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## ELDER ABUSE AND NEGLECT: TEST

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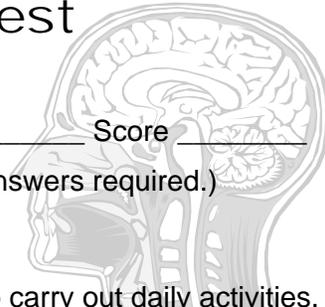
Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_

(Need 8 correct answers to receive certificate)

**Select the right answers—some questions have more than one correct answer.**

1. If you know of, or suspect, abuse or neglect of an elderly person, you should first:
  - a. Confront the staff member or family member that you suspect of doing the abuse.
  - b. Call the state agency that accepts abuse reports.
  - c. Report it to your supervisor.
  
2. Some causes of abuse and neglect are:
  - a. Caregiver stress.
  - b. Emotional or mental illness.
  - c. Alcohol or drug use.
  
3. Threatening an elderly person with punishment for not doing what you tell them to is:
  - a. Acceptable if done with a soft tone of voice.
  - b. Verbal abuse, and never acceptable.
  - c. Useful in disciplining an older person.
  
4. Exploitation is a form of abuse that involves:
  - a. Physical harm.
  - b. Emotional harm.
  - c. Misuse or theft of money, property, or other financial assets.
  
5. Some good ways to help prevent abuse are:
  - a. Education, counseling, and support groups
  - b. Listening, teaching caregiving skills, and communicating
  - c. None of the above
  
6. Symptoms of possible abuse include the following:
  - a. Dementia
  - b. Becoming unusually quiet or withdrawn
  - c. Bruises or burns
  
7. Symptoms of possible neglect include the following:
  - a. Necessary medical visits not scheduled or kept
  - b. Too many outside activities
  - c. Lack of basic hygiene items and adequate clothing
  
8. Write the phone number of the state agency that accepts abuse and neglect reports: \_\_\_\_\_
  
9. Improper use of bedrails or other restraints is considered:
  - a. Physical abuse
  - b. Rights violation
  - c. Emotional abuse
  
10. Abuse and neglect will not occur if we remember that everyone has the right to be treated with \_\_\_\_\_

# Alzheimer's disease test



Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

Directions: ( **Select** best answer. (Seven correct answers required.)

1. Which statement is not correct?
  - a. AD is a form of dementia that makes a person unable to carry out daily activities.
  - b. AD is a progressive, degenerative brain disease.
  - c. AD symptoms usually begin suddenly.
  - d. AD is characterized by memory loss, language deterioration, poor judgment, and indifferent attitude.
  
2. Behavior is often worse at night. True or False
  
3. Benefits of exercise are:
  - a. Helps to retain motor skills
  - b. Improves circulation
  - c. Improves sleep
  - d. Aids in elimination
  - e. All of the above
  
4. A daily walk may reduce wandering. True or False
  
5. During an episode of agitation, choose three things you can do that might help:
  - a. Argue
  - b. Offer choices between two options
  - c. Make calm positive statements
  - d. Restrain
  - e. Say, "I'm sorry you are upset; I will stay until you feel better."
  
6. It is important to focus on things the AD client can still do and enjoy. True or False
  
7. Serenity and stability reduce behavior problems. True or False
  
8. You would be surprised to find your AD client having an outburst of cursing or threatening language. True or False
  
9. When a client exhibits a difficult behavior, the first thing you should do is look for the
  - a. family.
  - b. nurse.
  - c. reason.
  - d. supervisor.
  
10. Clients with AD never hide something in the same place twice. True or False
  
11. It doesn't do any good to try to love or reassure a client with AD. True or False

# Behavior Management Test

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

Directions: Fill in the blank with the correct answer, or **select** the correct answer.

