

## Post-test

You may use the learning package to look up answers to the following questions. Write the best answer on the answer sheet (page 21). **Please be sure to complete all test items.**

1. What can professionals conclude from studies about breastfeeding continuation and early hospital discharge?
  - a. Multiple randomized clinical studies around the world have proven that early discharge does not sabotage breastfeeding.
  - b. Descriptive correlational studies have shown that early discharge is linked to early cessation of breastfeeding.
  - c. Studies on this topic have involved substantial follow-up, and therefore might not be reflective of situations in all hospitals.
2. Riordan and colleagues showed that the time of infant weaning was similar, whether or not the mother had received an epidural infusion. When interpreting these results, readers should realize that:
  - a. bias may have occurred, because the nurses knew whether or not the mother had been exposed to medication.
  - b. only multiparae were studied, so we cannot assume that the same results will occur with primiparae.
  - c. swallowing was not measured, so we cannot make assumptions about milk intake from this study.
  - d. like previous studies, this study observed and reported only neonatal sucking behavior in the epidural and non-epidural groups.
3. Sometimes, a reader intuitively knows that a summary of a research study is incorrect. Fortunately, responsible publications tend to print corrections. Realizing this, which of the following statements can be said to be true?
  - a. Artificially-fed infants in less-developed countries have a 6-fold greater risk of dying of infection in the first 2 months, compared to cohorts who are breastfed.
  - b. Breastfed infants in less-developed countries have a 6-fold greater risk of dying of infection in the first 2 months, compared to cohorts who are formula-fed.
  - c. Artificially-fed infants in less-developed countries have a 2-fold greater risk of dying of infection in the first 6 months, compared to cohorts who are breastfed.
  - d. Breastfed infants in less-developed countries have a 2-fold greater risk of dying of infection in the first 6 months, compared to cohorts who are formula-fed.
4. When advising a lactating mother about how to perform a breast self-exam (BSE), you should instruct her to:
  - a. perform BSE immediately after emptying her breast and seek help for any changes noted.
  - b. perform BSE about 30 minutes after the baby has suckled to allow the ducts adequate time to return to their normal resting state and seek help for any changes noted.
  - c. perform BSE about 7 days after having her menses and seek help for any changes noted.
  - d. Skip BSEs until after she weans, because research shows that it is virtually impossible to detect pathological lumps during lactation.
5. Which of the following can we conclude about sleep/wake states in all newborns, breastfeeding or formula-feeding?
  - a. Repeated examinations are frequently followed by very deep sleep.
  - b. Epidural anesthesia is associated with more sleep, and fewer episodes of effective suckling.
  - c. Newborns suck better at 4 hours of life than in the first hour of life.
  - d. Newborns are unable to maintain a cupped-tongue position after exposure to epidural anesthesia.
6. Which of the following can we tell parents about newborns and their smell preferences?
  - a. Breastfed newborns will turn away from the smell of amniotic fluid.
  - b. Formula-fed newborns prefer the smell of human milk to formula.
  - c. Newborns are not capable of smelling any substances at all.

