



Course Contents
Continuing Education (CE) Activity Objectives
✓ Pre-test
✓ * Session 1: What You Need To Know About Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death
✓ * Lesson 1: Understanding Sudden Unexpected Infant Death (SUID), SIDS, and Other Sleep-Related Causes of Infant Death
✓ * Lesson 2: Reducing the Risk of SIDS and Other Sleep-Related Causes of Infant Death
✓ * Lesson 3: Understanding the Evidence on Reducing the Risk of SIDS and Other Sleep-Related Causes of Infant Death
✓ * Session 1: Take-away Messages
✓ * Session 2: How To Communicate with Parents and Caregivers About Ways to Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death
✓ * Lesson 1: Nurses as Role Models for Parents
✓ * Lesson 2: Challenges to Messages About Reducing the Risk of SIDS and Other Sleep-Related Causes of Infant Death
✓ * Lesson 3: Communicating Ways to Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death
✓ * Session 2: Take-away Messages
* Post-Test
* CE Activity Evaluation
Claim Contact Hours
* Required to claim CE

Post-Test

OMB # 0925-0701
Expiration Date: 02/2021

Public reporting burden for this collection of information is estimated to average 10 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0701). Do not return the completed form to this address.

This post-test is designed to measure what you've learned about SIDS, other sleep-related causes of infant death, risk-reduction strategies, and communication messages to parents and caregivers. You must complete the post-test and score a 70% (7 questions correct out of 10) or higher to receive CE contact hours.

- 1. Sudden Infant Death Syndrome (SIDS) is:
 - A. The sudden and unexplained death of an infant younger than 1 year of age
 - B. Caused by vomiting and/or choking
 - C. Determined only after a thorough investigation, including an autopsy, an examination of the death scene, and a review of the infant's and family's clinical histories
 - D. Both A and C
- 2. The Triple-Risk Model describes:
 - A. The most dangerous environmental stressors associated with SIDS
 - B. The convergence of situations that may lead to the death of an infant from SIDS
 - C. The genetic mutations linked to SIDS
 - D. The three most critical developmental periods associated with SIDS
- 3. Each of the following is a major modifiable factor that puts infants at higher risk of SIDS and other sleep-related causes of infant death, EXCEPT:
 - A. Stomach sleeping for naps and at night
 - B. Soft sleep surfaces and loose bedding
 - C. Tummy time
 - D. Maternal smoking during pregnancy
- 4. 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
 - D. Declined in all populations
- 5. Rates of SIDS and other sleep-related causes of infant death remain disproportionately high in which of the following ethnic groups?
 - A. Hispanics
 - B. African Americans
 - C. American Indians/Alaska Natives
 - D. Both B and C
- 6. Which of the following constitutes a safe sleeping environment for an infant:
 - A. A firm mattress in a crib from 1975 with stuffed toys surrounding the perimeter
 - B. A soft sleep surface, such as an adult bed
 - C. A firm and flat mattress in a safety-approved crib, free of loose bedding, crib bumpers, and stuffed toys
 - D. A firm mattress in a safety-approved portable sleep area, with loose bedding, such as quilts and comforters
- 7. Tummy Time is appropriate when:
 - A. An infant is awake but drowsy
 - B. An infant is awake and supervised
 - C. An infant is asleep
 - D. An infant is unsupervised
- 8. When nurses speak to parents and caregivers about SIDS and other sleep-related causes of infant death and safe sleep, it is important that their messages
 - A. Be detailed
 - B. Include statistics
 - C. Be clear and culturally appropriate
 - D. Include medical terminology
- 9. Among parents and caregivers, common reasons for not complying with risk-reduction recommendations for SIDS and other sleep-related causes of infant death include:
 - A. Relatives recommend the prone position
 - B. Concern about flattened skull (positional plagiocephaly)
 - C. Fear of aspiration or choking
 - D. All of the above
- 10. The appropriate time to deliver risk-reduction recommendations to parents and caregivers about SIDS and other sleep-related causes of infant death is:
 - A. Within the first 24 hours following delivery
 - B. During pregnancy
 - C. At well-baby visits
 - D. All of the above

Submit