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Comprehension Test Questions for RBI Grade B, SBI Clerk Mains, IBPS Clerk Mains and RBI Assistant Mains Exams.

Passage No. 174

Directions: Please read the passage carefully and answer the questions that follow:

Kangaroo mother care (KMC) or the intervention where babies are placed in skin-to-skin contact with their mothers and exclusively breast fed has been recommended worldwide for stable low-birthweight newborns. Stable babies are defined as babies who do not need respiratory support or intravenous fluids and can accept oral feeds. Though previous studies have shown that keeping the baby in contact with the mother improves survival in babies (less than 2 kg weight at birth) when compared to standard hospital care, global data show that barely 5% receive such care. Also, there is no much evidence on kangaroo mother care impact when initiated at homes in India.

To understand this, a team of researchers carried out a study in Haryana. The results recently published in The Lancet show that kangaroo mother care improved survival by 30% and 25%, in babies till 28 days and six months of age, respectively. The paper adds that such care for all infants with low birthweight could substantially reduce neonatal and infant mortality.

About 97% of the world's low-weight babies are born in developing countries, and India accounts for about 40% of this, implying an urgent need of effective interventions. Sarmila Mazumder, lead author of the study says, "In developing countries, even today, babies are born at home or even if born in hospitals, are discharged too soon without kangaroo mother care initiation. It is imperative therefore that such care is initiated at home."

For the study, over 8,000 stable low-birthweight babies weighing less than 2.25 kg, were enrolled from two districts in Haryana, during 2015-2018 and randomly assigned to intervention and control groups. Kangaroo mother care intervention was initiated at home, at an average age of 33 hours and delivered during the first month of life, through home visits. The enrolled babies were followed up at one, three and six months of age.

Dr. Mazumder adds that kangaroo mother care benefits are much beyond preventing hypothermia. "The care improves exclusive breast feeding, duration of breast feeding, and also reduces infections. It also promotes growth and development of the child and increases mother child bonding, and also reduces stress in both mother and baby," she explains.

When asked how long babies need to be kept in such care, Dr. Mazumder explained that in the study, mothers were advised to keep the babies as long as possible, preferably 24 hours in day

and night and till 28 days of age. An average of 11 hours of skin-to-skin contact was achieved, and mothers reported giving kangaroo mother care till 27 days of baby's age. WHO recommends that it be continued till baby attains a weight of 2.5 kg or till babies wriggle out, indicating that they do not need kangaroo mother care any further.

Dr. Mazumder added that an implementation research was also conducted by the same team with the Haryana Government to scale up kangaroo mother care across 16 districts of the state. The paper adds that kangaroo mother care has the _____ to prevent thousands of neonatal deaths in our country if 90% coverage can be achieved.

Questions :

1. Which of the following is correct regarding the percentage of population receiving kangaroo mother care?

- A. It is of satisfactory level. B. It is stellar. C. It is abysmal. D. It is assiduous.
E. It is entrenched.

2. Which of the following is/are true regarding the benefits of kangaroo mother care?

- I. It saves babies from a condition when body loses heat faster than it can produce heat, causing a dangerously low body temperature.
II. It aggravates the health hardships of mothers and babies.
III. It augments the emotional relationship between mother and child.

- A. Only I and II B. Only II and III C. Only III D. Only I and III
E. All I, II and III

3. Which of the following is true with respect to the given passage?

- A. As per the passage, a study was conducted throughout India to understand the level of kangaroo care impact when it is given at homes and not hospitals.
B. The study found that there is potential to avoid thousands of antenatal deaths if 9 out of 10 babies are provided with Kangaroo mother care.
C. Kangaroo mother care is a method of providing skin-to-skin contact to babies of six to twelve months of age. However, low-birthweight babies are not recommended to be given KMC.
D. A study published showed that kangaroo mother care improved survival by 30% in babies till six months of age.
E. It is recommended to keep baby under kangaroo mother care until the baby starts writhing.

4. Which of the following can fill the blank in the passage?

- A. Ardent B. Pervasion C. Potential D. Aspersion E. Blatant

5. Which of the following refers to stable babies, as per the passage?

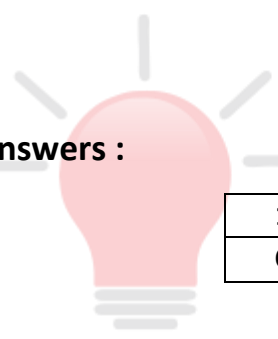
- I. Babies who do not need medicines.
- II. Babies who are able to eat food through mouth.
- III. Babies who do not need breathing aid.

A. Only I and II B. Only II and III C. Only III D. Only I and III E. All I, II and III

6. Which of the following is not true with respect to the passage?

- A. Skin contact between mother and child is recommended worldwide.
- B. Kangaroo mother care can drastically reduce stillbirths.
- C. The researcher suggests that it is crucial to provide KMC at home.
- D. KMC has positive and desirable psychological effects.
- E. There is lack of data about impact of KMC when it is provided at home.

Correct Answers :



1	2	3	4	5	6
C	D	E	C	B	B

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Explanations:

1. Refer:

Though previous studies have shown that keeping the baby in contact with the mother improves survival in babies (less than 2 kg weight at birth) when compared to standard hospital care, **global data show that barely 5% receive such care.**

The paragraph tells us that about importance of kangaroo mother care and yet only 5% of population receive it (*with reference to the highlighted portion*). This shows that this percentage level is abysmal and not satisfactory.

