



Participant Name: _____

Date: _____

- 1. The body temperature of a newborn infant should be measured by placing a digital thermometer:**
 - a. In the mouth
 - b. In the rectum
 - c. In the axilla (arm pit)
 - d. In the incubator

- 2. Newborn infants produce heat by:**
 - a. Shivering
 - b. Kicking their legs
 - c. Sweating
 - d. Breaking down brown fat

- 3. Heat production is poor in:**
 - a. Preterm infants
 - b. Term infants
 - c. Post term infants
 - d. Female infants

- 4. Loss of heat to the surrounding air is called:**
 - a. Radiation
 - b. Conduction
 - c. Convection
 - d. Evaporation

- 5. The amount of heat lost by radiation is influenced by:**
 - a. The temperature of the incubator
 - b. The temperature of the room air
 - c. The temperature of the walls and windows
 - d. The temperature of the doctor's hands

- 6. Wet infants lose heat by:**
 - a. Conduction
 - b. Convection
 - c. Evaporation
 - d. Radiation

- 7. Heat loss is excessive in infants born:**
 - a. Underweight for gestational age
 - b. With an appropriate weight for gestational age
 - c. Overweight for gestational age
 - d. At term

- 8. What type of subcutaneous fat prevents heat loss**
- Brown fat
 - White fat
 - Yellow fat
 - Pink fat
- 9. Which of the following temperatures classifies as mild hypothermia:**
- 37,5°C
 - 36,4°C
 - 30,4°C
 - 25,8°C
- 10. What determines the correct incubator temperature**
- The infant's weight
 - The infant's sex
 - The infant's haemoglobin concentration
 - The Apgar score
- 11. When are the oxygen and energy requirements of an infant lowest?**
- When the body temperature is above normal
 - When the body temperature is normal.
 - When the body temperature is below normal
 - The oxygen and energy requirements are not influenced by body temperature.
- 12. Cold infants usually have:**
- A blue tongue and blue feet
 - A pink tongue and pink feet
 - A pink tongue and blue feet
 - A blue tongue and pink feet
- 13. Hypothermia causes:**
- Anaemia
 - Proteinuria
 - Hyperglycemia
 - Hypoglycaemia
- 14. While a cold infant is being warmed, it is important to give:**
- Sedatives
 - Antibiotics
 - A diuretic
 - Extra energy
- 15. Pyrexia is dangerous as it may cause:**
- Bleeding
 - Jaundice
 - Apnoea
 - Acidosis

- 16. A 34 week gestation infant has a temperature of 31°C. Which of the following signs are commonly observed with this body temperature?**
- Hypertension, arrhythmia, irritability
 - Hypotension, bradycardia, bradypnoea
 - Lethargy, tachycardia, tachypnea
 - No abnormal signs
- 17. Which statement(s) about hypothermia are true?**
- Mild hypothermia stimulates norepinephrine (noradrenaline) release, which increases metabolic rates and brown fat metabolism
 - Severe hypothermia slows heart rate & decreases cardiac output which leads to tissue hypoxia and dependence on anaerobic metabolism
 - Hypothermia may cause pulmonary vasoconstriction & result in right to left shunting through the ductus arteriosus and/or foramen ovale
 - Hypothermia increases the risk of mortality for up to 2 months
- 3 & 4
 - 1 & 2
 - 4
 - All are correct
- 18. The mother baby unit is extremely busy. An infant born several hours ago at 37 weeks gestation has the following vital signs. Temperature: 36°C; Heart rate: 170; Respiratory rate: 65. You have a heavy patient load and need to bath the infant. Should the infant be bathed at this time?**
- No, the vital signs are not in a normal range and the bath should wait
 - Yes, providing a radiant warmer is used so the infant doesn't get cold
 - Yes, the vital signs are in an acceptable range and the infant is term
 - No, Babies no longer require a first baby bath
- 19. A term baby delivers unexpectedly at your clinic You have limited resources for caring for newborns. The baby is grunting, pale and has a temperature of 35°C. You decide he needs to be transferred to the nearest hospital. How should you manage the baby while waiting for the ambulance?**
- Dry the baby thoroughly with a sheet/towel. Place the baby on a resuscitaire on prewarm
 - Dry the baby thoroughly with a sheet/towel. Wrap the baby in any available linen (blanket/towel) making sure to cover the baby's head. Place next to mum
 - Dry the baby thoroughly with a sheet/towel. Place skin to skin on mothers chest. Cover mum and baby with a dry blanket/space (silver) blanket.
 - Dry the baby thoroughly with a sheet/towel. Wrap baby in a space (silver) blanket.
- 20. Which of the following methods is appropriate for rewarming a hypothermic preterm infant?**
- Fill gloves with hot water and place along both sides of the infant's body
 - Kangaroo mother care
 - Heat the baby blanket in a microwave for several seconds, then place the blanket around the infant
 - Place the infant in a closed incubator prewarmed to 36 degrees and cover the infant with plastic from chin to feet
- 2
 - All are correct
 - 2 & 4
 - 1 & 3

Result:_____%