

Comprehensive Home Care Post Test

Pass / Fail: _____

Employee Name: _____ Date: _____

1. The purpose of home care regulation is:

- a. Assure the health, safety, well-being and appropriate treatment of our clients
- b. To educate and train caregivers on the standards of nursing practice
- c. To evaluate the abilities of unlicensed personal to care for vulnerable adults
- d. All of the above

2. Clear, appropriate documentation is mandatory under the current statutes

- a. True
- b. False

3. The Registered Nurse must coordinate all care and document specific client instructions

- a. True
- b. False

4. The home health aide can change the plan of care to make it more convenient for the client and staff

- a. True
- b. False

5. Client assessments are done to create more paperwork

- a. True
- b. False

6. Client assessments are completed to develop an individualized Plan of Care and task list for all employees to follow

- a. True
- b. False

7. You are delegated (or are a nurse) to administer insulin to a client. After giving the client the correct dose, you observe that the sharps container is full, above the safety line. Do you:

-
- a. Stuff the syringe into the sharps, the last person should have obtained a new one!
 - b. Find a different sharps container that isn't full, discard the syringe and go about your day?
 - c. Immediately find a new sharps container, discard the syringe. Close the full sharps and place it in the appropriate designated area, away from a care area.
 - d. You are busy, the syringe has a safety closure, so it isn't exposed. Throw it in the trash.

8. A client or client suddenly gets a bloody nose in the dining room. It is bleeding heavily and there is blood on the floor. What do you do?

-
- a. Grab a paper towel, hold the client's nose and render first aid.
 - b. Obtain gloves, obtain a paper towel or wash cloth and render first aid. When the bleeding has stopped, you immediately sanitize the floor with the appropriate sanitizer. If the client laundry is done by the facility, you place the clothing and towels in a+
 - c. biohazard bag and launder separately.
 - d. Call 911!

9. A new client is admitted with HIV, but has no symptoms. How do you handle this?

-
- a. Take care of her like you would any other client. If needed to assist her with personal cares, you use gloves and dispose immediately.
 - b. Tell everyone, you need to protect your co-workers. The priest is holding services and is giving communion, so you stop the service and pull the priest aside to tell him of the danger.
 - c. Refuse to care for her; you are not getting AIDS. Someone else can take that risk.
 - d. Make sure there are gloves, gowns, and masks available for all staff, put them in the client's room. You are a team player!

10. What is Hepatitis C?

-
- a. A liver disease in which a person gets very ill right away.
 - b. Is caused by eating infected food.
 - c. Can be cured and prevented by a vaccine.
 - d. A liver disease that has little or no symptoms right away. Often a person does not even know they have Hepatitis C.

11. You are assisting a client with shaving and you accidentally nicked him when he suddenly jerked away. You are wearing gloves and stopped the bleeding right away; it was just a small cut. You grab the razor to put it away and it cuts through your glove, causing bleeding. What is the next step?

-
- a. Dispose of the gloves, discard the razor in the sharps container. Wash your hands and put on a band aide.
 - b. Flush the cut with warm water, squeezing the cut so it bleeds. Scrub and flush the area well. Immediately notify your supervisor and follow sharps incident plan.
 - c. Dispose of your gloves, wash your hands and immediately go to the ER to follow exposure plan.
 - d. Panic!

12. Jaundice is a sign of:

-
- a. Stage Three HIV, indicated a transition into AIDS disease.
 - b. Yellowing of the eyes can indicate a serious problem with the liver so the client should be evaluated by the RN, who will notify the physician.
 - c. Document any signs of jaundice in the communication book and assume the RN will see your entry and follow-up with the client's physician.

13. You notice that a client has been coughing for several weeks and has had a fever off and on for the past couple of days. When you were assisting the client with morning cares, you notice she is coughing up blood into a tissue. What do you do?

-
- a. Take the tissue from the client and dispose of it in the trash.
 - b. Immediately take the client to the RNs office.
 - c. Leave the client in the day room so you can watch her throughout the day.
 - d. Don gloves, assist the client to dispose of the tissue in a biohazard bag, wash your hands and direct/assist the client to wash her hands, then notify the RN.

