

POST-TEST

SELECT THE ONE *BEST* ANSWER. WRITE YOUR ANSWERS ON THE ANSWER SHEET.

1. More than 50% of women choose their method of feeding
 - a. before or early in pregnancy.
 - b. in the second trimester.
 - c. in the third trimester.
 - d. after birth of the infant.

2. The best predictor of whether a woman will choose breastfeeding is if she is:
 - a. older and more well-educated.
 - b. Caucasian and financially secure.
 - c. confident and committed.
 - d. having her first baby.

3. The most influential factors affecting the woman's feeding decision include:
 - a. the mother's male partner and her mother.
 - b. the physician and his or her office staff.
 - c. the childbirth educator and doula.
 - d. the artificial baby-milk samples and coupons.

4. In contrast to breastfeeding mothers, bottle-feeding mothers are likely to choose the method they've chosen because they believe it's
 - a. best for the baby.
 - b. best for themselves.
 - c. more convenient.
 - d. their partner's preference.

5. The best way to teach mothers about breastfeeding is through
 - a. one comprehensive teaching session, late in pregnancy.
 - b. one comprehensive teaching session, early in pregnancy.
 - c. individual sessions where family members cannot interfere.
 - d. short, targeted, positive messages throughout gestation.

6. Which of the following responses would MOST predict that the woman would both choose and continue breastfeeding?
 - a. "I feel it would be better for the baby."
 - b. "They say it's best for the baby."
 - c. "It's worth a try (to breastfeed)."
 - d. "My doctor says I'll do great."

Questions 7–12 continue on page 38

POST-TEST (cont.)

7. If nipples appear to be inverted during the first trimester, the best strategy would be to:
 - a. re-evaluate the nipples in the third trimester.
 - b. warn the mother of an impending problem.
 - c. suggest applying breast shells immediately.
 - d. re-evaluate the nipples following delivery.

8. When teaching a prenatal group, it would be most important to:
 - a. schedule it conveniently for couples in the third trimester of pregnancy.
 - b. give a comprehensive lecture about the benefits and how-to- of breastfeeding.
 - c. use media, rather than a live presentation, to insure consistent instruction.
 - d. invite "graduate" grandmothers and fathers to participate in panel discussion.

9. Warning signs that a woman is at risk for inadequate milk production include all of the following except:
 - a. marked antepartal breast asymmetry.
 - b. extreme antepartal breast tenderness.
 - c. limited antenatal breast enlargement.
 - d. minimal postpartum engorgement.

10. When a woman who intends to breastfeed changes her mind because the baby is ill or preterm, which of the following strategies would work best to encourage breastfeeding?
 - a. Provide her with a list of all of the benefits of breastfeeding a preterm or critically ill infant.
 - b. Generate a list of the hazards that are associated with artificial feedings for preterm infants.
 - c. Convince her that pumping and putting the milk into a bottle is a good compromise in this case.
 - d. Invite her to re-visit her original reasons for breastfeeding and explore these within this context.

11. Which of the following questions is most likely to elicit the woman's educational needs?
 - a. "Are you going to breast or bottle feed?"
 - b. "Do you know of anyone who has breastfed?"
 - c. "Do you know someone who enjoyed breastfeeding?"
 - d. "What have you heard about breastfeeding?"

12. When interacting with a pregnant woman, a health care provider should ask her to:
 - a. declare her intentions for either breastfeeding or bottle-feeding.
 - b. commit to a specific length of time that she intends to breastfeed.
 - c. identify at least three people who support her decision to breastfeed.
 - d. give up breastfeeding her toddler while she is pregnant with this baby.

ANSWER SHEET

ANSWERS TO POST-TEST

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

STATEMENT FROM PARTICIPANT

I have:

- Completed the 10-question true/false pre-test (p. vii).
- Read the self-learning module.
- Completed clinical scenario # _____ (specify) found on pages 23-26.
- Completed learning activity # _____ (specify) found on page 32–33.
- Completed the open-book post-test without assistance from others.
- Written answers to the post-test in the spaces to the left.
- Completed and returned the program evaluation on pages 35 & 36.
- Understood that payment is for the opportunity to earn credits, and is not refunded if I do not pass the post-test.
- Understood that it may take up to 4 weeks to receive my post-test results.
- Enclosed my payment.

