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Question: 639

In a case where a mother is dealing with a plugged duct, which of the following strategies should be recommended to alleviate the condition?

- A. Continue breastfeeding frequently from the affected side
- B. Apply cold compresses to the area to reduce swelling
- C. Use gentle massage on the affected area before feeding
- D. Avoid pumping to allow the duct to clear naturally

Answer: A, C

Explanation: Frequent breastfeeding from the affected side and gentle massage can help clear a plugged duct. Cold compresses are not recommended; warmth is generally more effective. Pumping may be necessary if breastfeeding is not effective.

Question: 640

A clinical trial assessing a new breastfeeding technique measured both participant satisfaction and breastfeeding success rates. If researchers discovered that those who reported higher satisfaction were more likely to be in the intervention group, which type of bias could this indicate?

- A. Reporting bias
- B. Selection bias
- C. Performance bias
- D. Attrition bias

Answer: A

Explanation: Reporting bias occurs when participants' responses are influenced by their group allocation, potentially leading to a skewed understanding of the intervention's effectiveness based on subjective satisfaction measures.

Question: 641

When counseling a client from a collectivist culture, what communication strategy should be emphasized to ensure effective counseling regarding breastfeeding choices? (Select All That Apply)

- A. Highlighting individual benefits of breastfeeding
- B. Acknowledging the role of family and community in decision-making
- C. Encouraging the client to prioritize personal preferences over family opinions
- D. Facilitating discussions that include family members if appropriate

Answer: B, D

Explanation: Acknowledging family roles (B) and facilitating family discussions (D) align with collectivist values, promoting supportive decision-making. Highlighting individual benefits (A) and prioritizing personal preferences (C) may not resonate in these contexts.

Question: 642

In which scenarios might a lactation consultant recommend the use of a nipple shield, and what factors should be considered to ensure its effective use? (Select All That Apply)

- A. The infant has difficulty latching due to prematurity; evaluate usage under supervision
- B. Mothers experiencing severe nipple pain; use as a temporary solution
- C. Long-term reliance on a shield to prevent latch issues; discourage this approach
- D. Nipple shield use to protect sore nipples while maintaining milk flow; monitor closely

Answer: A, B, D

Explanation: Nipple shields can be helpful for preterm infants and in cases of severe pain, but reliance should be limited. Monitoring is essential to ensure the infant still effectively feeds.

Question: 643

A lactation consultant is discussing strategies to manage sore nipples with a new mother. What is the most critical piece of advice that should be given to prevent further nipple trauma?

- A. Use breast pads to absorb moisture
- B. Avoid breastfeeding while the nipples heal
- C. Limit breastfeeding sessions to 10 minutes
- D. Ensure the baby is latched deeply

Answer: D

Explanation: Ensuring that the baby is latched deeply is crucial in preventing further nipple trauma and soreness, making it essential to focus on proper latch techniques.

Question: 644

What is the primary reason for the recommendation that lactating women consume adequate amounts of omega-3 fatty acids during breastfeeding?

- A. To improve maternal skin health
- B. To support infant brain development
- C. To enhance the flavor of breast milk
- D. To increase milk volume

Answer: B

Explanation: Omega-3 fatty acids, particularly DHA, are crucial for the development of the infant's brain and eyes. Adequate intake during lactation supports the transfer of these essential fatty acids through breast milk.

Question: 645

During lactation, which of the following is the most significant source of energy for breast milk synthesis?

- A. Carbohydrates
- B. Vitamins
- C. Proteins
- D. Fats

Answer: D

Explanation: Fats are the most significant source of energy for breast milk synthesis, providing essential fatty acids and a high caloric density that supports the growth and development of the infant.

Question: 646

A breastfeeding mother is diagnosed with a low milk supply. Which of the following evidence-based interventions should be recommended to help increase her supply?

- A. Implementing more frequent breastfeeding sessions
- B. Using herbal supplements without consulting a healthcare provider
- C. Ensuring proper latch and positioning during breastfeeding
- D. Reducing the number of formula supplements provided

Answer: A, C, D

Explanation: Increasing breastfeeding frequency and ensuring proper latch can help stimulate milk production. Reducing formula supplementation can encourage the infant to breastfeed more, promoting supply. Herbal supplements should only be used with guidance.

Question: 647

A breastfeeding mother has a history of polycystic ovary syndrome (PCOS) and is concerned about her milk supply. Which hormone, often dysregulated in PCOS, is critical for milk production?

- A. Luteinizing hormone
- B. Prolactin
- C. Insulin
- D. Testosterone

Answer: B

Explanation: Prolactin is essential for milk production. Women with PCOS may have irregular hormone levels, which can impact lactation, making monitoring important.

Question: 648

A breastfeeding mother is prescribed a new medication for her chronic migraines. Which of the following classes of medications is known to have a higher risk of affecting infant sedation and should be approached with caution?

