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### Post-Test

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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