000 population

CBR = 1,560 / 52,000 x 1,000 = 30 live births per 1,000 population.

67. B. 15 per 1,000 live births

IMR = 18 / 1,200 x 1,000 = 15 infant deaths per 1,000 live births.

68. A. 125 per 100,000 live births

MMR = 3 / 2,400 x 100,000 = 125 maternal deaths per 100,000 live births.

69. B. Point prevalence

Counting all existing cases at a single point in time gives point prevalence, not new cases (incidence).

70. C. Republic Act No. 7883

RA 7883, the Barangay Health Workers' Benefits and Incentives Act of 1995, covers accreditation and benefits of BHWs.

71. C. Directly observed treatment

In directly observed treatment, a partner watches the patient swallow each dose to ensure adherence.

72. C. Level II

Level I is a point source such as a well, Level II a communal faucet system, and Level III a system with household connections.

73. C. Daytime, in clean stagnant water containers

Aedes aegypti is a daytime biter that breeds in clean water collected in containers around homes.

74. C. Sleep under insecticide-treated nets at night

Anopheles mosquitoes bite mostly at night, so treated bed nets are a key preventive measure.

75. B. Leptospirosis

Leptospira is shed in rat urine contaminating floodwater; calf pain and conjunctival suffusion are typical.

76. A. Hepatitis B vaccine

Aluminum-adsorbed vaccines such as hepatitis B lose potency when frozen; OPV tolerates freezing.

77. D. At least 4 weeks later

The second dose of tetanus toxoid is given at least 4 weeks after the first; the third at least 6 months after the second.

78. A. On a flat surface lined with clean paper

The bag is placed on a clean, flat surface over a protective lining, away from children, to prevent contamination.

79. D. Agent, host and environment

Disease results from the interaction of an agent, a susceptible host and the environment.

80. A. Presidential Decree No. 856

PD 856 (1975) is the Code on Sanitation, covering water supply, food establishments and excreta disposal.

81. A. She has not had any menstrual bleeding

LAM requires amenorrhea, full or nearly full breastfeeding, and a baby younger than 6 months.

82. B. Days 8 through 19

The Standard Days Method marks days 8 to 19 as fertile for women with cycles of 26 to 32 days.

83. C. Day 8 to day 20

First fertile day = 26 - 18 = 8; last fertile day = 31 - 11 = 20.

84. B. Take the missed pill now and continue as usual

For a single missed active pill, take it as soon as remembered, even if two pills are taken in one day, and continue.

85. D. Combined oral contraceptive pills

Estrogen-containing methods raise the risk of cardiovascular events in women over 35 who smoke heavily.

86. B. April 13, 2026

13 weeks = 91 days; January 12 plus 91 days is April 13, 2026.

87. B. Feel for the strings after each menses

Feeling the IUD strings after menstruation, when expulsion is most likely, confirms the device is still in place.

88. C. Male condom

Among these, only the condom provides a barrier against both pregnancy and many STIs.

89. B. Ovulation has passed and the infertile phase began

A sustained rise for 3 days after ovulation marks the start of the post-ovulatory infertile phase.

90. C. She is at peak fertility

Clear, stretchy, slippery mucus reflects high estrogen around ovulation and signals the most fertile time.

91. A. Use a backup method for about 3 months

Sperm remain in the ducts after vasectomy, so backup is used for about 3 months or until semen tests show no sperm.

92. D. The procedure is intended to be permanent

Voluntary surgical contraception should be chosen understanding it is meant to be permanent and irreversible in practice.

93. D. Take a pill at the same time every day

Progestin-only pills have a short window; taking them more than 3 hours late reduces effectiveness.

94. A. Republic Act No. 10354

RA 10354 provides for a national policy on responsible parenthood and reproductive health.

95. D. Up to 3 years

The single-rod etonogestrel implant is labeled for up to 3 years of use.

96. C. Return of fertility after DMPA is often delayed

Fertility may take several months to return after stopping DMPA, though it is not permanently affected.

97. A. A common side effect of the copper IUD

Heavier, longer bleeding and cramps are common side effects of copper IUDs, especially in the first months.

98. A. Help the client choose a method

GATHER: Greet, Ask, Tell, Help the client choose, Explain how to use, Return for follow-up.

99. C. Symptothermal method

The symptothermal method combines temperature and mucus signs, often with other symptoms, for greater accuracy.

100. D. 1.5 pregnancies per 100 woman-years

Pearl Index = pregnancies x 1,200 / months of exposure = 6 x 1,200 / 4,800 = 1.5.

101. A. Philippine Midwifery Act of 1992

RA 7392, the Philippine Midwifery Act of 1992, regulates the practice of midwifery and the Board of Midwifery.

102. C. Professional Regulation Commission

The PRC, through the Board of Midwifery, administers the licensure examination and registration of midwives.

103. D. Refer her promptly to a hospital

Midwives manage normal births and must refer abnormal presentations such as breech to a facility with physician care.

104. B. Informed consent

Informed consent requires adequate disclosure, understanding, voluntariness and a competent client.

105. A. Decline to share any client information

Client information is confidential and may be disclosed only with consent or when required by law.

106. C. Autonomy

Respecting a competent client's informed choice about her own body honors autonomy.

107. D. Justice

Justice requires fair, equitable distribution of care regardless of status.

108. A. Nonmaleficence

Nonmaleficence is the duty to avoid causing harm.

109. B. Duty, breach, causation and damage

Negligence requires a duty of care, breach of the standard, a causal link and actual damage.

110. A. Res ipsa loquitur

Res ipsa loquitur, the thing speaks for itself, applies when an injury would not occur without negligence by the one in control.

111. D. Respondeat superior

Respondeat superior, let the master answer, makes employers liable for acts of employees within the scope of employment.

112. C. Battery

Battery is unconsented physical contact; assault is the threat or apprehension of such contact.

113. B. Draw a single line through it, write the correct entry and initial

Records are legal documents; errors are corrected by a single line so the original stays legible, with the correction initialed.

114. D. Executive Order No. 51, the Milk Code

EO 51 (1986), the Milk Code, regulates marketing of breastmilk substitutes, including free samples to mothers.

115. B. Republic Act No. 10028

RA 10028 expanded breastfeeding promotion, including lactation stations and lactation breaks for working mothers.

116. B. Republic Act No. 9288

RA 9288, the Newborn Screening Act of 2004, institutionalized newborn screening in the Philippines.

117. C. Republic Act No. 9262

RA 9262, the Anti-Violence Against Women and Their Children Act of 2004, covers physical, sexual, psychological and economic abuse.

118. A. Republic Act No. 10912

RA 10912, the Continuing Professional Development Act of 2016, mandates CPD for registered professionals.

119. C. Refuse, since inducing abortion is a crime

Intentional abortion is penalized under the Revised Penal Code; the midwife should refuse and offer counseling and support.

120. D. Veracity

Veracity is the duty to tell the truth to clients.

Topics to review

• Antenatal assessment and referral

• Labor monitoring and essential newborn care

• Postpartum care and breastfeeding

• Community midwifery and documentation

Online question banks and study resources

Midwifery - Pass Harbor (Question bank)

Official PRC board information

Current PRC exam programs

Independent study material prepared by Board Exam Desk.