

Knowledge Check – ES01



1. Which of the following communication strategies could have the effect of causing the mother to view you as an authority figure, furthering a feeling of dependence?
 - A. Asking her about her beliefs, level of knowledge and her practices.
 - B. Praising practices she uses that you want to encourage.
 - C. Offering her information about alternatives she could try.
 - D. Telling the mother the changes she should make to fix her problem.
2. What is the most reliable indicator of whether a woman will breastfeed?
 - A. Her socio-economic class.
 - B. Her informed intention.
 - C. Her partner's attitude.
 - D. The support given to her in hospital.
3. You're concerned about slow weight gain for a 2-month old baby attending your clinic. This could be caused by which one of the following?
 - A. The mother is giving baby drinks of water between feeds.
 - B. The mother's diet is low in fats.
 - C. The mother's diet is lacking in vitamins.
 - D. The mother has a small breastmilk storage capacity.
4. What is the MOST important action you could take to facilitate early and successful breastfeeding?
 - A. Place baby in skin-to-skin contact with his mother immediately following his birth, then leave baby undisturbed for at least another hour or more.
 - B. Help the mother to latch the baby to the breast within the first half an hour after birth.
 - C. Demonstrate to the mother, using a 'hands-off' technique, how the baby should be positioned and latched.
 - D. Latch the baby for the mother, assuring her that once he has achieved one successful breastfeed the following breastfeeds will be easier.
5. Without the release of this hormone which usually occurs when the nerves around the nipple and areola are stimulated, stored breastmilk would not move from the breast storage towards the nipple where a sucking baby can remove it.
 - A. Oxytocin
 - B. Prolactin
 - C. Progesterone
 - D. Lactose

Knowledge Check – ES01



6. Lactational Amenorrhea Method (LAM) is a choice of contraception for many mothers. Which of the following would NOT be mentioned in your discussion?
 - A. The importance of exclusive breastfeeding for 6 months.
 - B. Choosing an alternative contraceptive when her menstrual period returns.
 - C. You can't get pregnant while breastfeeding is an 'old wives tale' not to be trusted.
 - D. Begin using another contraceptive when her baby turns 6 months old.
7. A new nurse in the postnatal ward asks why the baby isn't being given water supplements to deal with the insensible water loss that occurs while under phototherapy lights. You'd tell her all of the following reasons, EXCEPT..
 - A. Giving water will decrease the volume of breastmilk the baby will take.
 - B. Babies who are given water supplements are more likely to have increased bilirubin levels.
 - C. Breastmilk provides all the water that the baby requires to replace the insensible loss.
 - D. Giving water to the baby could cause breastmilk jaundice.
8. Though you won't know what this mother's breastmilk storage capacity is, because baby has always wanted to breastfeed frequently and has lost weight when feeding was delayed it appears she has a small capacity. You've observed a breastfeed, helped her to correct the sucking problem and note that baby latches well and appears to remove most of the available milk from both breasts. Which of the following suggestions will NOT help the mother to increase her milk supply?
 - A. Respond promptly to all of baby's feeding cues, including during the night.
 - B. Don't use a pacifier/dummy. Offer the breast if baby wants to continue to suck.
 - C. Change the time she is pumping to just after a breastfeed, allowing her breasts time to fill before the next feed.
 - D. Ask for and accept help and take time for additional rest over the next few weeks.
9. Jane's engorgement has now subsided, however during several breastfeeds while she was engorged baby was not well latched, causing nipple damage. Which one of the following recommendations sometimes made to mothers has not been shown to aid healing of her nipple and will risk introducing an infection to the damaged nipple?
 - A. Apply a thin coating of purified lanolin.
 - B. Apply warm water compresses.
 - C. Pay careful attention to positioning so baby can achieve a deep, comfortable latch every feed.
 - D. Wipe a few drops of breastmilk over the nipple after each breastfeed and between breastfeeds when she is able to.
10. When the 10 Steps to Successful Breastfeeding are implemented in hospitals all of the following changes have been seen to occur, EXCEPT..
 - A. Increase in number of mothers initiating breastfeeding.
 - B. Increase in number of babies who are exclusively breastfed on hospital discharge.
 - C. Decrease in incidence of respiratory and diarrhoeal diseases in babies.
 - D. A slight increase in staff time taken to provide education to parents.

Knowledge Check – ES01



Name:			
Date:		Supervisor:	

Question	Answer	Score
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
	Total Score	



Knowledge Check – ES01

Question	Answer
1	D
2	B
3	A
4	A
5	A
6	C
7	D
8	C
9	A
10	D