

5-7 Chapter Test



Complete the following test to demonstrate understanding of risks that apply to infants and children. Risk information sheets may be used for reference just as in a typical clinic setting.



After you have completed the test, talk it over with your training supervisor.

Use the information provided about each participant and the risks discussed in this chapter to complete the table following each example:

1. Seth:

- ◆ He is 5 months old and at the 3rd percentile weight for length.
- ◆ He has been drinking whole milk as there is often not enough money for formula.
- ◆ His father tells you he was diagnosed with NAS as his mother used drugs during pregnancy.

What risks would be assigned?	Risk #s:
Additional documentation required?	Yes No
Referral to the RD required?	Yes No

2. Wilson:

- ◆ He is 2 weeks old and is exclusively breastfeeding on a strict schedule.
- ◆ He weighed 10 pounds at birth.
- ◆ His mom was on WIC during her pregnancy and is currently following a low carbohydrate high protein diet to try and lose weight.

What risks would be assigned?	Risk #s:
Additional documentation required?	Yes No
Referral to the RD required?	Yes No

3. Xavier:

- ◆ He is 8 weeks old, born at 38 weeks gestation and weighed 5 pounds 12 ounces.
- ◆ His mom tells you that the doctor said that he was small for his gestational age when he was born so she has been adding less water to his formula and propping the bottles on a regular basis to try and boost his intake.
- ◆ His weight for length is now at the 95th percentile.

What risks would be assigned?	Risk #s:
Additional documentation required?	Yes No
Referral to the RD required?	Yes No

4. Zeus:

- ◆ He is a 3-year-old child who recently immigrated to the US.
- ◆ His height is below the 5th percentile for his age.
- ◆ His BMI is at the 10th percentile.

What risks would be assigned?	Risk #s:
Additional documentation required?	Yes No
Referral to the RD required?	Yes No

5. Nick:

- ◆ He is an exclusively breastfeeding infant who is 15 days old.
- ◆ He weighed 8 pounds 3 ounces at birth and now weighs 8 pounds 1 ounce.
- ◆ His mom was on WIC during her pregnancy and is still underweight. She tells you that he has trouble nursing, he doesn't latch on very well because she has flat nipples. He lost 8 ounces after he was born but has slowly been regaining the weight.

What risks would be assigned?	Risk #s:
Additional documentation required?	Yes No
Referral to the RD required?	Yes No

6. Zachary:

- ◆ He just turned 2 years old.
- ◆ His mother offers lots of squeeze packs to avoid messes during snack and meal times. She does not want to spend money on vitamin supplements
- ◆ He drinks from a bottle at night and a cup during the day.
- ◆ His BMI falls on the 98th percentile.

What risks would be assigned?	Risk #s:
Additional documentation required?	Yes No
Referral to the RD required?	Yes No

