1. Which of the following is a delivery room intervention to prevent heat loss for the very low birth weight (VLBW) infant?
   a. maintain room temperature at 72° F
   b. preheat the radiant warmer prior to delivery
   c. utilize a polyethylene wrap for the infant after the child is fully dried
   d. place the infant skin to skin with mother to support bonding

2. What intervention contributes to the development of chronic lung disease?
   a. allowing for hypercapnia
   b. giving rapid infusions of normal saline
   c. maintaining the head in midline position
   d. maintaining oxygen saturations above 95%

3. What are the recommended oxygen administration parameters for delivery room care of infants less than 28 weeks gestation?
   a. 21%-30%
   b. 100% always should be used
   c. 100% should be given for the first 10 minutes of life
   d. Adjust oxygen to maintain saturations above 95% for the first 10 minutes of life

4. A risk factor for intraventricular hemorrhage is:
   a. being born at 34 weeks gestation
   b. 100% always should be used
   c. maintaining the head in midline position
   d. placing the head of bed up 15% to reduce ventilator-associated pneumonia

5. Which statement about humidification of the incubator environment is FALSE?
   a. It helps the skin mature.
   b. It assists with temperature regulation.
   c. It improves fluid and electrolyte balance.
   d. It reduces the need to apply lotions that may have toxic effects to the skin.

6. What is the major benefit to using CPAP in the delivery room to avoid intubation?
   a. reduction of oral aversion
   b. reduction of inflammation
   c. reduction of retinopathy of prematurity
   d. reduction of chronic lung disease

7. What is the major benefit of delayed cord clamping for VLBW infants?
   a. reduction of intraventricular hemorrhage
   b. quicker recovery for the mother
   c. it helps reduce weight loss in the first week of life
   d. it improves iron stores at six months of life

8. Which statement about the use of simulation-based learning in the Neonatal Resuscitation Program is FALSE?
   a. It improves teamwork.
   b. It may reduce errors of communication.
   c. It allows the team to make mistakes without risk to the patient.
   d. Technical skills are important to demonstrate properly and should be the main focus of simulation training.

9. Once in the NICU, what intervention is used to reduce risk of intraventricular hemorrhage?
   a. avoid the Trendelenburg position
   b. maintain oxygen saturations above 95% for the first seven days of life
   c. minimal stimulation for the first seven days of life
   d. allow the mother to hold the infant skin to skin as soon as possible

10. IV fluids and amino acids are administered within 30 minutes of life to:
    a. support kidney function
    b. support nutrition needs
    c. maintain hydration and skin integrity
    d. support eye function

Evaluation

1. I can define the neonatal golden hour.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can identify interventions used in the delivery room to prevent hypothermia, chronic lung disease, retinopathy of prematurity, and intraventricular hemorrhage.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can discuss care practices for the very low birth weight infant once resuscitation is complete.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

The Neonatal Golden Hour
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EVALUATION

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3. A B C D E
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☐ Me/EndSurg
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