

Awareness Quiz

Please take a few minutes to do this quiz. I will give you the answers in Class 4.

1. Women achieve spontaneous, uncomplicated, un-anesthetized vaginal births (that could be properly managed at home) at what percent?
 - a. 75%
 - b. 86%
 - c. 96%
2. Currently Bradley holds a _____ un-medicated birth rate.
 - a. 67%
 - b. 77%
 - c. 86%
3. What year did hospital birth begin?
 - a. 1900
 - b. 1920
 - c. 1940
4. What is the infant mortality rate (IMF) in the US
 - a. 1/125
 - b. 1/1000
 - c. 1/500
5. In 1970 the IMR in the US was in _____ place, in 1980 it was _____ and currently it is _____ compared to other industrialized and third world countries.
 - a. 13th, 19th, 29th
 - b. 29th, 19th, 13th
 - c. 15th, 10th, 1st
6. Maternal Mortality Rate (MMR) in the US is currently _____ in the world.
 - a. 10th
 - b. 20th
 - c. 8th
7. Anesthesia is the _____ cause of maternal deaths
 - a. #1
 - b. #15
 - c. #25
8. 1940 C-section rate was 1%, in 1970 it increased to 5% and in 1980, electronic fetal monitoring (EFM) was introduced and it increased to _____.
 - a. 10%

- b. 15%
 - c. 25%
9. In 1988 C-section rate was _____.
- a. 22%
 - b. 25%
 - c. 30%
10. In 2003 the C-section rate was 27.6%, in 2005 30.1 % and currently it is _____%, we are currently seeing 1/3 women having major surgery to remove babies from the womb. There is no justification for c-section rates to exceed 10-15%.
- a. 31
 - b. 32
 - c. 33
11. The state of Michigan holds a _____ C-section rate, Idaho the lowest at 22.6% and New Jersey the highest at 36.3%.
- a. 27.5%
 - b. 28.8%
 - c. 30.2%
12. Cesarean Section costs \$\$\$ _____
- a. 9,300-26,000
 - b. 4,300-16,000
 - c. 2,300-5,000
13. _____ babies have cord wrapped around neck
- a. 15%
 - b. 30%
 - c. 45%
14. Premature births have increased _____ since 1980
- a. 10%
 - b. 19%
 - c. 30%
15. Circle all that are true about breech babies
- a. 16% babies are breech at 33-36 weeks
 - b. 7% babies are breech at 37-40 weeks
 - c. 4% babies are breech 41-42 weeks
16. Induction is attempted _____ of the time and 1/3 of the time it is successful
- a. 22%
 - b. 33%

- c. 44%
17. First time mothers are 2x more likely to have a C-section if induced
- a. True
 - b. False
 - c. Neither
18. All inductions agents can cause uterine hyper stimulation which leads to fetal distress which in turn leads to additional interventions
- a. True
 - b. False
19. _____% of full term births with cord prolapsed occurred when BOW was broken to induce labor
- a. 20%
 - b. 30%
 - c. 40%
20. Miscarriage occurs in _____ of pregnancies
- a. 10%
 - b. 20%
 - c. 30%
21. It is illegal to throw human poop in the garbage.
- a. True
 - b. False
22. Disposable diapers are the _____ most common consumer product in landfills today.
- a. 1st
 - b. 2nd
 - c. 3rd
23. A disposable diaper may take up to _____ years to decompose.
- a. 100
 - b. 500
 - c. 250

24. One baby in disposable diapers will contribute at least _____ of waste to your local landfill.
- 1 ton
 - 1000 pounds
 - 2 tons
25. You can expect to spend _____ or more on disposables by the time your baby is out of them.
- \$1000-2000
 - \$1500-2000
 - \$3000
26. It is possible to buy enough cloth diapers plus accessories for under \$300.
- True
 - False
27. Formula for the first year of a baby's life costs about _____.
- \$400
 - \$700
 - \$900
28. Doulas have been shown in published studies to provide reduction by _____% in chance of C-section, _____% in use of epidural anesthesia, _____% in use of narcotics, _____% in use of Pitocin, _____% in the time of labor, _____% in use of forceps and vacuum extraction.
- 50,60,30,40,25,40
 - 10,20,30,40,50,60
 - 25,30,15,20,10,20
29. The rate of drugged babies at birth in the U.S. today is about _____%
- 70
 - 80
 - 98
30. True or False: There is very little difference between heroin or morphine and narcotic drugs used in childbirth (Demerol, Stadol, Nubain). True or False: Cocaine belongs to the same chemical family as the drugs used for epidurals in childbirth (Marcain, bupivacaine, Nesacaine, Cholorprocain, Mepivacaine, Sensorcain, Lidocaine, Novocain, Xylocaine).
- True, False
 - True, True
 - False, False
 - False, True