7. A father calls and says that the freezer door was left ajar accidentally. He asks if the milk in the freezer is okay to feed to the baby. What would be the *most* appropriate response?
  - a. If the freezer was left open only a few hours, it is fine to give the milk to the baby.
  - b. If the milk is still frozen solid, it is safe to give it to the baby.
  - c. If the milk still has ice crystals, it is safe to give it to the baby.
  - d. If the milk smells okay, it is safe to give it to the baby.
8. According to the study by Arora, et al., which reason is NOT cited by mothers who choose to formula-feed their babies?
  - a. They believe that formula is as good as or nearly as good as breastfeeding.
  - b. They feel the babies' fathers prefer formula-feeding.
  - c. They feel uncertain that they have enough milk.
  - d. They have to return to paid employment.
9. Why might it be difficult or impossible to extrapolate results from the study by Kramer and colleagues to hospitals elsewhere?
  - a. The statistical model that was used was inadequate for the study design.
  - b. The mothers stayed in the hospital for 6-7 days.
  - c. There was no randomization in this multi-center study.
10. When collaborating with colleagues to write a protocol for newborn hypoglycemia, what should be emphasized?
  - a. A serum glucose level below 47 mg/dl requires prompt intervention for breastfed but not formula-fed newborns.
  - b. A serum glucose level below 47 mg/dl requires prompt intervention for formula-fed newborns, but breastfed newborns can wait up to an hour for intervention.
  - c. Routine screening is required for all newborns, regardless of feeding method.
  - d. The assessment and subsequent resolution of hypoglycemic symptoms is critical.
11. The term "breast milk" appears to have been used:
  - a. since the days of hieroglyphics.
  - b. since biblical times.
  - c. since the advent of wet-nursing.
  - d. since the days of formula manufacturing.
12. Which of the following has recently been required for publication in the leading medical journals?
  - a. Articles that have been funded by industry must have a guarantor for their content; those funded by the government do not.
  - b. Articles that have been funded by the government must have a guarantor for their content; those funded by industry do not.
  - c. Articles must be submitted with a statement that the authors/investigators have had complete access to data and freedom to report the findings.
  - d. Only articles which have had no corporate backing will be considered for publication.
13. When women ask about the effect of breastfeeding on breast cancer, we can tell them:
  - a. Studies in the U.S. and other western cultures have shown that breastfeeding prevents premenopausal but not postmenopausal cancer.
  - b. Studies conducted in the U. S. and other western cultures have consistently shown a protective effect from breastfeeding.
  - c. There is no solid evidence to show an association between breastfeeding and post-menopausal breast cancer.
  - d. The degree of protection from breast cancer conferred by breastfeeding is somewhat dependent upon the duration of lactation.

*continued on the next page*

14. Howard and colleagues conducted a randomized controlled study which showed that newborn oxygen saturation rates, heart rates, and respiratory rates were:
  - a. better while bottle-feeding than cup-feeding.
  - b. better while cup-feeding than bottle-feeding.
  - c. better while cup-feeding than while suckling at breast.
  - d. the same while cup-feeding or while suckling.
15. Which of the following does NOT accurately describe the Pregnancy Risk Assessment Monitoring System (PRAMS)?
  - a. It is a prospective study.
  - b. It is a retrospective survey.
  - c. It is administered at 2-6 months postpartum.
  - d. It collects data about antepartum, intrapartum, and postpartum behaviors.
16. Which of the following conclusions can be drawn from the study conducted by Morley and Lucas?
  - a. Banked milk is better than any formula manufactured in the U.S.
  - b. Banked milk is better than preterm formula manufactured abroad.
  - c. Preterm formula results in greater initial weight gains, and those weight gains persist into childhood.
  - d. Preterm formula results in greater initial weight gains, but those weight gains do not persist in childhood.
17. Which of the following is true about WIC formula vouchers?
  - a. A WIC employee can complete little-known paperwork to withhold formula vouchers from breastfeeding mothers.
  - b. WIC has shown only a slight increase in breastfeeding initiation since formula vouchers have been part of the program.
  - c. Each year, the WIC authorities determine whether or not to continue the formula vouchers as part of the program.
  - d. WIC vouchers can only be eliminated if Congress approves such action for the program.
18. A picturebook that may be informative for adults as well as children as young as pre-school age is:
  - a. *Welcoming Babies* by Margy Burns Knight
  - b. *I Eat at Mommy's* by Anna E. Bradley-McBeth
  - c. *Breasts!* By Genichiro Yagyu
  - d. *Michele: The Nursing Toddler* by Jane M. Pinczuk
19. Henderson's study of the media in Great Britain described all of the following as present EXCEPT:
  - a. Bottle-fed babies fed in the background, whereas breastfed babies were subject to comment.
  - b. Programs on parenting or healthcare mentioned bottle-feeding more than 200 times, but mentioned breastfeeding only 12 times.
  - c. Bottle-feeding was mentioned 170 times and was depicted as simple and problem-free.
  - d. Problems such as mastitis, sore nipples, saggy breasts and engorgement were all mentioned.
20. In which journal did Guyatt and colleagues publish their *Users' Guides to the Medical Literature: XXV. Evidence-based medicine: principles for applying the Users' Guides to patient care.*
  - a. *JAMA*
  - b. *BMJ*
  - c. *Lancet*
  - d. *JHL*