Abysmal (adjective) – refers to something extremely bad.

Stellar (adjective) – means exceptionally good.

Assiduous (adjective) – means showing great care and perseverance. This is non-relevant to the question.

Entrenched (adjective) – refers to a habit or attitude that is firmly established and thus unlikely to be change. This is non-relevant to the question.

Hence, Option C is the correct answer.

2. Statement I. True

Refer: Dr. Mazumder adds that kangaroo mother care benefits are much beyond **preventing hypothermia.**

Hypothermia means a condition when body loses heat faster than it can produce heat, causing a dangerously low body temperature. Thus, it is evident that kangaroo mother care saves babies from hypothermia.

Statement II. False

Refer: “The care improves exclusive breast feeding, duration of breast feeding, and **also reduces infections. It also promotes growth and development of the child...**”

Hence, KMC reduces the hardships of child and mother by enhancing their well being and it does not aggravate it.

Aggravate – means to make a problem or situation worse.

Statement III. True

Refer: “The care improves exclusive breast feeding, duration of breast feeding, and also reduces infections. It also promotes growth and development of the child **and increases mother child bonding, and also reduces stress in both mother and baby,**” she explains.

The highlighted portion makes it clear that KMC enhances mother child bonding i.e., augments their emotional relationship. [**Augment** – means to increase or enhance.]

Hence, Option D is the correct answer.

3. Statement A: False

Refer: Also, there is no much evidence on kangaroo mother care impact when initiated at homes in India. To understand this, a team of researchers carried out a study in Haryana.

The highlighted portion shows that the study was conducted in Haryana only and not in entire India.

Statement B : False

The paper adds that kangaroo mother care has the potential to prevent thousands of neonatal deaths in our country if 90% coverage can be achieved.

Neonatal refers to a newborn child, however antenatal refers to period before birth. Hence, the statement is false.

Statement C : False

Kangaroo mother care (KMC) or the intervention where babies are placed in skin-to-skin contact with their mothers and exclusively breast fed has been recommended worldwide for stable low-birthweight newborns.

As per the passage, KMC is highly recommended for babies of low birth weight.

Statement D : False

To understand this, a team of researchers carried out a study in Haryana. The results recently published in The Lancet show that kangaroo mother care improved survival by 30% and 25%, in babies till 28 days and six months of age, respectively. The paper adds that such care for all infants with low birthweight could substantially reduce neonatal and infant mortality.

The highlighted portion shows that survival rate is improved by 30 % for babies till 28 days of age and 25% for six months of age.

Statement E: True

WHO recommends that it be continued till baby attains a weight of 2.5 kg or till babies wriggle out, indicating that they do not need kangaroo mother care any further. Wriggle out is synonym of word "writhe". It means to make twisting, squirming movements or contortions of the body.

4. Ardent: very enthusiastic or passionate.

Pervasion: means the process of spreading through and being present or perceived in every part of something

Potential- means latent qualities or abilities that may be developed and lead to future success or usefulness.

Aspersions: means an attack on the reputation of someone or something

Blatant: means very obvious.

Looking at the meaning of every word, it is clear that only option C i.e, Potential is contextually and grammatically correct.

Hence, Option C is the correct answer.

5. Refer:

Stable babies are defined as babies who do not need respiratory support or intravenous fluids and can accept oral feeds.

Statement I. Incorrect

The given passage doesn't mention 'medicines'. **Intravenous fluids** (usually shortened to 'IV fluids') are liquids given to replace water, sugar and salt that you might need if you are ill or having an operation, and can't eat or drink as you would normally.

Hence, this statement is incorrect.

Statement II and III. Correct

The highlighted portion shows that babies who can accept oral foods (or food taken through mouth) and do not need respiratory support (or breathing aid) are stable babies.

Hence, Option B is the correct answer.

6. **Statement A. True**

Refer: Kangaroo mother care (KMC) or the **intervention where babies are placed in skin-to-skin contact with their mothers and exclusively breast fed has been recommended worldwide** for stable low-birthweight newborns.

This sentence makes it evident that skin contact between mother and child is recommended worldwide.

Statement B. False

Refer: The paper adds that such care for all infants with low birth-weight could substantially reduce **neonatal and infant mortality**.

Neonatal refers to first 28 days of baby's life. **Stillbirth** means the birth of an infant that has died in the womb or that dies during delivery. Hence, this sentence is incorrect.

Statement C. True

Refer: In developing countries, even today, babies are born at home or even if born in hospitals, are discharged too soon without kangaroo mother care initiation. **It is imperative therefore that such care is initiated at home.**

Imperative means crucial. Thus, this statement is true.

Statement D. True

Refer: The care improves exclusive breast feeding, duration of breast feeding, and also reduces infections. It also promotes growth and development of the child and **increases mother child bonding, and also reduces stress in both mother and baby.**

The highlighted portion shows that KMC has positive and desirable psychological effects.

Statement E. True

Also, there is **no much evidence on kangaroo mother care impact when initiated at homes in India.**

The highlighted portion shows that there is lack of data about impact of KMC when it is provided at home.

Hence, Option B is the correct answer.



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