

POST-TEST

ICEA POSITION PAPER: CESAREAN CHILDBIRTH

1. *In the last ten years the rate of elective repeat cesarean has climbed*
 - a. 10%
 - b. 20%
 - c. 30%
 - d. 40%

2. *Compared with vaginal birth, women who have a cesarean are more likely to experience*
 - a. Major infection
 - b. Complications from anesthesia
 - c. Pain that may last at least six months after delivery
 - d. All of the above

3. *Negative psychological consequences of an unplanned cesarean may include*
 - a. A sense of loss, grief, personal failure, acute trauma, or clinical depression
 - b. Grief, acute trauma, or euphoria
 - c. A sense of personal accomplishment or post-traumatic stress
 - d. Depression, stress, or relief

4. *Newborn complications resulting from cesarean birth are often related to*
 - a. The size of the baby
 - b. Prematurity
 - c. The age of the mother
 - d. The length of labor

5. *Reduction in the risk of high blood pressure, heart disease, and osteoporosis is provided by*
 - a. Having a cesarean
 - b. Breastfeeding
 - c. Using birth control
 - d. Induction of labor

6. *Women who have cesareans are less likely to*
 - a. Sleep after the baby is born
 - b. Recall their birth experience
 - c. Have skin-to-skin contact with their infants
 - d. Become childbirth educators or doulas

7. *Babies who have skin-to-skin contact immediately after birth are more likely to*
 - a. Interact with their mothers and breastfeed well
 - b. Be spoiled later in life
 - c. Become chilled and sick
 - d. Have respiratory problems

8. *Cesareans may affect future pregnancies by causing problems with the*
 - a. Ovaries
 - b. Vagina
 - c. Placenta
 - d. Breasts

9. *Cesarean birth*
 - a. Completely eliminates the risk of pelvic floor dysfunction
 - b. Guarantees a healthy birth outcome
 - c. Can be safely less than 15%
 - d. Reduces risk of sexual dysfunction later in life

10. *To reduce the risk of cesarean birth a mother should*
 - a. Look for a place of birth that has a low cesarean rate
 - b. Look for a health care provider with a low cesarean rate
 - c. Hire a doula
 - d. All of the above

Name _____