

PRE-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