1. Behaviors are forms of \_\_\_\_\_.
2. Some common causes of behavior problems are:  
Choose the correct answer(s).
  - a. Fatigue
  - b. Medications
  - c. Established behavior patterns
  - d. Conflicts
  - e. Frustration
  - f. Dementia/Alzheimer's
  - g. All of the above
3. Many times, dysfunctional behavior increases at the end of the day.  
True or False
4. It is best to ignore agitation behaviors.  
True or False
5. It is wise to restrain a client during an outburst.  
True or False
6. Sameness and routine help to minimize stress in dementia clients.  
True or False
7. A client who paces incessantly may burn off too many calories, thereby requiring additional caloric intake to maintain good health.  
True or False
8. A simplified approach to managing agitation behaviors is to modify the  
\_\_\_\_\_.
9. Children mirror their parent's behavior.  
True or False
10. Clients with Alzheimer's benefit from large group interaction.  
True or False

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## **CARING FOR RESIDENTS WITH DEMENTIA: TEST**

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Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_  
(Number correct)

**Matching Test. Find the answer that best matches each situation. You will not use all the answers.**

1. In the case study about Mr. Blair, the caregivers helped him by providing what? \_\_\_\_\_
2. We can help people with dementia by doing what? \_\_\_\_\_
3. Many times a person with dementia behaves in a difficult fashion because he or she is trying to: \_\_\_\_\_
4. When a person with dementia can't remember how to get in to a car, or starts to brush his hair with his toothbrush, which of the six "Results of Dementia" is causing the problem? \_\_\_\_\_
5. You should do this when starting a conversation with a resident with dementia: \_\_\_\_\_
6. When a person can't think of a word, or the words come out wrong or in the wrong order, they are experiencing which of the six "Results of Dementia?" \_\_\_\_\_
7. This is one way to help a person with dementia perform a task: \_\_\_\_\_
8. It is important that persons with dementia be allowed to do this as much as possible: \_\_\_\_\_
9. It is best to use these kinds of questions when dealing with patients with dementia: \_\_\_\_\_
10. Dementia is a condition that is characterized by: \_\_\_\_\_
11. We should try not to embarrass people with dementia but instead to \_\_\_\_\_
  - a. put ourselves in their shoes, trying to understand what they feel and think
  - b. tell the person how to do each step in simple language, one thing at a time
  - c. address the person by name, and briefly introduce yourself and state the purpose of your visit
  - d. treat them with respect
  - e. watch for loss of muscle organization
  - f. help them make decisions and retain control over their lives
  - g. watch for language Loss
  - h. provide strong visual cues (contrasting colors on things the resident uses)
  - i. ask them to give you regular reports on the activities in the facility, giving them a feeling of responsibility similar to the work they did in their career
  - j. ask them to quit complaining and try to be happy
  - k. ask direct, closed questions such as "Would you like to wear this red dress today?" instead of open-ended questions like "What would you like to wear today?"
  - l. watch for loss of intellectual abilities, and personality changes
  - m. cope with or compensate for lost abilities

Name:

Date:

Score:

## Child Abuse In-service Test

**1: In their 17th annual report of data, the Administration for Children and Families reported that the rate and number of children who were victims of child abuse or neglect is lower for FFY 2006 than it was five years ago.**

- a. [True](#)
- b. [False](#)

**2: All states require healthcare personnel, school personnel, daycare providers, and law enforcement personnel to report child abuse. Failure to do so is a crime.**

- a. [True](#)
- b. [False](#)

**3: Physical abuse is not always intended to hurt the child; but an injury may have resulted from over-discipline or physical punishment.**

- a. [True](#)
- b. [False](#)

**4: Some signs and symptoms of abuse include a sudden change in behavior, physical signs of being subjected to punishment, or signs of being restrained.**

- a. [True](#)
- b. [False](#)

**5: Neglect is the failure to provide for the child's basic needs including inadequate supervision, physical neglect, unsafe housing, not being fed nutritionally adequate meals, inadequate clothing, grossly inadequate hygiene, and failure or delay in providing health care.**

- a. [True](#)
- b. [False](#)

