

MOD2-MW350-Perinatal Education Including Lactation

1. Which of the following factors has NOT been shown interfere with the initiation of a successful breastfeeding relationship?
 - a. Invasive newborn medical procedures
 - b. Difficult and lengthy labor and delivery
 - c. Immediate mother/baby contact
 - d. Use of pain medications in labor

2. After a 12-hour labor and a normal vaginal birth an infant demonstrates the following feeding pattern: the infant is alert for a few hours and latches on for two 30-minute feedings. He then falls asleep for 4 hours and upon waking feeds again for 40-minutes. For the next two days he feeds every 1-2 hours with only two periods of sleeping for more than two hours. What is the most likely explanation for this feeding pattern?
 - a. This feeding pattern is typical of infants who have had traumatic births and the baby will most likely resume a normal feeding pattern in the next week of life
 - b. This feeding pattern is typical of most healthy newborns and the newborn should be followed for normal growth and development
 - c. This feeding pattern is typical of infants with metabolic disorders and should be recommended for follow-up with a pediatrician
 - d. This feeding pattern is typical of infants who are not receiving an adequate milk supply and the mother should be seen for follow-up

3. At which site in the breast is milk synthesized?
 - a. The milk ducts
 - b. The lactiferous sinuses
 - c. The areola
 - d. The alveoli

4. Which of the following hormones is primarily responsible for the “let-down” or “milk-ejection” reflex?
 - a. Prolactin
 - b. Estrogen
 - c. Oxytocin
 - d. Progesterone

5. At what point in the postpartum period does the milk supply normally plateau?
 - a. 1 week after birth
 - b. 1 month after birth
 - c. 2 months after birth

- d. 6 months after birth
6. Which of the following statements is TRUE about the composition of breast milk?
- a. Breast milk contains many different types of protein that stay at a near constant ratio through the duration of breastfeeding
 - b. Breast milk contains whey and casein proteins that change in ratio as a baby grows and matures
 - c. Breast milk is relatively low in protein and overall protein content increases as a baby grows and matures
 - d. Breast milk is very high in protein and overall protein content decreases as a baby grows and matures
7. Which of the following statements is NOT true about supplementation given during the first days of life?
- a. Supplementation fills up a baby, leading to less desire to nurse
 - b. Supplementation can contribute to newborn jaundice
 - c. Supplementation can sensitize babies to milk allergies
 - d. Supplementation increases desire to breastfeed
8. Which of the following is NOT a predisposing physical risk for inadequate milk production?
- a. Postpartum hemorrhage
 - b. Previous breast surgery
 - c. Small breast size
 - d. Prolonged engorgement
9. What is considered normal weight loss for a breastfed infant during the first days of life?
- a. 1-2% of birth weight
 - b. 5-7% of birth weight
 - c. 10-12% of birth weight
 - d. 20% of birth weight
10. Which of the following is TRUE about leaking breast milk from one or both breast between feedings or while feed?
- a. This is abnormal and a sign of nipple incontinence which can lead to other breastfeeding problems
 - b. This abnormal and is a the baby should not be allowed to nurse until resolved
 - c. This is normal, but may be a sign of oversupply and precautions should be taken to prevent engorgement
 - d. This is normal, and a result of the many stimuli that are involved in milk let-down.