

Post-test

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

1. Lactation services are not part of the employee benefit primarily because:
 - a. The Healthy People 2010 goals cannot be quantified in dollar amounts, so employers are leery of offering such benefits.
 - b. Insurance companies are resistant, because they've tried it in the past and have not realized any cost savings.
 - c. Although commonly categorized as a health benefit, the logistics of providing the service are too cumbersome.
 - d. Lactation services are commonly categorized as a family-friendly benefit, and then assigned a low priority.

2. The WHO Child Growth Standards, released in 2006, describe normal growth and development for 8,440 children from birth to age 5. These new growth standards differ from the previous charts because they
 - a. are based on U.S. children only, so providers can compare their pediatric clients to U.S. peers.
 - b. show how children "should grow" rather than how children "do grow," and therefore establish a standard.
 - c. make no distinction between a standard and a reference, which enables providers to better judge breastfed infants.
 - d. do not establish feeding method as a norm, but instead give charts for both bottle-fed and breastfed infants.

3. Fewtrell and colleagues (2006) conducted a study in the UK that was important to professionals involved in breastfeeding management because it was
 - a. a descriptive study that showed the oxytocin nasal spray helped mothers who could not experience let-down.
 - b. a qualitative study that confirmed a previous study that oxytocin nasal spray is effective for pump-dependent mothers to achieve let-down.
 - c. a case-control study that was well-designed, although it was widely misinterpreted in the popular press.
 - d. a randomized controlled trial which refuted a previous study that showed oxytocin nasal spray improves milk supply.

4. McLearn and colleagues (2006) conducted a descriptive study of families nationwide and found that among mothers who were depressed at 2–4 months postpartum:
 - a. More than half who reported symptoms of depression quit breastfeeding by 2–4 months.
 - b. Reading books, talking to their babies, and following a routine were not helpful in reducing the depressive symptoms.
 - c. There was an observable but not significant relationship between postpartum depression and parenting behaviors.
 - d. Breastfeeding mothers were significantly ($p < 0.001$) more likely to be depressed, compared to formula-feeding mothers.

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5. A mother calls you and describes several symptoms that seem to warrant medical follow-up for mastitis. Although she reports all of the following, which factor would be LEAST likely to be associated with an episode of mastitis?
 - a. recent positive culture for staph in the maternal nose.
 - b. recent positive culture of staph in the infant's nose.
 - c. a recent episode of sore, cracked nipple skin.
 - d. a recent episode of boils or abscesses.

6. Parents you see in your daily practice have made all of the following statements. Which one should you confirm as being true?
 - a. The Infant Formula Act of 1980 has almost entirely eliminated safety problems with the formulation and manufacturing of infant formula.
 - b. DHA and ARA were added to formula only after the FDA conducted a thorough investigation of their safety and efficacy.
 - c. Expired formula has been found in both commercial pharmacies and hospital settings.
 - d. The “dose” of formula given is unlikely to be problematic as long as the parents know how to mix it correctly.

7. A mother is breastfeeding her 6-week-old infant. The mother has ingested peanuts. The baby's brother is allergic to peanuts, and the mother is worried that her 6-week-old daughter will have an allergic reaction. Which of the following would be the best response?
 - a. “It's certainly possible, but less than 2% of children have food allergies, so it's unlikely.”
 - b. “Is her father allergic to peanuts? If not, you may occasionally eat a small handful of peanuts.”
 - c. “You may want to avoid peanuts for the time being. Do you know what to do in the case of anaphylactic shock?”
 - d. “Did she have a reaction when you have eaten peanuts previously? Food allergies generally show up at the first exposure.”

8. A study conducted by Howard and colleagues (2006) found that if the physician diagnosed the infant with colic,
 - a. the duration of full breastfeeding was shortened.
 - b. the duration of exclusive breastfeeding was shortened.
 - c. both the physician's diagnosis and the parental report were consistent with the classic Wessel criteria.
 - d. the parents were more likely to report breastfeeding as a comfort measure.

9. Which of the following statements most accurately reflects what we might tell mothers about storing their milk for their infants?
 - a. Most authorities agree that a glass bottle is a superior storage container, and is worth the extra expense.
 - b. Although glass is easier to sterilize, leukocytes stick to the glass and therefore lose their protective properties.
 - c. Plastic bottles, considered safe until recently, are all contaminated with Bisphenol A and should be avoided.
 - d. For most healthy infants, the mother may safely store her milk in either glass or plastic containers.

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10. Based on the results of a recent study by Montgomery-Downs and colleagues (2007), which of the following would you teach parents?
 - a. Exclusive breastfeeding prevents snoring in general and sleep disordered breathing (SDB) in particular.
 - b. The risk for SDB is reduced if the infant is breastfed through 5 months, but risk reduction does not increase thereafter.
 - c. The pathophysiology of SDB can be directly related to the infant's oral anatomy.
 - d. The respiratory arousal index is lower for infants breastfed through 2 months.

