



## Appendix 1. Questionnaire developed by the Committee on Breastfeeding of the AEP adapted for residents

1. Breast milk is the best possible food for the newborn, as long as the mother is not malnourished: (a) Correct / (b) Incorrect
2. In the second year of life, the quality of the breast milk is very poor: (a) Correct / (b) Incorrect
3. If the mother is taking amoxicillin/clavulanic acid, breastfeeding should be suspended: (a) Correct / (b) Incorrect
4. If an infant that has been breastfed cries with hunger, bottle feeding should be used for supplementation: (a) Correct / (b) Incorrect
5. Have you ever heard of baby-friendly hospitals?: (a) Yes / (b) No
6. Until what age is exclusive breastfeeding currently recommended?: (a) 1 month/ (b) 2 months / (c) 3 months / (d) 4 months / (e) 5 months / (f) 6 months
7. What should a healthy newborn be given in addition to breast milk?: (a) Nothing / (b) Water / (c) Dextrose 5% solution / (d) Formula
8. What is the scientific interpretation of what is commonly known as “watery milk”\*?  
(a) Colostrum / (b) Milk produced at the beginning of the feeding / (c) Milk of low nutritional value / (d) None of the above
9. The milk supply of a woman depends on: (a) Her fluid intake / (b) The size of her breasts / (c) The frequency and effectiveness of the feedings / (d) Her emotional state / (e) All are correct / (f) a, c and d are correct / (g) None is correct
10. Choose which of these institutional practices is best for promotion of breastfeeding in the maternity ward: (a) Analgesia during childbirth / (b) Allowing the mother to rest at night (remove the baby) / (c) Placing newborn at the breast within 1 hour of birth / (d) Breastfeeding every 3 hours during the night / (e) Stimulation of sucking with pacifier
11. Choose the most accessible and effective resource for nipple care: (a) moisturizing creams / (b) alcohol and glycerine / (c) correct breastfeeding position / (d) vigorous scrubbing / (e) Soap and water
12. Mark whether the following statements are true (T) or false (F): The first feeding must take place immediately after birth / Administration of glucose solution is necessary to prevent neonatal hypoglycaemia / More frequent feedings decrease the risk of jaundice / Many newborns need to be bottle-fed until the mother’s milk supply is established / Infants should be breastfed on demand / Pacifiers interfere and cause problems with breastfeeding / The newborn should stay with the mother around the clock / The first



feeding at the breast should occur at least 3 hours after birth / In the case of mastitis, breastfeeding should be discontinued / The breast should be washed before and after each feeding / Breastfeeding is not recommended if the mother is a hepatitis B virus carrier / If the baby has diarrhoea, breastfeeding should be suspended for a few days / Breastfeeding should not be recommended in twins

**Source:** Tembory Molina MC. Informe sobre el conocimiento de los residentes de pediatría en el manejo de la lactancia materna. [An Pediatr \(Barc\). 2003;58:263-7.](#)

\*Spanish expression used to refer to foremilk