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### Question: 1

Which reflex is assessed by stimulating the newborn's sole and observing the flexion and fanning of toes?

- A. Sucking reflex
- B. Moro reflex
- C. Rooting reflex
- D. Babinski reflex

Answer: D

Explanation: The Babinski reflex is assessed by stimulating the newborn's sole and observing the flexion and fanning of toes. This reflex is considered normal in newborns and typically disappears by the age of 1 year. The presence of an abnormal or persistent Babinski reflex may indicate neurological abnormalities and requires further evaluation.

### Question: 2

Which of the following is an infectious disease commonly screened for in newborns?

- A. Human immunodeficiency virus (HIV)
- B. Tuberculosis (TB)
- C. Meningococcal meningitis
- D. Hepatitis B

Answer: D

Explanation: Option C is the correct answer. Hepatitis B is an infectious disease commonly screened for in newborns. Newborns are often tested for hepatitis B surface antigen (HBsAg) to identify those who may have been

exposed to the virus and to initiate appropriate interventions. Option A is incorrect because HIV screening is typically performed during pregnancy, and additional testing may be done for newborns if the mother is HIV-positive. Option B is incorrect because tuberculosis screening is not routinely performed on all newborns but may be indicated in certain populations or if there is a known exposure. Option D is incorrect because meningococcal meningitis is not routinely screened for in newborns.

### **Question: 3**

Which of the following is an example of a genetic disorder commonly seen in newborns?

- A. Type 2 diabetes mellitus
- B. Celiac disease
- C. Down syndrome
- D. Hypothyroidism

Answer: C

Explanation: Option A is the correct answer. Down syndrome, caused by the presence of an extra copy of chromosome 21, is a genetic disorder commonly seen in newborns. It is associated with characteristic physical features and intellectual disabilities. Option B is incorrect because celiac disease is an autoimmune disorder triggered by gluten ingestion and can be diagnosed at any age, including infancy. Option C is incorrect because type 2 diabetes mellitus is more commonly seen in adults and is often associated with lifestyle factors.

### **Question: 4**

Which of the following is a hematologic concern in newborns?

- A. Thrombocytopenia
- B. Hemophilia A
- C. Iron-deficiency anemia
- D. Physiologic jaundice

Answer: D

Explanation: Option A is the correct answer. Physiologic jaundice, characterized by the yellow discoloration of the skin and sclera due to elevated levels of bilirubin, is a common hematologic concern in newborns. It typically occurs as a normal physiological process, resulting from the breakdown of excess red blood cells. Option B is incorrect because hemophilia A, a bleeding disorder, is a genetic condition that is not specific to newborns. Option C is incorrect because iron-deficiency anemia is more commonly observed in older infants and children who have inadequate iron intake. Option D is incorrect because thrombocytopenia, a low platelet count, can occur in newborns but is not a primary hematologic concern.

### Question: 5

Which of the following is an example of a genetic disorder?

- A. Respiratory distress syndrome
- B. Cerebral palsy
- C. Gastroesophageal reflux
- D. Down syndrome

Answer: D

Explanation: Down syndrome is an example of a genetic disorder. It is caused by the presence of an extra copy of chromosome 21. Down syndrome is associated with various physical and intellectual disabilities and may require

specialized care and interventions to support the individual's development and well-being.

**Question: 6**

What is the recommended position for safe sleep in healthy term infants?

- A. Prone position
- B. Trendelenburg position
- C. Side-lying position
- D. Supine position

Answer: D

Explanation: The recommended position for safe sleep in healthy term infants is the supine position. Placing infants on their back to sleep reduces the risk of sudden infant death syndrome (SIDS). It is important to promote safe sleep practices to parents and caregivers to ensure the infant's safety.

**Question: 7**

Which of the following is an accurate statement about the transition to extrauterine life in newborns?

- A. The newborn's heart rate decreases significantly during the transition period.
- B. Newborns are born with fully developed respiratory systems and can breathe independently immediately after birth.
- C. The newborn's lung fluid is typically absorbed within 12 hours after birth.
- D. The newborn's gastrointestinal system becomes fully functional within the first hour after birth.

