

Essential Newborn Care **2** Knowledge Check

Name:

I am taking this knowledge check **before** / **after** the course

Select the best answer to each question or statement.
Circle the letter of the correct answer.

1. What will determine a baby's plan of care after birth?

- a. Mother's request to leave by 6 hours
- b. Risk factors and assessment of the baby
- c. Available bed space in the facility
- d. Sex of the baby

2. Which of these are risk factors that affect a baby's care?

- a. Rupture of membranes >18 hours with foul-smelling fluid
- b. Small or large size at birth
- c. Need for help to breathe at birth
- d. All of the above*

3. How fast should a normal baby breathe?

- a. At least 65 times per minute
- b. At any rate as long as there is no chest indrawing
- c. 40–60 times per minute
- d. 25 times per minute

4. When should a baby be given liquids other than breastmilk?

- a. When the baby does not feed at the breast within the first hour after birth
- b. When the mother has engorged breasts
- c. When the baby cries between feedings
- d. Never, unless mother cannot supply breastmilk and formula is clean and available

5. What is the most important reason for weighing all babies soon after birth?

- a. Birth weight may identify babies who need special care
- b. Mother and family members want to know the birthweight
- c. Birthweight will determine how long a baby will breastfeed at each feeding
- d. Birth weight will identify babies who need vitamin K

6. What is the normal temperature range for a healthy baby?

- a. 36.5 – 37.5 °C
- b. 34.0 – 35.5 °C
- c. 35.5 – 36.5 °C
- d. 37.5 – 38.5 °C

7. What is a sign of good attachment at the breast?

- a. The baby's nose is pressed against the breast
- b. The baby bites down and pulls on the nipple
- c. Only the tip of the breast is in the babies mouth
- d. The baby's mouth is wide open on the breast

8. How should a baby be kept warm after skin-to-skin care?

- a. Bathing in warm water
- b. Wrapping in a clean, dry blanket or cloth
- c. Placing near warm stones
- d. Exposing to sunshine

9. When should a healthy baby be bathed?

- a. As soon as the baby has a normal temperature
- b. As soon as normal breathing has been established
- c. At least 24 hours following birth
- d. Immediately after the first breastfeeding

10. How can you feed a baby who is unable to suck but can swallow?

- a. Eye dropper or syringe
- b. Squeeze bottle
- c. Cup feeding
- d. Only intravenous fluids

11. Which of the following would describe convulsions?

- a. Occur only in legs
- b. Cannot be stopped by holding arms and legs
- c. Occur in response to a loud noise
- d. Occur only when the baby is awake

12. After the first day following birth, jaundice is severe when it appears on what body area?

- a. Back and abdomen
- b. White part of the eye
- c. Legs and arms
- d. Palms and soles

13. Which of the following is a sign that a baby is breastfeeding adequately?

- a. Crying within one hour after each feeding
- b. Vigorous sucking that causes nipple pain with each feeding
- c. Remaining awake and active after each feeding
- d. Feeding 8–10 times per day and settling after feedings

14. When should a baby be treated with antibiotics?

- a. If birth weight is less than 2000 grams
- b. When a Danger Sign is present
- c. If the baby cries often
- d. If the baby appears to be in pain

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15. Babies should be regularly assessed for:

- a. Frequency and success at feeding, temperature, presence of hiccups
- b. Activity, breathing, color, temperature, and weight gain
- c. Breathing problems, temperature, and white blood cell count
- d. Frequency and success at feeding, cough, presence of convulsions

16. What is an important step in the care of all babies?

- a. Teaching the mother to give a bath
- b. Giving the small baby lots of time in the sunlight
- c. Preventing infection by washing hands before touching the baby
- d. Weighing the small baby 3 times a day

17. At 90 minutes after birth, an 1800 gram baby is placed skin-to-skin with the mother and has a temperature of 36.7°C. What should you do to help maintain the baby's temperature?

- a. Bathe the baby in warm water
- b. Place in direct sunlight
- c. Assist mother with continuous skin-to-skin care
- d. Place the baby on an open warmer set for high output

18. Which of the following techniques can help a mother to support or improve a baby's attachment?

- a. Wrapping breasts in tight clothing between feedings
- b. Supporting the baby's head to take the nipple and surrounding area into an open mouth
- c. Putting oils on the breast
- d. Feeding first with a bottle until sucking is strong

19. When a baby cannot feed directly from the breast after support is provided, what should you advise a mother to do next?

- a. Give the baby formula
- b. Keep trying to breastfeed the baby
- c. Express her breastmilk to feed the baby by safe alternative feeding method
- d. Wait until the baby can feed directly from the breast

20. When a mother expresses her breastmilk, how can it be stored safely?

- a. In a covered container in a cool place for up to 6 hours
- b. In an open container in a shaded area
- c. In an open container in direct sunlight
- d. In a covered container heated in warm water until used

21. How many feedings should a baby have in a day?

- a. Two to four
- b. Five to six
- c. Eight to ten
- d. Twenty-four

22. On the day after birth, a 1600 gram baby cannot breastfeed or cup feed. What would you do?

- a. Refer for intravenous fluids
- b. Start antibiotics
- c. Provide nasogastric feedings
- d. Give sugar water by syringe

23. A baby born at 1700 grams has jaundice to the palms and soles on reassessment on day 5. What would you do?

- a. Put the baby in the sun
- b. Increase the feeding volumes
- c. Measure bilirubin and consider advanced care*
- d. Begin antibiotics

24. Which of the following is a Danger Sign?

- a. Temperature 35.4 °C after one hour of rewarming with skin-to-skin care
- b. Breastfeeding less than 5 minutes per side
- c. Stooling 6–8 times per day
- d. Crying before each feeding

25. Which baby do you consider ready for discharge from the birth facility?

- a. Any baby who weighs >2000 grams
- b. A baby who is gaining weight, has stable temperature and no breathing difficulty and a mother who can perform cares
- c. A baby whose family lives close to the birth facility
- d. A 1500 gram baby with stable temperature in skin-to-skin care