

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. 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. 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. 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
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 MinuteSM?
 - 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. Reapply the mask to get a better seal
 - c. Slap 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