Care CEUs

Breastfeeding Education

1. Which of the following statements best represents a WHO breastfeeding recommendation?

A. The WHO recommends that children initiate breastfeeding within the first two hours of birth and be exclusively breastfed for the first four months of life before introducing other types of food.
B. The WHO recommends that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first six months of life.
C. The WHO recommends that children initiate breastfeeding within the first 24 hours of birth and be exclusively breastfed for the first four months of life before introducing other types of food.
D. The WHO recommends that children initiate breastfeeding within the first 24 hours of birth and be exclusively breastfed for the first six months of life.

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2. A health care professional has questions regarding the impact of breastfeeding on infants. Which of the following informational points of interest should be communicated to the health care professional?

A. Breastfeeding may increase hospitalizations due to respiratory tract infections.
B. Breastfeeding may increase the incidence of otitis media.
C. Breastfeeding may lead to obesity.
D. Breastfeeding may reduce the incidence of diabetes.

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3. Which of the following statements is most accurate?

A. Breastfeeding can help women lose weight.
B. Breastfeeding can lead to polyphagia and weight gain.
C. Breastfeeding can lead to postpartum depression.
D. Breastfeeding can lead to postpartum depression and anxiety.

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4. A health care professional is developing an educational lecture focused on breastfeeding education. Which of the following informational points of interest should be included in the health care professional's lecture?

A. Breastfeeding education should be a process and interaction between health care professionals and pregnant women, mothers, and/or parents; breastfeeding education is not intended to be an act of a health care professional “telling a woman what to do.”
B. Breastfeeding education should be a process that ultimately "tells women what to do."
C. Breastfeeding education should not include an anticipatory breastfeeding education approach.

D. Breastfeeding education should include an anticipatory breastfeeding education approach used in conjunction with cognitive behavioral therapy.

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5. Which of the following statements best represents a breastfeeding recommendation?

A. Breastfeeding education should only be provided at two different times.
B. Breastfeeding education should only be provided at four different times.
C. Breastfeeding education should be provided in both the antenatal period of pregnancy and the postnatal period of pregnancy.
D. Breastfeeding education should only be provided in the antenatal period of pregnancy.

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6. A health care professional has questions regarding breastfeeding education. Which of the following informational points of interest should be communicated to the health care professional?

A. Breastfeeding education should only be provided to new mothers through face-to-face counseling.
B. Breastfeeding education may be provided to new mothers through face-to-face counseling and through telehealth services.
C. Telehealth services should not be used to provide breastfeeding education to individuals over the age of 40.
D. Telehealth services should always be avoided.

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7. Which of the following statements best defines the term "rooming-in?"

A. Rooming-in may refer to the practice of allowing mothers and fathers to remain together for 24 hours a day.
B. Rooming-in may refer to the practice of allowing mothers and infants to remain together for 24 hours a day.
C. Rooming-in may refer to the practice of allowing a health care professional to remain with a new mother overnight.
D. Rooming-in may refer to the practice of allowing a health care professional to remain with a new mother and her infant overnight.

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8. Which of the following statements regarding the cross-cradle hold is most accurate?

A. The cross-cradle hold should not be used for male infants.
B. The cross-cradle hold should not be used for preterm infants.
C. The cross-cradle hold should not be used for infants that have trouble obtaining milk from the breast
D. The cross-cradle hold may be advantageous for preterm infants, infants that have trouble obtaining milk from the breast, and/or infants that require extra head support.

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9. A 22-year-old new mother has questions regarding the amount of wet dippers an infant should produce. Which of the following educational points should be expressed to the patient?

A. Infants should produce approximately two wet diapers per 24 hours, beginning after the first 72 hours post birth.
B. Infants should produce approximately six wet diapers per 24 hours, beginning after the first 72 hours post birth.
C. Infants should produce approximately two wet diapers per 48 hours, beginning after the first 72 hours post birth.
D. Infants should produce approximately six wet diapers per 48 hours, beginning after the first 72 hours post birth.

