

Keys to Successful Breastfeeding; Putting the Ten Steps into Practice

POST –TEST

1) In 1990, the United States signed the Innocenti Declaration on the Protection, Promotion and Support of Breastfeeding adopted by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). Concurrently the Dept of Health and Human Services established breastfeeding objectives for the nation through its Healthy People 2000 and Healthy People 2010. What are the goals for Breastfeeding rates at :

Initiation of breastfeeding / discharge from the hospital: _____%

6 months _____%

1 year _____%

2) T/F Breastfeeding is a public health issue.

3) Name at least 3 benefits of breastfeeding:

4) List at least 4 practices that can enhance breastfeeding success and lactation support in hospitals and maternity centers:

5) List at least 3 actions that can be made in the workplace to encourage and support breastfeeding?

6) T/F Mothers infected with HIV and those who suffer from T-cell leukemia (Type I) should not breastfeed.

7) Which racial population has the lowest breastfeeding initiation rate and has been specifically targeted by the Surgeon General for breastfeeding promotion?

- a. African American
- b. Caucasian
- c. Hispanic/ Latino
- d. None of the above

8) What are the major goal areas of the Blueprint for Action on Breastfeeding?

- a. Health care system

- b. Workplace
- c. Family/ Community
- d. Research
- e. All of the Above

9) Due to breastfeeding, which of the following infections are reduced in incidence and/or severity

- a. Diarrhea
- b. Pneumonia
- c. Necrotizing enterocolitis
- d. Otitis media
- e. All of the above

10) T/ F The International Code of Marketing of Breast Milk Substitutes delineates guidelines for the responsibilities of manufacturers regarding advertising and marketing of formula and other infant food products to mothers and medical healthcare providers. This is known as the "WHO CODE."

11) T/ F Sucking or pumping the breasts stimulates the nerves in the nipples and triggers the posterior pituitary gland to release oxytocin into the bloodstream

12) When Mrs. B picks up her baby to begin breastfeeding, she notices the spontaneous release of milk from her breasts. This response is most likely attributed to:

- A. An overabundance of milk
- B. The milk-ejection reflex
- C. Relaxation of the lactiferous sinuses
- D. Hypersensitivity of the alveoli.

13) The most important points in establishing successful breastfeeding are:

- A. Initiating breastfeeding during the first hour after birth
- B. Careful clearing of the airway
- C. Positioning at the breast
- D. Timing of feedings
- E. Assessment of suck reflex
- F. Both A&C

14) Breastfed babies should be fed every _____ to _____ hours.

15) Time on each breast should be:

- A. Not more than 5 minutes
- B. At least 5 minutes
- C. As long as the baby sucks

D. 10-15 minutes

- 16) Supplemental water bottles
- A. Are necessary until the milk “comes in”
 - B. Prevent nipple confusion
 - C. Are unnecessary for the healthy breastfed baby and do not decrease jaundice
- 17) Usually the most comfortable position for breastfeeding after a cesarean is:
- A. Cradle hold
 - B. Football hold
 - C. Side lying.
- 18) Sore nipples are primarily due to:
- A. Poor positioning at the breast/poor latch
 - B. Nursing more than 5 minutes per feeding
 - C. Strong suction of certain babies
- 19) To assist the baby to latch-on properly the mouth must be:
- A. Open wide, tongue down and forward
 - B. Open and relaxed
 - C. Partly open is OK; the baby can draw the nipple back into his mouth
- 20) Engorgement is caused by
- A. Too frequent feedings
 - B. Infrequent feeding and inefficient sucking
- 21) Treatment of jaundice in the breastfed baby includes:
- A. Frequent breastfeeding, special techniques to wake the sleepy baby to feed
 - B. Following each breastfeeding with water supplement
 - C. Bili lights and limited breastfeeding
- 22) T/F A mother with large breasts will produce more milk than a mother with small breasts.
- 23) T/F When a breastfed baby cries in less than 3 hours after a feeding, it is a strong indication that the mother does not have enough milk.
- 24) T/F The quantity of breastmilk produced is based on supply and demand.
- 25) T/F You can make a difference in a nursing mother’s life with a smile and a kind word. People may forget what you said or what you did, but they will never forget how you make them feel.