



Participant Name: _____

Date: _____

1. **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

2. **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

3. **During labour and delivery the mother**
 - a. Should be restricted to the bed and not allowed to walk around
 - b. Should be accompanied by a friend or family member
 - c. Be kept nil per mouth
 - d. Should be kept on a continuous CTG monitor

4. **If a baby does not breathe immediately after birth, what do you do first?**
 - a. Stimulate the baby by drying it.
 - b. Start chest compressions.
 - c. Cool the baby.
 - d. Give naloxone by intramuscular injection.

5. **While delivering the placenta and or suturing the episiotomy, the well baby should be kept warm by:**
 - a. Being tightly swaddled in a cot
 - b. Being placed under a radiant warmer
 - c. Being placed in skin to skin position on mothers chest
 - d. Lying next to mother in the bed

6. **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

7. **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

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. **Routine/Essential care for a healthy baby at birth includes:**
 - a. Drying, removing the wet cloth, and bathing the baby
 - b. Drying, removing the wet cloth, positioning the baby skin-to-skin and breast feeding
 - c. Putting to breast once the mother and baby are recovered from the birth
 - d. Assessment and care of the eyes and cord on a resuscitaire

10. **A baby is quiet, limp and not breathing immediately after birth. What should you do?**
- Dry the baby thoroughly
 - Shake the baby
 - Throw cold water on the face
 - Hold the baby upside down
11. **When should the infant be put to the breast?**
- When the infant is first given to the mother.
 - After the infant has received a clear feed.
 - When the mother has recovered from the delivery and has return to the postnatal ward.
 - After the infant has been bathed.
12. **What should be placed in the eyes of infants after birth?**
- Nothing
 - Sterile water to remove meconium or vernix
 - Antibiotic ointment
 - Colostrum
13. **Most newborn infants that breathe well after delivery should have:**
- Pink hands at birth
 - Pink feet at birth
 - Pink hands and feet by 1 minute
 - A pink tongue by 1 minute
14. **If the mother has been delivered by caesarean section where should the baby be cared for?**
- On a resuscitaire in labour ward
 - On a resuscitaire in theatre
 - In a cot in post natal ward
 - On mothers chest skin to skin
15. **Skin to skin care in well babies should continue:**
- For one hour
 - Until transferred to post natal ward
 - Until discharged
 - For as long as mum and baby want to continue
16. **After the first hour babies should:**
- Have their dextrose levels checked
 - Have their length, weight and COH assessed next to the mother
 - Have a first bath
 - Be cared for in an incubator while mother showers
17. **The following should not be monitored for the baby every 15 minutes:**
- Heart rate
 - Colour
 - Breathing
 - Position
18. **Which of the following statements is true?**
- The baby should be put to breast once the baby and mother have recovered from delivery
 - The baby should be put to breast after one hour
 - The baby should be supported to crawl, root and attach to the breast in its own time
 - Stimulate the baby by flicking its foot if it is sleepy and not breastfeeding
19. **Babies should have their temperature checked in labour ward:**
- If they required resuscitation
 - If their feet and hands are blue
 - Before transfer to post natal or neonatal units
 - Never

20. Babies should be transferred to the post natal ward:

- a. Skin to skin with the mother
- b. In a cot covered with blanket
- c. In a transport incubator
- d. Carried by the nurse

Result: _____%