

Pre-Test Questionnaire for MIYCAN Training

Participant Name: _____ **Designation:** _____
Facility Name: _____ **District:** _____

Note:

- ✓ Attempt all questions. (circle the correct answer)

Question: 1

Pakistan failed to achieve its targets including targets set to improve maternal health and to reduce child mortality in Millennium Developmental Goals (MDGs). What is current maternal mortality ratio (MMR) of Pakistan?

- A. 160/100,000/- live births
- B. 186/100,000/- live births
- C. 192/100,000/- live births
- D. 208/100,000/- live births

Answer: (B). 186/100,000/- live births

Question 2:

Which of the following micronutrients is most crucial for preventing neural tube defects in pregnant women?

- A) Vitamin C
- B) Folate
- C) Calcium
- D) Zinc

Answer: B) Folate

Question 3:

Why is the prevalence of maternal anemia a significant public health issue in Pakistan?

- A) It contributes to high maternal mortality rates
- B) It increases the risk of infections during childbirth
- C) It leads to low birth weight and preterm births
- D) All of the above

Answer: D) All of the above

Question 4:

What role does iron supplementation play in MMS for pregnant women in Pakistan?

- A) It helps prevent dehydration
- B) It boosts the immune system
- C) It reduces the risk of maternal anemia and low birth weight
- D) It ensures proper bone development in the fetus

Answer: C) It reduces the risk of maternal anemia and low birth weight

Question 5:

What is the prevalence of stunting among children under 5 years of age in Pakistan?

- A) 10%
- B) 25%
- C) 40%
- D) 50%

Answer: C) 40%

Question 6:

Which of the following is the leading cause of neonatal mortality in Pakistan?

- A) Prematurity
- B) Birth asphyxia
- C) Infections
- D) Congenital anomalies

Answer: A) Prematurity

Question 7:

The World Health Organization (WHO) recommends exclusive breastfeeding for the first six months of life. Which of the following is NOT a benefit of exclusive breastfeeding?

- A) Provides complete nutrition for the infant
- B) Strengthens the infant's immune system
- C) Reduces the risk of obesity in adulthood
- D) Prevents the need for vaccinations

Answer: D) Prevents the need for vaccinations

Question 8:

Which of the following is the correct definition of wasting in children?

- A) Low weight for height
- B) Low height for age
- C) Low weight for age
- D) Shorter than average height

Answer: A) Low weight for height

Question 9:

As per the latest data, what is the current neonatal mortality rate in Pakistan?

- A) 15 per 1,000 live births
- B) 30 per 1,000 live births
- C) 42 per 1,000 live births
- D) 60 per 1,000 live births

Answer: C) 42 per 1,000 live births

Question 10:

Which of the following is the most appropriate action for a healthcare worker to promote early childhood development (ECD) in children under 5?

- A) Encourage early schooling for all children
- B) Promote responsive caregiving and stimulation
- C) Provide supplementary nutrition after 3 months
- D) Focus solely on physical health and nutrition

Answer: B) Promote responsive caregiving and stimulation

Question 11:

Which of the following is an important component of Infant and Young Child Feeding (IYCF) practices?

- A) Giving cow's milk as a primary source of nutrition at 4 months
- B) Early introduction of solid foods at 4 months
- C) Exclusive breastfeeding for the first 6 months of life
- D) Discontinuing breastfeeding after 6 months

Answer: C) Exclusive breastfeeding for the first 6 months of life

Question 12:

What is the main impact of stunting on child development?

- A) Increased risk of obesity
- B) Impaired cognitive and physical development
- C) Improved immune response
- D) Higher likelihood of high blood pressure in adulthood

Answer: B) Impaired cognitive and physical development

Question 13:

What is the key reason for the high prevalence of wasting in children under 5 years of age in Khyber Pakhtunkhwa?

- A) Lack of access to clean water
- B) Poor maternal nutrition during pregnancy
- C) Inadequate breastfeeding and complementary feeding practices
- D) Lack of education on hygiene

Answer: C) Inadequate breastfeeding and complementary feeding practices

Question 14:

In which of the following cases should healthcare workers prioritize the provision of oral rehydration solution (ORS) to infants and young children?

- A) In cases of fever without diarrhea
- B) In cases of moderate to severe dehydration due to diarrhea
- C) In cases of malnutrition without diarrhea
- D) In cases of acute respiratory infection

Answer: B) In cases of moderate to severe dehydration due to diarrhea

Question 15:

What does MMS stand for in the context of nutrition?

- A) Maternal Micronutrient Supplement
- B) Multiple Micronutrient Supplementation
- C) Medical Micronutrient Support
- D) Micronutrient Management Strategy

Answer: B) Multiple Micronutrient Supplementation