

TEST PACKET

- THE IMPORTANCE OF SELF-CARE
- REDUCING INCIDENTS AND ACCIDENTS
- THE LOSSES FAMILIES GRIEVE
- MAKING A DIFFERENCE THROUGH OBSERVATION
- MOTIVATING RESIDENTS TO IMPROVE FUNCTION
- NON-ELDERLY RESIDENTS

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

Employee Signature

Date

Print Name

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Date: _____

The Importance of Self-Care Test Questions

1. The food group that provides you the least nutritional value is:
 - a. meats
 - b. dairy
 - c. fats, oil, and sugars
 - d. grains
2. An example of an aerobic exercise is:
 - a. lifting a heavy resident
 - b. walking
 - c. playing cards
 - d. lifting weights
3. True or False: An aerobic exercise is one that increases the muscles need for oxygen.
 - a. True
 - b. False
4. True or False: Some nuts contain healthy fats.
 - a. True
 - b. False
5. Which would be the best sandwich choice?
 - a. Tuna on a bagel
 - b. Sliced turkey on whole-grain bread
 - c. Bacon, lettuce, and tomato on rye
 - d. Steak on 7-grain bread
6. A rapid rise in your blood sugar can occur when you eat:
 - a. white rice
 - b. white bread
 - c. pasta
 - d. all of the above

List two examples of the way you could show signs of stress:

4.

5.

State two things you can do to keep yourself healthy:

9.

10.

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Reducing Incidents and Accidents

Test Questions

1. An incident is something that happens that causes some type of injury.
 - a. True
 - b. False
2. The most common incidents in long-term care facilities are:
 - a. choking
 - b. scratches
 - c. falls
 - d. elopement.
3. Resident Silow wheels herself to the food cart on the unit and reaches for the coffee urn to pour herself a cup of coffee. The urn accidentally tips over and pours coffee on her chest. What do you know to be true about the burn that could result?
 - a. the longer the hot liquid-soaked clothing stays against her body, the worse the burn will be
 - b. her clothing will protect her from a serious burn because it absorbs the hot liquid
 - c. she will not sustain a burn because the coffee in facilities is not served hot enough to cause burns
4. To elope means to:
 - a. fall
 - b. leave the facility unauthorized
 - c. have an unwitnessed accident
5. An Incident Report is completed only if the incident involves a resident.
 - a. True
 - b. False
- 6-10. List 5 factors that cause the risk for incidents to be high in a long-term care facility:

NAME:

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The Losses Families Grieve

Test Questions

1. Unlike families in the past, most of today's families welcome nursing home care for their sick relatives.
 - a. True
 - b. False

2. Which of the following is an example of an *open-ended question*?
 - a. Are you happy with the facility?
 - b. What hobbies does your relative enjoy?
 - c. What could make your visits more comfortable for you?

3. When Mr Ellis' wife visits, the two of them like to spend a lot of time talking about past events. Your correct understanding of this behavior is that:
 - a. it is unhealthy because Mr and Mrs Ellis are living in the past and not focusing on the present
 - b. this is very therapeutic and helpful for both of them
 - c. it is an indication that they need more involvement in current affairs

4. Grief is a response to any type of loss, not just death.
 - a. True
 - b. False

5. Mrs Wilkins complains to you about the fact that her son seldom visits and never brings her any gifts. Your best response is to:
 - a. listen but do not comment about her son
 - b. listen and agree with the things she has said about her son
 - c. tell her that her son has a life of his own and can't be expected to do any more than he is

- 6-10 Give 5 signs that a person could show that could mean he or she is grieving.
 - _____
 - _____
 - _____
 - _____
 - _____

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Making a Difference Through Observation Test Questions

1. Observation refers to:
- taking in information visually
 - making a point to pay attention to what you see
 - the use of all your senses in collecting information

State one problem you could observe in each of the following areas:

6. Skin

2. In reviewing the 24 hour fluid intake of this group of residents, which finding would you report as being abnormal?
- Resident Cho with 850 ml intake
 - Resident Pew with 1250 ml intake
 - Resident Bly with 1400 ml intake
 - Resident Key with 1600 ml intake

7. Respirations

3. True or False: A sudden change in level of alertness and mental function is a sign of a delirium.
- True
 - False

8. Eyes and vision

4. Your observation of a resident begins:
- After you introduce yourself
 - When you inspect the resident's body during care
 - After the resident speaks to you
 - When you first make contact with the resident

9. Ears

5. True or False: Although weight loss can indicate a serious problem in a resident, weight gain seldom means anything of importance.
- True
 - False

10. Joints

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Motivating Residents to Improve Function

Test Questions

1. True or False: Basically, all human beings are motivated in the same way.
- True
 - False

List 2 internal motivators:

2.

3.

List 2 external motivators:

4.

5.

6. Motivation is:
- the will to have our way
 - the energy to do good
 - the drive that influences our behaviors
 - the stirring within each of us to succeed

7. True or False: The only true motivators are internal ones.
- True
 - False

8. Resident Davis had refused the offer to go to an activity until her roommate convinced her to go. This is an example of Resident Davis being motivated by:
- an authority figure
 - peer pressure
 - ego needs
 - physiological needs

Describe 2 ways that you can motivate residents during routine care activities.

9.

10.

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Non-Elderly Residents

Test Questions

1. To help younger adults adjust to the facility, their friends should be discouraged from visiting for the first month.
 - a. True
 - b. False
2. You see the Activities Therapist instruct a young male resident in how to use the DVD player to be able to show movies to residents during the evening shift. This could be a way to give the resident:
 - a. busy work
 - b. spiritual comfort
 - c. purpose
 - d. individuality

List 3 possible reactions that non-elderly residents could have to being admitted to a long-term care facility:

 3. _____
 4. _____
 5. _____
6. The practice of religious rituals is one aspect of meeting spiritual needs.
 - a. True
 - b. False
7. All family roles are lost when someone become a nursing home resident.
 - a. True
 - b. False
8. You enter the room of 35 year-old Mr. Henning and see him masturbating. Your best action is to:
 - a. leave him alone and close the door
 - b. tell him to stop immediately
 - c. ignore his action and ask if he needs to go to the bathroom
 - d. call for help
9. Bobbie Clark is a 20 year-old who became paralyzed from the neck down from a diving accident during his break from college. He is expressing a lot of anger and telling you that this is not the way he wants to spend the rest of his life. Your best action is to:
 - a. tell him he'll be going back to school in no time
 - b. tell him he should try to accept his condition
 - c. leave him alone
 - d. listen
10. Non-elderly residents have the same rights as all residents.
 - a. True
 - b. False

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