

Improving Nutrition for Very Low Birth Weight Infants Post Test and

1. Instructions

Please select the single best answer to each question. To obtain continuing education credits, complete this on-line post test, evaluation and continuing education validation information.

1. The primary nutritional goals for VLBW infants in the NICU include which of the following:

- To approximate the in-utero growth of the normal fetus at the same post-conceptual age.
- Ensure the fastest weight gain possible.
- To avoid feeding intolerance.

2. VLBW infants have unique nutritional requirements due to which of the following:

- Higher organ-muscle mass ratio
- Higher rate of protein synthesis
- Greater oxygen consumption during growth
- Higher energy cost due to transepidermal water loss
- Higher total body water content.
- All of the above.

3. Feeding related morbidities that may be preventable include:

- Necrotizing enterocolitis
- Vitamin and mineral deficiencies
- Prolonged hospitalization
- All of the above

4. Human milk has been shown to benefit infants by protecting them from all of the following, except:

- Otitis media
- CMV infection
- Gastrointestinal illness
- Obesity

5. VLBW infants require which supplemental nutrient in addition to human milk?

- Calcium
- Phosphorus
- Protein
- All of the above

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6. Maximizing the volume of feedings and nutrient content/fortification has been shown to improve overall growth.

True

False

7. A nutritional assessment and feeding plan should be developed, routinely reviewed and updated for all hospitalized VLBW infants.

True

False

8. Human milk is sterile and therefore no special precautions need to be taken in its handling.

True

False

9. Which of the following are best practices regarding parenteral feedings in the NICU?

Parenteral nutrition should not be started during the first 48 hours of life.

Parenteral nutrition containing protein and lipids should be started in the first day of life.

Parenteral nutrition should advance / increase slowly to prevent injury.

10. The best oral feeding choice for preterm infants is:

Human milk

Preterm infant formula

High calorie, preterm infant formula

All are equally acceptable

11. Which of the following are true about trophic or minimal enteral feedings?

They should be started within 1-2 days of birth.

They should only be given with sterile water.

They should be avoided if there are clear contraindications such as evidence of GI dysfunction.

A and C are correct

All of the above

12. Best practices for enteral feeding management include which of the following?

Standardized definitions of feeding intolerance should be developed and applied consistently.

Pumps delivering human milk should be oriented vertically to prevent fat sequestration.

Enteral feedings should be advanced until they are providing adequate nutrition to sustain optimal growth (~2% of body weight per day)

All of the above

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13. Best practices that helps to ensure optimal maternal milk supply include;

- Providing a supportive NICU environment.
- Initiating pumping and collection early in the post-partum period.
- Supporting routine skin-to-skin contact.
- Consistent information and messages from all perinatal health care team members.
- All of the above.

14. Oral feeding may begin:

- At 34 weeks gestation
- One week prior to discharge home
- As soon as the infant is physiologically capable
- At 1,500 grams

15. Discharge nutrition/feeding planning should involve which of the following:

- Family
- Neonatologist
- Dietician
- Lactation Consultant
- All of the above

2. Evaluation

16. Please rate the following components of the educational program.

	Poor	Fair	Good	Very Good	Excellent	N/A
Adequacy of materials	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Course organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Topic relevance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Audio Visual/ Electronic Materials	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Level of Presentation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Syllabus Materials	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Authors Knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Comments/Recommendations

3. Participant Information

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Required for continuing education credits

18. Full Name

19. License Number

20. Profession

21. Your area of specialty

- L&D Post Partum Nursery NICU Management OB Peds Family Practice Other

22. Home Address

Street

City

State

Zip COde

Country (if outside of USA)

23. Telephone Number

Area Code

Number

24. E-mail Address

25. Affiliation

Facility/Company

Department

4. Certification

I have completed the self-paced module and its requirements to obtain continuing education credits

26. Check all sections completed.

- Study the self-paced learning module
- Read Improving Nutrition for VLBW Infants Toolkit
- Complete on-line post-test (passing score of 80% or greater)
- Complete evaluation

5. Submit

6. Survey Follow-up

Correct post-test answers are as follows:

1A,2F,3D,4C,5D,6T,7T,8F,9B,10A,11D,12D,13E,14C,15E.