Nursing
NCC-NNP
Neonatal Nurse Practitioner Exam

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Question: 1

Five minutes after birth, a newborn infant is actively moving, crying, skin is pink all over, and heart rate is 132. Based on this information, you know this infant's Apgar score is

A. 8
B. 9
C. 10

Answer: C

Explanation:
The Apgar score is assessed one minute and again five minutes after birth. The initial reading is to assess how the newborn did through the birthing process. The second is done to assess how the newborn is doing outside the womb. The infant's activity level, heart rate, breathing pattern, skin color, and grimacing response are assessed and 0-2 points are assigned based on their condition. This infant is showing all signs of a healthy newborn, scoring 2 points in each section for a total of a perfect 10.

Question: 2

According to the American Heart Association, when should chest compressions be started in the pediatric patient?

A. If there is no detectable pulse
B. If the pulse is less than 60 beats per minute or there are signs of poor perfusion
C. If there is a normal pulse but signs of respiratory distress

Answer: B

Explanation:
According to the American Heart Association, chest compressions should be started on the pediatric patient if the pulse is less than 60 beats per minute or if there are signs of poor perfusion. If one person is performing CPR, the rate is 30 compressions followed by 2 breaths. If 2-person CPR is being performed, the cycle should be 15 compressions followed by 2 breaths.

Question: 3

During the first few months of life, the newborn is only able to digest those proteins found in

A. cows milk or human milk

B. formula or human milk
C. formula, human milk, or cows milk

Answer: B

Explanation:
The digestive system of the newborn begins maturing soon after birth. For the first few months, however, the only proteins it is able to digest are those found in formula or human milk. That is why it is advised that cow's milk not be begin to babies within the first year of life. The GI tract has also not fully matured with the necessary microorganisms that aide in digestion. Development and maturation of the GI tract continues for the first 2 years of life.

Question: 4

What method should be used to feed the preterm infant with a weak sucking reflex?

A. Gavage feeding
B. PEG tube
C. Thickened liquids given orally

Answer: A

Explanation:
Gavage feeding is used to provide nutrition to the infant with a poor sucking reflex, tachypnea, respiratory distress, impaired swallowing, or apneic spells. A nasogastric tube is placed and formula or human milk is slowly fed through the tube with a syringe. Often, the baby will be soothed or gently touched during the feeding to promote positive reinforcement with sucking. The feeding should be stopped if the baby exhibits signs of gasping or choking.

Question: 5

How many calories does a preterm infant require per day?

A. 50-100 kcal/kg/day
B. 100-150 kcal/kg/day
C. 150-200 kcal/kg/day

Answer: B

Explanation:
The preterm infant needs 100-150 kcal/kg/day in order to complete development and gain weight. A term infant generally needs 100-120 kcal/kg/day for normal growth and development Adequate nutrition to meet the nutritional needs of the preterm infant can help to prevent poor outcomes and help to improve adequate nervous system development.

Question: 6

A preterm infant in the NICU is receiving tube feedings until he is able to attempt oral feedings. What activity can help him with the transition from tube to oral feedings?

A. Playing soft music during tube feedings
B. Give him a pacifier to suck on during the tube feedings
C. Gently rub his stomach during tube feedings

Answer: B

Explanation:
Non-nutritive sucking, such as that with a pacifier, is having an infant suck on something that does not give them milk. For infants who are tube fed, it can trigger an association with them between having a full stomach and sucking, which can help when transitioning to oral feedings. The sucking activity is also helpful in strengthening the oral muscles needed to suck, as well as being soothing and calming for the infant.

Question: 7

Which of the following is an indication for parenteral nutrition in the premature infant?

A. Oxygen saturation less than 90%
B. Very low birth weight infants (less than 1500 g)
C. Difficulty latching on for breastfeeding

Answer: B

Explanation:
Parenteral nutrition is given via intravenous route. It is used when enteral feeding via a tube directly in the GI tract is not possible. This is most often due to a very low birth weight, less than 1500 g. Enteral feedings are delayed in these infants due to immature lung function requiring intubation, hypotension, hypothermia, and infection risk. Also, the GI tract in these infants may not tolerate feedings that require digestion by normal means.

Question: 8

How does the protein content in colostrum compare to the protein content in mature human milk?

A. The protein content is lower in colostrum than mature human milk
B. The protein content is equal in both.
C. The protein content is higher in colostrum than mature human milk.

Answer: C

Explanation:
The first form of human milk that can be expressed is called colostrum. This is produced for the first few days, up to a week following delivery. It has a higher protein content than mature human milk. Colostrum can contain up to 17% protein, while mature human milk contains only about 1% protein.

Question: 9

Which vitamin should be given to infants at risk for bronchopulmonary dysplasia?

A. Vitamin A
B. Vitamin B
C. Vitamin C

Answer: A

Explanation:
Very low birth weight infants are at risk for developing bronchopulmonary dysplasia. Nutritional support can possibly help to decrease the development of this condition. Vitamin A helps with lung maturity, and supplementation with this vitamin may help to prevent this condition. Parenteral nutrition also helps with lung development to ensure the infant is receiving the proteins and lipids needed to help with lung maturity.

Question: 10

A premature infant in the NICU has a G-tube and the NP is starting his scheduled feeding. The formula is backing up in the tube and not flowing smoothly. The next intervention would be to

A. flush with an air bolus then aspirate to confirm placement
B. flush the tube with 20 cc of a carbonated soft drink
C. flush the tube with 5-10 ccwarm water and try aspirating and flushing if there is resistance

Answer: C

Explanation:
A G-tube should be flushed with warm water before and after all feedings to ensure patency and remove any build-up of formula within the tube itself. Neither air nor carbonated soft drink should be flushed into the tube.

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