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10. A health care professional has questions regarding exclusively breastfed infants. Which of the following informational points of interest should be communicated to the health care professional?

A. Once breastfeeding is established, exclusively breastfed infants who are one to six months old take in between 10 and 15 ounces of breast milk each day.
B. Once breastfeeding is established, exclusively breastfed infants who are one to six months old take in between 19 and 30 ounces of breast milk each day.
C. Once breastfeeding is established, exclusively breastfed infants who are one to two months old take in over 40 ounces of breast milk each day.
D. Once breastfeeding is established, exclusively breastfed infants who are one to six months old take in over 40 ounces of breast milk each day.

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11. Which of the following statements best represents a breastfeeding recommendation regarding freshly expressed breast milk?

A. Freshly expressed breast milk may be stored at room temperature for up to four hours.
B. Freshly expressed breast milk may be stored at room temperature for up to six hours.
C. Freshly expressed breast milk may be stored at room temperature for up to eight hours.
D. Freshly expressed breast milk may be stored at room temperature for up to ten hours.

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12. How long can freshly expressed breast milk be stored in a refrigerator?

A. Freshly expressed breast milk may be stored in the refrigerator for up to two days
B. Freshly expressed breast milk may be stored in the refrigerator for up to four days.
C. Freshly expressed breast milk may be stored in the refrigerator for up to two weeks.
D. Freshly expressed breast milk may be stored in the refrigerator for up to four weeks.

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13. Which of the following statements best represents a breastfeeding recommendation regarding how to adequately clean, sanitize, and store infant feeding items?

A. Always use a dish towel to rub or pat items dry.
B. Do not use a dish towel to rub or pat items dry because doing so may transfer infectious agents to the items.

C. Sanitizing feeding items does not provide more protection against infections.
D. Sanitizing feeding items by steaming items does not provide more protection against infections.

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14. Parents of a newborn child want to sanitize the parts of their breast pump. Which of the following recommendations should the parents follow when sanitizing the parts of their breast pump?

A. Avoid sanitizing the parts of a breast pump in a microwave.
B. Boil the breast pump parts for a total of 5 - 10 minutes.
C. Never sanitize breast pump tubing.
D. Only use bleach to sanitize breast pump tubing every four weeks.

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15. Which of the following statements best represents a breastfeeding recommendation regarding infant diet?

A. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 400 IU per day of vitamin D beginning in the first few days of life.
B. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 800 IU per day of vitamin D beginning in the first few days of life.
C. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 400 IU per week of vitamin D beginning in the first few days of life.
D. The Dietary Guidelines for Americans and American Academy of Pediatrics recommend breastfed and partially breastfed infants be supplemented with 800 IU per week of vitamin D beginning in the first few days of life.

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16. Which of the following best represents a Dietary Guidelines for Americans recommendation regarding diet?

A. The Dietary Guidelines for Americans recommend lactating parents consume 290 mcg of iodine and 550 mg of choline daily throughout the first year postpartum.
B. The Dietary Guidelines for Americans recommend that lactating parents consume 550 mcg of iodine and 290 mg of choline daily throughout the first year postpartum.
C. The Dietary Guidelines for Americans recommend that lactating parents consume 500 mcg of iodine and 1000 mg of choline daily throughout the first year postpartum.
D. The Dietary Guidelines for Americans recommends that lactating parents should avoid consuming both iodine and choline throughout the first year postpartum.

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17. A health care professional has questions regarding newborns and vitamin K. Which of the following informational points of interest should be communicated to the health care professional?

A. Only male newborns, whether breastfed or formula fed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams shortly after birth.
B. Only female newborns, whether breastfed or formula fed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams shortly after birth
C. Male and female newborns, who are breastfed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams one week after birth.
D. All newborns, whether breastfed or formula fed, should receive a one-time intramuscular shot of vitamin K1 (phytonadione) at a dose of 0.5 to 1.0 milligrams shortly after birth.

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18. A 30-year-old mother has questions regarding physical activity. Which of the following educational points should be expressed to the patient?