Answer: C



Explanation: Option A is the correct answer. During the transition to extrauterine life, the newborn's lung fluid, known as fetal lung fluid, is typically absorbed within 12 hours after birth. This process is facilitated by the release of catecholamines and the newborn's own respiratory efforts. Option B is incorrect because although the respiratory system is developed, newborns may still require some assistance with breathing initially. Option C is incorrect because the heart rate generally increases during the transition period. Option D is incorrect because the gastrointestinal system takes some time to mature and become fully functional after birth.

### Question: 8

Within 2 to 3 hours of birth, a newborn's temperature should stabilize at

- A. 36.5-37 °C (97.7-98.6 °F)
- B. 35.5-36.4 °C (96-97.5 °F)
- C. 34.5-35.4 °C (94-95.7 °F)

Answer: A

Explanation: Within 2 to 3 hours of birth, a newborn's temperature should stabilize within the range of 36.5-37 °C (97.7-98.6 °F). This temperature range is considered normal for a newborn and indicates successful thermoregulation. It is important to monitor the newborn's temperature closely during this period.

### Question: 9

Which of the following is an accurate statement about cardiovascular and respiratory adaptations in newborns?

- A. The ductus venosus closes shortly after birth due to increased pulmonary

blood flow.

- B. The foramen ovale typically closes within the first few minutes after birth.
- C. Newborns have a higher systolic blood pressure compared to adults.
- D. Surfactant production in the lungs is highest in preterm newborns.

**Answer: B**

**Explanation:** Option B is the correct answer. The foramen ovale, a fetal heart structure that allows blood to bypass the lungs, typically closes within the first few minutes after birth as a result of increased left atrial pressure and decreased right atrial pressure. Option A is incorrect because the ductus venosus closes shortly after birth due to changes in blood flow and oxygenation, not increased pulmonary blood flow. Option C is incorrect because newborns have lower systolic blood pressure compared to adults. Option D is incorrect because surfactant production in the lungs is highest in term newborns, not preterm newborns.

### **Question: 10**

Which of the following indicates a need for resuscitation of a newborn?

- A. Heart rate above 100 beats per minute
- B. Vigorous crying
- C. Apgar score of 8 or above
- D. Absent or gasping respirations

**Answer: D**

**Explanation:** Absent or gasping respirations in a newborn indicate a need for resuscitation. A newborn with inadequate breathing requires immediate intervention to establish effective ventilation and oxygenation. Prompt recognition and initiation of resuscitative measures can be life-saving for the

newborn.

### Question: 11

Which of the following is a correct step in the resuscitation and stabilization of a newborn?

- A. Providing positive pressure ventilation with room air
- B. Delaying umbilical cord clamping until after resuscitation is complete
- C. Administering chest compressions immediately after birth
- D. Initiating resuscitation efforts only if the newborn is not breathing at 2 minutes of age

Answer: B

Explanation: Option C is the correct answer. Delaying umbilical cord clamping until after resuscitation is complete allows for the transfer of oxygenated blood from the placenta to the newborn, which can help improve the newborn's oxygenation status during resuscitation. Option A is incorrect because positive pressure ventilation should be provided with a blend of air and oxygen, not room air alone. Option B is incorrect because chest compressions are not typically performed immediately after birth unless the newborn is in cardiac arrest. Option D is incorrect because resuscitation efforts should be initiated immediately if the newborn is not breathing or has a heart rate below the normal range, not waiting until 2 minutes of age.

### Question: 12

During newborn care and family education, which of the following topics should be included?

- A. Introduction of solid foods within the first month



- B. Use of over-the-counter medications for infants
- C. Breastfeeding techniques and positions
- D. Safe sleep practices, including placing the newborn on their stomach to sleep

Answer: C

Explanation: Option A is the correct answer. Breastfeeding techniques and positions are important topics to include in newborn care and family education. Breastfeeding provides numerous health benefits to both the newborn and the mother, and educating families on proper techniques and positions can enhance the breastfeeding experience. Option B is incorrect because the use of over-the-counter medications for infants should be discussed with a healthcare provider, as some medications may not be safe or appropriate for newborns. Option C is incorrect because the introduction of solid foods typically occurs around 6 months of age, not within the first month. Option D is incorrect because safe sleep practices recommend placing the newborn on their back to sleep to reduce the risk of sudden infant death syndrome (SIDS).

### Question: 13

Which hematologic condition is characterized by an abnormal increase in the number of red blood cells?

