

Breastshields Competency-Validation



Procedure: Breastshields

Name: _____ Date: _____

The above nurse/healthcare provider has demonstrated, under my supervision, adequate performance of the skills listed below.

Instructor's Signature: _____ Date: _____

Answer the following questions:

- 1) Breastshields should only be sized at the initiation of pumping.
 A. True
 B. False
- 2) One size breastshield fits 80% of all women.
 A. True
 B. False
- 3) Discomfort while pumping is temporary and is a sign milk is being produced.
 A. True
 B. False
- 4) The best way for a mother to hold the breastpump kit while pumping is
 A. By holding the bottles
 B. By holding the tubing
 C. By holding the breastshield
- 5) The C in COMFY stands for
 A. Centered nipple moving freely in the tunnel
 B. Centered areola moving freely in the tunnel
 C. Coaching the mother to increase suction levels
 D. Changing breastshield sizes once a week

- 6) The O in COMFY stands for
- A. Only 10 minutes pumping time per pumping session
 - B. Only allow mom to pump 30 mL per breast
 - C. Only change breastshield sizes once to preserve inventory
 - D. Only little or no areola tissue pulled into tunnel
- 7) The M in COMFY stands for
- A. Maximum pump suction is always best
 - B. Minimum pump suction is always best for comfort and milk production
 - C. Motion of the breast is gentle and rhythmic with each cycle of the pump
 - D. Motion of the breast is a sign the breastshield is too large
- 8) The F in COMFY stands for
- A. The mother feels comfortable while pumping
 - B. The nurse feels comfortable with mother pumping at the infant's bedside
 - C. Five minutes of pumping every 2 hours is the recommended pumping schedule
- 9) The Y in COMFY stands for
- A. Milk yield should equal the number of minutes pumped
 - B. A correctly fitted breastshield yields a well-drained breast

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