A. Women should do no more than 60 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
B. Women should do no more than 90 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
C. Women should do at least 150 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period; preferably, aerobic activity should be spread throughout the week.
D. Women should avoid all moderate-intensity aerobic activity during pregnancy and the postpartum period.

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19. Which of the following statements best represents a breastfeeding recommendation regarding contraindications to breastfeeding?

A. Individuals should not breastfeed or provide expressed milk for consumption to newborn children if the newborn child is diagnosed with classic galactosemia.
B. Individuals should not temporarily breastfeed, but may provide expressed milk for consumption to newborn children if the newborn child is diagnosed with classic galactosemia.
C. Individuals should not breastfeed or provide expressed milk for consumption to newborn children if the mother is suffering from postpartum depression.
D. Individuals should not breastfeed or provide expressed milk for consumption to newborn children if the mother has active varicella.

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20. Which of the following statements regarding influenza is most accurate?

A. Influenza is always spread to infants through breast milk.
B. Influenza is not spread to infants through breast milk.
C. A mother’s breast milk does not contain antibodies or other immunological factors that can help protect an infant from influenza.
D. A mother’s breast milk does not contain antibodies or other immunological factors that can help protect an infant from influenza, and is not a recommended source of nutrition for an infant, while the mother is ill.

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21. Which of the following statements best represents a breastfeeding recommendation regarding hepatitis B or hepatitis C infections?

A. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis B vaccine within 12 hours of birth.
B. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis B vaccine within 72 hours of birth.
C. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis C vaccine within 12 hours of birth.
D. All infants born to HBV-infected mothers should receive HBIG and the first dose of the hepatitis C vaccine within 72 hours of birth.

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22. Which of the following statements best represents a breastfeeding recommendation regarding shingles?

A. If a mother has an active shingles infection, she should stop breastfeeding for two months.
B. If a mother has an active shingles infection, she should stop breastfeeding for four months.
C. If a mother has an active shingles infection, she should stop breastfeeding for six months.
D. If a mother has an active shingles infection, she can continue to breastfeed if she does not have skin lesions on her breast.

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23. A 38-year-old mother, with a history of breast augmentation, has questions regarding breastfeeding. Which of the following educational points should be expressed to the patient?

A. Women over the age of 35, with a history of breast augmentation, should not breastfeed.
B. Women over the age of 35, with a history of breast augmentation, should not breastfeed for the first two months after birth.
C. Breast augmentation, lift, and reduction procedures have the potential to affect the nerves and ducts within the breast, thus impacting lactation.
D. Breast augmentation does not impact lactation.

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24. A health care professional has questions regarding alcohol consumption and breastfeeding. Which of the following informational points of interest should be communicated to the health care professional?

A. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to one standard drink per day) is not known to be harmful to the infant, especially if the mother waits at least 30 minutes after a single drink before nursing.
B. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to four standard drinks per day) is not known to be harmful to the infant, especially if the mother waits at least 45 minutes after a single drink before nursing.
C. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to one standard drink per day) is not known to be harmful to the infant, especially if the mother waits at least two hours after a single drink before nursing.

D. Generally, moderate alcohol consumption by a breastfeeding mother (e.g., up to four standard drinks per day) is not known to be harmful to the infant, especially if the mother waits at least one hour after a single drink before nursing.

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25. A 25-year-old mother, with a history of marijuana use, has questions regarding breastfeeding. Which of the following educational points should be expressed to the patient?

A. Chemicals from marijuana in any form can be passed from a mother to her infant through breast milk.
B. Chemicals from marijuana in any form cannot be passed from a mother to her infant through breast milk.
C. Marijuana-related products, including CBD products, do not contain contaminants of any kind.
D. Marijuana-related products, including CBD products, can be used while breastfeeding with no risk to the infant.

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26. Which of the following statements is most accurate?

A. Breast engorgement typically occurs between three to five days after an individual gives birth.
B. Breast engorgement only occurs between three to five weeks after an individual gives birth.
C. Most individuals cannot prevent breast engorgement by breastfeeding often after giving birth.
D. Most individuals, under the age of 21, cannot prevent breast engorgement by breastfeeding often after giving birth.

