

# Cheap Nursing CEUs

## Breastfeeding Support

### The Importance of Breastfeeding

**1. Which of the following infections or diseases are higher for formula-fed infants when compared to exclusively breastfed infants?**

- A. Diarrhea
  - B. Ear infections
  - C. Leukemia
  - D. All of the above
- 

**2. Formula feeding is associated with a higher risk for which of the following major chronic diseases or conditions?**

- A. Type 2 diabetes
  - B. Asthma
  - C. Childhood obesity
  - D. All of the above
- 

**3. The risk of breast cancer and ovarian cancer are higher for women who have never breastfed compared to those who have breastfed for some period of time.**

- A. True
  - B. False
- 

**4. Breastfeeding may help to lower the risk of postpartum depression.**

- A. True
  - B. False
- 

**5. It is recommended that most infants in the United States be breastfed for at least \_\_\_\_\_ months.**

- A. 12
  - B. 9
  - C. 6
  - D. 3
-

**6. It is recommended that for about the first \_\_\_\_\_ months, infants be exclusively breastfed, meaning they should not be given any foods or liquids other than breast milk, not even water.**

- A. 12
  - B. 9
  - C. 6
  - D. 3
- 

**7. The AAP states that breastfeeding is contraindicated for mothers with:**

- A. HIV
  - B. Human T-cell lymphotropic virus type 1 or type 2
  - C. Active untreated tuberculosis
  - D. All of the above
- 

## **Rates of Breastfeeding**

**8. Although human milk is the only nutrition most babies need for about the first six months, many women discontinue breastfeeding or add other foods or liquids to their baby's diet well before the child reaches six months of age.**

- A. True
  - B. False
- 

**9. It is rare for breastfed newborns to be supplemented with infant formula while they are still in the hospital after birth.**

- A. True
  - B. False
- 

**10. Most healthy, full-term, breastfed newborns have no medical need to receive supplemental infant formula, and supplementing with infant formula can be detrimental to breastfeeding.**

- A. True
  - B. False
- 

**11. Recommendations by the AAP state that no infant, whether breastfed or formula fed, should be given any solid foods until at least the age of \_\_\_\_\_ months.**

- A. 2
  - B. 4
  - C. 6
  - D. 8
-

**12. Which of the following women are less likely to breastfeed their infants?**

- A. Those with higher incomes.
  - B. Those who have earned a college degree.
  - C. Those living in the southeastern United States.
  - D. Those living in urban areas.
- 

**13. Research suggests that race and ethnicity are associated with breastfeeding regardless of income, and income is associated with breastfeeding regardless of race or ethnicity.**

- A. True
  - B. False
- 

## **Barriers to Breastfeeding in the United States**

**14. Most women in the United States are unaware that breastfeeding is the best source of nutrition for most infants.**

- A. True
  - B. False
- 

**15. Many people incorrectly believe that because commercially prepared formula has been enhanced in recent years, infant formula is equivalent to breast milk in terms of its health benefits.**

- A. True
  - B. False
- 

**16. Breastfeeding is often described as "natural," and should therefore come naturally to both the mother and the newborn.**

- A. True
  - B. False
- 

**17. The incongruity between expectations about breastfeeding and the reality of the mother's early experiences with breastfeeding her infant has been identified as a key reason that many mothers stop breastfeeding within the first \_\_\_\_\_ postpartum.**

- A. 2 weeks
  - B. 4 weeks
  - C. 2 months
  - D. 4 months
-

**18. The commitment required by breastfeeding and difficulties in establishing breastfeeding are sometimes seen as threats to mothers' freedom and independence.**

- A. True
  - B. False
- 

**19. The mistaken belief that for babies, "big is healthy," can lead to:**

- A. Formula feeding.
  - B. Inappropriate early introduction of solid foods.
  - C. Both (A) and (B).
  - D. None of the above.
- 

**20. Some women mistakenly see the "best of both" as a way to ensure that their babies get both the healthy aspects of human milk and what they believe to be the \_\_\_\_\_ present in infant formula.**

- A. Protein
  - B. Vitamins
  - C. Enzymes
  - D. Essential fatty acids
- 

**21. Fathers may be opposed to breastfeeding because of concerns about:**

- A. What their role would be in feeding.
  - B. Whether or not they would be able to bond with their infant if they were personally unable to feed the baby.
  - C. How the mother would be able to accomplish household responsibilities if she breastfed.
  - D. All of the above.
- 

**22. Women may find themselves excluded from social interactions when they are breastfeeding because others are reluctant to be in the same room while they breastfeed.**

- A. True
  - B. False
- 

**23. Frequently cited problems with breastfeeding include all of the following, except for:**

- A. Sore nipples
  - B. Requires too much time
  - C. Engorged breasts
  - D. Failure to latch on by the infant
-

**24. Having a poor milk supply can result from all of the following, except:**

- A. Infrequent feedings.
  - B. Poor breastfeeding techniques.
  - C. Not understanding the normal physiology of lactation.
  - D. None of the above, the mother will always have a sufficient milk supply.
- 

**25. Employed mothers typically find that returning to work is a significant barrier to breastfeeding due to which of the following reasons?**

- A. Lack of privacy for breastfeeding or expressing milk.
  - B. Not having a place to store expressed breast milk.
  - C. Unable to find child care facilities at or near the workplace.
  - D. All of the above.
- 

**26. When mothers who do not have a private office at work do not have a place to breastfeed or express breast milk, they may resort to using the restroom for these purposes, an approach that is unhygienic and associated with premature weaning.**