## Post-test Answer Sheet

### Answers to Post-test

Please make sure to completely fill in each circle you select.

- |     |     |     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|     | A   | B   | C   | D   |     | A   | B   | C   | D   |
| 1.  | (A) | (B) | (C) | (D) | 11. | (A) | (B) | (C) | (D) |
| 2.  | (A) | (B) | (C) | (D) | 12. | (A) | (B) | (C) | (D) |
| 3.  | (A) | (B) | (C) | (D) | 13. | (A) | (B) | (C) | (D) |
| 4.  | (A) | (B) | (C) | (D) | 14. | (A) | (B) | (C) | (D) |
| 5.  | (A) | (B) | (C) | (D) | 15. | (A) | (B) | (C) | (D) |
| 6.  | (A) | (B) | (C) | (D) | 16. | (A) | (B) | (C) | (D) |
| 7.  | (A) | (B) | (C) | (D) | 17. | (A) | (B) | (C) | (D) |
| 8.  | (A) | (B) | (C) | (D) | 18. | (A) | (B) | (C) | (D) |
| 9.  | (A) | (B) | (C) | (D) | 19. | (A) | (B) | (C) | (D) |
| 10. | (A) | (B) | (C) | (D) | 20. | (A) | (B) | (C) | (D) |

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 or fax all of the following materials:**

- Package evaluation
- This sheet, completed and signed
- Payment for \$25.00 (Check, Visa, MasterCard, American Express or Discover) to:

Breastfeeding Outlook, Dept. CE  
 PO Box 387, Herndon VA 20172-0387  
 Fax: 703-787-9895

Name \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Please select a payment method for the continuing education fee of \$25.00**

- Check enclosed     Visa     MasterCard     American Express     Discover

Name on card \_\_\_\_\_

Card Number # \_\_\_\_\_ Exp date \_\_\_\_\_

Signature \_\_\_\_\_

### Statement from Participant

I have:

- Completed the 10-question true/false pre-test on page 8.
- Read all of the 2000 and 2001 issues of *Breastfeeding Outlook*.
- Completed the open-book post-test on pages 18–20 **without assistance from others**.
- Written answers to the post-test **in the spaces to the left**.
- Completed and returned the evaluation form on pages 22–23.
- Understood that payment is for the opportunity to earn credits and is not refunded if I do not pass the post-test.
- Enclosed my payment.

## Evaluation

Our aim is to provide high-quality learning resources for health care professionals. We need your help! Now that you have used this resource, please let us know what you think! **Please make sure to completely fill in each circle you select.**

