



Appendix 5. Correct answers to the ECoLa questionnaire administered to primary care professionals

Item (N= 7 providers)	n	Prevalence (%)
1. In the case of mastitis, breastfeeding should be discontinued temporarily (<i>F</i>)	44	93.6
2. Mothers should be advised to feed the newborn every 2-3 hours for 15 minutes at each breast (<i>F</i>)	37	78.7
3. Exclusive formula feeding is associated with an increased risk of morbidity and mortality (<i>T</i>)	32	68.1
4. Most babies born by caesarean section need formula supplementation in the first hours of life (<i>F</i>)	45	95.7
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 (<i>T</i>)	38	80.9
6. In breastfed babies, a high frequency of feedings decreases the risk of requiring phototherapy (<i>T</i>)	40	85.1
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 (<i>F</i>)	35	74.5
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 (<i>T</i>)	45	95.7
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 (<i>T</i>)	34	72.3
10. From 12 months post birth, the nutrient content of breastmilk decreases significantly compared to the first year of lactation (<i>F</i>)	36	76.6
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 (<i>F</i>)	41	87.2



12. From age 6 months, the number of feedings must be reduced to 2-3 a day, complemented with all other foods (F)	38	80.9
13. "Watery milk" is in fact the foremilk, or milk produced at the beginning of a feeding (T)	28	59.6
14. The following illustration shows what a good latch looks like (F)	37	78.7
15. Which are the current recommendations on breastfeeding of the WHO? (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)	43	91.5
16. Which of the following interventions is most important in a breastfeeding mother that has cracked nipples?: (Feeding observation)	38	80.9
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? (Growth spurt. I would observe a feeding and recommend feeding on demand and attending the routine checkups with the paediatrician)	32	68.1
18. List 5 characteristics of a good latch that you could apply in the assessment of a feeding: (open answer, valid options can be found in Appendix 5)		
19. What would you tell a pregnant woman that comments during an office visit that she's considering formula feeding?: (I would ask her to elaborate to understand her motivation and the information she has, and respectfully encourage her to reconsider it)	47	100
20. Providing free samples of first infant formula to mothers in health care facilities (is a violation of the International Code of Marketing of Breast-milk Substitutes)	31	66
21. A nursing mother seeks advice because she is going to start treatment with adalimumab for Crohn disease. Her	39	83



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? <i>(A website I know; valid websites: e-lactancia.org and LactMed)</i>		
22. Do you think it is appropriate for women to breastfeed in public? <i>(Yes)</i>	45	95.7