- A. True
  - B. False
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**27. Studies have identified which of the following as major deficits relevant to breastfeeding in hospital policies and clinical practices?**

- A. Low priority given to support for breastfeeding and education about it.
  - B. Inappropriate routines and provision of care.
  - C. Inadequate hospital facilities for women who are breastfeeding.
  - D. All of the above.
- 

**28. Giving breastfeeding mothers gift packs containing samples of infant formula can have a negative influence on both the initiation and duration of breastfeeding.**

- A. True
  - B. False
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**29. Separating mothers from their babies during their hospital stay has a negative impact on the initiation and duration of breastfeeding.**

- A. True
  - B. False
-

**30. Cesarean delivery is associated with all of the following, except:**

- A. Increased initiation and duration of breastfeeding.
  - B. Delayed skin-to-skin contact between mother and baby.
  - C. Increased supplemental feeding.
  - D. Separation of mother and baby.
- 

**31. A recent survey of pediatricians showed that many believe the benefits of breastfeeding outweigh the challenges that may be associated with it, and they report various reasons for recommending breastfeeding.**

- A. True
  - B. False
- 

## **Breastfeeding from the Public Health Perspective**

**32. Mothers who are knowledgeable about the numerous health benefits of breast feeding are more likely to breastfeed.**

- A. True
  - B. False
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**33. Professional post-discharge breastfeeding support of mothers can include which of the following?**

- A. Planned follow-up visits at the maternity facility.
  - B. Telephone follow-ups initiated by the maternity facility.
  - C. Home visits.
  - D. All of the above.
- 

**34. Formula is marketed to the consumer through:**

- A. Television commercials and print advertisements.
  - B. Logo-bearing calendars, pens, and other materials in hospitals or doctors' offices.
  - C. The distribution of gift packs at discharge that contain samples of formula or coupons, often in bags with a manufacturer's name or logo.
  - D. All of the above.
- 

**35. Research indicates that the marketing of substitutes for breast milk has no effect on breastfeeding practices.**

- A. True
  - B. False
-

**36. The U.S. Preventive Services Task Force specifically recommends that promotion and support for breastfeeding be provided throughout the encounters women have with health professionals during prenatal and postpartum care, as well as during their infants' medical care.**

- A. True
  - B. False
- 

**37. Mothers' experiences as they receive prenatal, postpartum, and pediatric medical care have an influence on all of the following, except:**

- A. The mother's intention to breastfeed.
  - B. Supplementing breastfeeding with formula.
  - C. The biologic establishment of lactation.
  - D. Breastfeeding duration.
- 

**38. Which of the following are barriers to breastfeeding?**

- A. The placement of the stable, healthy, full-term newborn on an infant warmer immediately upon delivery rather than skin-to-skin with the mother.
  - B. Provision of infant formula or water to breastfed newborns without medical indication.
  - C. Removal of the newborn from the mother's room at night.
  - D. All of the above.
- 

**39. Which of the following is not one of the ten steps to successful breastfeeding?**

- A. Inform all pregnant women about the benefits and management of breastfeeding.
  - B. Help mothers initiate breastfeeding within four hours of birth.
  - C. Give newborn infants no food or drink other than breast milk, unless medically indicated.
  - D. Practice "rooming in" - allow mothers and infants to remain together 24 hours a day.
- 

**40. Which of the following is not true with regard to necrotizing enterocolitis and prematurity?**

- A. Formula feeding appears to be a risk factor for NEC.
  - B. The use of donor milk over formula may have the potential to prevent some cases of NEC.
  - C. Researchers estimate that across the United States, NEC treatment costs account for 8% of all initial newborn health care costs.
  - D. Human milk is vital to the survival of vulnerable neonates and plays an important role in addressing the substantial burden imposed by NEC on affected families and in reducing health care costs associated with NEC.
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**41. Heat treatment of milk for milk banking destroys most infectious pathogen without destroying any of the nutritional components of the milk.**

- A. True

B. False

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**42. Barriers to having more donor milk available include:**

- A. Lack of knowledge among health care professionals.
  - B. Confusion on the part of the payers.
  - C. Ambivalence in public health policy about the role of banking donor milk.
  - D. All of the above.
- 

## **A Call to Action**

**43. When a mother is thinking about how to feed her baby, she values the advice of \_\_\_\_\_ the most.**

- A. Her partner
  - B. Her mother
  - C. Health care professionals
  - D. Friends
- 

**44. Displays of posters, products, or decorations from infant formula companies in a health care professional's office or in a hospital or clinic leaves the impression that health care professionals favor formula feeding over breastfeeding.**

- A. True
  - B. False
- 

**45. Follow-up support for breastfeeding needs to be integrated into home visitation and postpartum care programs.**

- A. True
  - B. False
- 

**46. Even health care professionals whose services are not directly related to breastfeeding often encounter breastfeeding mothers and their children. Therefore, all health care professionals need to ensure that the care they provide is compatible with breastfeeding.**

- A. True
  - B. False
- 

**47. The standard of care for pregnant women and mother-baby pairs in the first four weeks of life should include actions that are important for the promotion and support of breastfeeding, such as:**

- A. Providing prenatal counseling on feeding decisions.



- B. Setting accountability standards for postpartum follow-up care.
  - C. Establishing referral mechanisms for skilled lactation care.
  - D. All of the above.
- 

**48. Health professionals deal with which of the following that may make breastfeeding challenging or may need to be managed differently if a woman is breastfeeding?**

- A. Physiological problems
  - B. Infectious diseases
  - C. Medical interventions
  - D. All of the above
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