

# 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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**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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