**WOMEN HEALTH I**

1. Which one of the following is not a function of the placenta?

**a) Urine formation**

b) Respiratory gas transfer

c) Hormone production

d) Nutrient transfer

1. During a clinical assessment in labor ward, a physiotherapy student was asked to name the stages of labor. Which of the following represents the correct sequence?

a) Dilation \_\_\_Placental\_\_\_Expulsion

b**) Dilation \_\_\_Expulsion\_\_\_Placental**

c) Placental\_\_\_Dilation\_\_\_\_Expulsion

d) Expulsion \_\_\_Dilation\_\_\_Placental

1. Isabella has been referred to you by her gynaecologist due to pain to the perineum and adjoining urogenital structures after delivery. After examining the client, you realize that her superficial perineal muscles have been affected. Which of the following does not fall in this group of muscles?

a) Bulbocavernosus

b) Superficial transverse perineal

c) External anal sphincter

**d) Uretrovaginal sphincter**

1. Which of the following is not a common metabolic change that occurs in pregnant women?

a) Increased respiratory rate

**b) Lower blood pressure**

c) Hyper metabolism

d) Glucose sparing

1. A 32 year old pregnant woman is referred to you by her gynecologist after experiencing episodes of urine leakage in her second trimester. Which exercises are appropriate for this lady?
2. Pelvic tilt exercises.
3. Arm and leg raises.
4. **Kegel’s pelvic floor exercises**.
5. Wall squat exercises