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
   d. 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