

Doula Certification Practice Test Questions and Answers

1. What is mastitis?

- A) A blocked milk duct only
- B) Inflammation of breast tissue, often involving bacterial infection
- C) Normal breast tenderness
- D) A breastfeeding position

2. What is swaddling?

- A) A breastfeeding position
- B) Wrapping a newborn snugly in a blanket to promote calm and sleep
- C) A newborn bathing technique
- D) A diapering method

3. What is colostrum?

- A) Mature breast milk
- B) The first milk produced, rich in antibodies and immune factors
- C) Formula supplement given at birth
- D) A medication given to newborns

4. What is a birth plan?

- A) A medical order written by the OB
- B) A document outlining a client's preferences for labor and birth
- C) A legal contract with the hospital
- D) An insurance authorization form

Answers: 1-B 2-B 3-B 4-B

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