Cheap Nursing CEUs

Breastfeeding Education

1. Which of the following statements best represents a WHO breastfeeding recommendation?

A. The WHO recommends that children initiate breastfeeding within the first two hours of birth and be exclusively breastfed for the first four months of life before introducing other types of food.
B. The WHO recommends that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first six months of life.
C. The WHO recommends that children initiate breastfeeding within the first 24 hours of birth and be exclusively breastfed for the first four months of life before introducing other types of food.
D. The WHO recommends that children initiate breastfeeding within the first 24 hours of birth and be exclusively breastfed for the first six months of life.

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2. A health care professional has questions regarding the impact of breastfeeding on infants. Which of the following informational points of interest should be communicated to the health care professional?

A. Breastfeeding may increase hospitalizations due to respiratory tract infections.
B. Breastfeeding may increase the incidence of otitis media.
C. Breastfeeding may lead to obesity.
D. Breastfeeding may reduce the incidence of diabetes.

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3. Which of the following statements is most accurate?

A. Breastfeeding can help women lose weight.
B. Breastfeeding can lead to polyphagia and weight gain.
C. Breastfeeding can lead to postpartum depression.
D. Breastfeeding can lead to postpartum depression and anxiety.

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4. A health care professional is developing an educational lecture focused on breastfeeding education. Which of the following informational points of interest should be included in the health care professional's lecture?

A. Breastfeeding education should be a process and interaction between health care professionals and pregnant women, mothers, and/or parents; breastfeeding education is not intended to be an act of a health care professional “telling a woman what to do.”
B. Breastfeeding education should be a process that ultimately "tells women what to do."
C. Breastfeeding education should not include an anticipatory breastfeeding education approach.

D. Breastfeeding education should include an anticipatory breastfeeding education approach used in conjunction with cognitive behavioral therapy.

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5. Which of the following statements best represents a breastfeeding recommendation?

A. Breastfeeding education should only be provided at two different times.
B. Breastfeeding education should only be provided at four different times.
C. Breastfeeding education should be provided in both the antenatal period of pregnancy and the postnatal period of pregnancy.
D. Breastfeeding education should only be provided in the antenatal period of pregnancy.

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6. A health care professional has questions regarding breastfeeding education. Which of the following informational points of interest should be communicated to the health care professional?

A. Breastfeeding education should only be provided to new mothers through face-to-face counseling.
B. Breastfeeding education may be provided to new mothers through face-to-face counseling and through telehealth services.
C. Telehealth services should not be used to provide breastfeeding education to individuals over the age of 40.
D. Telehealth services should always be avoided.

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7. Which of the following statements best defines the term "rooming-in?"

A. Rooming-in may refer to the practice of allowing mothers and fathers to remain together for 24 hours a day.
B. Rooming-in may refer to the practice of allowing mothers and infants to remain together for 24 hours a day.
C. Rooming-in may refer to the practice of allowing a health care professional to remain with a new mother overnight.
D. Rooming-in may refer to the practice of allowing a health care professional to remain with a new mother and her infant overnight.

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8. Which of the following statements regarding the cross-cradle hold is most accurate?

A. The cross-cradle hold should not be used for male infants.
B. The cross-cradle hold should not be used for preterm infants.
C. The cross-cradle hold should not be used for infants that have trouble obtaining milk from the breast.
D. The cross-cradle hold may be advantageous for preterm infants, infants that have trouble obtaining milk from the breast, and/or infants that require extra head support.

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9. A 22-year-old new mother has questions regarding the number of wet diapers an infant should produce. Which of the following educational points should be expressed to the patient?

A. Infants should produce approximately two wet diapers per 24 hours, beginning after the first 72 hours post birth.
B. Infants should produce approximately six wet diapers per 24 hours, beginning after the first 72 hours post birth.
C. Infants should produce approximately two wet diapers per 48 hours, beginning after the first 72 hours post birth.
D. Infants should produce approximately six wet diapers per 48 hours, beginning after the first 72 hours post birth.

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10. A health care professional has questions regarding exclusively breastfed infants. Which of the following informational points of interest should be communicated to the health care professional?