11. Based on the study by Shema and colleagues (2007) which of the following could you tell clients who ask about the relationship between breastfeeding and the development of breast cancer?
 - a. Longer duration of breastfeeding correlates to lower incidence of cancer among premenopausal but not postmenopausal women.
 - b. Longer duration of breastfeeding correlates to lower incidence of cancer among postmenopausal but not premenopausal women.
 - c. Longer duration of breastfeeding correlates to lower incidence of breast cancer among both premenopausal and postmenopausal women.
 - d. Breastfeeding for longer than one year was related to lower incidence of breast cancer, with the relationship stronger for postmenopausal women.

12. If a mother reports that her milk smells "bad," which of the following would be the BEST response to her?
 - a. "The milk should not be given under any circumstances."
 - b. "Freezing the milk will eliminate the bad smell."
 - c. "Does it smell more sour or more soapy?"
 - d. "If the baby rejects it, it has been spoiled."

13. If the mother's milk has a high level of lipase, you could advise her to
 - a. boil the milk, which will destroy the lipase as well as any bacteria.
 - b. scald the milk to 180° F (about 82° C).
 - c. freeze the milk at about -20° C (-4° F).
 - d. discard the milk, because it is not safe for the baby to consume.

14. Research by Israel-Ballard and colleagues (2007) shows that flash heat
 - a. can be accomplished by having the milk at 100° F.
 - b. can be accomplished by having the milk at 62.5° C.
 - c. results in samples having no detectable HIV ($p < 0.00001$).
 - d. results in about 72% of the samples having detectable HIV ($p < .01$).

15. Women who ask about the safety of DepoProvera injections during breastfeeding should be told that
 - a. According to the manufacturer's instructions, women may "have their first injection during or after their sixth postpartum week."
 - b. According to the manufacturer's instructions, women may "have their first injection during or after the 1st postpartum day."
 - c. The manufacturer's instructions are incongruent with the recommendations from Medline Plus, a highly respected source.
 - d. The manufacturer's instructions rank Depo as an L1, so it is known as harmless.

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16. From the recent study by Pearce and colleagues (2007), clinical management of nutrition for infants should be carried out with the understanding that:
- High levels of perchlorate are likely to be present in the milk of mothers throughout the United States, and this is dangerous for the infant.
 - Perchlorate levels of 10 ug/L are always predictive of decreased iodine levels in the mother's milk, which increases the risk for kwashiorkor.
 - Infant formula consistently provides mean iodine concentrations as stated on the labels.
 - Here, the levels of mean iodine concentrations in formula differed significantly from levels listed on the label ($p < 0.0001$).
17. A HealthStyles questionnaire (Li 2007) conducted in 1999 and again in 2003 asked people about their belief that "infant formula is as good as breastmilk." The survey found that the number of respondents who believed this
- decreased by nearly 37%.
 - decreased by about 54%.
 - increased by about 54%.
 - increased by about 79%.
18. The US General Accounting Office data show that the amount of money spent on formula advertising in 2003 was
- \$29 million, about 65% more than in 1999.
 - \$29 million, about 65% less than in 1999.
 - \$48 million, about 65% more than in 1999.
 - \$48 million, about 65% less than in 1999.
19. A study by Kawada (2003) showed that among women who do not have any signs or symptoms of mastitis,
- about 50% transmitted MRSA to their breastfeeding infants.
 - about 25% transmitted MRSA to their breastfeeding infants.
 - The likelihood of MRSA being transmitted via their milk is almost nil.
 - MRSA, even if transmitted via mother's milk, is harmless.
20. In which of the following instances would you be MOST likely to suspect MRSA?
- A mother took doses of dicloxacillin and her symptoms of mastitis did not improve after 12 hours.
 - A baby rooming-in at the hospital with his mother, who has a documented case of MRSA.
 - The milk a mother pumped at 2 days post-delivery was bright yellow.
 - A swab of a mother's nose shows colonies of *S. aureus*.

Post-test Answer Sheet

Answers to Post-test

- | | | | | | | | | | |
|-----|-------------------------|-------------------------|-------------------------|-------------------------|-----|-------------------------|-------------------------|-------------------------|-------------------------|
| | A | B | C | D | | A | B | C | D |
| 1. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 11. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 2. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 12. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 3. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 13. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 4. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 14. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 5. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 15. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 6. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 16. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 7. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 17. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 8. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 18. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 9. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 19. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |
| 10. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | 20. | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D |

Statement from Participant

I have:

- Completed the 10-question true/false pre-test on page 8.
- Read all of the 2006 and 2007 issues of *Breastfeeding Outlook*.
- Completed the open-book post-test on pages 17–20 **without assistance from others.**
- Written answers to the post-test **in the spaces to the left.**
- Completed and returned the evaluation form on pages 23–24.
- 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 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?	_____			
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 check 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