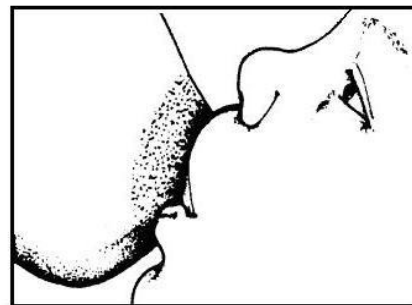




Appendix 2. Questionnaire on the knowledge on breastfeeding (ECola)	
1.	In the case of mastitis, breastfeeding should be discontinued temporarily: (a) True / (b) False
2.	Mothers should be advised to feed the newborn every 2-3 hours for 15 minutes at each breast: (a) True / (b) False
3.	Exclusive formula feeding is associated with an increased risk of morbidity and mortality: (a) True / (b) False
4.	Most babies born by caesarean section need formula supplementation in the first hours of life: (a) True / (b) False
5.	If a breastfed baby has problems breastfeeding and requires supplementation (with human milk or artificial formula), the use of a bottle is generally discouraged, especially in the first weeks of life: (a) True / (b) False
6.	In breastfed babies, a high frequency of feedings decreases the risk of requiring phototherapy: (a) True / (b) False
7.	In healthy newborns, before placing the baby to feed at the breast in the delivery room, the weigh must be measured and the Apgar score assessed and adequate ocular prophylaxis administered with the infant on a radiant heat mattress: (a) True / (b) False
8.	In very preterm infants (<32 weeks) the first line of nutrition is the mother's milk (fortified as needed), the second best option is banked human milk, and supplementation with preterm formula should be used as the last resort: (a) True / (b) False
9.	In the maternity ward, a newborn aged more than 15 hours who needs to be awakened for every feeding is considered to be at risk: (a) True / (b) False
10.	From 12 months post birth, the nutrient content of breastmilk decreases significantly compared to the first year of lactation: (a) True / (b) False
11.	If a breastfed baby in good general health presents with isolated poor weight gain, the first step should be to supplement feedings with formula followed by re-evaluation: (a) True / (b) False
12.	From age 6 months, the number of feedings must be reduced to 2-3 a day, complemented with all other foods: (a) True / (b) False
13.	"Watery milk" is in fact the foremilk, or milk produced at the beginning of a feeding: (a) True / (b) False

14. The following illustration shows what a good latch looks like: (a) True / (b) False



15. Which are the current recommendations on breastfeeding of the WHO?: (a) Exclusive breastfeeding (EBF) through age 4 months, followed by introduction of complementary foods and continued breastfeeding for as long as the mother and child desire / (b) EBF through age 6 months and complementary foods while continuing breastfeeding for up to 2 years. / (c) EBF through age 6 months, followed by introduction of complementary foods with continued breastfeeding through age 2 years or beyond as the mother and child desire.

16. Which of the following interventions is most important in a breastfeeding mother that has cracked nipples?: (a) Feeding observation / (b) Recommending the use of nipple shields / (c) Applying purified lanolin after each feeding / (d) Washing with soap and water

17. A 17 day old infant is brought to the emergency room by the parents due to inconsolable crying. The infant is exclusively breastfed and things had been going well, but in the last 24 hours he has started crying and demanding to feed very often, sometimes every 30-60 minutes. The infant is soothed at the breast and sucks vigorously. His appearance is healthy, weight gain is good and the physical examination is normal, but the mother has the feeling that the infant is left hungry. What does this suggest to you and how would you approach it?: (a) Growth spurt. I would observe a feeding and recommend feeding on demand and attending the routine checkups with the paediatrician / (b) Infant colic. I would recommend abdominal massage and rocking the infant lying on his back until it is time for the next feeding / (c) Low milk supply. I would recommend supplementation with 60 ml of formula in feedings and followup with the paediatrician / (d) Low milk supply I would recommend weighing him before and after each feeding and supplementation with formula in the necessary amount in each feeding to achieve an intake of 150 ml/kg/day divided into 8 feedings

18. List 5 characteristics of a good latch that you could apply in the assessment of a feeding\*.

\*Broad or ambiguous responses are not considered valid (e.g. lips, or position of lips), the answers need to be specific, even if using only a few words. If you cannot give the total of 5, write a 0 (zero)

19. What would you tell a pregnant woman that comments during an office visit that she's considering formula feeding?: (a) Nothing, as this is a personal choice and I would respect it / (b) I would ask her to elaborate to understand her motivation and the information she has, and respectfully encourage her to reconsider it / (c) That given the



absolute superiority of human milk, it is irresponsible to forego breastfeeding when it is not contraindicated / (d) Not to feel guilty, as most children develop equally well whether they are breastfed or bottle-fed / (e) All the above are correct
20. Providing free samples of first infant formula to mothers in health care facilities: (a) Is a violation of the International Code of Marketing of Breast-milk Substitutes / (b) Its acceptable for partial nutritional support in low-income families / (c) Is acceptable if it is clearly stated in the packaging that human milk is the optimal food for the infant / (d) It is appropriate for helping mothers who are having problems breastfeeding / (e) All the above are correct
21. A nursing mother seeks advice because she is going to start treatment with adalimumab for Crohn disease. Her gastroenterologist has advised her to wean her 8-month-old baby because treatment is very important. Where could you find out whether this drug is or not compatible with breastfeeding?: (a) In the summary of product characteristics of the drug / (b) In the Medimecum / (c) I would refer to the information provided by the specialist that has prescribed the treatment / (d) A website I know (specify which) / (e) There is no need to consult anything, weighing the risks and benefits, the most appropriate choice is weaning, as the child is already 8 months old
22. Imagine you are a nurse in the maternity ward. A nurse assistant is concerned about breastfeeding in a newborn, thinking something is amiss, and would like for you to observe a feeding: (a) I've observed feedings on numerous occasions and I'd feel competent in identifying and addressing the most common problems / (b) I don't think I've ever done it and I would not know what to look for, exactly / (c) I would not feel confident. I would give more importance to the amount of weight loss and blood glucose levels. If in doubt, I would recommend supplementation to prevent weight loss / (d) I've observed some feedings, but I don't have much experience. I think I would only be able to detect evident problems
23. Do you think it is appropriate for women to breastfeed in public?: (a) Yes / (b) No
24. Rate the quality of the education on breastfeeding received in the past few years of training: (a) Very deficient / (b) 1 / (c) 2 / (d) 3 / (e) 4 / (f) 5 / (g) Very satisfactory
25. Have you received any specific courses on breastfeeding during your medical training?: (a) Yes / (b) No
26. If you have, how many have you received? (provide a number):
27. Total approximate duration, in hours (provide a number):
28. What is your main source of knowledge on breastfeeding? (you can pick several options): (a) Courses / (b) Books and articles / (c) Contents of the medical curriculum / (d) More senior residents (or attending physicians) / (e) Other co-workers / (f) Personal experience / (g) Other (please state which)
29. Do you think you should be an expert in the identification and management of specific breastfeeding problems?: (a) Yes / (b) No



30. Why?: (a) Because it is a frequent reason of consultation / (b) For the benefit of my patients and their families / (c) Because it is part of my job / (d) Because it is not part of my job

31. Do you feel qualified on the subject?: (a) No, not at all / (b) 1 / (c) 2 / (d) 3 / (e) 4 / (f) 5 / (g) Yes, totally

**Source:** Gómez Fernández-Vegue M, Menéndez Orenga M. Validación de un cuestionario sobre conocimientos y habilidades en lactancia materna. [An Pediatr \(Barc\).](#) 2015;83:387-96.