

POST-TEST

ICEA POSITION PAPER: SKIN 2 SKIN

1. *Early skin to skin begins*
 - a. Within minutes
 - b. Immediately
 - c. When room is warm enough
 - d. Within 1 hour

2. *Mothers can leave a bra on for best results of skin to skin*
 - a. True
 - b. False

3. *Benefits of skin to skin include all but*
 - a. Higher blood glucose levels
 - b. Stable temperatures
 - c. Lower heart rate
 - d. Facilitates breastfeeding

4. *Infants placed skin to skin...*
 - a. Cry less
 - b. Spend more time in the nursery
 - c. Have less output
 - d. Sleep less

5. *Infants show reduced stress reactions to pain when skin to skin*
 - a. True
 - b. False

6. *Swaddling is more stressful than skin to skin according to Kennell and McGraw*
 - a. True
 - b. False

7. *Kangaroo Mother care applies to all except:*
 - a. Continuous skin to skin
 - b. Used for pre-term infants
 - c. Unable to use in the neonatal intensive care unit
 - d. Helpful for full term infants

8. *Long term benefits of skin to skin include*
 - a. Less confidence in breastfeeding
 - b. Improved brain maturation
 - c. More independence
 - d. Later stubbornness

9. *Kangaroo Mother care supports lower risk of infections*
 - a. True
 - b. False

10. *When educating parents*

- a. Can only occur after the birth
- b. Should not include care procedures
- c. Includes risk of separation
- d. Must be taught by an RN

Name _____