**6: Child abuse and neglect is any recent act or failure to act on the part of a parent or caretaker that results in death, serious physical or emotional harm, sexual abuse or exploitation.**

- a. [True](#)
- b. [False](#)

**7: Signs and symptoms of physical abuse may be:**

- a. [Open wounds, cuts, punctures, or untreated injuries in various stages of healing.](#)
- b. [Bone fractures, broken bones, or skull fractures.](#)
- c. [Bruises, black eyes, welts, lacerations, or rope marks.](#)
- d. [All answers are correct.](#)

Date:

## Depression and anxiety: Test

Name: \_\_\_\_\_ Score: \_\_\_\_\_ (10 correct answers required)

**Here is a list of things that can be done to help people with depression or anxiety. Beside the ones that are helpful in Depression, write a "D." Beside the ones that are helpful in Anxiety, write an "A." If the item is helpful to both disorders, write "Both."**

- \_\_\_\_\_ 1. Keep the environment bright and clean.
- \_\_\_\_\_ 2. Listen.
- \_\_\_\_\_ 3. Encourage daily exercise.
- \_\_\_\_\_ 4. Help the person breathe deeply and relax their muscles.
- \_\_\_\_\_ 5. Reassure the person that you will help them and keep them safe.
- \_\_\_\_\_ 6. Encourage the individual to be with people and participate in social events.
- \_\_\_\_\_ 7. Make sure medications are given as ordered.
- \_\_\_\_\_ 8. Keep the environment quiet and non-stimulating.

**Fill in the blanks in the statements below:**

9. A person who feels unneeded or unwanted may be suffering from \_\_\_\_\_.
10. Illness, chemical changes in the brain, and \_\_\_\_\_ side effects can all cause depression or anxiety.
11. Someone who is constantly fearful or restless may be suffering from \_\_\_\_\_.
12. Saying \_\_\_\_\_ to loved ones could be a sign that a person is thinking about suicide.
13. Telling a suicidal person that he will hurt his family if he kills himself only makes him feel more hopeless and \_\_\_\_\_, thereby increasing his pain.
14. Losing or gaining \_\_\_\_\_ could be a sign of depression.

Date:

# Diabetes

## Test

Name: \_\_\_\_\_ Score: \_\_\_\_\_ (12 points required)

1. Fill in the chart of normal recommended blood sugar levels with the missing numbers: (Worth two points)

Before Meals	
At Bedtime	

2. Write the four parts of diabetic treatment: (Worth four points)

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_

3. If a diabetic person becomes weak, tired, and dizzy, you should first: (**Select one**)

- a. Have her lie down until it wears off.
- b. Give her something sweet to drink.
- c. Call 911.

4. Diabetics should never eat candy, ice cream, or cake. True or False (**Select one**)

5. You should call 911 if a diabetic has the following symptoms: (**Select one**)

- a. Confusion and personality change
- b. Weakness and dizziness
- c. Fruity-smelling breath or deep, gasping breathing
- d. Itchy skin

6. Having high levels of sugar in the blood over a long period of time can cause heart disease, blindness, and loss of feeling in the feet. True or False (**Select one**)

7. For most people, blood sugar is too low if it reads less than \_\_\_\_\_ on a glucose meter.

8. For most people, blood sugar is too high if it reads more than \_\_\_\_\_ on a glucose meter.

9. All diabetics must take insulin shots. True or False (**Select one**)

10. All diabetics should monitor their blood sugar, control their diet, exercise, and take their medicines. True or False (**Select one**)

11. If you notice sores or wounds on the \_\_\_\_\_ or \_\_\_\_\_ of a diabetic, you must report them to your supervisor or a medical person. (Worth two points)

12. Low blood sugar can cause heart attacks and strokes in the elderly. True or False (**Select one**)

# End-of-life care: Test

Name: \_\_\_\_\_ Score: \_\_\_\_\_ (9 correct answers required)

