



# Nipple Shields

## Competency - Validation

### Procedure: Nipple Shields

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The above nurse/healthcare provider has demonstrated, adequate performance of the skills listed below.

Instructor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Demonstrates proper technique when:

(Check ✓)

1. Instructing on proper nipple shield application to breast	
2. Cleaning nipple shield	

### Answer the following questions:

(Please circle the correct answer)

#### 1. Nipple Shields:

- a. Can facilitate milk transfer in preterm infants
- b. Can help with temporary latch problems
- c. Can be helpful as a temporary measure with nipple pain
- d. Should be used under the guidance of a healthcare/lactation professional
- e. All of the above

#### 2. When using a nipple shield with preterm infants:

- a. Monitor infant's weight gain pattern
- b. Evaluate milk transfer amounts with test weights
- c. Recommend mothers pump after breastfeeding to protect milk supply
- d. a and b
- e. All of the above

#### 3. Nipple shields come in one size only.

- a. True
- b. False

#### 4. Milk pooling in the tip of the nipple shield after breastfeeding indicates:

- a. Milk was available for transfer to the baby during breastfeeding
- b. The infant did not empty the mother's breast
- c. Mother needs to breastfeed longer

#### 5. Which of the following are not recommended?

- a. Washing the nipple shield after every use with soap and water
- b. Boiling the nipple shield to sanitize
- c. Interrupting breastfeeding after a few minutes to evaluate milk pooling in the shield
- d. Using the nipple shield with a term healthy infant the first time she attempts breastfeeding

### Did you know?

This competency can be used in conjunction with Medela's online in-service?

Learn more at  
[MedelaEducation.us](https://www.MedelaEducation.us).



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## Competency - Validation (Answers)

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(Check ✓)

- |  |  |
|--|--|
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| 2. Cleaning nipple shield                                    |  |

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