

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.

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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