

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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