

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 20). **Please be sure to complete all test items.**

1. During freezing and refrigeration, yeast cells are:
 - a. completely destroyed, and therefore the milk expressed during the episode will not re-infect the baby.
 - b. completely destroyed, but extreme temperatures dramatically alter the milk's protective components.
 - c. inactivated, but not destroyed, and the benefits of milk expressed during the episode usually outweigh any potential harm.
 - d. unaffected, and milk expressed during the episode should be discarded because it is likely to re-infect the mother.

2. Graffy et al (2004) showed that peer counseling:
 - a. significantly increases the duration of breastfeeding.
 - b. significantly increases the duration of breastfeeding.
 - c. was associated with fewer reports of "not enough milk."
 - d. is critical to the breastfeeding mother's self-confidence.

3. Which of the following medications has been effective in reducing the nipple vasospasms of Raynaud's phenomenon?
 - a. Ibuprofen
 - b. Celebrex
 - c. Nifedipine
 - d. Atropine

4. The Food & Drug Administration (FDA) issued a warning about domperidone that:
 - a. listed studies showing that the oral form of the drug has life-threatening cardiovascular effects.
 - b. listed studies showing that the oral form of the drug has minor adverse GI effects.
 - c. listed studies that substantiated the adverse effects of the oral form of the drug.
 - d. did not list studies to substantiate the adverse effects of the drug.

5. Collins et al (2004) showed that pacifiers were:
 - a. strongly associated with shorter breastfeeding duration.
 - b. weakly associated with shorter breastfeeding duration.
 - c. not associated with shorter breastfeeding duration.
 - d. predictive of a shorter length of hospital stay.

6. Grange et al (2004) warned that breastfeeding mothers who have had gastric bypass surgery are likely to experience:
 - a. vitamin B6 deficiency, and the mother may be symptomatic before the infant.
 - b. vitamin B6 deficiency, and the infant may be symptomatic before the mother.
 - c. vitamin B12 deficiency, and the mother may be symptomatic before the infant.
 - d. vitamin B12 deficiency, and the infant may be symptomatic before the mother.

continued on the next page

Post-test (continued)

7. For infants who underwent venipuncture, Upadhyay et al (2004) showed that receiving expressed milk was positively correlated with:
- changes in heart rate.
 - changes in oxygen saturation.
 - duration of crying.
 - all of the above.
8. Which of the following might you tell parents about quality control of infant formula?
- The FDA strictly polices the quality of infant formula, which results in frequent recalls.
 - Formula contaminated with *Enterobacter sakaii* is found only in factories, not homes.
 - Multiple problems, including the presence of glass particles and levels of vitamin D far above recommended levels, have been found in formula.
 - Most problems with formula are reported in FDA data.
9. Bergman et al (2004) showed that cardiorespiratory stability was:
- weakly correlated with kangaroo care at 8 hours.
 - strongly correlated with kangaroo care at 8 hours.
 - weakly correlated with kangaroo care at 5 hours.
 - strongly correlated with kangaroo care at 5 hours.
10. Caple et al (2004) demonstrated that advancing feedings for newborns at a rate of 30 ml/kg/day is:
- safe if they are fed formula, but not human milk.
 - safe if they are fed human milk, but not formula.
 - safe whether they are fed human milk or formula.
 - unsafe whether they are fed human milk or formula.
11. You might explain to mothers that hydrogel dressings are:
- the single best approach to alleviating sore nipples in the first days postpartum.
 - more effective than lanolin in alleviating sore nipples.
 - less effective than lanolin in alleviating sore nipples.
 - no more effective than other treatments in alleviating sore nipples.
12. The 2005 statement of the American Academy of Pediatrics (AAP) on breastfeeding differs from previous statements in all of the following ways **except**:
- Exclusive breastfeeding is established as the normative model.
 - Prevention of obesity and diabetes are listed as benefits of breastfeeding.
 - Banked milk is identified as a suitable alternative to mother's milk.
 - A tool is proposed for properly documenting milk transfer.
 - Skin-to-skin contact is recognized as the ideal heat source for newborns.
13. According to Kirk et al (2005), perchlorate (often called "rocket fuel") can:
- inhibit the uptake of vitamin B12 and impair the synthesis of red blood cells.
 - inhibit the uptake of iodine and impair thyroid function.
 - contribute to an overload of toxic heavy metals in the body.
 - interfere with cell wall synthesis and cause mental impairment.

continued on the next page

Post-test (continued)

