

Pre Course MCQ – Neonatal life support course for Doctors

Name: NLS No: Date: Venue:

1. At birth

- a. Air is as good as oxygen in resuscitation
- b. 100ml of clear fluid is removed from lung during passage through vagina
- c. Hypothermia immediately after birth lowers the oxygen tension
- d. Baby who doesn't cry within 30 seconds of birth needs resuscitation
- e. Up to 50% of babies who needs resuscitation do not have risk factor before birth

mark as ✓ or ✗ in the cages

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2. Breathing

- a. Gasping breathing is rapid and shallow
- b. Usually stops before circulation fails
- c. Is initiated by respiratory stimulants
- d. Is best stimulated by pharyngeal suctioning
- e. Gasping breathing is due to activation of primitive spinal reflexes

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3. Ventilation breaths

- a. Should adequately ventilate the lungs
- b. Should be delivered at 15 breaths per 30 seconds
- c. Should be delivered over 1-2 seconds
- d. Is indicated when airway is blocked
- e. Use pressure of 30cmH₂O

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4. Initial and subsequent assessment during resuscitation include

- a. Colour
- b. Tone
- c. Respiratory rate
- d. Heart rate
- e. Chest expansion

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5. To prevent heat loss at birth include

- a. Drying the baby
- b. Wrapping with pre-warmed towel
- c. Using hot water bottles
- d. Overhead is more important than drying and wrapping the baby
- e. Switching off AC

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6. Features of terminal apnoea

- a. Falling blood pressure
- b. Heart rate of 90
- c. Metabolic acidosis
- d. Accumulation of CO₂
- e. Responds quickly to resuscitation

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7. Following is diluted with normal saline

- a. Adrenaline
- b. Sodium bicarbonate
- c. Heparin
- d. Nalaxone
- e. 5% Dextrose

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8. Effective resuscitation is achieved by

- a. Drying the baby
- b. Covering the head and body
- c. Stimulation of baby by dipping in to cold water
- d. Removing wet cloths
- e. Routine gentle suction of the nose

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9. For effective bag and mask ventilation

- a. Use of reservoir bag improve oxygenation from 40% to 90%
- b. 250ml bag is indicated for term babies
- c. Pop off valve prevents barotrauma to lungs
- d. Head should be in neutral position
- e. Suctioning is more effective than positioning

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10. In the airway management

- a. Opening of the airway can be achieved by neutral position
- b. Geudal airway is useful in babies with choanal atresia
- c. Mask should extend over the edge of the chin
- d. Rising heart rate is a sign of effective lung inflation
- e. Blocked airway by mucus is common

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11. Indications for chest compressions are
- Heart rate less than 60 beats per minute after effective ventilation
 - Failure to inflate lung with jaw thrust
 - Absence of carotid pulsation
 - Poor response to drugs
 - Absence of respiration at birth

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12. Pre-term baby
- Ideal mask size is 01
 - Inflation pressure is 20-25mmHg
 - Inflation breaths are delivered by 250ml bag
 - With low APGAR score frequently has normal cord blood gas
 - Delivery needs to call for help early

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13. Chest compressions
- Are useful before the lungs are inflated
 - Should compress the chest 1/3 of the way to the back
 - Relaxation phase is more important than compression phase to bump start the heart
 - And ventilation is best done by a single person
 - Objective is to move oxygenated blood from the pulmonary arteries to the coronary arteries

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14. Which of the following are true of drugs
- Calcium is a useful drug in neonatal resuscitation
 - The main effect of adrenaline is vasodilatation
 - If adrenaline is needed outcome is often bad
 - Bicarbonate may be given through tracheal route
 - 25% dextrose is used to correct hypoglycaemia

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15. Initial inflation breaths
- Should take 2-3 seconds to deliver
 - Chest rise is not seen in pre-term babies
 - Commonly causes pneumothorax
 - Increase in heart rate occur with effective airway opening
 - Chest rise is seen after 2-3 initial inflation breaths

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16. Risk factors for resuscitation
- PROM >18 hours
 - Maternal pyrexia
 - Multiple pregnancy
 - Breech delivery
 - History of maternal drug abuse

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17. In resuscitating a term baby
- Ideal bag is 250ml ambu bag
 - Suction of throat and mouth is a must
 - Drying and wrapping the baby is more important than overhead heating
 - Umbilical catheterization is a quick and effective way to gain vascular access
 - Checking cord pulsation always reflect the true heart rate

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18. Following are the strategies to maintain neutral airway
- Guedal airways
 - Jaw thrust
 - By extension of the head to its maximum
 - Shoulder pad
 - Chin lift

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19. Which of the following are true of drugs
- Adrenaline should be flushed with 2ml of saline
 - Nalaxone is an emergency drug
 - Adrenaline can be given through ET tube
 - Calcium gluconate is an emergency drug
 - Sodium bicarbonate can be given through ET tube

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20. Normal term baby
- Of 3kg is able to clear more than 100ml of lung fluid without help
 - Removal of secretions is very important to ensure an unobstructed airway
 - Inability to establish normal breathing is mostly due to cardiac problems
 - Who does not cry within 30 seconds needs resuscitation
 - Is able to tolerate hypoglycaemia better than adults

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