14. What are the symptoms of TB:

A _____ L _____

C _____ P _____

C _____

C _____

C _____ up B _____

C _____ up P _____

F _____

F _____

M _____

N _____ S _____

W _____ L _____

15. C. diff spores can live on surfaces for up to 5 months

- _____
- a. True
 - b. False

16. C. diff is spread (choose all that apply):

- _____
- a. Through the air
 - b. By touching the blood of the infected person
 - c. By touching the BM of an infected person
 - d. By not washing hands thoroughly after bowel incontinence care of an infected person
 - e. By touching surfaces, such as equipment and door handles, that have not been properly cleaned

17. Antibiotic use is the greatest risk factor for C. diff in the elderly in senior communities

- _____
- a. True
 - b. False

18. If a fire alarm sounds, do you evacuate all clients?

- _____
- a. Yes
 - b. No

19. A client did not return as expected from an appointment. She was to return at 2:30 pm, and it is now 6:00 pm. What is the **first** thing you would do?

- _____
- a. Call 911
 - b. Check to see if she had returned and is in another area of the building.
 - c. Call the family and explain that we have lost their loved one. Ask if she had turned up at their place.
 - d. Report to supervisor and CEP.

20. Halfway through your day shift, you hear the weather radio announce that your facility is now under a tornado warning. You hear the sirens sounding in the community. Pick which steps you take immediately (may choose more than one answer):

- a. Draw all drapes or curtains and shut windows, notify clients and other staff of the need to implement emergency procedures
- b. Check emergency kit to make sure the flashlights are working and there are extra batteries; leave it so you can return for it later, if needed
- c. Quickly complete your med pass so there will not be any med errors
- d. Keep local news stations on TVs to receive updates on the storm and warning
- e. Call supervisor
- f. Encourage clients to come inside; if they refuse, call 911 and demand the police help you get the client to shelter
- g. Notify all clients, staff, and visitors of the warning
- h. Make sure that all clients are inside, make a list of refusals
- i. Complete a room/apartment check and account for all clients
- j. Move clients, visitors, and staff to interior hallways or other designated shelter areas
- k. Grab blankets, pillows, and emergency kit (flashlights, battery operated radio, first aid kit, etc.)
- l. Raid the kitchen to make sure everyone has snacks
- m. Use portable phone or cell phone to call 911 and ask them to standby so you get priority if there are any damages or injuries as a result of the storm or tornado

21. List the four steps that you would take when you find a fire: (Hint: A fast run is also called a ____)

- a. _____
- b. _____
- c. _____
- d. _____

22. A surprise blizzard has hit your area, and the facility is snowed in. You are tired and want to go home after your shift, however, no one has arrived to relieve you. Do you leave?

- _____
- a. Yes, you have done your time
 - b. No, you have a professional obligation to your clients, facility, and co-workers. You would not leave until a replacement is able to make it in

23. There is a fire in a waste basket, you grab a fire extinguisher. How would you use it?

- a. P _____
- b. A _____
- c. S _____
- d. S _____

24. The weather reports say that today is a high heat index day, with temperatures close to 100 degrees Fahrenheit. A group of clients spend most of every day outside at a picnic table, which is located on the lawn, 20 feet from the outdoor covered shelter. They joke about how tan they are getting! What would your responsibility be to make sure these clients are safe? Pick each right answers:

- _____
- a. Tell the clients they have to come inside, and if they refuse, sneak them a sedative to make them compliant. These folks just do not know how to take care of themselves.
 - b. Arrange to move the picnic table under the shelter, if possible
 - c. Offer the clients ice cold Coke to keep the hydrated; give Diet Coke to anyone who is diabetic
 - d. Place a sign by the door, reminding of the dangers of being outside for too long
 - e. Ask the clients to spend more time inside and to avoid more than 10-15 minutes or so of sitting in the heat and humidity because it may cause heat exhaustion or heat stroke
 - f. After educating the outside clients, if they continue to insist on sitting outside, document that you provided education on high heat dangers and note their refusals. Notify the RN supervisor and/or the Housing Director
 - g. Bring their meals outside, it is a great day for a picnic!
 - h. Use a hydration pass to offer fluids every two hours. Popsicles are a great alternative, but water is the best. Keep ice water available in convenient locations
 - i. Document your efforts in the communication book and pass on to the next shift
 - j. Review the signs and symptoms of heat exhaustion and heat stroke

25. Clients who are at risk for being abused might be:

- a. Unable to help themselves with basic needs
- b. Older
- c. Grumpier
- d. More frail

26. The purpose of the Vulnerable Adult Act (VAA) is to:

- a. Assist persons charged with the care of vulnerable adults to provide safe environments
- b. Create more paperwork for health care workers
- c. Protect adults who are vulnerable to maltreatment
- d. Provide safe living environments for adults who have been maltreated