**Fill in the blanks in the statements below.**

1. A \_\_\_\_\_ - \_\_\_\_\_ treatment is anything that maintains one or more bodily functions in a terminally ill person.
2. The “\_\_\_\_\_ model” of dying says that the end of life is a time when we concentrate on making a dying person comfortable, improving the quality of life, and providing opportunities for the person to meet goals.
3. A dying person has the right to relief from \_\_\_\_\_ and suffering.
4. One of the goals of end-of-life care is relief from \_\_\_\_\_ and spiritual distress.
5. You can relieve the discomfort of a dry mouth with small sips of liquid, ice chips, hard candy, and \_\_\_\_\_.
6. You must \_\_\_\_\_ a terminally ill person without judging his or her decisions.
7. Nausea, constipation, anxiety, \_\_\_\_\_, difficulty breathing, and other symptoms should be reported to your supervisor so they can be addressed with medications or treatment.
8. Advance directives are any oral or written \_\_\_\_\_ that a person has given about future medical care.
9. Giving food and water only when it is wanted can allow chemical processes to occur in the body that actually \_\_\_\_\_ pain and discomfort.
10. Competent adults have the right to refuse any treatment, including \_\_\_\_\_ and water.
11. Sometimes it is necessary for a supervisor to \_\_\_\_\_ your responsibilities for a dying person to another caregiver if you cannot accept the dying person’s beliefs.
12. People at the end of life may fear being \_\_\_\_\_ by their caregivers when cure is no longer possible. This fear increases their loneliness and discomfort.
13. An order for “Do Not Resuscitate” (DNR) means the person does not want \_\_\_\_\_ performed if their heart stops and they stop breathing.

date: \_\_\_\_\_



# Assisting patients with heart disease and promoting heart health

## Test

Name: \_\_\_\_\_ Number Correct: \_\_\_\_\_

Answer the questions by circling the correct answer or filling in the blank with the correct word. You must score 12 correct answers to pass (there are 17 answers in the ten questions).

1. The heart is a bag made out of \_\_\_\_\_ that works like a large \_\_\_\_\_.

2. Someone with heart failure might have swollen ankles or difficulty breathing because the heart is not pumping well, blood flow slows, and fluid backs up in the lungs and body tissues.

True or False

3. Warning signs of a heart attack include:

- a. Fatigue, coughing, and swollen ankles
- b. Headache and back pain
- c. Chest pain and shortness of breath
- d. Excessive urination

4. It is impossible to do anything to prevent heart disease. True or False

5. Circle the risk factors for heart disease in the list below **Select four**:

- a. Smoking
- b. Obesity
- c. Inactivity
- d. Old age
- e. High blood pressure
- f. Being male

6. List at least four things people can do to prevent heart disease:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

7. Exercise is good for younger people, but older people won't benefit from it. True or False

8. A heart attack is caused by a lack of \_\_\_\_\_ to the heart.

9. Which type of fat is the main cause of blockages in the arteries that feed blood to the heart?

- a. Polyunsaturated fat, which is mostly from plant oils
- b. Saturated fat, which is mostly from animals
- c. Monounsaturated fat, which is mostly from plant oils

10. People that die from heart attacks usually die within the first \_\_\_\_\_ after symptoms start.

**DIRECTIONS: READ EACH QUESTION CAREFULLY. THEN, DETERMINE THE BEST ANSWER.**

1. Which of the following statements best describes the early symptoms of HIV infection?
  - a. They are similar to symptoms of multiple sclerosis.
  - b. They are similar to symptoms of severe arthritis.
  - c. They are similar to symptoms of food poisoning.
  - d. They are similar to a mild case of flu.
  