14. Which of the following conclusions can be drawn from Alexander's study of inverted nipples?
- All of the women who used breast shells reported that they didn't like them.
 - All of the women who used breast shells reported complete or near complete eversion of their nipples.
 - Over 1/3 of the women in the intervention group did not use breast shells; thus, it is difficult to determine their effectiveness.
 - A few of the women in the intervention group did not use breast shells; statistical measures compensated for this.
15. Which of the following is true about the MAIN study of breast shells?
- None of the 463 women who wore the shells from 25-35 weeks of gestation reported having uterine contractions.
 - The principle outcome of this study was the amount of nipple protrusion that occurred.
 - This study sought to address shells' effectiveness during both the antepartum and postpartum periods.
 - Because of the clear treatment details in this study, we can accurately conclude that shells are ineffective.
16. Postnatal transmission of HIV is most likely to occur:
- before 1 month of age.
 - between 1–3 months of age.
 - between 3–6 months of age.
 - after 6 months of age.
17. In Africa, which of the following recommendations would most reduce the risk of HIV transmission?
- exclusive breastfeeding
 - mixed feeding
 - exclusive formula feeding
18. According to Mennella et al (2005), what happens to the hormones of a healthy lactating woman who consumes the equivalent of 1–2 alcoholic drinks?
- Oxytocin decreases; prolactin increases.
 - Oxytocin decreases; prolactin decreases.
 - Oxytocin increases; prolactin increases.
 - Oxytocin increases; prolactin decreases.
19. New research suggests that a mother who asks about the effects of alcoholic drinks can be told:
- Consuming 1–2 drinks will not make your milk unsafe for your baby, and it can increase your milk supply.
 - Consuming 1–2 drinks will not make your milk unsafe for your baby, but it can decrease your milk supply.
 - Consuming 1–2 drinks will not make your milk unsafe for your baby, and it will have no effect on your milk supply.
 - Consuming 1–2 drinks will make your milk potentially toxic to your breastfed infant.

continued on the next page

Post-test (continued)

20. A parent asks you how breastfeeding is related to preventing obesity. Which of the following responses is most accurate?
- a. Leptin signals satiety, and it may be related to the breastfed baby's ability to self-regulate intake.
 - b. Adiponectin regulates fat metabolism, and it has been shown to be elevated in obese children.
 - c. The forebrain regulates fat and carbohydrate metabolism; therefore, it may regulate the volume of milk consumed.
 - d. Obesity is largely determined by genetic characteristics, but breastfeeding is still very beneficial to the infant.

Post-test Answer Sheet

Answers to Post-test

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____

Statement from Participant

I have:

- Completed the 10-question true/false pre-test on page 8.
- Read all of the 2004 and 2005 issues of *Breastfeeding Outlook*.
- Completed the open-book post-test on pages 16–19 **without assistance from others.**
- Written answers to the post-test **in the spaces to the left.**
- Completed and returned the evaluation form on pages 21–22.
- 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.

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 _____

Continuing education fee of \$25.00

Payment method

- Check enclosed
- Visa MasterCard American Express Discover

Name on card _____

Card Number # _____ Exp date _____

Signature _____

Evaluation

Our aim is to provide professional resources that simplify breastfeeding management. To accomplish this, we need your help. Now that you have used this resource, please let us know what you think!

1. The extent to which the self-learning package met the stated objectives:

Describe how study results can influence breastfeeding and

lactation management Excellent Good Fair Poor

Counsel mothers appropriately, based on emerging societal issues and trends Excellent Good Fair Poor

Describe new technologies that support breastfeeding in terms of their

indications, advantages, disadvantages, and clinical how-to techniques Excellent Good Fair Poor

Describe new statements and efforts by national and international organizations that

may drive changes in recommendations for lactating mothers and their nurslings Excellent Good Fair Poor

2. Extent to which the package increased/updated my knowledge of the content: Excellent Good Fair Poor

3. Information was clear, concise and well-organized Excellent Good Fair Poor

4. Material presented was based on scientific principles and research findings Excellent Good Fair Poor

5. Theoretical information given was relevant to clinical situations Excellent Good Fair Poor

6. Effectiveness of the package:

Stimulated critical thinking. Excellent Good Fair Poor

Integrated scientific data with real-life clinical situations. Excellent Good Fair Poor

7. Rate the following:

Satisfaction with ordering and shipping. Excellent Good Fair Poor

Clarity of instructions for completing the package Excellent Good Fair Poor

8. Overall, this self-learning package was: Excellent Good Fair Poor

9. Professional Credentials (check all that apply)

- | | | |
|---|--------------------------------|--|
| <input type="checkbox"/> RN | <input type="checkbox"/> MD | <input type="checkbox"/> FACCE or other childbirth certification |
| <input type="checkbox"/> Certified by NCC | <input type="checkbox"/> CLC | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> CNM | <input type="checkbox"/> IBCLC | |
| <input type="checkbox"/> RD | <input type="checkbox"/> CLE | |

10. What was your main reason for purchasing this package?

continued on the next page

Evaluation (continued)

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

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

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

14. How could it be improved?

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

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