

# Answer Key for Postpartum Module

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## Final Skills Check

**Question 1:** The recommended iodine intake for ALL those of childbearing age.

A: 220 micrograms

B: 250 micrograms

**C: 110 micrograms**

D: 150 micrograms

**Answer:** 150 micrograms, the American Thyroid Association recommends that all who are planning to become pregnant and breast/chestfeed take a vitamin supplement with 150 micrograms of iodine daily.

**Question 2:** The basics of postpartum care include?

A: Attempting a well-balanced diet, no vitamins, running around, then crashing.

B: Sleeping all day long, eating only sweets, and taking vitamins.

**C: Getting a well-balanced diet, daily multi-vitamin intake, breast/chestfeeding, getting rest.**

D: Taking prenatal vitamins, drinking soda, and sitting around.

**Answer:** C: The basics of postpartum care include eating a well-balanced diet, continuing multi-vitamin supplementation, getting adequate rest, breast/chestfeeding, and completing recommended postpartum medical care.

**Question 3:** WIC Postpartum Anemia is defined as a hemoglobin level at 12.0 g/dL? (T/F)

**Answer:** False- A PP hemoglobin level under 12.0 g/dL would trigger the risk code 201 indicating low iron level but does not define anemia.

**Question 4:** Signs of Postpartum Depression (PPD) include?

A: Extreme nausea, vomiting, diarrhea.

**B: Extreme sadness, anger or guilt, little interest in baby or self.**

C: Feeling connected to baby, focused, and well rested.

D: Feeling like running away and hiding in a field.

**Answer:** B: Symptoms of PPD include extreme sadness, anger or guilt, little interest in baby or self, feeling disconnected from baby, trouble focusing, eating, or sleeping, and feeling like harming self or baby.

**Question 5:** Match to Source: 1. Sources of Folic Acid, 2. Sources of Iron, 3. Sources of Iodine, 4. Sources of Fiber (mix and match)

A: iodized table salt, canned tuna, or salmon, dairy, or some grains

B: fortified breads and pastas, and some breakfast cereals

C: whole grains, fruits, and vegetables

D: lean meats, eggs, nuts and seeds, leafy greens

**Answer:** 1: B; 2:D; 3: A; 4:C

**Question 6:** What is the postpartum period?

**A: When an individual moves from pregnant to a non-pregnant state.**

B: When a participant gets pregnant a second time.

C: Only when a parent is breastfeeding.

D: Only immediately after a baby is born.

**Answer:** A: When an individual moves from pregnant to a non-pregnant state.

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