2. Which of the following is not known to be a method of HIV transmission?
  - a. Casual contact with an HIV-infected person
  - b. Needle pricks from an HIV-contaminated needle
  - c. Sexual intercourse with an HIV-infected person
  - d. Contact with HIV-infected body fluids through open skin
  
3. The early symptoms of HIV infection are so severe that people who have HIV infections will know they have it.
  - a. True
  - b. False
  
4. When was HIV infection first recognized in the United States?
  - a. The 1940s
  - b. The 1990s
  - c. The 1980s
  - d. The 1970s
  
5. Will home health aides always know which patients are infected with HIV?
  - a. Yes, it will always be on the assignment sheet.
  - b. Yes, patients with HIV infection will always take lots of pills frequently.
  - c. No, it's against HIPAA regulations for home health aides to know.
  - d. No, about one-fourth of the HIV-infected patients themselves don't know they are infected.
  
6. Which of the following is true about HIV infection?
  - a. A virus causes it.
  - b. It is a bacterial infection.
  - c. It is transmitted through the air.
  - d. The cause is unknown.
  
7. Following standard precautions with every patient during every visit is the best protection against becoming HIV infected in the workplace.
  - a. True
  - b. False
  
8. Early symptoms of HIV infection commonly include:
  - a. Nausea and vomiting
  - b. Headache and tired feeling
  - c. Bruising and bleeding
  - d. Numbness and tingling

Date:

## Incontinence and constipation test

Name: \_\_\_\_\_ Score: \_\_\_\_\_ (9 correct required)

**Select** or write the correct answer.

1. What are some causes of both bowel and urinary incontinence?
    - a. Muscle weakness, confusion, or medication reactions
    - b. Laziness, poor manners, or meanness
    - c. Stupidity, uncooperativeness, and sloppiness
  2. Scheduled toileting, prompted voiding, and habit training are:
    - a. Not encouraged by physicians, nurses, or state regulations
    - b. Responsibilities of the nurse or facility manager, not the attendant
    - c. Recommended behavioral treatments for urinary incontinence
    - d. Too time-consuming to be practical
  3. For the best bowel function, we should consume how much dietary fiber every day?
    - a. 10–15 grams
    - b. 25–30 grams
    - c. 45–50 grams
  4. Kegel exercises are done by:
    - a. Circling the ankles around and around and then up and down
    - b. Lowering the chin to the chest, then turning the head side to side
    - c. Tightening the pelvic muscles that control the flow of urine
  5. Urinary catheters are often recommended to treat urinary incontinence. T or F
  6. Bowel retraining and behavioral treatments for urinary incontinence usually work quickly, fixing the problem within a week or less. T or F
  7. Most fruits and beans contain higher dietary fiber than white breads and rice. T or F
  8. It is important to keep patients with urinary or bowel incontinence clean and dry so their skin is protected from developing sores. T or F
  9. Habit training can be used to help both urinary and bowel incontinence. It consists of:
    - a. Assisting the patient to the bathroom every two to four hours.
    - b. Checking the patient often and asking him if he wants to use the bathroom.
    - c. Assisting the patient to the bathroom at scheduled times every day.
    - d. Writing the patient's habits down on a form.
  10. Stress incontinence might cause urine to leak when someone sneezes or laughs. T or F
  11. A person who has a bowel movement only three or four times a week is constipated. T or F
  12. A patient with incontinence should be treated as an adult, with dignity. T or F
-

# LIFTING AND TRANSFERRING TEST

NAME:

Date:

Score:

1. Ergonomics is fitting the \_\_\_\_\_ to the \_\_\_\_\_ (2 pts)

2. List five ways to practice preventive care for injuries. (5 points)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

3. Putting ergonomics to work might include the following. Choose three. (3 pts.)

(a) making sure the worker is strong enough to handle a heavy client

(b) using appropriate equipment

(c) changing how tasks are done

(d) organizing work in new ways

4. As a rule, you should not sleep on your stomach. True or False

5. Good \_\_\_\_\_ helps the body work more effectively and efficiently.

6. \_\_\_\_\_ for yourself and the client is the most important consideration when lifting and transferring.

