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

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

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

4. Initial and subsequent assessment during resuscitation include
   a. Colour
   b. Tone
   c. Respiratory rate
   d. Heart rate
   e. Chest expansion

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

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

7. Following is diluted with normal saline
   a. Adrenaline
   b. Sodium bicarbonate
   c. Heparin
   d. Nalaxone
   e. 5% Dextrose

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

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

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

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

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

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

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

16. Risk factors for resuscitation
   a. PROM >18 hours
   b. Maternal pyrexia
   c. Multiple pregnancy
   d. Breech delivery
   e. History of maternal drug abuse

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

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

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

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