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27. Which of the following statements best represents a reason why jaundice is common during the first weeks of life?

A. Newborns have a higher rate of bilirubin production due to the shorter lifespan of red blood cells and higher red blood cell concentration compared to adults.
B. Newborns have a lower rate of bilirubin production due to the shorter lifespan of red blood cells and higher red blood cell concentration compared to adults.
C. Newborns have a higher rate of bilirubin production due to the longer lifespan of red blood cells and lower red blood cell concentration compared to adults.
D. Newborns have a lower rate of bilirubin production due to the longer lifespan of red blood cells and lower red blood cell concentration compared to adults.

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28. Which of the following best represents a sign/symptom of infant GERD?

A. Excessive eating
B. Spitting up
C. Polydipsia
D. Polyuria

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29. Which of the following statements best represents an Interim Guidance on Breastfeeding and Breast Milk Feeds in the Context of COVID-19 recommendation?

A. Individuals without suspected or confirmed COVID-19 and who have not been in close contact with someone who has COVID-19, or who have been fully vaccinated for COVID-19 do not need to take special precautions when feeding at the breast or expressing milk.
B. Individuals without suspected or confirmed COVID-19 and who have not been in close contact with someone who has COVID-19, or who have been fully vaccinated for COVID-19 should take special precautions when feeding at the breast or expressing milk.
C. Individuals, under the age of 40, without suspected or confirmed COVID-19 and who have not been in close contact with someone who has COVID-19, or who have been fully vaccinated for COVID-19 do not need to take special precautions when feeding at the breast or expressing milk.
D. Individuals, over the age of 40, without suspected or confirmed COVID-19 and who have not been in close contact with someone who has COVID-19, or who have been fully vaccinated for COVID-19 should take special precautions when feeding at the breast or expressing milk.

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30. Which of the following statements best defines the term "close contact?"

A. Close contact may refer to being within six feet of any person.
B. Close contact may refer to being within six feet of any other person for a cumulative total of 15 minutes or more over a 48-hour period.
C. Close contact may refer to being within six feet of any other person for a cumulative total of 15 minutes or more over a 24-hour period during that person’s potential period of COVID-19 transmission.
D. Close contact may refer to being within six feet of any other person for a cumulative total of 15 minutes or more over a 48-hour period during that person’s potential period of COVID-19 transmission.

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31. Breastfeeding individuals should adhere to which of the following precautions during a recommended period of isolation?

A. Only use a 60% alcohol product before touching a child or expressing breast milk; do not wash the hands using soap and water before touching a child or expressing breast milk.
B. Wash the hands using soap and water before touching a child or expressing breast milk either by hand expression or with a breast pump.
C. Avoid providing expressing breast milk to an infant for the first 48 hours of isolation.
D. Avoid providing expressing breast milk to an infant for the first 72 hours of isolation.

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32. A health care professional has questions regarding COVID-19-related breastfeeding education. Which of the following informational points of interest should be communicated to the health care professional?

A. Recently pregnant individuals are not at increased risk for severe COVID-19 illness.

B. Only recently pregnant individuals, under the age of 21, are at increased risk for severe COVID-19 illness.
C. Recently pregnant individuals are at increased risk for severe COVID-19 illness; health care professionals may counsel the breastfeeding individual on the risks and the benefits of continuing to feed at the breast during the child's COVID-19 illness.
D. Recently pregnant individuals are at increased risk for severe COVID-19 illness; health care professionals should counsel the breastfeeding individual to avoid COVID-19 vaccination for, at least, 18 months.

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33. Which of the following statements best represents an Interim Guidance on Breastfeeding and Breast Milk Feeds in the Context of COVID-19 recommendation?

A. Health care professionals are encouraged to prioritize newborn care and recommend infant and childhood vaccinations; during health care assessments, health care professionals should evaluate infant feeding and weight gain.
B. Health care professionals are encouraged to prioritize newborn care and recommend infant and childhood vaccinations for individuals under the age of eight; during health care assessments, health care professionals should evaluate mothers' for weight gain and anxiety.
C. Health care professionals are encouraged to prioritize newborn care, however, they should not recommend infant and childhood vaccinations.
D. Health care professionals are not encouraged to prioritize newborn care or recommend infant and childhood vaccinations.