- A. Anemia
- B. Leukemia
- C. Thrombocytopenia
- D. Polycythemia

Answer: D

Explanation: Polycythemia is a hematologic condition characterized by an

abnormal increase in the number of red blood cells. It can occur in newborns as a result of various factors, such as delayed cord clamping or maternal-fetal transfusion. Polycythemia may require monitoring and intervention to prevent complications.

### **Question: 14**

Which assessment tool is commonly used to evaluate a newborn's physical and gestational age?

- A. Apgar Score
- B. Ballard Score
- C. Newborn Behavioral Observations (NBO)
- D. Capute Scale

Answer: B

Explanation: The Ballard Score is a commonly used assessment tool to evaluate a newborn's physical and gestational age. It assesses various physical and neuromuscular characteristics of the newborn to estimate their gestational age. The score helps healthcare providers determine the appropriate care and interventions for the newborn.

### **Question: 15**

Which of the following is a common gastrointestinal concern in newborns?

- A. Pyloric stenosis
- B. Peptic ulcer disease
- C. Meconium ileus
- D. Cholelithiasis

Answer: A

Explanation: Option C is the correct answer. Pyloric stenosis is a common gastrointestinal concern in newborns. It is characterized by the narrowing of the pylorus, the opening between the stomach and the small intestine, leading to symptoms such as projectile vomiting and failure to thrive. Option A is incorrect because meconium ileus is a condition primarily associated with cystic fibrosis and affects the passage of the first stool in newborns. Option B is incorrect because peptic ulcer disease is rare in newborns and more commonly seen in older children and adults. Option D is incorrect because cholelithiasis, the formation of gallstones, is uncommon in newborns.

**Question: 16**

Which of the following is a neurological adaptation commonly observed in newborns?

- A. Primitive reflexes, such as the Moro reflex, are absent at birth.
- B. Newborns have well-developed voluntary motor control.
- C. Newborns have a fully matured and functioning visual system.
- D. The Babinski reflex is a normal finding in newborns.

Answer: D

Explanation: Option C is the correct answer. The Babinski reflex, characterized by the extension and fanning of the toes when the sole of the foot is stroked, is a normal finding in newborns. It indicates proper neurological development. Option A is incorrect because primitive reflexes, including the Moro reflex, are present at birth and gradually disappear within the first few months of life. Option B is incorrect because newborns have limited voluntary motor control and primarily exhibit reflexive movements. Option D is incorrect because the visual system of newborns is still developing, and they have limited visual

acuity and color perception at birth.

### **Question: 17**

Which of the following is a reliable method for assessing the gestational age of a newborn?

- A. Capillary blood gas analysis
- B. Apgar Score
- C. Ballard Score
- D. Umbilical artery Doppler ultrasound

Answer: C

Explanation: Option A is the correct answer. The Ballard Score, also known as the Dubowitz Score, is a reliable method for assessing the gestational age of a newborn. It evaluates both physical and neuromuscular maturity and provides an estimate of the baby's gestational age. Option B is incorrect because the Apgar Score assesses the newborn's overall condition at 1 and 5 minutes after birth but does not provide an accurate estimate of gestational age. Option C is incorrect because capillary blood gas analysis is used to assess the newborn's acid-base balance and oxygenation status, not gestational age. Option D is incorrect because umbilical artery Doppler ultrasound is primarily used to assess blood flow and placental function, not gestational age.

### **Question: 18**

Which infectious disease is commonly prevented through administration of the hepatitis B vaccine to newborns?

- A. Hepatitis B
- B. Measles

- C. Tuberculosis
- D. Influenza

Answer: A

Explanation: The administration of the hepatitis B vaccine to newborns helps prevent the transmission of hepatitis B virus (HBV). Hepatitis B is a viral infection that can lead to chronic liver disease and other complications. Vaccination is an effective preventive measure to protect newborns from HBV infection.

**Question: 19**

Which of the following is a normal finding in a newborn's cardiovascular system?

- A. Hypotension
- B. Murmur
- C. Cyanosis
- D. Capillary refill time greater than 3 seconds

Answer: B

Explanation: A murmur is a normal finding in a newborn's cardiovascular system. It is often benign and resolves on its own as the newborn grows. However, any abnormal or persistent murmur should be further evaluated by a healthcare provider to rule out any underlying cardiac issues.



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