7. When moving a person to the edge of the bed, you should move the upper trunk and then the legs one at a time. True or False

8. You should always face the client when you are lifting and moving him.  
True or False

9. If a client begins to fall, you should grab him and try to keep him from falling.  
True or False

10. Good standing posture includes spreading your feet to shoulder width and putting equal weight on each foot. True or False

## Malnutrition and dehydration test

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_

(7 correct answers required)

Answer the questions by selecting True or False.

1. There is a difference in nutritional needs in the elderly compared to younger adults. True or False
2. The elderly need fewer calories and also fewer vitamins and minerals in their food. True or False
3. Any weight loss or weight gain in a client should be reported to a supervisor. True or False
4. Protein needs increase during acute illness or surgery. True or False
5. A diet that does not contain needed amounts of protein, vitamins, and minerals may slow the healing of a wound. True or False
6. Someone who cannot eat enough food at a meal because of fatigue or poor appetite must wait until the next meal to eat (it is healthier to eat only three meals a day). True or False
7. Signs of malnutrition include tiredness, weight loss, and slow healing of a wound sore. True or False
8. In the elderly, decreased thirst and poor intake of fluids could lead to dehydration. True or False
9. A person whose body severely lacks fluid can suffer heart and blood vessel collapse and even death if not treated quickly. True or False
10. When you pinch the skin on the back of someone's hand, it will spring back to normal quickly if the person is dehydrated. True or False



## MENTAL ILLNESS TEST

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_  
(Ten correct answers required)

Directions: Write the correct answer in the blank or **Select** the correct answer.

1. Mental illnesses are disorders of the \_\_\_\_\_.
2. Mental illnesses may be caused by:
  - a. genetic factors
  - b. chemical imbalances
  - c. reactions to stressful events
  - d. all of the above
3. Anxiety may cause physical symptoms as well as emotional symptoms.  
True or False
4. Post-traumatic stress syndrome is caused by overreacting to something mildly unpleasant. True or False
5. The leading cause of disability in the U.S. is \_\_\_\_\_.
6. Depression is a normal part of getting older. True or False
7. If a person must have everything in order and in its place, and is continually cleaning, you might suspect they have \_\_\_\_\_ disorder.
8. A person with schizophrenia has a "split personality." True or False
9. A person with schizophrenia may hear or see things that are not real.  
True or False
10. Risperdal is an \_\_\_\_\_ drug used in the treatment of \_\_\_\_\_.
11. Elderly people may be sensitive to Risperdal, increasing the risk of side effects.  
True or False
12. Fifty percent of people with AIDS develop \_\_\_\_\_.
13. Some of the common side effects of medications that treat mental illness are:  
\_\_\_\_\_
14. A person with bipolar disorder has mood swings from severe \_\_\_\_\_ to depression.

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

# Basic Nutrition Test

Name/Title: \_\_\_\_\_ Score: \_\_\_\_\_  
(24 correct answers required out of 32)

## Write the Special Diet that Fits Each Dish on the Menu

<b>Salmon Fillet with Black Beans</b> Salmon with poached eggs and black beans	
<b>Grilled Chicken Plate</b> Chicken with green salad and apple wedges	
<b>Beef-Vegetable Casserole</b> Ground beef and cooked vegetables in a creamy casserole	
<b>Cream Soup</b> Strained potato soup, with ice cream for dessert	
<b>Pork Chops and Rice</b> Grilled pork and rice; no sauces, salt, or condiments	
<b>Dieter's Delight</b> Chicken broth with apple juice and black coffee	

How much fluid should we take in each day? \_\_\_\_\_

What temperature should meats be cooked to? \_\_\_\_\_

What temperature should refrigerated foods be kept below? \_\_\_\_\_

What are the three basic elements of good nutrition? (three points)

\_\_\_\_\_

List the five types of nutrients and one thing each one does. (ten points)

\_\_\_\_\_

\_\_\_\_\_

List the five basic food groups and the number of servings needed daily for each. (ten points)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Oxygen therapy test

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_  
(10 correct answers required to pass.)

