OT Mastery

OT in the Neonatal Intensive Care Unit

1. What is one of the main reasons NICU support staff are so in demand?

A. The number of babies born addicted to opioids is growing
B. OTs are being asked to specialize more frequently
C. OTs want to enter this area because it's fulfilling work
D. A growing number of children are being born with respiratory conditions

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2. Which of the following is NOT a reason that a baby may need care in the NICU?

A. Prematurity
B. Jaundice
C. Neonatal Abstinence Syndrome (NAS)
D. Autism Spectrum Disorder

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3. At what point in the gestational period will a fetus be fully formed?

A. Weeks 13-16
B. Weeks 9-12
C. Weeks 17-20
D. Week 36

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4. What two sensory systems are the first to emerge in utero?

A. Tactile and proprioceptive
B. Olfactory and visual
C. Tactile and vestibular
D. Gustatory and olfactory

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5. The vestibular system is one of the first to develop in utero. At what point does this development begin?

A. Weeks 5-8
B. Weeks 15-17
C. Weeks 8-10
D. Weeks 10-12

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6. How long can a newborn remain in the NICU?

A. As long as there is a demonstrated need, they will never be asked to leave
B. As long as there is a demonstrated need, they can stay up until they are a year old
C. Up until 1 month of age
D. Up until 6 months of age

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7. As early as three days old, newborns can tell the difference between what two tastes?

A. Sweet and bitter
B. Sweet and salty
C. Sour and bitter
D. Sweet and sour

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8. It is important that therapists know gestational milestones as well as developmental ones up through one year. At what age should a baby be expected to hold their own head up?

A. 6 months
B. 2 months
C. 3 months
D. 4 months

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9. At what age do babies begin to recognize familiar people at a distance?

A. 2 months
B. 4 months
C. 6 months
D. 5 months

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10. At what age does holding their head up, rolling over, and pushing up to their elbows while laying on their stomachs become a valuable and fairly well-developed skill?

A. 3 months
B. 6 months
C. 4 months
D. 5 months

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11. What reflex is elicited by stroking the corner of a baby's mouth?

A. Moro reflex
B. Rooting reflex
C. Sucking reflex
D. Swallow reflex

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12. If a baby is demonstrating an age-appropriate Moro reflex, what will this look like?

A. They will extend their head, arms, and legs, then pull the extremities back in, in response to a loud sound
B. They will flex then extend their arms, legs, and head in response to a loud sound
C. They will begin to press their feet into the ground as if they are walking
D. They will press their tongue to the roof of their mouth

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13. At what age does the grasp reflex become integrated?

A. 2 years
B. 6 months
C. 3 months
D. 1 year

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14. What reflex may be confused by parents as a baby's first steps?

A. Stepping reflex
B. Grasp reflex
C. Startle reflex
D. Righting reflex

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15. If a newborn requires surgery to treat a congenital condition, what level NICU would they need?

A. Level III
B. Level IV
C. Level II
D. Level V

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16. What is NOT an area that an occupational therapist educates NICU parents on?

A. Social skills
B. Grief reactions
C. Positioning
D. Sensory development

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17. Which of the following is NOT a reason that a therapist would recommend infant massage to a parent?

A. To promote wake cycles
B. To relieve pain and discomfort
C. To promote healthy bonding and attachment
D. To reduce crying or irritability

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18. What is NOT an example of an assessment used to evaluate pain in infants?

A. PIPP
B. FLACC
C. NPASS
D. VAS

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19. Which vital sign has a normal range that is the same for infants and adults?

A. Blood pressure
B. Body temperature
C. Respiratory rate
D. Heart rate

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20. Which of the following is NOT a method of relieving pain and discomfort in NICU infants?

A. Non-nutritive sucking
B. Infant massage
C. Opioids
D. Mechanical ventilation

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21. What is the purpose of feeding infants sucrose or other sweeteners?

A. To help improve their ability to bottle-feed
B. These liquids relieve pain by stimulating the same areas of the brain as opioids do
C. To help premature babies gain weight
D. These liquids are easier to swallow so they can be used for babies who have difficulty feeding

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22. What is the purpose of kangaroo care?

