



# TEST PACKET

- OSTEOARTHRITIS
- PAIN: THE 5<sup>TH</sup> VITAL SIGN
- PAIN CONTROL: BEYOND DRUGS
- PREVENTING WEIGHT LOSS
- WORKING WITH PROBLEM BEHAVIORS
- PROMOTING COMFORT

I have completed the comprehensive quizzes to earn **(6) credit hours**

\_\_\_\_\_  
*Employee Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Print Name*

"OSTEOARTHRITIS" Quiz

Date:

Employee Signature:

Score:

1. Osteoarthritis is a joint disease that mostly affects the \_\_\_\_\_.
2. What is the second most common form of arthritis? \_\_\_\_\_
3. Define cartilage: \_\_\_\_\_  
\_\_\_\_\_
4. List three areas of the body that is affected by Osteoarthritis:  
a. \_\_\_\_\_ b. \_\_\_\_\_  
c. \_\_\_\_\_
5. A thin membrane inside the joint capsule is called:  
\_\_\_\_\_
6. With Osteoarthritis, the cartilage becomes worn away and spurs grow out from the edge of the bone.  
True or False
7. More men than women have the Osteoarthritis of the hands. True or False
8. List four warning signs of Osteoarthritis:  
a. \_\_\_\_\_ b. \_\_\_\_\_  
c. \_\_\_\_\_ d. \_\_\_\_\_  
\_\_\_\_\_
9. Individuals with Osteoarthritis should avoid exercise. True or False
10. More than 80% of Osteoarthritis surgery cases involve replacing the \_\_\_\_\_  
or \_\_\_\_\_ joint.
11. What type of Doctor specializes in treating arthritis and related conditions that affect the joints,  
muscles and bones : \_\_\_\_\_
12. Treatment is available to prevent and reverse the disease process. True or False
13. Scientists have found a lower risk of Osteoarthritis in women who had used oral estrogens for hormone  
replacement therapy. True or False
14. Some young people get Osteoarthritis from a joint injury. True or False

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

# PAIN: THE 5<sup>TH</sup> VITAL SIGN

(1 Credit Hour)

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

- 1) Pain often is undertreated in older nursing home residents.
    - a) True
    - b) False
  
  - 2) When would you expect the resident who has pain associated with osteoarthritis to complain?
    - a) in the morning
    - b) at bedtime
    - c) during the night
  
  - 3) Only a small number of residents suffer from pain on a regular basis.
    - a) True
    - b) False
  
  - 4) Mrs. Casey is a newly admitted resident. During her bath she tells you that she has a very painful shoulder due to a case of shingles that she had last month. You look at her shoulder but do not see any lesion or discoloration. You could suspect that:
    - a) Mrs. Casey has some confusion
    - b) There was an injury to her arm
    - c) She is having pain as a result of the nerve being irritated
  
  - 5) Several major organizations have recommended that pain be assessed as the 5<sup>th</sup> vital sign.
    - a) True
    - b) False
  
  - 6) List at least 2 comfort measures you could use to assist residents in relieving their pain:
    - a)
    - b)
  
  - 7) Describe 3 ways of assessing a resident's pain:
    - a)
    - b)
    - c)
- 
-

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

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

## Pain Control Beyond Drugs Test Questions

1. Which is a true statement about the use of pain medications in older residents:
  - a. Pain medications are not effective in older people
  - b. Pain medications carry greater risks for causing problems in older people
  - c. Pain medications eliminate the need to use other pain control measures and save the staff time
  
2. Your role in detecting and reporting signs is very important to a resident's pain control program. State four possible signs of pain that you could see:

\_\_\_\_\_
  
3. \_\_\_\_\_
  
4. \_\_\_\_\_
  
5. \_\_\_\_\_
  
6. Nursing Assistant Pane is known as a very religious person and a person of strong faith. Resident Simms, whom Ms. Pane is caring for, is a known atheist. Resident Simms is seriously ill with cancer and suffering from pain. Ms. Pane tells you that she is concerned for Mr. Simms and believes he needs prayer to be relieved of his pain and "to be prepared to meet the Lord". She intends to go to Mr. Simms room and pray over him. Your best advice to Ms. Pane is:
  - a. "Prayer is comforting to residents and you would be helping Mr. Simms by praying with him."
  - b. "You should share the difference your faith has made in your life and pray over him, even if he is not participating."
  - c. "You should respect Mr. Simms' views on faith and not pray over him or in his presence."

