

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