Cheap Nursing CEUs

Nurse's Role in Breastfeeding Support

1. A 24-year-old new mother has questions regarding the potential impact of breastfeeding on her infant. Which of the following counseling points should be expressed to the patient?

A. Breastfeeding may increase infant hospitalizations due to respiratory tract infections.
B. Research indicates that breastfeeding is associated with an increased risk of SIDS.
C. Breastfeeding may reduce the incidence of inflammatory bowel disease.
D. Breastfeeding may increase the incidence of celiac disease.

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2. A 32-year-old new mother has questions regarding the potential impact of breastfeeding on her health. Which of the following counseling points should be expressed to the new mother?

A. Breastfeeding does not help women lose weight.
B. Breastfeeding can help lower the mother’s risk of high blood pressure, but it does not typically impact the potential for type 2 diabetes.
C. Women over the age of 30 should not breastfeed infants.
D. Breastfeeding may help a mother's uterus return to its pre-pregnancy size.

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3. Amiodarone treatment is contraindicated during breastfeeding.

A. True
B. False

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4. A fellow health care professional has questions regarding human breast milk production. Which of the following points of interest should be expressed to the fellow health care professional?

A. Oxytocin is responsible for informing the milk-producing glands in the breast to produce milk.
B. Prolactin is responsible for the initiation of the let-down relax.
C. Oxytocin is responsible for informing the milk-producing glands in the breast to produce milk and is also responsible for stopping the let-down relax.
D. Prolactin is responsible for informing the milk-producing glands in the breast to produce milk.

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5. Which of the following statements is most accurate?

A. According to materials provided by the CDC, moderate alcohol consumption (up to 1 drink/day) is not known to be harmful to the infant.
B. According to materials provided by the CDC, moderate alcohol consumption (up to 2 drinks/day) is not known to be harmful to the infant.
C. According to materials provided by the CDC, moderate alcohol consumption (up to 4 drinks/day) is not known to be harmful to the infant.

D. According to materials provided by the CDC, moderate alcohol consumption (up to 6 drinks/day) is not known to be harmful to the infant.

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6. The American Academy of Pediatrics recommends exclusive breastfeeding for a period of 4 months, followed by continued breastfeeding, while introducing complementary foods, until the child is 12 months old or older.

A. True
B. False

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7. Which of the following signs may indicate an effective/successfully infant latch?

A. The latch feels slightly uncomfortable.
B. All of the areola is visible.
C. The infant's mouth appears to be full with breast.
D. The child's lips turn inward.

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8. Which of the following may be a sign an infant is receiving enough breast milk?

A. The infant passes dark/deep yellow or orange urine.
B. The infant passes mostly clear/pale yellow urine.
C. A woman's breast feels harder after breastfeeding.
D. A woman's breast feels larger/heavier after breastfeeding.

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9. A new mother has questions regarding breast milk storage. Which of the following counseling points should be expressed to the patient?

A. Freshly expressed breast milk may be stored at room temperature for up to 4 hours.
B. Freshly expressed breast milk may be stored at room temperature for up to 8 hours.
C. Freshly expressed breast milk may be stored in the refrigerator for up to 2 months.
D. Freshly expressed breast milk may be stored in the refrigerator for up to 4 months.

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10. Breastfeeding mothers typically require more calories to meet their nutritional needs while breastfeeding; an additional 450 to 500 kilocalories (kcal) of healthy food calories per day is recommended for well-nourished breastfeeding mothers.

A. True
B. False

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11. Which of the following statements is most accurate?

A. The American Academy of Pediatrics recommends 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 American Academy of Pediatrics recommends breastfed and partially breastfed infants be supplemented with 600 IU per day of vitamin D beginning in the first few days of life.
C. The American Academy of Pediatrics recommends breastfed and partially breastfed infants be supplemented with 800 IU per day of vitamin D beginning in the first few weeks of life.
D. The American Academy of Pediatrics recommends breastfed and partially breastfed infants be supplemented with 1400 IU per day of vitamin D beginning in the first few weeks of life.

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12. A parent has questions regarding insufficient breast milk supplies. Which of the following counseling points should be expressed to the patient?

A. Women over the age of 25 typically have problems maintaining a sufficient supply of breast milk.
B. At times during the process of breastfeeding, it is not normal for the breasts to no longer feel full.
C. Mother's should always decide when to end a breastfeeding session.
D. Mothers should remember the more often the breasts are emptied, the more milk they will produce.

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13. Which of the following statements regarding plugged ducts is most accurate?

A. Typically, only women under the age of 25 experience plugged ducts.
B. Typically, only women over the age of 25 experience plugged ducts.
C. Women should stop breastfeeding immediately if they experience a plugged duct.
D. To help loosen a plug and keep breast milk flowing, women should breastfeed on the affected side.

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14. Women should not breastfeed their infants if an infant has jaundice.

A. True
B. False

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15. A patient has questions regarding a colic infant. Which of the following counseling points should be expressed to the patient?

A. Infant colic does not typically cause an infant to cry.
B. Infant colic usually starts between 2 and 4 months after birth.
C. Infant colic will likely improve or disappear by 8 or 10 months after birth.
D. Dietary changes, such as limiting caffeine, can help alleviate colic.

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