1. When breathing is normal, inhaling causes \_\_\_\_\_ to be drawn into the lungs.
2. Exhaling releases \_\_\_\_\_ from the lungs.
3. People may need short-term oxygen therapy for \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
4. It is safe to use electric razors and hair dryers in areas where oxygen is in use.  
True or False
5. Three types of oxygen delivery systems are used. They are:  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
6. You should not adjust the rate of oxygen flow unless the nurse or doctor directs you to do so. True or False
7. If a fire occurs, oxygen should be turned off immediately. True or False
8. If a resident is getting too much oxygen, these signs may be noticed (name three):  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
9. If a resident is not getting enough oxygen, these signs may be noticed (name three):  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
10. You should report signs or symptoms of too little or too much oxygen immediately.  
True or False
11. Portable tanks should not leave the building. True or False.
12. Invert the nasal cannula in \_\_\_\_\_ to check if oxygen is flowing.
13. If water in the humidifier bottle is below the fill line, refill it to the line with  
\_\_\_\_\_.
14. If oxygen tank supplies are low, oxygen can usually be delivered within an hour or two of re-ordering. True or False
15. A sign is usually placed on or near the door of a room or apartment to alert visitors that oxygen is in use. True or False

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

# Understanding pain: Test

Name: \_\_\_\_\_ Score: \_\_\_\_\_ (9 correct answers required)

**Match the question on the left with the answer on the right by putting the correct letter in the blank by each numbered question.**

- |   |  |
|---|--|
| <ol style="list-style-type: none"><li>1. This kind of pain is severe and goes away when the underlying problem is cured. _____</li><li>2. This is a nonverbal sign of pain that should be reported to a nurse or doctor. _____</li><li>3. This is a common type of chronic pain. _____</li><li>4. This can be a helpful treatment for back pain, headaches, and arthritis. _____</li><li>5. This kind of pain is persistent and ongoing and sometimes occurs without a known cause.<br/>_____</li></ol> | <ol style="list-style-type: none"><li>a. Mild exercise</li><li>b. Guarded movements</li><li>c. Chronic pain</li><li>d. Acute pain</li><li>e. Arthritis</li></ol> |
|---|--|

**Answer the following questions Selecting "T" for true or "F" for false.**

6. We should always believe what a resident tells us about his or her pain. T or F
7. Warm or cold compresses aren't helpful in relieving pain. T or F
8. Confused people and the elderly have a higher pain tolerance. T or F
9. Nothing can be done to relieve certain types of pain. T or F
10. Elderly and disabled people are likely to get addicted to painkillers. T or F
11. You should never massage a painful body part that is red or swollen. T or F
12. Any time a resident complains of pain, it should be reported to your supervisor. T or F

**Fill in the blank in the question below:**

13. Pain is called the \_\_\_\_\_ vital sign because we should ask about pain when we are checking people's health status. It should be part of checking the other four vital signs.

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

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## GUIDELINES FOR PROVIDING PERSONAL CARE: TEST

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Name: \_\_\_\_\_ Number correct: \_\_\_\_\_  
(Must score a total of 75%, or 15 correct answers out of 20)