A. Once breastfeeding is established, exclusively breastfed infants who are one to six months old take in between 10 and 15 ounces of breast milk each day.
B. Once breastfeeding is established, exclusively breastfed infants who are one to six months old take in between 19 and 30 ounces of breast milk each day.
C. Once breastfeeding is established, exclusively breastfed infants who are one to two months old take in over 40 ounces of breast milk each day.
D. Once breastfeeding is established, exclusively breastfed infants who are one to six months old take in over 40 ounces of breast milk each day.

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11. Which of the following statements best represents a breastfeeding recommendation regarding freshly expressed breast milk?

A. Freshly expressed breast milk may be stored at room temperature for up to four hours.
B. Freshly expressed breast milk may be stored at room temperature for up to six hours.
C. Freshly expressed breast milk may be stored at room temperature for up to eight hours.
D. Freshly expressed breast milk may be stored at room temperature for up to ten hours.

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12. How long can freshly expressed breast milk be stored in a refrigerator?

A. Freshly expressed breast milk may be stored in the refrigerator for up to two days
B. Freshly expressed breast milk may be stored in the refrigerator for up to four days.
C. Freshly expressed breast milk may be stored in the refrigerator for up to two weeks.
D. Freshly expressed breast milk may be stored in the refrigerator for up to four weeks.

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13. Which of the following statements best represents a breastfeeding recommendation regarding how to adequately clean, sanitize, and store infant feeding items?

A. Always use a dish towel to rub or pat items dry.
B. Do not use a dish towel to rub or pat items dry because doing so may transfer infectious agents to the items.

C. Sanitizing feeding items does not provide more protection against infections.
D. Sanitizing feeding items by steaming items does not provide more protection against infections.

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14. Parents of a newborn child want to sanitize the parts of their breast pump. Which of the following recommendations should the parents follow when sanitizing the parts of their breast pump?

A. Avoid sanitizing the parts of a breast pump in a microwave.
B. Boil the breast pump parts for a total of 5 - 10 minutes.
C. Never sanitize breast pump tubing.
D. Only use bleach to sanitize breast pump tubing every four weeks.

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15. Which of the following statements best represents a breastfeeding recommendation regarding infant diet?

A. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 400 IU per day of vitamin D beginning in the first few days of life.
B. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 800 IU per day of vitamin D beginning in the first few days of life.
C. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 400 IU per week of vitamin D beginning in the first few days of life.
D. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 800 IU per week of vitamin D beginning in the first few days of life.

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16. Which of the following best represents a Dietary Guidelines for Americans recommendation regarding diet?

A. The Dietary Guidelines for Americans recommend lactating parents consume 290 mcg of iodine and 550 mg of choline daily throughout the first year postpartum.
B. The Dietary Guidelines for Americans recommend that lactating parents consume 550 mcg of iodine and 290 mg of choline daily throughout the first year postpartum.
C. The Dietary Guidelines for Americans recommend that lactating parents consume 500 mcg of iodine and 1000 mg of choline daily throughout the first year postpartum.
D. The Dietary Guidelines for Americans recommends that lactating parents should avoid consuming both iodine and choline throughout the first year postpartum.

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17. A health care professional has questions regarding newborns and vitamin K. Which of the following informational points of interest should be communicated to the health care professional?

A. Only male newborns, whether breastfed or formula fed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams shortly after birth.
B. Only female newborns, whether breastfed or formula fed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams shortly after birth
C. Male and female newborns, who are breastfed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams one week after birth.
D. All newborns, whether breastfed or formula fed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams shortly after birth.

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18. A 30-year-old mother has questions regarding physical activity. Which of the following educational points should be expressed to the patient?

A. Women should do no more than 60 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
B. Women should do no more than 90 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
C. Women should do at least 150 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period; preferably, aerobic activity should be spread throughout the week.
D. Women should avoid all moderate-intensity aerobic activity during pregnancy and the postpartum period.

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19. Which of the following statements best represents a breastfeeding recommendation regarding contraindications to breastfeeding?

A. Individuals should not breastfeed or provide expressed milk for consumption to newborn children if the newborn child is diagnosed with classic galactosemia.
B. Individuals should not temporarily breastfeed, but may provide expressed milk for consumption to newborn children if the newborn child is diagnosed with classic galactosemia.
C. Individuals should not breastfeed or provide expressed milk for consumption to newborn children if the mother is suffering from postpartum depression.
D. Individuals should not breastfeed or provide expressed milk for consumption to newborn children if the mother has active varicella.

