

## POST-TESTS Lactation Management Self-Study Modules

### Breastfeeding Elective Test # 1

1. Infants exclusively breastfed for about six months will have:
  - a. fewer episodes of diarrhea
  - b. fewer episodes of lower respiratory infection
  - c. both of the above
  - d. none of the above
  
2. The casein: whey ratio of breastmilk
  - a. improves weight gain
  - b. improves digestibility
  - c. slows transit of nutrients through the GI tract
  - d. is the same as formula
  
3. The hormone responsible for milk synthesis is:
  - a. estrogen
  - b. oxytocin
  - c. progesterone
  - d. prolactin
  
4. The hormone responsible for milk ejection is:
  - a. estrogen
  - b. oxytocin
  - c. progesterone
  - d. prolactin
  
5. Identify the component of human milk that binds iron locally to inhibit bacterial growth.

- a. lactoferrin
  - b. macrophages
  - c. oligosaccharides
  - d. secretory IgA
  - e. transferrin
6. Identify the component of human milk that provides specific immunity against many organisms:
- a. lactoferrin
  - b. macrophages
  - c. Oligosaccharides
  - d. secretory IgA
  - e. transferrin
7. Which of the following would you suggest to a woman with inverted nipples during the third trimester?
- a. cut holes in the bra to allow the nipples to protrude; wear it day and night
  - b. do nothing because the natural changes in the breast during pregnancy and the infant's suckling postpartum will usually evert the nipples.
  - c. surgically correct inverted nipples.
  - d. use Hoffman's maneuver four times a day to permanently evert her nipples.
8. The most important criterion for assessing the milk transfer during a feeding at the breast is:
- a. audible swallow
  - b. proper alignment
  - c. proper attachment
  - d. visible areola compression

9. A mother with a three-day old baby presents with sore nipples. The problem began with the first feeding and has persisted with every feeding. The most likely source of the problem is:
- a. baby's suck is too strong
  - b. feeding too long
  - c. lack of nipple preparation during pregnancy
  - d. poor attachment
10. Signs of adequate breast milk intake in the early (first 4-6) weeks include all EXCEPT:
- a. at least 3-4 stools in 24 hours
  - b. at least 6 diapers wet with urine in 24 hours
  - c. baby gains weight
  - d. baby sleeps through the night
  - e. sounds of swallowing
11. Severe engorgement is most often due to
- a. high oxytocin level
  - b. high prolactin level
  - c. infrequent feedings
  - d. postpartum depression
12. Nipple candidiasis can be associated with all of the following EXCEPT:
- a. burning pain in the breast
  - b. fever and malaise
  - c. oral thrush in the infant
  - d. pink and shiny appearance of the nipples

13. A breastfeeding mother with a 3 –month old infant has a red tender wedge-shaped area on the outer quadrant of the breast. She has flu-like symptoms and a temperature of 39 degrees. Your management includes all of the following EXCEPT:
- a. antibiotics for 10 days
  - b. extra rest
  - c. interrupt breastfeeding for 48 hours
  - d. moist heat to the involved region
14. Which of the following is most likely to have the greatest effect on the volume of milk a woman produces?
- a. maternal caloric intake
  - b. maternal fluid intake
  - c. maternal weight for height
  - d. supplementation of the infant with formula
  - e. both a and c
15. The addition of complementary foods to breastfed infants is recommended at about.
- a. 2 months
  - b. 4 months
  - c. 6 months
  - d. 10 months
  - e. 12 months
16. It is especially important that an infant with strong family history of allergy should be exclusively breastfed for.
- a. 2 months
  - b. 4 months
  - c. 6 months

- d. 8 months
  - e. 12 months
17. The most common cause of poor weight gain among breastfed infants during the first four weeks after birth is:
- a. infant metabolic disorders
  - b. infrequent or ineffective feedings
  - c. low fat content of breast milk
  - d. maternal endocrine problems
  - e. maternal nutritional deficiencies
18. Physiologic jaundice is improved by:
- a. breastfeeding frequently (at least 8 times in 24 hours)
  - b. giving glucose water after breastfeeding
  - c. giving water after breastfeeding
  - d. both a and c
19. Breastfeeding is contraindicated in which of the following conditions:
- a. infant with galactosemia
  - b. mother with hepatitis B
  - c. mother with inverted nipples
  - d. mother with mastitis
  - e. both a and c
20. Hospital policies that promote breastfeeding include:
- a. uninterrupted sleep through the first night to allow mother's milk supply to build up.

- b. Unlimited access of mother to baby
- c. Use of a dropper for routine water supplementation
- d. Use of pacifiers to prevent sore nipples