Additional file 3: Written test

Participant’s name: ............................ District .............................
Date: .................................................................

Choose the single best answer for each question

1. Which of the following is the correct statement for preparation prior to delivery?
   □ a. Ensure room temperature of 18°C
   □ b. Turn on fan and air-conditioning
   □ c. Open a window
   □ d. Place dry cloth on mother’s abdomen

2. Delivering in the supine position during second stage of labour is best.
   □ a. True
   □ b. False

3. Applying fundal pressure (pushing down on the top of the uterus) is an effective means of supporting labour.
   □ a. True
   □ b. False

4. After a baby is born, you should call out the time of birth (accurate to minute and second), then what?
   □ a. Clamp and cut the cord.
   □ b. Thoroughly dry the baby.
   □ c. Suction the baby’s mouth and nose.
   □ d. Hold the baby upside-down to let out the secretions.
5. What is correct statement for thorough drying
   - a. Use a clean, dry cloth for wiping the baby
   - b. Start wiping from arms and legs of the baby
   - c. Wrap a baby with towels after drying to keep the baby warm.
   - d. All of the above.

6. During thorough drying and stimulation of the baby, your rapid assessment shows she is crying. What is your next action?
   - a. Suction the baby’s mouth and nose.
   - b. Clamp and cut the cord.
   - c. Place the baby in skin-to-skin contact with the mother.
   - d. Place the baby onto the breast.

7. For which reason(s) should the baby’s mouth and nose be suctioned after thorough drying?
   - a. The baby is breathing and the amniotic fluid is thickly stained with meconium and the baby is covered in meconium.
   - b. The baby is not breathing and the amniotic fluid is thickly stained with meconium and the baby is covered in meconium.
   - c. The baby is not breathing and there is no airway obstruction visible.
   - d. All of the above.

8. What is the approximate capacity of a newborn’s stomach? Circle A, B, C or D.
9. Which is the correct statement for skin-to-skin?
   - a. Place the baby prone on the mother’s abdomen or chest.
   - b. Cover the baby and mother with a clean warm cloth and head with a bonnet.
   - c. Do not separate the baby from the mother as long as the baby is well.
   - d. All of the above.

10. At least how long skin-to-skin should be continued after birth?
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11. List 3 situations when skin-to-skin can be interrupted.
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12. What is your next action after placing the baby in skin-to-skin contact with the mother when the baby is doing well?
    - a. Examine the baby and provide eye care.
    - b. Encourage breastfeeding.
    - c. Bath the baby.
    - d. Inject oxytocin after excluding a second baby and check cord pulsations.

13. Which is the correct statement for cord clamping and cutting if the baby is breathing?
    - a. Clamp the cord immediately after birth of the baby.
    - b. Clamp the cord after cord pulsations have stopped.
    - c. Do not change gloves before handling the cord if you are a lone birth attendant.
    - d. All of the above.

14. Choose the correct length between the first clamping site and the umbilical base.
    - a. 1cm
    - b. 2cm
    - c. 5cm
    - d. None of the above.
15. A baby has feeding cues indicating she is ready to breastfeed immediately after birth.
   □ a. True
   □ b. False

16. List 3 signs a newborn baby is ready to breastfeed (“feeding cues”).

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17. List 3 signs a baby has good attachment to the breast.

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18. List 3 things you should do to improve bag-and-mask ventilation.

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19. When does a baby need bag-and-mask ventilation? After thorough drying for 30 seconds, the baby is:

   □ a. Not breathing.
   □ b. Having difficulty breathing (gasping respirations).
   □ c. Breathing but limp and very pale or blue in colour.
   □ d. All of the above.

20. A baby required bag-and-mask ventilation for 2 minutes. You have stopped bag-and-mask ventilation. He is now crying, breathing without difficulty, pink, and the heart rate is > 100 beats per minute.

   What should you do now?
   □ a. Place the baby in direct skin-to-skin contact with the mother/do routine newborn care.
   □ b. Move the baby to an observational area and monitor breathing every 10 minutes.
   □ c. Give oxygen by nasal cannula or mask.
   □ d. Do all of the above.