



Newborn Assessment & Care Pretest

Before beginning the review of self-learning modules, please complete the short pre-test. This will help you to set your learning objectives and identify areas for specific focus.

Adaptation and Assessment

1. Fetal circulation includes all of the following **except**:
 - a. Closure of the patent ductus arteriosus
 - b. Shunting of blood from right to left through the foramen ovale
 - c. Shunting of blood away from the liver through the ductus venosus
 - d. High pulmonary vascular resistance

2. The umbilical cord normally contains:
 - a. 1 artery and 2 veins
 - b. 1 artery and 1 vein
 - c. 2 arteries and 2 veins
 - d. 2 arteries and 1 vein

3. Initiation of breathing at delivery involves:
 - a. Decrease in carbon dioxide levels
 - b. Negative intrathoracic pressure
 - c. Late cord clamping
 - d. Increased pulmonary blood flow

4. The first period of reactivity of the transition period is characterized by:
 - a. Decreased level of alertness
 - b. Strong suck
 - c. Stable heart rate and tachypnea
 - d. Decreased work of breathing



5. Apgar scores:
 - a. Are predictive of long-term problems
 - b. Include assessment of air entry
 - c. Are indicative of the baby's adaptation to extra-uterine life
 - d. Are done at 1 and 2 minutes

6. Signs of respiratory distress include all of the following **except**:
 - a. Respiratory rate of > 60 at rest
 - b. Retractions and grunting
 - c. Acrocyanosis
 - d. Asymmetry of chest movements

7. Vitamin K injections are given to the newborn to prevent:
 - a. Hypoglycemia
 - b. Hemorrhagic disorders
 - c. Hepatitis B
 - d. Hyperbilirubinemia

8. Eye prophylaxis is given to protect against:
 - a. Syphilitic infection
 - b. Hepatitis B infection
 - c. Gonorrheal or chlamydial infections
 - d. Group B strep or meningococcal infections

9. Which of the following is correct for assessment of infant circulation?
 - a. A murmur may be present in the first few days
 - b. Heart sounds are best heard on the right side of the chest
 - c. Pulses will be bounding or full
 - d. Capillary refill is usually > 3 seconds



10. Which of the following are correct for examination of the head?

1. The posterior fontanel will be diamond shaped
2. Swelling of the presenting part may be caput succedaneum
3. Cephalhematoma usually crosses suture lines
4. Asymmetry of head shape may be due to molding

- a. 1 and 2
- b. 3 and 4
- c. 2 and 4
- d. 1 and 3

Thermoregulation

11. One method to prevent **evaporation** in the newborn is:

- a. place infant on warm surface
- b. keep crib away from drafts
- c. keep infant away from windows
- d. dry infant well after delivery

12. Which of the following is correct for assessing temperature?

- a. The rectal route is recommended for accuracy
- b. Metabolism of brown fat may raise the axillary temperature
- c. The normal range is 36.2-37°C axilla
- d. There is a normal drop in temperature immediately after delivery

13. Signs and symptoms of hypothermia include all of the following **except**:

- a. Acrocyanosis
- b. Hypoglycemia
- c. Hypertonia
- d. Bradycardia



14. The best way to prevent or improve mild hypothermia is:
- Placing skin to skin with mother
 - Placing on a servo controlled warmer
 - Placing in a prewarmed isolette
 - Swaddling in warm blankets

15. Hyperthermia is most often caused by:
- Infection
 - Overheating
 - Hypoxia
 - Hyperactivity

Hypoglycemia

16. Hypoglycemia is a concern in the neonatal period because:
- Hypoglycemia interferes with the metabolic functioning of the newborn's brain
 - Hypoglycemia reduces the newborn's ability to ward off infection
 - Hypoglycemia, if uncorrected, can lead to severe hyperbilirubinemia
 - Hypoglycemia suggests that the mother is a latent diabetic and needs additional medical evaluation
17. Signs of hypoglycemia in the newborn include all of the following, **except**:
- Tremors
 - Irritability
 - Poor temperature control
 - Increased feeding
18. Which of the following infants is most at risk for hypoglycemia?
- Term breastfeeding infant
 - Late preterm infant formula feeding
 - Term infant of a diabetic mother
 - Preterm infant requiring IV therapy



19. While there is no definitive definition of hypoglycemia, the general value used for a term infant after the 12 hours is a blood glucose reading of:
- a. < 1.8 mmol/L
 - b. < 2.6 mmol/L
 - c. < 3.0 mmol/L
 - d. < 3.5 mmol/L
20. Which of the following statements is correct?
- a. It is not usually necessary to measure blood glucose levels in the first 2 hours of life
 - b. Hypoglycemia is always an indication for supplementation in the breastfed infant
 - c. Infants > than 90th percentile in weight are less likely to develop hypoglycemia than smaller infants
 - d. Infants on parenteral nutrition are not at risk for hypoglycemia

Hyperbilirubinemia

21. Bilirubin is a byproduct of red blood cell (RBC) breakdown. Common causes of RBC breakdown in the infant include all of the following **except**:
- a. Increased infant hemoglobin
 - b. Decreased lifespan of fetal RBCs
 - c. Bruising
 - d. Anemia
22. The **biggest** concern with elevated bilirubin levels is:
- a. Higher levels cause infant sleepiness and poor feeding
 - b. The risk of separation if phototherapy is required
 - c. Breastfeeding may need to be discontinued to diagnose the cause
 - d. Bilirubin may cross the blood brain barrier causing kernicterus
23. The only portion of bilirubin that can cause kernicterus is:
- a. Unbound, unconjugated
 - b. Bound, conjugated
 - c. Bound, unconjugated
 - d. Unbound, conjugated



24. Which of the following is true for phototherapy?
- a. It decreases bilirubin most effectively through a wide light spectrum
 - b. It inhibits the conversion of bilirubin through the liver
 - c. It decreases the amount of bilirubin excreted through stool
 - d. Effectiveness is dependent on the amount of skin exposed
25. In caring for the infant under phototherapy, it is important to remember:
- a. There may be increased insensible fluid losses
 - b. Increased stools may require more frequent skin care
 - c. Infant eyes must be protected from the light
 - d. All of the above

Answers on next page.



Answers

Adaptation and Assessment

- 1. a
- 2. d
- 3. d
- 4. b
- 5. c
- 6. c
- 7. b
- 8. c
- 9. c
- 10. a

Thermoregulation

- 11. d
- 12. b
- 13. c
- 14. a
- 15. b

Hypoglycemia

- 16. a
- 17. d
- 18. c
- 19. b
- 20. a

Hyperbilirubinemia

- 21. d
- 22. d
- 23. a
- 24. d
- 25. d

Areas I need more knowledge/reading in are:

Date: _____

Name: _____