

## Module: Breastfeeding II – Continuum of Support (6/03) Post Test

Passing score is 13 correct of the below 16 questions (80%). Each question must be answered entirely correctly, i.e. selecting *all* answers that apply, correctly indicating *all* answers as T / F, or correctly filling in *all* the blank answers. If passing score is not obtained, applicable module sections should be reviewed and test should be retaken.

Application activities listed throughout the module must also be completed. A check list is below to document completion.

1. What are some the early feeding-cues parents should pay attention to? (Choose true or false.)

T / F Baby is awake and alert looking around  
T / F Baby is crying  
T / F Baby is rooting, sucking its fists  
T / F Baby's mouth is open, tongue is moving

2. When can engorgement likely occur? (Check all the apply.)

a. Only during the first month after the baby is born  
b. When there is a change in breastfeeding pattern  
c. During the first week of life, if the baby nurses less than 6 times per 24 hours  
d. If mom goes on a trip and forgets her electrical pump

3. Mark the following statements True or False:

T / F For the first 2 to 3 weeks it is normal to have sore nipples when breastfeeding  
T / F By week 1, milk should be in, and engorgement should be better managed  
T / F The most frequent cause of sore nipples is inappropriate latch  
T / F Too often moms stop breastfeeding because they think they do not have enough milk  
T / F Cold compresses should be applied before breastfeeding to stimulate milk flow

4. What are some of the feeding options for the mom who returns to work/school? List 4.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. What are some of the tips for Hand Expression?  
(Check all of the apply.)

- a. Wash hands first
- b. Massage the breasts starting from the outer portions of the breast and moving towards the nipple
- c. Place the thumb and the first two fingers *on* the nipple and areola
- d. Push straight back into the chest wall and roll the fingers toward the nipple to express milk

6. According to the National Women's Health Information Center, expressed breast milk can be stored at:  
(Circle all that apply.)

- a. 48 hours at  $\leq 40$  ° F (room temperature)
- b. 3 months at  $\leq 10$  ° F (freezer temperature)
- c. 6 months at  $\leq 0$  ° F (deep freeze temperature)

7. Mark the following statements True or False:

- T / F Breast milk often looks bluish and thin
- T / F Breast milk can separate into layers with the fat rising; when this occurs, milk has spoiled and needs to be discarded
- T / F Breast milk can be warmed up in the microwave
- T / F According to WHO, all babies should be breastfed up to 2 years and beyond
- T / F The Healthy People 2010 Objectives state to increase 6-month duration rate to at least 75%

8. List 4 strategies to resolve engorgement

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

9. Mark the following statements True or False about plugged ducts and mastitis:

T / F Plugged ducts are very painful and can lead to mastitis if not resolved in 24 hours

T / F Mom should not breastfeed if there is infection in her breast/s

T / F One of the causes of plugged ducts is tight fitting clothing around breasts

T / F When a mom suffers from mastitis it is normal to have a white, pus-like discharge from the nipples

T / F Engorgement and/or plugged ducts can lead to mastitis if not treated

10. Mark the following statements True or False about yeast or thrush:

T / F Thrush is easily passed from mom to baby or vice versa

T / F Treatment for is essential for both mom and baby

T / F Pacifier use should be discouraged

T / F Medications need only be used until symptoms disappear

T / F Nipples need to stay moist to heal during this time

11. List 4 tips the mother can follow during the first few days after birth when her baby may be sleepier

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

12. Mark for the following statements True or False:

- T / F Breastfeeding requires additional calories and women should consume at least 1800 calories per day
- T / F It is normal for a lactating women to lose about 1-2 pounds per month during the first 4-6 months
- T / F Exercise can usually be resumed at 6 weeks postpartum, with medical approval
- T / F Increasing fluid intake and drinking large amounts of water is key to increasing breast milk production

13. Mark for the following statements True or False:

- T / F To have adequate milk supply and volume, the mother must eat appropriately
- T / F Women should have at least 3 servings of dairy products per day
- T / F A baby of a vegan mother can develop vitamin B12 deficiency

14. What should you do if a new mom complained of feelings of irritability, sleeplessness, anxiety, and sadness?

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15. Mark the following statements True or False:

- T / F As long as the mom is breastfeeding, she is protected against pregnancy
- T / F It is recommended to space children at least 12 months apart
- T / F Most forms of contraception are safe during lactation
- T / F It is recommended that breastfeeding women not use progestin-only methods the first 6 weeks postpartum

16. Mark the following statements True or False:

- T / F All women have the right to be informed of her infant feeding options and the disadvantages of not breastfeeding
- T / F Hand breast pumps are very effective in maintaining milk supply during extended separations
- T / F Most biting occurs at the end of the feeding with non-nutritive sucking
- T / F Infant refusing to breastfeed, or "nursing strikes" are not uncommon but early weaning can be prevented

## **Application Check List**

All the application activities listed throughout the module need to be completed. Use this check list is below to document completion.

Watch Hand Expression video (page 13)

Assemble a Hand Pump Kit (page 17)

Familiarize yourself with a variety of breastfeeding educational materials and handouts your clinic uses