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34. A health care professional has questions regarding the use of PPE during breastfeeding education. Which of the following informational points of interest should be communicated to the health care professional?

A. The use of gloves does not replace the need for hand hygiene.
B. The use of gloves replaces the need for hand hygiene.
C. Gloves provide complete protection against hand contamination.
D. Gloves do not provide protection against hand contamination for the virus that causes COVID-19.

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35. Which of the following statements best represents an Interim Guidance on Breastfeeding and Breast Milk Feeds in the Context of COVID-19 recommendation?

A. Individuals who work in settings with higher risk of potential exposure to SARS-CoV-2, such as health care professionals and first responders, should avoid breastfeeding.
B. Individuals who work in settings with higher risk of potential exposure to SARS-CoV-2, such as health care professionals and first responders, should avoid breastfeeding for the first two months after birth.
C. Breastfeeding individuals who work in settings with higher risk of potential exposure to SARS-CoV-2, such as health care professionals and first responders, should wear a mask while breastfeeding or expressing milk in the workplace.
D. Individuals who work in settings with higher risk of potential exposure to SARS-CoV-2, such as health care professionals and first responders, should avoid breastfeeding in the workplace

at all times.

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36. Which of the following statements is most accurate?

A. Current evidence suggests that breast milk is not a likely source of SARS-CoV-2 infection.
B. Current evidence suggests that breast milk is a likely source of SARS-CoV-2 infection.
C. Current evidence suggests that breast milk is not a likely source of SARS-CoV-2 infection when expressed and stored, unrefrigerated, for a period of 48 hours.
D. Current evidence suggests that breast milk is not a likely source of SARS-CoV-2 infection when expressed and stored, unrefrigerated, for a period of 72 hours.

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37. Which of the following statements best represents a requirement of OSHA's COVID-19-related Occupational Safety and Health Standards?

A. The employer must conduct a workplace-specific hazard assessment to identify potential workplace hazards related to COVID-19.
B. The employer must conduct a workplace-specific hazard assessment, once every five years, to identify potential workplace hazards related to COVID-19.
C. Employers must provide, and ensure that employees wear facemasks and coveralls at all times.
D. Employers must provide and ensure that employees wear facemasks, shoe covers, and coveralls at all times.

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38. Which of the following statements best represents a requirement of OSHA's COVID-19-related Occupational Safety and Health Standards?

A. Employers should only screen patients entering the setting.
B. Employers should only screen employees entering the setting.
C. Employers should only screen patients and employees entering the setting.
D. Employers should screen and triage all clients, patients, residents, delivery people, and other visitors and other non-employees entering the setting.

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39. According to OSHA's COVID-19-related Occupational Safety and Health Standards, which of the following statements is most accurate?

A. When employees have exposure to a person with suspected or confirmed COVID-19, the employer should only provide a facemask.
B. When employees have exposure to a person with suspected or confirmed COVID-19, the employer should only provide a respirator.
C. When employees have exposure to a person with suspected or confirmed COVID-19, the employer should only provide gloves.
D. When employees have exposure to a person with suspected or confirmed COVID-19, the employer must provide: a respirator to each employee and ensure that it is provided and used; gloves; an isolation gown or protective clothing; and eye protection to each employee; and ensure that the PPE is used.

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40. A health care professional has questions regarding OSHA's COVID-19-related Occupational Safety and Health Standards. Which of the following informational points of interest should be communicated to the health care professional?

A. The employer must require each employee to promptly notify the employer when the employee is COVID-19 positive.
B. The employee is not required to promptly notify the employer when the employee is COVID-19 positive.
C. The employer is not required to support COVID-19 vaccination for each employee over the age of 65.
D. The employer is not required to support COVID-19 vaccination for each employee by providing reasonable time and paid leave.

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