

**Penrose St. Francis Medical Center**  
**Breastfeeding Policy and Addendums**  
(Addendums: Breastfeeding Plans of Care & Alternative Feeding Methods)  
**Post-Test Questions – Answer Key**

1. Per Baby Friendly principles, no free samples of infant formula will be given to patients.
  - a. True
  - b. False
  
2. A mother who states she will both breast and bottle feed at home should be
  - a. Allowed to sleep at night and let her husband give the baby a formula bottle
  - b. Allowed to sleep at night and let the baby have a bottle of donor milk
  - c. Educated on the importance of frequent breast stimulation
  - d. Educated on the importance of needing rest to establish her milk supply
  
3. Mothers should initiate breastfeeding within 4 hours of birth.
  - a. True
  - b. False
  
4. What water needs to be used to mix powdered formula?
  - a. Water directly from the tap.
  - b. Hot water that is at least 158 degrees or above.
  - c. Room temperature water.
  - d. Bottled water
  
5. The number to contact for lactation assistance is 719-571-3018.
  - a. True
  - b. False

6. Which of the following statements is part of the Ten Steps to Successful Breastfeeding?
- a. Giving infants no food or drink other than breast milk, unless medically indicated.
  - b. Have a written breastfeeding policy that is routinely communicated to all health care staff.
  - c. Provide mom with a pacifier.
  - d. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
  - e. Training all health care staff in the skills necessary to implement this policy.

Answers:

- a. A, B, & C
- b. A, B, D, & E
- c. C, D & E
- d. All the above

7. Why is SFMC striving to achieve the Baby Friendly status?
- a. It is a global initiative to promote infant health through breastfeeding.
  - b. It is part of receiving the Magnet Status.
  - c. It is part of Centura's Standard of Care.
8. If a breastfeeding mother is admitted to one of our Centura facilities, where would you go to get a breast pump?
- a. At Penrose Hospital, call the courier to have a pump delivered. At SFMC, call the lactation department.
  - b. At Penrose Hospital, call the house supervisor. At SFMC, call the Mom/Baby charge nurse.
  - c. At Penrose Hospital, call Supply Chain during the day, but after 8pm, call the house supervisor. At SFMC, 5<sup>th</sup> floor has their own pump, for the rest of the hospital; contact the lactation department or the Mom/Baby charge nurse.
9. The reason we heat water to 158 degrees or greater for formula preparation is to kill bacteria in the water.
- a. True
  - b. False