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20. Which of the following statements regarding influenza is most accurate?

A. Influenza is always spread to infants through breast milk.
B. Influenza is not spread to infants through breast milk.
C. A mother’s breast milk does not contain antibodies or other immunological factors that can help protect an infant from influenza.
D. A mother’s breast milk does not contain antibodies or other immunological factors that can help protect an infant from influenza, and is not a recommended source of nutrition for an infant, while the mother is ill.

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21. Which of the following statements best represents a breastfeeding recommendation regarding hepatitis B or hepatitis C infections?

A. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis B vaccine within 12 hours of birth.
B. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis B vaccine within 72 hours of birth.
C. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis C vaccine within 12 hours of birth.
D. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis C vaccine within 72 hours of birth.

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22. Which of the following statements best represents a breastfeeding recommendation regarding shingles?

A. If a mother has an active shingles infection, she should stop breastfeeding for two months.
B. If a mother has an active shingles infection, she should stop breastfeeding for four months.
C. If a mother has an active shingles infection, she should stop breastfeeding for six months.
D. If a mother has an active shingles infection, she can continue to breastfeed if she does not have skin lesions on her breast.

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23. A 38-year-old mother, with a history of breast augmentation, has questions regarding breastfeeding. Which of the following educational points should be expressed to the patient?

A. Women over the age of 35, with a history of breast augmentation, should not breastfeed.
B. Women over the age of 35, with a history of breast augmentation, should not breastfeed for the first two months after birth.
C. Breast augmentation, lift, and reduction procedures have the potential to affect the nerves and ducts within the breast, thus impacting lactation.
D. Breast augmentation does not impact lactation.

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24. A health care professional has questions regarding alcohol consumption and breastfeeding. Which of the following informational points of interest should be communicated to the health care professional?

A. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to one standard drink per day) is not known to be harmful to the infant, especially if the mother waits at least 30 minutes after a single drink before nursing.
B. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to four standard drinks per day) is not known to be harmful to the infant, especially if the mother waits at least 45 minutes after a single drink before nursing.
C. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to one standard drink per day) is not known to be harmful to the infant, especially if the mother waits at least two hours after a single drink before nursing.

D. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to four standard drinks per day) is not known to be harmful to the infant, especially if the mother waits at least one hour after a single drink before nursing.

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25. A 25-year-old mother, with a history of marijuana use, has questions regarding breastfeeding. Which of the following educational points should be expressed to the patient?

A. Chemicals from marijuana in any form can be passed from a mother to her infant through breast milk.
B. Chemicals from marijuana in any form cannot be passed from a mother to her infant through breast milk.
C. Marijuana-related products, including CBD products, do not contain contaminants of any kind.
D. Marijuana-related products, including CBD products, can be used while breastfeeding with no risk to the infant.

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26. Which of the following statements is most accurate?

A. Breast engorgement typically occurs between three to five days after an individual gives birth.
B. Breast engorgement only occurs between three to five weeks after an individual gives birth.
C. Most individuals cannot prevent breast engorgement by breastfeeding often after giving birth.
D. Most individuals, under the age of 21, cannot prevent breast engorgement by breastfeeding often after giving birth.

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27. Which of the following statements best represents a reason why jaundice is common during the first weeks of life?

A. Newborns have a higher rate of bilirubin production due to the shorter lifespan of red blood cells and higher red blood cell concentration compared to adults.
B. Newborns have a lower rate of bilirubin production due to the shorter lifespan of red blood cells and higher red blood cell concentration compared to adults.
C. Newborns have a higher rate of bilirubin production due to the longer lifespan of red blood cells and lower red blood cell concentration compared to adults.
D. Newborns have a lower rate of bilirubin production due to the longer lifespan of red blood cells and lower red blood cell concentration compared to adults.

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28. Which of the following best represents a sign/symptom of infant GERD?

A. Excessive eating
B. Spitting up
C. Polydipsia
D. Polyuria

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29. Which of the following statements regarding postpartum depression and breastfeeding is most accurate?

A. Postpartum depression may interfere with a woman's ability to breastfeed and/or care for an infant.
B. Postpartum depression is uncommon and does not typically affect breastfeeding.
C. Mothers with postpartum depression should permanently discontinue breastfeeding.
D. Postpartum depression only results from physical factors associated with childbirth.