Four of the measures you can use to help residents be comfort include:

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## Preventing Weight Loss Test Questions

1. A malnourished person can be:
  - a. underweight
  - b. overweight
  - c. of normal weight
  - d. all of the above
  
2. Persons with Alzheimer's disease may not recognize the signals for thirst and hunger.
  - a. True
  - b. False
  
3. The care plan states that the resident just needs her tray set up, but you note that she needs to be fed. Your best action is to:
  - a. do as the care plan says
  - b. speak to the nurse about this
  - c. change the care plan on your own
  
4. If a resident eats slowly you should feed him/her to speed the process.
  - a. True
  - b. False
  
5. You are told Resident Jacobs has an "NG" tube for feeding. You should know that this means:
  - a. a tube goes directly into his stomach from the outside of the abdomen
  - b. the feeding is done through a vein
  - c. a tube has been passed through the nose into the resident's stomach
  
6. Jewish people who follow a Kosher diet cannot eat milk and meat together.
  - a. True
  - b. False
  
7. Resident Chung is blind but has the ability to feed herself. To promote her intake you should:
  - a. feed her
  - b. learn how she usually has her tray set up and prepare it in the same way
  - c. allow her to be as independent as possible by allowing her to set up her own tray.

List 3 factors that could increase the risk of weight loss:

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**NAME:**

**DATE:**

NAME:

DATE:

## WORKING WITH THE PROBLEM BEHAVIORS

1. True False The care plan is the best place to look for information when dealing with problem behaviors.
2. True False If you feel angry with a client you should never go back to that situation again.
3. True False Sometimes it's hard not to take client behavior "personally".
4. True False Anxiety can interfere with concentration.
5. True False There is nothing you can do to help a client feel supported.
6. True False Delusions occur when a person sees things that are not there.
7. True False The best way to deal with a delusion is to tell the person to stop "being silly".
8. True False Abnormal thinking is always caused by mental illness.
9. True False Paranoia is the mistaken belief that people are out to hurt a person.
10. True False Depression may be the side effect of some medication.

### WHEN A CLIENT IS ANXIOUS:

11. Do Don't Tell a client to "just relax".
12. Do Don't Report a client taking more medication than was ordered
13. Do Don't Play the radio loudly.

### WHEN A CLIENT HAS ABNORMAL THINKING:

- 14. Do Don't Use the client's name frequently when talking to them
- 15. Do Don't Develop a schedule along with the client.
- 16. Do Don't Tell the client you see the person he/she is talking to when there is no one there.

**WHEN A CLIENT IS SUSPICIOUS:**

- 17. Do Don't Make promises that you can't keep.
- 18. Do Don't Tell "little white lies"

**WHEN A CLIENT IS ANGRY:**

- 19. Do Don't Use a "matter of fact" approach.
- 20. Do Don't Help the client with something that is frustrating them.
- 21. Do Don't Argue with the client.
- 22. Do Don't Treat the client like a naughty child.

**WHEN THE CLIENT IS DEPRESSED:**

- 23. Do Don't Praise for completing some activity.
- 24. Do Don't Report a change in eating patterns.
- 25. Do Don't Observe for behavior that shows suicidal thoughts.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Human Resources Signature

\_\_\_\_\_  
Date

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

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

## Promoting Comfort Test Questions

1. Arthritis is an example of:
  - a. Acute pain
  - b. Chronic pain
2. Resident Walters tells you that she feels uncomfortable because she can't stand the sound of her roommate gurgling and wheezing as she breathes. You should know that:
  - a. This reaction does not qualify as real discomfort as it is not physical
  - b. Psychological factors can be the cause of discomfort
  - c. Discomfort must arise from something that is going on within the resident herself
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. If a resident has pain, you can apply a cold pack without a doctor's order.
  - a. True
  - b. False
7. The nurse tells you to try to *divert* Resident Jake's attention from his pain. An example of this would be to:
  - a. rub the painful area
  - b. ask the resident to describe his pain
  - c. invite the resident to watch a comedy movie
8. Tension can worsen pain.
  - a. True
  - b. False
9. Guided imagery involves:
  - a. creative oil painting
  - b. creating a mental image
  - c. describing for someone how his or her pain should feel
10. Pain affects all aspects of a person's life.
  - a. True
  - b. False

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_