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. Identify a helper and review the emergency plan
   b. Ask everyone but the mother to leave the area
   c. Prepare equipment only when you need it
   d. 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-lit
   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

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 and/or breathing well
   d. A baby who is limp

7. Routine care for a healthy baby at birth includes
   a. Drying, removing the wet cloth, and bathing the baby
   b. Drying, removing the wet cloth, and positioning the baby skin-to-skin
   c. Bathing and putting clean clothes on the baby
   d. Drying and wrapping the baby in the wet cloth

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 crying. 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 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 the 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. Squeeze 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

Bag and mask ventilation – skill check

Complete this evaluation with participants before they attempt the OSCE evaluations.

- Read aloud the following instructions.
- Use the comments below the numbered steps to score the performance.
- Note the number of steps done correctly on the first attempt.
- Give feedback to the participant.
- Repeat the evaluation until all steps are done correctly.

“*You are attending the delivery of a term infant. You have prepared for the birth and tested the bag, mask, and suction device. You have dried and stimulated the baby, but the baby is not breathing. Show me how you will provide ventilation.*

1. Begin to ventilate with bag and mask
   Place the baby on the area for ventilation ........................................................................
   Stand at the baby's head .................................................................................................
   Check that the mask size is correct ..............................................................................

2. Ventilate with bag and mask
   Position the head slightly extended ..............................................................................
   Apply the mask to the face ...........................................................................................
   Make a tight seal between the mask and the face ........................................................
   Squeeze the bag to produce gentle movement of the chest ...........................................

3. Continue ventilation (for 1 minute)
   Ventilate to produce gentle movement of the chest with each ventilation breath ..........
   Ventilate at 40 breaths/minute (30-50 breaths/minute acceptable) .............................

Prompt: “The baby's chest has stopped moving with ventilation. Show me what you would do to improve ventilation.”

4. Improve ventilation
   Reapply mask ..............................................................................................................
   Resuscitation head ......................................................................................................
   Clear mouth and nose of secretions .............................................................................
   Open the mouth ...........................................................................................................
   Squeeze the bag harder ...............................................................................................

Score on first attempt ____________ of 14

All steps done correctly ____________ (facilitator initials)

Knowledge check – Answer key

1. d; 2. a; 3. c; 4. d; 5. a; 6. c; 7. b; 8. b; 9. a; 10. d; 11. c; 12. a; 13. c; 14. b; 15. d; 16. a; 17. a; 18. a