



Participant Name: _____

Date: _____

1. **On day 2 you give Baby Raj his first immunizations: OPV, BCG. What should you tell Baby Raj's mother about when Raj should have his next immunizations?**
 - a. The next immunizations can be given any time.
 - b. The next immunizations should be given at six weeks of age.
 - c. The next immunizations should be given at 10 months of age.

2. **Baby Raj and his mother return to the clinic for a postnatal check-up. Raj is now seven days old and weighs 3250 grams. At birth he weighed 3325 grams. What should you say to his mother about his weight loss?**
 - a. You should say nothing as this is normal. Schedule the baby to return in three weeks and encourage the mother to watch for danger signs.
 - b. You should suggest more frequent feedings and one supplementary bottle feed per day. Loss of weight in just one week could be a danger sign.
 - c. You should explain that it is normal for a baby to lose weight during this time, ask about how the breastfeeding is going, and encourage the mother to continue exclusive breastfeeding on demand. Schedule the baby to return for re-weighing in one week to make sure he starts to gain weight.

3. **Include the following when preparing the mother for discharge**
 - a. Complete and issue the mother with the Road to Health booklet (RtHB) and Messages in her language
 - b. Explain her role as a partner in nurturing care and the Side by Side campaign
 - c. Explain the 5 icons/pillars: Love, nutrition, protection, health care and extra care
 - d. All of the above

4. **The following include the ongoing care of her baby after discharge from maternity unit except**
 - a. Monitoring for danger signs using the "Caring for our new baby" booklet
 - b. No need to continue skin to skin at home
 - c. Prevention of hypothermia
 - d. Basic hand hygiene and cord care

5. **When do you schedule postnatal contacts after facility discharge for a normal well baby?**
 - a. 48–72 hours
 - b. 7–14 days
 - c. 6 weeks
 - d. All of above

6. **Baby Maya is 3 days old. Maya does not wake up to breastfeed. The mother tries to wake the newborn every 2-3 hours as she has been advised, but Maya only sucks weakly for a very short time and goes to sleep again. What advice should you give Maya's mother?**
 - a. "Maya's behavior is normal for a 3-day-old baby."
 - b. "Maya will be more alert when your milk comes in."
 - c. "Maya has a newborn danger sign and needs referral to hospital."

7. **How do you advise new parents to respond if their baby cries after an effective breastfeed?**
 - a. Let the baby cry. Do not let him/her manipulate you.
 - b. Mother or partner can hold the baby in skin-to-skin contact.
 - c. Crying is a good exercise for baby. Do not worry about that.
 - d. You should wait until the baby cries before feeding the baby.

8. **Which of the following is a danger sign?**
- Temperature 35.4 °C after one hour of rewarming with skin-to-skin care
 - Breastfeeding less than 5 minutes per side
 - Stooling 6–8 times per day
 - Crying before a feed
9. **Baby Thobekile has a suck reflex, but it is not vigorous. To make sure the baby gets enough nourishment you should teach Thobekile's mother to:**
- Bottle-feed expressed breast milk.
 - Breastfeed often and give the baby frequent rests during a feeding.
 - Give infant formula by cup.
 - Transfer the baby to the neonatal unit for assessment
10. **Which infants should receive ongoing skin to skin care with their mothers?**
- Only infants whose mothers have a private ward.
 - Only infants who weigh less than 2500 g
 - All infants
 - All normal infants
11. **What is the normal temperature range for a healthy baby?**
- 36.5 °C – 37.5 °C
 - 36.0 °C – 37.0 °C
 - 36.5 °C – 38.5 °C
 - 37.5 °C – 38.5 °C
12. **How often should blood glucose levels be checked with dextrostix in healthy term babies?**
- On admission and discharge
 - 6hrly
 - Never
 - Only if the baby is at risk, is hypothermic or not feeding well
13. **What routine cord care is needed?**
- The cord should be cleaned with surgical spirits 6 hourly.
 - The cord should be painted daily with gentian violet.
 - Antibiotic powder should be put on the cord twice a day.
 - The cord should be washed with soap and water every day.
14. **You are performing a discharge physical examination and notice that the baby seems listless and floppy. Mother tells you that she nursed well just a few minutes before. What should you do?**
- Come back in an hour or two when the baby is more awake.
 - Arrange a follow-up visit for the following day.
 - Measure temperature and evaluate for infection.
 - Give expressed colostrum by cup or spoon in case the blood sugar is low.
15. **When should a normal infant receive the first bath?**
- Immediately after delivery
 - Before infant leaves labour ward
 - Only after 1 week
 - At least 24 hrs after birth

16. **Baby Zama is 3 days old. Today her face and chest are yellow, though they were pink for the first two days. She has no other abnormal findings. She is breastfeeding well and passing urine and stool. You know that Zama's yellow skin is:**
- A common finding at 3 days and not serious.
 - Serious jaundice because the chest is yellow.
 - Very serious jaundice because it started at 3 days.
17. **Which of the following should not be managed in the postnatal unit?**
- At risk babies
 - Healthy babies who are not sucking well
 - Babies with jaundice in the 1st 24 hours after birth
 - Hypothermic babies
18. **Baby Nondumiso is 24 hours old. You feel the baby's abdomen and back. They feel cold. You know that hypothermia (temperature less than 36.5 °C) is:**
- Common for all newborns.
 - A serious problem that may lead to death.
 - Cannot be prevented in newborns.
 - Is usually mild and will recover quickly if you wrap the baby in a silver blanket.
19. **Baby Leo is 7 days old. He did not have eye treatment at birth. Leo has swollen, red eyelids and pus drains from both eyes. The health worker should:**
- Refer the newborn for antibiotic treatment to treat serious eye infection.
 - Teach the mother to clean the eyelids each day and go to the hospital if there is no improvement in 3 days.
 - Give newborn eye treatment now.
20. **Baby Nalini is a healthy one-day old baby. You are giving her mother advice on caring for Nalini at home. Which of the following should you not include?**
- If Nalini doesn't feed well at night supplement with formula via a cup.
 - Wash your hands before and after caring for Nalini.
 - If Nalini looks yellow, isn't feeding well, is hot or cold or doesn't wake for feeds, go immediately to the clinic.
 - Contact the clinic if a community care giver does not visit you within one week.