A. It helps the gastrointestinal system to develop, which increases digestion and nutrient absorption in premature babies
B. Kangaroo care offers infants the ability to further open their airways, which improves their breathing
C. Skin-to-skin contact helps promote bonding and healthy attachment between a baby and their mother
D. This is intended to give NICU workers time to treat other babies since the babies getting kangaroo care are with their mothers

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23. Facilitated tucking is done in what position?

A. Supine in a blanket with arms extended
B. Side-lying flexed position

C. Prone on elbows
D. Supine and wrapped in a blanket

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24. What is the best method for infant massage?

A. Massage the entire body in long strokes but do not touch the face
B. Only massage the back of the body using short, quick strokes
C. Only massage the front of the body using short, quick strokes
D. Circular motions from the toes to the head

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25. What statement about infant massage is NOT true?

A. No matter which way you do massage, it will be beneficial for the child
B. You need doctor clearance before beginning any massage
C. Start at the toes rather than the head
D. Only complete massage if the baby is alert, calm, and content

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26. Which of the following is NOT a piece of equipment used in the NICU?

A. A radiant warmer
B. An incubator
C. A giraffe bed
D. A standard crib

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27. What is a bili-blanket used for?

A. It is a specific type of bed that babies are placed in immediately after birth
B. It treats jaundice by providing light to the abdomen that helps the liver process bilirubin
C. It has a pacifier attached to it so the baby doesn't lose it in their bed
D. It is a blanket with gaps that allows them to be wrapped up despite having lines, tubes, and ports on their body

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28. Why might a baby need suctioning?

A. They need humidified air to make it easier for their lungs to use
B. They cannot breathe on their own and rely entirely on a machine to do it for them
C. Their lungs are too weak to get rid of secretions, mucus, and phlegm
D. They cannot form an adequate suction on the bottle when feeding so they need a machine to help

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29. Which of the following is a device used alongside a ventilator to assist with breathing?

A. Osteotomy
B. Endotracheal tube

C. Nasogastric tube
D. Ostomy

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30. What role do parents play in the treatment process?

A. They are to visit and provide support when therapists are not present
B. They can help support staff in treating the baby
C. They are made a priority, since education/carryover at home is crucial to a baby's development
D. They are not allowed to visit in such overstimulating environments

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31. Which of the following is NOT a normal parental reaction to having a baby in the NICU?

A. Pride
B. Guilt
C. Anger
D. Fear

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32. Is it within an occupational therapist's scope of practice to address a parent's emotions during this time?

A. No; they should be referred to a counselor since occupational therapists cannot help manage emotions
B. No; they should be referred to a psychiatrist since occupational therapists cannot help manage emotions
C. Yes; these emotions are valid and should be addressed in some way because they can negatively impact the treatment process
D. Yes; sessions should focus entirely on discussing and processing emotions

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33. Why is breast feeding highly recommended in the NICU?

A. It is easier than bottle feeding
B. Breast milk has antibodies that help build a baby's immunity
C. It is free
D. There is a lot of equipment in the NICU to help with breastfeeding

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34. What is NOT a way that a NICU baby might be fed?

A. Bottle feeding
B. Breast feeding
C. Through an IV
D. Through a nipple shield

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35. What adaptive equipment may assist babies with poor sucking and swallowing abilities as they breastfeed?

A. Modified bottle
B. Nipple shield
C. Modified pacifier
D. Artificial milk

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36. Why is positioning so important during feeding?

A. It reduces reflux and eases pressure on the lungs
B. It counts as kangaroo care
C. It makes the baby more comfortable
D. It makes the mother more comfortable

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37. What can mothers do to improve their baby's ability to breast feed?

A. Eat whatever feels right for them
B. Pump their breasts frequently until they are empty
C. Work out heavily
D. Always breast feed while standing

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38. What is NOT something a lactation consultant can help with?

A. Recommending only bottlefeeding
B. Trying different consistencies of milk
C. Modifying calories
D. Helping babies latch when breastfeeding

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39. What is an indication that a baby might need a Modified Barium Swallow evaluation?

A. They refuse to eat anything
B. They are too active or aroused when eating
C. They are falling asleep while eating
D. They are coughing while eating

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40. What is the car seat test?

A. It tests if they can sit upright in a car seat without crying
B. It monitors the baby's interaction with the environment when sitting in a car seat
C. It monitors the baby's vitals when they are sitting upright
D. It tests parents' ability to safely use a car seat before the baby goes home

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