Knowledge check

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

1. In the first minute after birth, you should
   a. Bathe the baby
   b. Help the baby breathe
   c. Feed the baby
   d. Not touch the baby

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. A clean space for the baby will not be required
   c. Make sure the area is clean, warm, and well-lighted
   d. Keep the room temperature cold

4. Which baby can receive routine care after birth?
   a. Baby who is not breathing
   b. Baby who is gasping
   c. Baby who is crying and/or breathing well
   d. Baby who is limp

5. 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

6. 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

7. 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

8. A baby is born through meconium-stained amniotic fluid
   Which statement is TRUE?
   a. Stimulate the baby and then clear the airway
   b. Meconium cannot be inhaled into the lungs
   c. Clear the airway before drying the baby
   d. All babies born through meconium-stained amniotic fluid can receive routine care

9. 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

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. 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

12. Which of the following signs MUST be monitored in a baby during the first few hours after birth?
    a. Length
    b. Breathing
    c. Smile
    d. Urine output

13. A baby's chest is not moving with bag and mask ventilation.
    What should you do?
        a. Stop ventilation
        b. Readjust the mask to get a better seal
        c. Slay the baby's back
        d. Give medicine to the baby

14. You can stop ventilation if
    a. Baby is blue and limp
    b. Baby's heart rate is 80 per minute
    c. Baby's heart rate is 120 per minute and the chest is not moving
    d. Baby's heart rate is 120 per minute and the baby is breathing or crying

15. What should you do to keep the baby warm?
    a. Open all the windows to allow warm air to circulate
    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

16. 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

17. A newborn baby's heart rate should be:
    a. Faster than your heart rate
    b. Slower than your heart rate

Bag and mask ventilation – skill check

Complete this evaluation with learners before they attempt the OSCE evaluations. 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 learner. Repeat the evaluation until all steps are done correctly.

1. Check equipment and select the correct mask
   Test function of bag and mask
   Make sure mask fits the baby's face

2. Apply the mask to make a firm seal
   Extend the head, place mask on the chin, then over the mouth and nose
   A firm seal permits chest movement when the bag is squeezed

3. Ventilate at 40 breaths per minute
   The rate should not be less than 30 or more than 50 breaths per minute

4. Look for chest movement
   Check that every ventilation breath produces chest movement

5. Improve ventilation if the chest does not move:
   a) Head - reapply mask and reposition head
   b) Mouth - clear secretions and open the mouth
   c) Bag - squeeze the bag harder

Score on first attempt ________ of 7

All steps done correctly __________ (facilitator initials)