Quiz/Evaluation

How Comfortable are You doing a Pump Fitting and Assessment?

1. Pump trauma which includes tissue loss, pain, and infection can occur with pumping when high pressure and long or very frequent pumping sessions are used.
2. Power pumping is safe and does not contribute to pump injuries.
3. Nipple ischemia is when blood flow to the nipple is restricted, and over time, can cause pain and tissue damage.
4. Ineffective pumping can cause poor emptying of the breast but will not affect a person’s milk supply.
5. Hospital grade pumps should be used by all mothers who have low milk supply
6. The term CYCLE when referring to breast pumps, generally means how FAST the pump sucks per minute.
7. Vacuum, when referring to breast pumps, is measured in millimeters of mercury (pressure) exerted on the nipple or areolar complex.
8. The amount of suction pressure (mmHg) produced by a breast pump is not standardized or regulated for safety.
9. An effective flange fitting and pump assessment includes visualization of the fit, appropriate nipple movement/stimulation during both cycles, adequate milk removal, and maternal comfort during and after pumping.
10. A breast pump accessory available from a third-party seller, is likely to work as effectively as a part from the original manufacture.
11. A pumping parent should be instructed to use the highest tolerable vacuum setting on their pump.