1. Use only: ( **Select one**) a. hot water b. cold water to wash, rinse, and soak dentures.
2. Follow these steps and techniques when shaving a man's face ( **Select two**—worth 2 pts.):
  - a. Apply shaving cream, shave face, then wash face
  - b. Wash face, apply shaving cream, shave face, wipe clean
  - c. Cover chest and neck, wash face, apply shaving cream, shave face, wipe clean
  - d. Use downward strokes on the face and upward strokes on the neck
  - e. Use upward strokes on the face and downward strokes on the neck
3. Water temperature for personal care (showering, bathing, shampooing) should be between \_\_\_\_\_ degrees and \_\_\_\_\_ degrees (worth two points).
4. Before washing a resident's hair, the hair should be \_\_\_\_\_.
5. A partial bath means:
  - a. Bathing only certain parts of the body
  - b. Bathing without soap
  - c. Bathing once a week
6. You are assisting a resident with a shower. Put the following procedures in the correct order by placing the numbers 1–7 in front of the appropriate procedure (worth 7 pts).
  - \_\_\_\_\_ Help the resident undress and get into the shower
  - \_\_\_\_\_ Get the shower water to the right temperature
  - \_\_\_\_\_ Assemble equipment and clean the floor of the shower
  - \_\_\_\_\_ Clean the shower
  - \_\_\_\_\_ Let the resident wash, then wash any areas he or she can't reach
  - \_\_\_\_\_ Put a rubber mat on the shower floor and a bath mat in front of the shower
  - \_\_\_\_\_ Help the resident out of the shower and assist with drying and dressing
7. When assisting with dressing or undressing, the: ( **Select one**) a. lower half b. upper half should be dressed and undressed first.
8. The correct procedure for assisting a resident in removing pants is:
  - a. Have the resident stand up while you pull the pants down and he steps out of them
  - b. Have the resident lie down and push his hips off the bed with his feet while you pull the pants off
  - c. Pull the pants off the bottom of one leg while the resident stands on the other leg
9. Write the three rules to remember when providing personal care (worth four points):
  1. Respect \_\_\_\_\_, dignity, and choices.
  2. Observe \_\_\_\_\_ and report problems.
  3. Maintain safety and \_\_\_\_\_.

# Psychosocial care test

Name \_\_\_\_\_ Date \_\_\_\_\_ Score \_\_\_\_\_  
(Must score at least 8 correct answers to pass)

Directions: **Select** the correct answer.

1. Assisting someone with personal care or giving physical care is not the time to worry about giving psychosocial care. True or False
2. High levels of emotional distress can make illness worse and slow recovery. True or False
3. Untreated anxiety or depression may cause which of the following effects?
  - a. Decrease in daily functioning
  - b. Increased risk of accidents
  - c. Behavior problems
  - d. All of the above
4. Some medications can induce anxiety or depression. True or False
5. An unconscious client cannot hear, so you may talk about him or her freely with others in the room. True or False
6. Which of these statements gives a good example of active listening?
  - a. The worker stands in the doorway with one foot out the door while the client talks.
  - b. The worker sits down and looks at the client while he or she talks.
  - c. The worker tells the client not to worry about it, that everything will be okay.
  - d. The worker listens and then says, "Now, here's what you should do . . ."
7. Animals should not be kept around elderly, sick, or disabled people. True or False
8. Persons with a strong personal faith and many social contacts are better able to cope with health problems and more motivated to recover. True or False
9. Elderly, disabled, or sick people should not be allowed to have sexual relationships. True or False
10. Social contact is a basic human need. True or False
11. People who are always learning new things may slow or halt cognitive decline. True or False

# Range of motion and positioning test

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_  
(answer 7 questions correctly to pass)

1. Name three health problems that can occur because of lack of activity and exercise.  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
2. Progressive loss of muscle mass occurs at an average rate of \_\_\_\_\_ percent per decade from 25 to 50 years and \_\_\_\_\_ percent per decade thereafter.
3. Older persons' muscles, joints, and ligaments are more prone to injury.  
True or False
4. Research confirms that regular exercise can slow or reverse many changes associated with the age-related loss of strength, endurance, and flexibility.  
True or False
5. \_\_\_\_\_ exercises are used to keep joints, muscles, ligaments, and tendons loose and flexible.
6. Even a small change in muscle size can make a difference in strength.  
True or False
7. \_\_\_\_\_ benefits people of all ages.
8. Regular exercise, even in short sessions several times a week, can help to offset a variety of health problems. True or False
9. When confined to bed, clients should change positions at least every \_\_\_\_\_ hours.
10. Daily activities move joints through their full range of motion. True or False