

POST-TEST

1. On average, how many babies under 1 year of age die suddenly and unexpectedly (SIDS or suffocation) each year in the U.S.?

- a. 500
- b. 1500
- c. 3500
- d. 7000
- e. 10,000

2. Since 1992, SIDS rates in the United States have:

- a. Increased in all populations
- b. Remained Constant
- c. Increased among Hispanic infants, but declined in all other populations

3. Rates of SIDS and other sleep-related causes of infant death remain disproportionately high in which of the ethnic groups?

- a. Hispanics
- b. African Americans
- c. American Indians/Alaskan Natives
- d. Both B and C

4. It is safest for a baby to sleep:

- a. on his stomach
- b. on his side
- c. on his back
- d. on his side or back
- e. does not matter

5. Which of the following are safe to have in the baby's sleep area: (choose all that apply)?

- a. pillows

- b. comforters
- c. bumpers
- d. stuffed animals and/or plush toys
- e. positioners
- f. none of the above

6. The American Academy of Pediatrics recommend that hospital personnel place babies:

- a. With the head of bed elevated and supine
- b. Flat and wholly on their backs
- c. On their side OR back, both are recommended
- d. In the mother's bed

7. Which of the following statements is true:

- a. Special sleep mattresses reduce the risk of SIDS
- b. Home monitors should be used to prevent SIDS
- c. 1/3 of SIDS would be eliminated by not smoking during pregnancy
- d. Car seats are safe for babies to sleep in if they remain strapped in

8. Overheating can (_____) the risk of SIDS

- a. Increase
- b. Decrease
- c. Has no impact

9. When modeling Infant Safe Sleep in the hospital setting, nurses have:

- a. Significantly helped to reduce the SIDS risk
- b. Confused the parents since their culture will ultimately determine sleep practices
- c. Eliminate SIDS from occurring

10. The least effective way for the nurse to communicate the safe sleep message is to:

- a. Verbally discuss and then have parents demonstrate

- b. Model the practice so that parents can see the message in action
- c. Have honest discussions about barriers to practice at home
- d. Provide statistical charts and references for parents to read

11. When nurses are speaking to parents and caregivers about SIDS and other sleep related causes of infant death and how to sleep an infant safely, it is important that their message be:

- a. Very detailed
- b. Include medical terminology
- c. Be clear and culturally appropriate
- d. Include statistics

12. Which of the following is a safe alternative to bed sharing:

- a. Bed sharing with at least TWO responsible adults
- b. Placing the baby on your chest to sleep
- c. Sleeping with the baby on a couch
- d. Room sharing

13. Which of the following is NOT a modifiable risk factor:

- a. Prone sleep position
- b. Bed sharing
- c. Race/Ethnicity
- d. Cigarette smoke

14. Do not use heart or breathing monitors in the home environment to reduce the risk of SIDS:

- a. True
- b. False

15. SIDS is contagious:

- a. True
- b. False