

Continuing Education Program on  
**SIDS Risk Reduction**  
CURRICULUM FOR NURSES

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### Pre-Test

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This pre-test is designed to measure your baseline knowledge about Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, ways to reduce the risk, and how to communicate risk-reduction recommendations to parents and caregivers. Some questions may have more than one correct answer. The questions cover the major content areas of this continuing education (CE) activity, however, the pre-test is not scored for CE contact hours.

- 1. Which of the following statements about SIDS is true?
  - A. SIDS is the leading cause of death of infants between 1 month and 1 year of age.
  - B. SIDS is completely preventable.
  - C. Most infants seem sick before they die from SIDS.
  - D. SIDS is caused by immunizations.
  
- 2. Which of the following statements is NOT a recommendation for reducing the risk of SIDS and other sleep-related causes of infant death?
  - A. Do not smoke around infants.
  - B. Place infants on their backs to sleep.
  - C. Keep sleep area free of soft bedding, crib bumpers, and stuffed toys.
  - D. Keep infants warm by wrapping tightly with blankets.
  
- 3. Among parents and caregivers, common reasons for not following the back sleeping recommendations include:
  - A. Fear of aspiration or choking
  - B. Relatives recommending the prone position
  - C. Concern about a flattened skull (positional plagiocephaly)
  - D. All of the above
  
- 4. Current SIDS research suggests that a convergence of factors may lead to SIDS deaths. The theory is called:
  - A. Vulnerable infant model
  - B. Critical development theory
  - C. Triple-risk model
  - D. Double-risk theory
  
- 5. Since the initial release of the risk-reduction guidelines by the American Academy of Pediatrics Task Force on Infant Sleep Position in 1992, the SIDS rate in the United States has decreased by:
  - A. 15%
  - B. 30%
  - C. 60%
  - D. 70%
  
- 6. U.S. rates for SIDS and other sleep-related causes of infant death remain disproportionately high in which of the following ethnic groups?
  - A. African Americans
  - B. American Indians/Alaska Natives
  - C. Hispanics
  - D. Both A and B
  
- 7. Which of the following constitutes a safe sleep environment for an infant?
  - A. Soft sleeping surfaces
  - B. A firm mattress in a secondhand crib (from 1975) with stuffed toys surrounding the perimeter
  - C. A firm mattress in a safety-approved portable sleep area, with loose bedding, such as quilts and comforters
  - D. A firm and flat mattress in a safety-approved crib, free of loose bedding, crib bumpers, and stuffed toys
  
- 8. Research shows that parents are more likely to follow recommendations to reduce the risk for SIDS and other sleep-related causes of infant death when they:
  - A. Receive specific advice from health care providers
  - B. Observe the nursing staff placing the baby on his or her back to sleep
  - C. Receive SIDS incidence statistics
  - D. Both A and B
  
- 9. When nurses speak to parents and caregivers about SIDS and other sleep-related causes of infant death, it is important that their messages:
  - A. Be detailed
  - B. Include statistics
  - C. Be clear and simple
  - D. Include medical terminology
  
- 10. The appropriate time to deliver recommendations to parents and caregivers about reducing the risk of SIDS and other sleep-related causes of infant death is:
  - A. Within the first 24 hours after delivery
  - B. During pregnancy
  - C. At well-baby visits
  - D. All of the above

Submit