

# Cheap Nursing CEUs

## Guide to Breastfeeding

### Why Breastfeeding Is Important

**1. Which of the following, known as liquid gold, is very rich in nutrients and antibodies to protect the baby?**

- A. Colostrum
  - B. Mature milk
  - C. Hind milk
  - D. All of the above
- 

**2. For most babies, especially premature babies, breast milk is easier to digest than formula.**

- A. True
  - B. False
- 

**3. Compared to breast-fed babies, formula-fed babies have higher risks for which of the following?**

- A. Necrotizing enterocolitis
  - B. Lower respiratory infections
  - C. Childhood leukemia
  - D. All of the above
- 

**4. Breastfeeding is linked to a lower risk of all of the following health problems in women, except for:**

- A. Breast cancer
  - B. Ovarian cancer
  - C. Type 1 diabetes
  - D. Postpartum depression
- 

**5. During an emergency, which of the following is a benefit of breastfeeding?**

- A. Breastfeeding protects babies from the risks of a contaminated water supply.
  - B. Breast milk is the right temperature for babies and helps to prevent hypothermia when the body temperature drops too low.
  - C. Breast milk is readily available without needing other supplies.
  - D. All of the above.
-

## Finding Support and Information

**6. Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers.**

- A. True
  - B. False
- 

## How Breast Milk Is Made

**7. Which tissue type makes breasts sensitive to touch, allowing the baby's sucking to stimulate the let-down or milk-ejection reflex and milk production?**

- A. Glandular tissue
  - B. Connective tissue
  - C. Nerve tissue
  - D. Fatty tissue
- 

**8. Women with larger breasts are able to make more milk than women with smaller breasts.**

- A. True
  - B. False
- 

**9. When does let-down happen?**

- A. A few seconds to several minutes after a mother starts breastfeeding her baby.
  - B. When a mother hears her baby cry.
  - C. When a mother thinks about her baby.
  - D. Any of the above.
- 

**10. The hormone oxytocin is responsible for all of the following, except:**

- A. Contraction of the small muscles around the alveoli cells causing milk to move through the milk ducts.
  - B. Milk production by the alveoli.
  - C. The let-down reflex.
  - D. Contraction of the uterus muscles during and after birth.
- 

## Before You Give Birth

**11. Mothers should breastfeed their newborn baby as soon as possible after delivery since the sucking instinct is very strong within the first hour of life.**

- A. True
  - B. False
- 

**12. Skin-to-skin contact helps baby and father bond much like it does for mother and baby.**

- A. True
  - B. False
- 

## **Learning to Breastfeed**

**13. All of the following will help a mother get a great start with breastfeeding, except for:**

- A. The mother should breastfeed as soon as possible after birth.
  - B. The baby should be given a pacifier or artificial nipple to help get used to latching onto the mother's breast.
  - C. The baby should not be given any food or formula unless it is medically necessary.
  - D. The baby should stay in the mother's hospital room all day and night so that she can breastfeed often.
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**14. The mother should breastfeed as soon as possible after birth, and then at least \_\_\_\_\_ times every 24 hours to make plenty of milk for her baby.**

- A. 12 - 14
  - B. 8 - 12
  - C. 6 - 8
  - D. 4 - 6
- 

**15. A mother should follow a feeding schedule and not feed her baby on the baby's cue.**

- A. True
  - B. False
- 

**16. Depending on the size of the mother's areola, she should see little or no areola when breastfeeding, and if any is showing, there should be more visible below the baby's lip and less visible above the baby's lip.**

- A. True
  - B. False
- 

**17. If breastfeeding is painful for the mother, the baby may be sucking on only the nipple.**

- A. True
  - B. False
-

**18. Which type of position may be most useful for premature babies?**

- A. Cradle hold
  - B. Cross cradle or transitional hold
  - C. Clutch or "football" hold
  - D. Side-lying position
- 

**19. Crying can be a late sign of hunger, and it may be harder to latch once the baby is upset.**

- A. True
  - B. False
- 

**20. Being skin-to-skin with the baby helps:**

- A. The baby to cry less.
  - B. Stabilize the baby's heart rate.
  - C. Stabilize the baby's breathing rate.
  - D. All of the above.
- 

**21. Many leading health organizations recommend that most infants:**

- A. Breastfeed for at least 12 months, with exclusive breastfeeding for the first 6 months.
  - B. Breastfeed for at least 10 months, with exclusive breastfeeding for the first 6 months.
  - C. Breastfeed for at least 8 months, with exclusive breastfeeding for the first 4 months.
  - D. Breastfeed for at least 12 months, with exclusive breastfeeding for the first 4 months.
- 

**22. In the early weeks after birth, a mother should wake her baby to feed if \_\_\_\_\_ hours have passed since the beginning of the last feeding.**

- A. 2
  - B. 3
  - C. 4
  - D. 5
- 

## **Common Challenges**

**23. If a mother has sore nipples, nurses should advise all of the following, except:**

- A. Wash nipples and breasts with soap and apply ointment.
  - B. Change nursing pads often to avoid trapping in moisture.
  - C. After breastfeeding, express a few drops of milk and gently rub it on the nipples with clean hands.
  - D. Let nipples air-dry after feeding or wear a soft cotton shirt.
-

**24. Growth spurts can cause a baby to want to nurse longer and more often. A mother should expect a growth spurt around:**

- A. Two to three weeks of age
  - B. Six weeks of age
  - C. Three months of age
  - D. All of the above
- 

**25. All of the following relate to plugged ducts, except for:**

- A. A plugged milk duct feels like a tender and sore lump in the breast.
  - B. It happens when a milk duct does not properly drain and becomes inflamed.
  - C. A plugged duct causes a low-grade fever and can be confused with a breast infection.
  - D. A plugged duct usually only occurs in one breast at a time.
- 

**26. Which of the following is a major cause of a nursing strike?**

- A. An ear infection, which causes pain while sucking.
  - B. Being upset about a long separation from the mother or a major change in routine.
  - C. Reduced milk supply from supplementing with bottles or overuse of a pacifier.
  - D. All of the above.
- 

## **Common Questions**

**27. In hot climates, breastfed infants may need water or juice.**

- A. True
  - B. False
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**28. All breastfed infants, including those supplemented with formula, should be given a vitamin D supplement of \_\_\_\_\_ each day, starting in the first few days of life.**

- A. 200 IU
  - B. 400 IU
  - C. 600 IU
  - D. 800 IU
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**29. Breastfeeding is not advised if the mother:**

- A. Has been infected with HIV or has AIDS.
- B. Is taking antiretroviral medications.
- C. Has untreated, active tuberculosis.

D. All of the above.

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## **Nutrition and Fitness**

**30. Nurses should inform mothers of all of the following, except:**

- A. There are no foods that must be avoided while breastfeeding.
  - B. There are no special foods that will help make more milk.
  - C. Fluid intake will affect the amount of breast milk made.
  - D. Too much caffeine can cause the baby to be fussy or not sleep well.
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