- |   | Excellent                   | Good  | Fair                    | Poor                    |
|---|-----------------------------|---|-------------------------|-------------------------|
| 1. The extent to which the self-learning package met the stated objectives: . . . . .         | <input type="radio"/> E     | <input type="radio"/> G                                       | <input type="radio"/> F | <input type="radio"/> P |
| 2. Extent to which this self-learning package met my personal learning goals. . . . .         | <input type="radio"/> E     | <input type="radio"/> G                                       | <input type="radio"/> F | <input type="radio"/> P |
| 3. Information was clear, concise and well-organized . . . . .                                | <input type="radio"/> E     | <input type="radio"/> G                                       | <input type="radio"/> F | <input type="radio"/> P |
| 4. Theoretical information given was relevant to clinical situations . . . . .                | <input type="radio"/> E     | <input type="radio"/> G                                       | <input type="radio"/> F | <input type="radio"/> P |
| 5. Rate the following: . . . . .  |                             |   |                         |                         |
| • Satisfaction with ordering and shipping. . . . .  | <input type="radio"/> E     | <input type="radio"/> G                                       | <input type="radio"/> F | <input type="radio"/> P |
| • Clarity of instructions for completing the self-learning package . . . . .                  | <input type="radio"/> E     | <input type="radio"/> G                                       | <input type="radio"/> F | <input type="radio"/> P |
| 6. Overall, this self-learning package was: . . . . .   | <input type="radio"/> E     | <input type="radio"/> G                                       | <input type="radio"/> F | <input type="radio"/> P |
| 7. How long did it take you to complete this self-learning package (hours & minutes)? . _____ |                             |   |                         |                         |
| 8. Professional Credentials (check all that apply)  |                             |   |                         |                         |
| <input type="radio"/> RN  | <input type="radio"/> MD    | <input type="radio"/> FACCE or other childbirth certification |                         |                         |
| <input type="radio"/> Certified by NCC  | <input type="radio"/> CLC   | <input type="radio"/> Other _____                             |                         |                         |
| <input type="radio"/> CNM   | <input type="radio"/> IBCLC |   |                         |                         |
| <input type="radio"/> RD  | <input type="radio"/> CLE   |   |                         |                         |
| 9. What was your main reason for purchasing this self-learning package?                       |                             |   |                         |                         |
| <input type="radio"/> To earn CERPs or L-CERPS for recertification                            |                             |   |                         |                         |
| <input type="radio"/> To earn contact hours for nursing (“CEUs”)                              |                             |   |                         |                         |
| <input type="radio"/> To earn recognition for other profession(s)                             |                             |   |                         |                         |
| <input type="radio"/> Price was reasonable  |                             |   |                         |                         |
| <input type="radio"/> To earn credits at my own pace  |                             |   |                         |                         |
| <input type="radio"/> Other _____   |                             |   |                         |                         |
| 10. How did you hear about this self-learning self-learning package?                          |                             |   |                         |                         |
| <input type="radio"/> Flyer in the mail to you or to workplace                                |                             |   |                         |                         |
| <input type="radio"/> Coworker, supervisor or friend told me                                  |                             |   |                         |                         |
| <input type="radio"/> Breastfeeding Outlook web site  |                             |   |                         |                         |
| <input type="radio"/> E-mail lists  |                             |   |                         |                         |
| <input type="radio"/> ILCA web site   |                             |   |                         |                         |
| <input type="radio"/> Other _____   |                             |   |                         |                         |

*continued on the next page*

YOU MAY PHOTOCOPY THIS PAGE.

## Evaluation (continued)

11. Is a self-learning self-learning package an effective learning tool for you? Why or why not?

12. Would you recommend this self-learning package to a colleague? Why or why not?

13. How long did it take you to complete this self-learning package?

14. How could it be improved?

15. We would like to develop more self-learning self-learning packages to meet your needs! Please mark the topics you would be interested in:

- |   |   |
|---|---|
| <input type="radio"/> Breastfeeding the Preterm Newborn                 | <input type="radio"/> Candida: Implications for Breastfeeding Couples         |
| <input type="radio"/> Helping the Infant with Failure to Thrive         | <input type="radio"/> Breastfeeding Infants with Special Needs (Cleft, etc.)  |
| <input type="radio"/> Breastfeeding Medications During Labor            | <input type="radio"/> Predicting and Preventing Early Breastfeeding Cessation |
| <input type="radio"/> Breastfeeding and Maternal Postpartum Medications | <input type="radio"/> Other (please specify) _____                            |
| <input type="radio"/> Ethics and the Lactation Professional             | _____   |

### **Thank you for your feedback!**

Please send your completed evaluation form to:

Breastfeeding Outlook, Dept. CE

PO Box 387 • Herndon VA 20172

Or fax to: 703-787-9895