

Date: _____

Hospital: _____

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

Post Test

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:
 - a. Encourage family visitors to be with the mother and infant, place the baby skin to skin with the mother, demonstrate infant massage
 - b. Place the baby skin to skin with the mother, assist the mother to room-in with the infant, encourage the use of a pacifier for hearing screening
 - c. Place the baby skin to skin with the mother, encourage the mother to rest at night by taking the baby to the nursery, support breastfeeding
 - 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
 - e. All of the above

2. Two hormones that impact lactation are:
 - a. Adrenaline, oxytocin
 - b. Oxytocin, prolactin
 - c. Progesterone, testosterone
 - d. Insulin, gastrin
 - e. Pitocin, prolactin

3. The American Academy of Pediatrics (AAP) recommends that babies breastfeed:
 - a. Exclusively for 2 months
 - b. Exclusively for 4 months with complementary foods added thereafter
 - 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
 - d. Exclusively for 6 months, adding complementary foods thereafter and continuing for the first 2 years 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?
 - a. You should bring Linda a pacifier for her baby, because she is the mother and has the right to make choices for her newborn
 - 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
 - c. You should offer to take the newborn to the nursery and feed her formula so that Linda can get some much needed rest before she is discharged home

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
 - b. Priming his sucking reflex with a pacifier, rooming-in, in-hospital exclusive breastfeeding
 - c. Rooming-in, swaddling to calm infant prior to breastfeeding, referral phone number for breastfeeding help after discharge
 - d. Skin to skin with the father, breastfeeding within the first hour after birth, rooming-in
 - e. Rooming-in, encouraging family visitors, in-hospital exclusive breastfeeding

Please See Reverse

6. Identify three indicators of an effective latch:
 - a. Cheeks dimpling in while sucking, nose deep into breast and gliding jaw movements
 - b. Chin deep into breast, wide angled mouth opening, rhythmic sucking bursts with swallows
 - c. Much of the areola taken into the mouth, lips flanged back by breast and cheeks dimpling in while sucking
 - d. Baby's mouth centered on the areola, audible smacking sounds and lips flanged back by breast
 - e. Audible smacking sounds, tongue visible under areola and evidence of milk in baby's mouth

7. Problems in need of referral to a lactation consultant/specialist:
 - a. Refusal to latch after 12 hours
 - b. Flat nipples
 - c. Unresolved pain, >3 on a 10-point pain scale
 - d. Intermittent audible swallowing
 - e. All of the above

8. Sore nipples in the early days are best addressed by the following nursing strategy:
 - a. Regular use of ibuprofen
 - b. Using a nipple cream regularly
 - c. Help in positioning and latching the baby
 - d. Limiting breastfeeding to 20 minutes per side
 - e. Rest the nipples and bottle feed the infant

9. Milk expression in the hospital is indicated when:
 - a. Mother has been on magnesium sulfate
 - b. Infant is unable to latch or breastfeed well
 - c. Mother plans to formula feed the infant
 - d. Father wants to feed the infant
 - e. Mother needs assurance she has enough milk

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
 - b. Physician' Desk Reference, 2008; the physicians' order; the warning posted on the drug label "not recommended if pregnant or breastfeeding"
 - c. Briggs, *Drugs in Pregnancy and Lactation*, 8th Edition; Physician' Desk Reference, 2008; Merck's Manual
 - d. None of the above