

## Lactation Management Self-Study Modules, Level I

### Post-Test (without answers)

Please circle the appropriate response:

1. Identify the component of human milk that binds iron locally to inhibit bacterial growth:
  - a. taurine
  - b. secretory IgA
  - c. macrophages
  - d. lactoferrin
  - e. oligosaccharides
  
2. Identify the component of human milk that provides specific immunity against many organisms:
  - a. taurine
  - b. secretory IgA
  - c. macrophages
  - d. lactoferrin
  - e. oligosaccharides
  
3. The most important criterion for assessing the milk transfer during a feeding at the breast is:
  - a. visible areola compression
  - b. audible swallow
  - c. proper alignment
  - d. proper attachment
  
4. Compared to formula, human milk contains higher levels of:
  - a. vitamin D
  - b. iron
  - c. lipase
  - d. vitamin A
  - e. none of the above
  
5. The hormone considered responsible for milk ejection is:
  - a. progesterone
  - b. prolactin
  - c. estrogen
  - d. oxytocin

6. A mother with a three-day old baby presents with sore nipples. The problem began with the first feeding and has persisted with every feeding. The most likely source of the problem is:
- feeding too long
  - poor attachment
  - baby's suck is too strong
  - lack of nipple preparation during pregnancy
7. The hormone considered responsible for milk synthesis is:
- progesterone
  - prolactin
  - estrogen
  - oxytocin
8. Which of the following would you suggest that a woman with inverted nipples do during the third trimester?
- Use breast shells with guidance from her health care provider
  - Cut holes in the bra to allow the nipples to protrude; wear it day and night
  - Encourage everting the nipples four times a day to permanently evert her nipples
  - Do nothing because the natural changes in the breast during pregnancy and the infant's suckling postpartum may evert the nipples
9. Which of the following is most likely to have the greatest effect on the volume of milk a woman produces?
- maternal weight for height
  - maternal fluid intake
  - supplementation of the infant with formula
  - maternal caloric intake
  - both a and c
10. Infants exclusively breastfed for about six months will have:
- Fewer episodes of lower respiratory infection
  - fewer episodes of diarrhea
  - none of the above
  - both a and b above
11. The addition of complementary foods to breastfed infants is recommended at about:
- 2 months
  - 4 months
  - 6 months
  - 8 months
  - 10 months

12. Signs of adequate breast milk intake in the early (first 4-6) weeks include all EXCEPT:
- baby gains weight
  - at least 3-4 stools in 24 hours
  - sounds of swallowing
  - baby sleeps through the night
  - at least 6 diapers wet with urine in 24 hours
13. It is especially important that an infant with a strong family history of allergy should be exclusively breastfed for:
- 2 months
  - 4 months
  - 6 months
  - 8 months
  - 10 months
14. Severe engorgement is most often due to:
- high oxytocin level
  - infrequent feedings
  - high prolactin level
  - postpartum depression
15. The most common cause of poor weight gain among breastfed infants during the first four weeks after birth is:
- maternal endocrine problems
  - maternal nutritional deficiencies
  - infant metabolic disorders
  - infrequent or ineffective feedings
  - low fat content of breast milk
16. A breastfeeding mother with a 3-month old infant has a red tender wedge-shaped area on the outer quadrant of one breast. She has flu-like symptoms and a temperature of 39° C. Your management includes all of the following EXCEPT:
- extra rest
  - interrupt breastfeeding for 48 hours
  - moist heat to the involved region
  - antibiotics for 10 to 14 days
17. Studies have indicated that the Lactational Amenorrhea Method (LAM) of contraception is less reliable under which of the following circumstances:
- feeds 8 or more times in 24 hours
  - is given no regular supplements
  - is less than 8 months old
  - continues with night feedings

18. Which of the following statements is not true of The International Code of Marketing of Breastmilk Substitutes approved as a resolution in the World Health Assembly (WHA) in 1981:
- is updated every two years by the WHA
  - provides guidelines for the ethical marketing of infant formula
  - is incorporated into the Baby Friendly Hospital assessment
  - was approved by all WHA member countries
  - includes bottles, nipples, and breastmilk substitutes
19. Nipple candidiasis can be associated with all of the following EXCEPT:
- oral thrush in the infant
  - burning pain in the breast
  - fever and malaise
  - pink and shiny appearance of the nipples and areola
20. Jaundice in a normal full term breastfeeding infant is improved by:
- giving glucose water after breastfeeding
  - giving water after breastfeeding
  - breastfeeding frequently (at least 8 or more times in 24 hours)
  - both a and c
21. Breastfeeding is contraindicated in which of the following conditions:
- infant with galactosemia
  - mother with mastitis
  - mother with hepatitis B
  - mother with inverted nipples
  - both a and c
22. Reasons for including breastfeeding support for mother infant in planning for or responding to major emergencies where clean water, sanitation and power are disrupted do not include:
- It is less expensive than providing for infant formula
  - With support even mothers who have already weaned can be assisted to relactate
  - Breastmilk provides immunoglobulins that actively prevent infection.
  - In a stressful emergency situation breastfeeding provides a secure environment for infants and young children
23. Hospital policies that promote breastfeeding include:
- use of a dropper for routine water supplementation
  - uninterrupted sleep the first night to allow mother's milk supply to build up
  - unlimited access of mother to baby
  - use of pacifiers to prevent sore nipples

24. through 28. Label the structures of the breast by inserting next to the appropriate pointer the number of the structure listed below:

- 24. Montgomery's glands
- 25. Supporting fat and other tissues
- 26. Alveoli
- 27. Areola
- 28. Duct