By signing below, I declare that the above statements are true.

Signed _____

If IBCLC, date of certification: _____

We will not grade your post-test until you mail all of the following materials:

- Program evaluation
- This sheet, completed and signed
- Payment
(Check, Visa, MasterCard, Discover or American Express)

Name _____ Position/Title _____ Employer _____ Address _____ City/State/ZIP _____ Phone _____ E-mail _____	Continuing education fee of\$ 25.00 Less coupon* (if available) \$ _____ Total Payment \$ _____ Payment method: <input type="checkbox"/> Check enclosed (US Banks only) <input type="checkbox"/> Visa <input type="checkbox"/> American Express <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover Name on card _____ Card # _____ Exp date _____ Signature _____
This is my: <input type="checkbox"/> home <input type="checkbox"/> work contact information	

* Original coupon must be attached; no photocopies accepted.



PROGRAM EVALUATION

Our aim is to provide professional resources that simplify breastfeeding management. To accomplish this, we need to hear reactions from professionals like you who have used the resources.

After completing this module, please take a few moment to complete this short evaluation.

- | | | | | |
|--|----------------------------------|---|------|------|
| 1. Extent to which objectives were related to the overall goal (page vii) | Excellent | Good | Fair | Poor |
| 2. Extent to which the module met the stated objectives: | | | | |
| Describe personal, interpersonal, and system-level factors that influence and predict the feeding decision..... | Excellent | Good | Fair | Poor |
| Develop a clinical management plan and teaching approach that helps a woman to choose breastfeeding..... | Excellent | Good | Fair | Poor |
| Identify early risk factors for breastfeeding mothers, and generate strategies to overcome or reduce those risks | Excellent | Good | Fair | Poor |
| 3. Extent to which content increased/updated my knowledge of the content presented..... | Excellent | Good | Fair | Poor |
| 4. Module was clear and easily understood..... | Excellent | Good | Fair | Poor |
| 5. Quality of suggested learning resources (page 30–31) | Excellent | Good | Fair | Poor |
| 6. Theoretical information given was relevant to clinical situations..... | Excellent | Good | Fair | Poor |
| 7. Effectiveness of the module: | | | | |
| a. provided helpful illustrations to explain text..... | Excellent | Good | Fair | Poor |
| b. stimulated critical thinking..... | Excellent | Good | Fair | Poor |
| c. integrated scientific data with real-life clinical situations | Excellent | Good | Fair | Poor |
| 8. Rate the following: | | | | |
| a. extent to which my personal objectives were met | Excellent | Good | Fair | Poor |
| b. satisfaction with ordering and shipping..... | Excellent | Good | Fair | Poor |
| c. clarity of instructions for completing the module..... | Excellent | Good | Fair | Poor |
| 9. Overall, this self-learning module was: | Excellent | Good | Fair | Poor |
| 10. Professional Credentials (check all that apply) | | | | |
| ___ RN | ___ MD | ___ FACCE or LCCE or other childbirth certification | | |
| ___ Certified by NCC | ___ IBCLC (year certified _____) | ___ ICCE | | |
| ___ CNM | ___ CLC | ___ Other _____ | | |
| ___ RD | ___ CLE | | | |
| 11. It took me a total _____ hours and _____ minutes to complete this program. | | | | |
| 12. What was your main reason for purchasing this module? _____ | | | | |
| _____ | | | | |
| _____ | | | | |





13. Is a self-learning module an effective learning tool for you? Why, or why not? _____

14. Would you recommend this module to a colleague? Why, or why not? _____

15. How could this module be improved? _____

16. Do you have any suggestions for further module topics? _____

17. Other comments: _____

Send your completed evaluation form to:

_____ _____ _____ <i>Breastfeeding Outlook, Dept CE</i> PO Box 387 Herndon, VA 20172-0387
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Or fax to (703) 787-9895