

## Knowledge check (HBB 2nd Edition)

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 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 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