- A. Opioids
- B. Triptans
- C. Beta-blockers
- D. NSAIDs

Answer: A

Explanation: Opioids are known to cause sedation and respiratory depression in infants if ingested through breast milk. Mothers should be counseled on the risks associated with opioid use while breastfeeding.

Question: 649

A breastfeeding counselor is educating a group of new parents about the immunological properties of breast milk. Which components are primarily responsible for providing passive immunity to the infant?

- A. Lactoferrin and lysozyme
- B. IgA and secretory IgA
- C. Omega-3 fatty acids
- D. Casein and whey proteins

Answer: A, B

Explanation: Lactoferrin and lysozyme are important for antimicrobial protection, while IgA and secretory IgA play a crucial role in providing passive immunity through the gastrointestinal tract.

Question: 650

A clinical trial finds that a new breastfeeding support app significantly increases breastfeeding duration among first-time mothers. What is a critical factor to ensure the findings are applicable to broader populations?

- A. Studying only first-time mothers
- B. Utilizing only quantitative measures
- C. Conducting the trial in multiple locations
- D. Limiting participation to mothers under 30

Answer: C

Explanation: Conducting the trial in multiple locations enhances the generalizability of the findings by incorporating diverse populations, thus increasing the applicability of the results to broader groups of mothers.

Question: 651

In a randomized controlled trial assessing the impact of a breastfeeding intervention, what is the primary benefit of randomizing participants?

- A. It guarantees a large sample size.
- B. It helps to reduce selection bias.

- C. It eliminates the need for a control group.
- D. It ensures all participants receive the intervention.

Answer: B

Explanation: Randomization minimizes selection bias by ensuring that each participant has an equal chance of being assigned to either the intervention or control group, enhancing the validity of the trial's findings.

Question: 652

In a clinical setting, which of the following approaches is most effective in integrating evidence-based practices related to breastfeeding into routine care?

- A. Implementing a strict protocol that does not allow for clinician discretion
- B. Encouraging clinicians to use personal experiences as the primary guide
- C. Providing access to up-to-date clinical guidelines and research articles
- D. Limiting discussions about new evidence during staff meetings

Answer: C

Explanation: Providing access to current clinical guidelines and research empowers clinicians to make informed decisions based on the latest evidence, fostering an environment of continuous improvement.

Question: 653

A breastfeeding mother is experiencing low milk supply and is considering using herbal supplements. Which of the following should be discussed with her? (Select All That Apply)

- A. The efficacy and safety of specific herbal supplements
- B. Potential interactions with prescription medications
- C. The importance of a well-balanced diet and hydration
- D. Immediate results are expected from herbal supplementation

Answer: A, B, C

Explanation: Discussing the efficacy and safety of herbal supplements, potential interactions with medications, and the importance of diet and hydration is essential. Immediate results are not guaranteed with herbal use.

Question: 654

What is the primary purpose of a literature review in the context of evidence-based practice in breastfeeding counseling?

- A. To summarize personal opinions of experts in the field
- B. To identify gaps in current research and suggest future studies
- C. To collect data from a variety of sources
- D. To evaluate the effectiveness of individual interventions

Answer: B

Explanation: A literature review aims to identify existing research gaps, highlight inconsistencies in findings, and suggest directions for future studies, thereby advancing knowledge in the field.

Question: 655

A breastfeeding mother notices that her infant is feeding more frequently during the evenings. What is a common reason for this behavior, and how should you advise her?

- A. The infant is developing an unhealthy feeding habit; she should limit feeding time
- B. The infant is not getting enough milk; she should consider supplementing
- C. The infant is likely experiencing a growth spurt; she should allow this pattern
- D. The infant is likely teething; she should use teething gels

Answer: C

Explanation: Increased feeding during evenings is often due to growth spurts. Advising the mother to allow this pattern can help ensure the infant gets adequate nutrition and can support increased milk production.

Question: 656

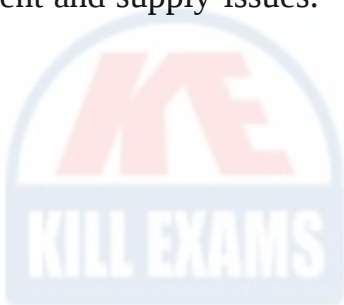
A mother is struggling with engorgement after introducing a bottle for the first time. She is confused

about how to manage the situation without compromising her milk supply. Which strategies should be recommended? (Select All That Apply)

- A. Pumping immediately after bottle feeds to relieve pressure
- B. Reducing the number of breastfeeding sessions per day
- C. Applying heat before feeds to encourage let-down
- D. Monitoring the baby's feeding cues closely

Answer: A, C, D

Explanation: Pumping after bottle feeds can relieve engorgement, and applying heat can help with let-down. Monitoring feeding cues is essential to ensure adequate breastfeeding. Reducing sessions can worsen engorgement and supply issues.



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