

## PRE-TEST

### 1. SIDS is:

- a. Preventable
- b. Caused by silent vomiting/choking that impairs breathing
- c. The leading cause of mortality in infants from 1 months to 1 year of age
- d. Due to child abuse

### 2. What cultural group has the highest rate of SIDS Death?

- a. African Americans & Alaskan Natives
- b. Caucasians and Hispanics
- c. Hispanics and Pacific Islanders
- d. There are no racial disparities in SIDS

### 3. Which of the following factors is thought to protect against SIDS:

- a. Breastfeeding and pacifier use
- b. Home monitors and position devices
- c. Wearable blankets and classical music
- d. Tummy time

### 4. The only way for breastfeeding to be successful is by having the mother and baby sleep together.

- a. True
- b. False

### 5. It is safest for a baby to sleep:

- a. In a crib or bassinet in the parents' room
- b. In bed with the parents
- c. In a side car or "co-sleeper"
- d. In a crib or bassinet in a separate room
- e. Does not matter

**6. Which of the following statements is correct: (choose 1)**

- a. It is best to bundle the baby with lots of blankets to keep him/her warm.
- b. Sleeping with the baby is the best way to keep him/her warm.
- c. Keeping the room temperature comfortable for a lightly dressed adult is safest for baby.
- d. It is safest to bundle the baby up to the chin with a thick blanket to stay warm.

**7. Which of the following constitutes a safe sleeping environment for an infant:**

- a. A firm fitting mattress in a safety approved crib along with a positioner wedge to help with reflux, and no stuffed animals
- b. A firm mattress in a safety approved portable crib with one blanket and a small pillow
- c. A soft sleep surface, such as an adult bed
- e. A firm and flat mattress in a safety approved crib, free of loose bedding, crib bumpers and stuffed toys

**8. Which of the following is not true about the triple risk hypothesis of SIDS:**

- a. Babies dying of SIDS have an intrinsic abnormality that makes them vulnerable to SIDS
- b. There is a critical period of time where the baby is vulnerable to SIDS
- c. There are no modifiable risk factors for SIDS
- d. The baby cannot properly cope with environmental factors which can lead to SIDS

**9. Which of the following is FALSE regarding aspiration/choking and back sleeping:**

- a. The baby can protect and clear the airway by coughing
- b. The baby is safe on the back because the trachea lies in front of the esophagus
- c. The baby is safe because the trachea is narrower than the esophagus
- d. The number of aspiration pneumonias did not increase after the back to sleep campaign

**10. The Triple-Risk Model describes:**

- a. The genetic mutations linked to SIDS
- b. The convergence of situations that may lead to the death of an infant from SIDS
- c. The most dangerous environmental stressors associated with SIDS
- d. The three most critical developmental periods associated with SIDS

**11. A parent asks the nurse, “when my baby starts to roll over during sleep, should I go in and place the baby back on his/her back?” Your response is:**

- a. Absolutely, a baby should never be on their tummy to sleep until they reach the age of 1
- b. Surround the baby with blanket rolls, soft toys, or positioners so they cannot roll over
- c. No. Once the baby can roll over you do not need to wake them up to reposition them, but continue to place the baby on his/her back when initially putting the infant down to sleep

**12. Tummy time should be provided when the infant is:**

- a. Awake and irritable
- b. Drowsy and has a full stomach
- c. Awake and supervised
- d. Anytime

**13. Exposure to passive smoke in the house (\_\_\_\_\_) a baby’s SIDS risk:**

- a. Triples
- b. Doubles
- c. Does not change

**14. If an item is sold online or in a store and claims to reduce or prevents SIDS, it must be true:**

- a. True
- b. False

**15. Vaccinations can cause birth defects in infants:**

- a. True
- b. False