

Essential Newborn Care 1 - Post-Course Knowledge Check

Select the best answer to each question or statement

Circle the letter of the correct answer

1. **What should you do in The Golden Minute?**
 - a. Bathe the baby
 - b. Deliver the placenta
 - c. Evaluate the heart rate
 - d. Help a baby breathe if necessary
2. **To prepare for a birth**
 - a. You identify a helper and review the emergency plan
 - b. You ask everyone but the mother to leave the area
 - c. You prepare equipment only when you need it
 - d. You do not need a helper
3. **To prepare the area for delivery**
 - a. Open all the doors and windows to get fresh air
 - b. Darken the room
 - c. Make sure the area is clean, warm, and well-lighted
 - d. Keep the room temperature cold
4. **What should you do to keep the baby warm?**
 - a. Open all the windows
 - b. Give the baby a bath after birth
 - c. Place hot water bottles next to the baby's skin
 - d. Place the baby skin-to-skin with mother
5. **What should you do to keep the baby clean?**
 - a. Wash your hands before touching the baby and help mother wash her hands before breastfeeding
 - b. Reuse the suction device before cleaning
 - c. Keep the umbilical cord tightly covered
 - d. Do not touch the baby
6. **Which baby can receive routine care after birth?**
 - a. A baby who is not breathing
 - b. A baby who is gasping
 - c. A baby who is crying/breathing well
 - d. A baby who is limp
7. **What actions occur in the first hour after birth?**
 - a. Eye care, cord care, and vitamin K
 - b. Weighing and bathing
 - c. Uninterrupted skin-to-skin contact and initiation of breastfeeding
 - d. Complete physical exam
8. **When should the umbilical cord be clamped or tied and cut during routine care?**
 - a. After the placenta is delivered
 - b. Around 1-3 minutes after birth
 - c. Immediately after the baby is born
 - d. Before a baby has cried
9. **A baby is quiet, limp and not breathing at birth. What should you do?**
 - a. Dry the baby thoroughly
 - b. Shake the baby
 - c. Throw cold water on the face
 - d. Hold the baby upside down
10. **A newborn baby is quiet, limp and not breathing. The baby does not respond to steps to stimulate breathing. What should you do next?**
 - a. Slap the baby's back
 - b. Hold the baby upside down
 - c. Squeeze the baby's ribs
 - d. Begin ventilation
11. **In which situation should a baby be suctioned?**
 - a. When a baby is crying at birth
 - b. When a baby is crying but there is meconium in the amniotic fluid
 - c. When a baby is not crying/breathing well and you see secretions blocking the mouth and nose
 - d. Before drying the baby
12. **Suctioning a baby unnecessarily or frequently can**
 - a. Cause a baby to stop breathing
 - b. Make a baby start coughing and breathing
 - c. Stimulate a baby to cry
 - d. Increase the baby's heart rate
13. **Which of the following statements about ventilation with bag and mask is TRUE?**
 - a. The mask should cover the eyes
 - b. Air should escape between the mask and face
 - c. Squeeze the bag to produce gentle movement of the chest
 - d. Squeeze the bag to give 80 to 100 breaths per minute
14. **A baby's chest is not moving with bag and mask ventilation. What should you do?**
 - a. Stop ventilation
 - b. Reapply the mask to get a better seal
 - c. Slap the baby's back
 - d. Give medicine to the baby
15. **You can stop ventilation if**
 - a. A baby is blue and limp
 - b. A baby's heart rate is slow
 - c. A baby's heart rate is normal and the chest is not moving
 - d. A baby's heart rate is normal and the baby is breathing or crying
16. **A newborn baby's heart rate should be:**
 - a. Faster than your heart rate
 - b. Slower than your heart rate
 - c. Checked before drying the baby
 - d. Checked only when the baby is crying
17. **A baby who received ventilation**
 - a. Needs continued observation with mother
 - b. Cannot be fed
 - c. Always needs advanced care
 - d. Should immediately receive antibiotics
18. **When should the bag and mask and suction device be disinfected?**
 - a. After every use
 - b. Only when they appear dirty
 - c. Weekly
 - d. Once a month
19. **Until the first complete exam, how often should the baby be checked for breathing problems?**
 - a. Once
 - b. Every 30 minutes
 - c. Every 15 minutes
 - d. Every 5 minutes
20. **How long should uninterrupted skin-to-skin contact be continued after birth**
 - a. Until the cord is cut
 - b. 10 minutes
 - c. 30 minutes
 - d. At least 1 hour