

Breastfeeding Competency Written Test

1 - 5. List 5 benefits of breastfeeding to mother and/or newborn.

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6 - 7. Identify at least 2 community breastfeeding support sources.

8 - 9. Describe 2 signs and symptoms of plugged duct/mastitis.

10 - 11. Describe 2 signs and symptoms of yeast infection of the breast.

12 - 13. List 2 factors that contribute to sore nipples for the mother.

14 - 16. List 3 s/s letdown.

17 - 19. List 3 nursing interventions to treat engorgement.

20 - 22. List 3 nursing interventions to treat nipple pain.

23 - 25. List 3 nursing interventions to treat plugged ducts or mastitis.

26 - 28. List 3 signs of effective latch.

29 - 31. List 3 characteristics of effective suck/swallow pattern.

32 - 35. List 4 feeding readiness or early hunger cues.

36 - 38. List 3 signs and symptoms of newborn satiety.

39. Describe normal newborn feeding frequency during the first few weeks of breastfeeding.

40. Identify when the first growth spurt usually occurs.

41. Describe how a growth spurt affects the baby's feeding pattern.

42 - 44. List 3 signs and symptoms of dehydration in newborn.

45. Identify adequate weight gain for a newborn.

46 - 47. Describes at least 2 possible effects of formula supplementation on newborn health and maternal milk supply.

48 - 49. List 2 signs and symptoms of increased billirubin in newborn jaundice.

50. Describe the difference between primary newborn jaundice and elevated billirubin related to nursing.

51. Describe breastfeeding strategies for infants with elevated billirubin.

52. Describe safe storage for expressed milk.

53-55. List at least three alternative feeding methods for expressed milk and when and why they should be used.

56. List two reasons for makin a referal to a lactation consultant.

Suggested use of the test:

Use as a pretest. Forty correct answers (of a possible 54) is a passing score (75%) and must include items 1-9; 26-28; 32-35; 42-45 (bolded numbers.) If the person does not pass the pretest, allow him/her to find the correct answers using sources such as texts, other nurses, literature review, etc. Then administer the test again, without the benefit of notes, texts, etc. A passing score is still 40.