

Date: _____

Hospital: _____

**Birth & Beyond California: Training & Quality Improvement Project
16 Hour Learner Workshop**

KEY

Please indicate (circle one) the best answer to each of the following questions.

1. Three ways hospital staff can promote proximity of the mother/baby dyad are:
d. Share observations that instruct the mother the value of keeping the baby close, place the baby skin to skin with the mother, assist the mother with rooming-in
2. Two hormones that impact lactation are:
b. Oxytocin, prolactin
3. The American Academy of Pediatrics (AAP) recommends that babies breastfeed:
c. Exclusively for 6 months, adding complementary foods thereafter and continuing for the first year of life and beyond for as long as mutually desired by mother and child
4. Linda delivered a term baby girl by vaginal birth. The baby is now 36 hours old. The infant was sleepy the first 24 hours, but nursed well when mother worked to bring her to a quiet alert or drowsy state after she was 18 hours old. The infant now wants to nurse constantly. Linda is distressed by this behavior and has asked you for a pacifier. Which is the best response?
b. You should explain to Linda that the baby's feeding behavior is normal and will help stimulate her milk production and that you will help her work rest periods into her care while she is still in the hospital
5. Identify the three hospital practices that can increase breastfeeding duration:
a. Rooming-in, in-hospital exclusive breastfeeding, breastfeeding within the first hour after birth
6. Identify three indicators of an effective latch:
b. Chin deep into breast, wide angled mouth opening, rhythmic sucking bursts with swallows
7. Problems in need of referral to a lactation consultant/specialist:
e. All of the above
8. Sore nipples in the early days are best addressed by the following nursing strategy:
c. Help in positioning and latching the baby
9. Milk expression in the hospital is indicated when:
b. Infant is unable to latch or breastfeed well
10. When there is a concern of possible adverse effects with the use of a medication while breastfeeding, the 3 most reliable reference materials are:
a. Hale, Medications in Mother's Milk, 2008; Briggs, Drugs in Pregnancy and Lactation, 8th Edition; National Institute of Health: LactMed, www.toxnet.nlm.nih.gov