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30. A new mother reports feeling sad, hopeless, overwhelmed, and unusually anxious for more than two weeks after giving birth. Which of the following educational points should be expressed to the patient?

A. These symptoms are always a normal part of breastfeeding and do not require professional care.
B. The mother should stop breastfeeding immediately.
C. The mother should seek care from a health care professional.
D. These symptoms indicate that the mother should avoid all postpartum medications.

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31. Which of the following statements regarding methicillin-resistant Staphylococcus aureus (MRSA) and breastfeeding is most accurate?

A. Mothers with MRSA infections must always discontinue breastfeeding.
B. Mothers with a MRSA infection can typically continue breastfeeding, provided appropriate precautions are followed.
C. MRSA is transmitted to infants through human milk.
D. Avoid providing expressing breast milk to an infant for the first 72 hours of isolation.
E. Breastfeeding promotes the spread of MRSA in all cases.

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32. A breastfeeding mother has an MRSA infection involving her breast. Which of the following recommendations is most appropriate?

A. The infant should come into direct contact with any open infected tissue during breastfeeding.
B. The mother should discontinue breastfeeding from both breasts permanently.
C. All open infectious tissue should be completely covered with clean, dry bandages while breastfeeding or expressing milk.
D. The mother should avoid expressing milk from the affected breast.

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33. A breastfeeding mother is concerned because her breasts no longer feel as full as they did during the first weeks after birth. Which of the following educational points should be expressed to the patient?

A. Breasts that no longer feel full can be a natural physical adjustment to breastfeeding.
B. Breasts that no longer feel full always indicate insufficient milk supply.

C. The mother should immediately discontinue breastfeeding.
D. The mother should restrict breastfeeding to four times per day.

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34. A breastfeeding mother is concerned that her infant is not receiving enough milk during a growth spurt. Which of the following informational points should be communicated to the mother?

A. Growth spurts can occur around two to three weeks, six weeks, and three months of age, and increased feeding is natural for many infants.
B. Growth spurts occur only after six months of age.
C. Mothers should restrict feeding during growth spurts to prevent oversupply.
D. Mothers should discontinue breastfeeding during growth spurts.

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35. Which of the following recommendations is appropriate for a breastfeeding mother experiencing breasts that feel excessively full or uncomfortable?

A. Avoid feeding from the breast that feels over-full.
B. Restrict all milk removal until the breast becomes less full.
C. Offer the over-full breast to the infant to encourage milk removal.
D. Avoid using a breast pump under all circumstances.

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36. A breastfeeding mother reports that milk is rushing rapidly from her breast and causing her infant to choke. Which of the following recommendations is consistent with the course material?

A. The mother should gently break the infant's latch if the infant chokes because of increased milk flow.
B. The mother should permanently stop breastfeeding.
C. The mother should prevent the infant from latching and unlatching at will.
D. The mother should increase the speed of milk flow.

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37. A breastfeeding mother reports a hard, tender swelling in her breast consistent with a plugged milk duct. Which of the following recommendations should be provided?

A. Breastfeed on the affected side every two hours.
B. Avoid breastfeeding from the affected side for at least one week.
C. Avoid massaging the affected area.
D. Avoid using warm compresses.

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38. Which of the following recommendations may help a breastfeeding mother prevent or relieve sore nipples?

A. Use harsh soaps after every breastfeeding session.
B. Avoid changing breastfeeding positions.
C. Avoid expressing any breast milk onto the nipples.
D. Ensure an effective latch and allow the nipples to air-dry after breastfeeding.

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39. Which of the following statements regarding infants with birth defects is most accurate?

A. Infants with birth defects should never receive breast milk.
B. Breastfeeding is contraindicated in all infants with Down syndrome.
C. Infants with birth defects do not require monitoring for adequate weight gain.
D. Breast milk remains an important and often optimal source of nutrition for infants with birth defects.

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40. Which of the following statements regarding infant colic is most accurate?

A. Infant colic usually begins between two and four weeks after birth and will likely improve or disappear by three to four months.
B. Infant colic typically begins immediately at birth and continues throughout the first year.
C. Infant colic always indicates a serious underlying medical condition.
D. Dietary changes, such as limiting caffeine, have no potential effect on infant colic.

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