

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

1. Meissner's corpuscles are the primary receptors for
 - a. mild discomfort that occurs when extreme negative pressure is exerted.
 - b. light touch that occurs when the infant suckles very rapidly.
 - c. pain that occurs when a lesion penetrates the dermis.
 - d. pain that occurs during the proliferative phase of healing.
2. Fissures on the nipple are usually
 - a. more rounded than linear, penetrating the dermis.
 - b. preceded by discolored compression stripes.
 - c. prevented by using highly-purified lanolin cream.
 - d. more exposed to the free nerve endings than ulcers.
3. Which of the following factors have been associated with nipple pain?
 - a. fair skin
 - b. engorgement
 - c. advancing maternal age
 - d. lack of callous formation
4. A woman who is pumping is likely to experience sore nipples if:
 - a. the gasket or battery is worn out.
 - b. the flange is centered on the nipple.
 - c. the suck-cycle is greater than 30 per minute.
 - d. the negative pressure exerted is 140 to 180 mmHg
5. A compression stripe on the nipple
 - a. occurs only when *Staphylococcus Aureus* is present.
 - b. appears after the mother has a full milk supply.
 - c. is best treated by using warm soaks and lanolin.
 - d. progresses to fissure formation if left uncorrected.
6. A 4-months postpartum mother who is detaching her infant without first breaking the suction is likely to experience
 - a. mild discomfort, intermittently throughout the day
 - b. sudden onset of pain a day or two before she calls
 - c. a fissure at the nipple/areolar junction.
 - d. a fissure on the nipple tip.
7. Which of the following is least likely to occur in cases of Candidiasis?
 - a. nipple skin that appears especially shiny
 - b. nipple skin that has white plaque on it
 - c. onset of symptoms after Erythromycin therapy
 - d. maternal reports of a burning sensation
8. Strategies to minimize nipple soreness include:
 - a. encouraging the pregnant women to condition her nipples with a rough cloth.
 - b. suggesting that a postpartum mother limit suckling time to no more than 3 minutes.
 - c. recommending fanning the nipples with a hairdryer, held 6-8 inches away.
 - d. making sure the infant's tongue is extended over the lower alveolar ridge before attaching.

POST-TEST (cont.)

9. Which of the following would be an appropriate response to a woman who is worried about getting sore nipples?
- "If you position the baby correctly, you won't ever have sore nipples."
 - "Remember to avoid displacing your nipple tissue to create an airway for the baby."
 - "Use creams, such as Lanolin, to prevent nipple tenderness."
 - "Use ointments, such as A&D, to prevent nipple tenderness."
10. Mrs. V. is pumping milk, and feeding baby Martha at the breast. She has especially large breasts, and she has a fissure at the junction of her nipple and areola. After watching her use the pump and seeing her breastfeed Martha, you tell her it is especially important that she
- use an electric breast pump, rather than a cylinder-style pump.
 - reduce the setting on the pump that she is using.
 - use a small towel or cloth between her large breast and torso.
 - take Martha off the breast after audible swallowing has ceased.
11. Ms. R. reports "itching" of her nipples between feedings. You note that she has scales, and recommend that she:
- discontinue using ointments containing perfume.
 - see a doctor; she may have Paget's disease.
 - liberally apply Vitamin E to her nipples.
 - be alert for signs of *Staphylococcus aureus* overgrowth.
12. Which of the following is the least helpful recommendation for treating traumatized nipple skin?
- warm tea bags
 - warm water
 - lanolin
 - elocon ointment
13. When making recommendations about hydrogel dressings for sore nipples, it's important to remember that
- study results vary little from one brand to another; one can be recommended based on price and convenience.
 - many studies, showing their effectiveness on other body parts, can be used to predict their effectiveness on injured nipples.
 - overall, hydrogel dressings are more effective for nipples than other moist-wound healing methods.
 - greater moisture-vapor transfer rates reduce the possibility of bacterial growth and tissue maceration.
14. Mrs. M. calls and says that a burning, shooting pain has suddenly developed in her breast. You would recommend that she:
- reposition her infant and herself, using a footstool if needed.
 - get some Ultravase at the pharmacy, and apply it sparingly.
 - check and see if she has white plaque on her nipples.
 - schedule an in-person evaluation within 24 hours.
15. Ms. B. has ulcerated nipple tips. Although the baby has now achieved good areolar grasp and compression, she calls you, saying that she is discouraged and experiencing a lot of nipple pain. You would first advise her to:
- take acetaminophen, as directed in the package.
 - read literature on how to maintain a good milk supply.
 - use breast shells to protect her nipples.
 - stop breastfeeding until her nipples stop bleeding.
-

Sore Nipples: Prevention and Problem-Solving

Answers to Post-Test

- _____ 1.
_____ 2.
_____ 3.
_____ 4.
_____ 5.
_____ 6.
_____ 7.
_____ 8.
_____ 9.
_____ 10.
_____ 11.
_____ 12.
_____ 13.
_____ 14.
_____ 15.

Statement from Participant

I have:

- ① Tracked the time it has taken me to complete the steps below. The program took me _____ hours and _____ minutes to complete.
- ② Completed the 10-question true/false pre-test (pg. vii)
- ③ Read the self-learning module
- ④ Completed the clinical scenario (pages 29-31)
- ⑤ Completed one of the learning activities (page 36)
- ⑥ Completed the post-test *without assistance from others*.
- ⑦ Written answers to the post-test *in the spaces to the left*
- ⑧ Completed and returned the evaluation of the module (p. 39-40)
- ⑨ Enclosed my payment

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

Signed _____

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

- Program evaluation
- This sheet, completed and signed
- Payment for \$39.00 (Check, Visa, MasterCard or American Express)

to

Breastfeeding Outlook, Dept. CE
PO Box 387
Herndon VA 20172-0387

Payment is for your opportunity to earn continuing education recognition. If you do not pass the post-test, we do not refund your money. However, it's an open-book test, and all the information needed to answer the questions is in the module.

Some common questions about the learning modules are on the next page.

Name _____
Position/Title _____
Organization _____
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*Original coupon must be attached; no photocopies accepted

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 moments to complete this short evaluation.

- 1. Extent to which objectives were related to the overall goal Excellent Good Fair Poor
- 2. Extent to which the module met the stated objectives:
 - Explain how nipple skin structure is related to pain perception and wound healing Excellent Good Fair Poor
 - Discuss four main causes of sore nipples Excellent Good Fair Poor
 - Describe subjective and objective data relative to sore nipples Excellent Good Fair Poor
 - Describe a plan to prevent (or minimize) nipple soreness and nipple damage Excellent Good Fair Poor
 - Appraise treatment modalities for painful or damaged nipples Excellent Good Fair Poor
 - Prioritize for care and counseling with respect to sore nipples 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 34) 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)

<input type="checkbox"/> RN	<input type="checkbox"/> IBCLC (year certified _____)	<input type="checkbox"/> PNP
<input type="checkbox"/> RD	<input type="checkbox"/> CLC	<input type="checkbox"/> Certified by NCC
<input type="checkbox"/> MD	<input type="checkbox"/> CLE	<input type="checkbox"/> FACCE or other childbirth certification
<input type="checkbox"/> CNM	<input type="checkbox"/> CBE	<input type="checkbox"/> Other _____
- 11. It took me a total of _____ 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</i> , Dept CE PO Box 387 Herndon, VA 20172-0387

Or fax to (703) 787-9895