27. What are three warning signs of abuse?

- a. Bruises, broken bones, and internal injuries
- b. Skin tears, black eyes, and burns
- c. Infections, statements of fear, and unexplained injuries
- d. All of the above

28. Hitting, slapping, kicking, pinching, biting, and/or restraining a client are examples of:

- a. Emotional abuse
- b. Neglect
- c. Exploitation
- d. Physical abuse

29. Failure to provide for basic needs such as food and shelter, absence of necessary services, and abandonment are examples of:

- a. Emotional abuse
- b. Neglect
- c. Exploitation
- d. Physical abuse

30. Unauthorized spending, withholding funds belonging to a client, and medication diversion are examples of:

- a. Emotional abuse
- b. Neglect
- c. Exploitation
- d. Physical abuse

31. Being a mandated reporter means:

- a. You are required by law to report any maltreatment or suspected abuse
- b. Reporting must happen within 24 hours
- c. If you fail to report, criminal charges may be brought against you
- d. All of the above

32. Signs of employee burnout include:

- a. Increased irritability
- b. Changes in sleep patterns
- c. Emotional and physical exhaustion
- d. All of the above

33. Some things you can do when you recognize burnout are:

- a. Take a break
- b. Ask a co-worker to switch assignments with you
- c. Punch out and leave your shift immediately
- d. Talk to your supervisor about your stress

34. Which of the following may be warning signs of exploitation?

- a. Client bills are going unpaid
- b. The client is being taken to the bank to make withdrawals from their account
- c. Personal property, like cash, checks, credit cards, and jewelry, are missing
- d. All of the above

Pick each correct answer listed below:

35. Clients have the right to see their medical record, or client record.
36. Clients do not need a copy of the Home Care Bill of Rights – they get too much information as it is.
37. Clients have the right to be informed of all changes in care.
38. Clients have the right to have a short-order cook on standby 24/7.
39. Clients have the right to demand the home care provider accommodate any level of service – if the provider does not normally provide that service, they can learn and add it to the facility list of available services.
40. Clients have the right to demand properly trained and competent staff.
41. Clients do not have the right to expect that all personal information be kept confidential.
42. Clients have the right to change providers at any time, without retaliation or negative consequences.
43. Clients do not have the right to refuse services or treatment.
44. Clients have the right to be treated with courtesy and respect; however, they should not expect that staff will be respectful of the client's belongings.
45. Clients have the right to call the Ombudsman or the State to complain about how they are being treated
46. Clients do not have the right to know when services are being terminated – if they are acting up, they do not deserve our help.
47. Clients' family members have the right to see the medical record or client record. They are the ones paying the bills!

Pick each answer that applies:

48. Complaints can be in two forms: 1) A Concern, and 2) A Formal Complaint.

- _____
- a. True
 - b. False

49. A Concern does not rise to the level of a formal complaint and can be easily resolved to the client's satisfaction. Examples include:

- _____
- a. The soup at lunch was cold
 - b. My pain pill is being delivered late
 - c. There is a man coming into my bedroom at night and scaring me
 - d. There is too much noise in the hallways at night

50. A formal complaint is more serious than a concern and must be documented on a Complaint Form, per facility and home care agency protocols. Examples of formal complaints include:

- _____
- a. There is a man coming into my bedroom at night and touching me inappropriately
 - b. The kitchen never has grilled cheese sandwiches on the menu
 - c. I am missing three pairs of pants and all my socks
 - d. Someone came into my apartment and stole \$30 out of my dresser

51. The decision about whether a complaint is a concern or a formal complaint is up to:

- _____
- a. The President of the United States
 - b. The Governor
 - c. The staff member taking the complaint
 - d. The client or client representative
 - e. None of the above

52. Complaint Forms should be:

- _____
- a. Located in an area that is easily accessible to clients and client representatives
 - b. Read, then shredded
 - c. Provided to clients or client representatives upon request
 - d. Filed away and not dealt with until the quarterly Quality meeting, where the group will discuss how to handle the complaint

53. Complaints received by the State are investigated by:

- _____
- a. The Office of Health Facility Complaints (OHFC) surveyors
 - b. The Minnesota Department of Health Division of Compliance, Home Care & Assisted Living Program surveyors
 - c. The local police department
 - d. The Governor's Office

54. All reports of maltreatment (defined as abuse, neglect, or financial exploitation) must be submitted to the Common Entry Point (CEP).

- _____
- a. True
 - b. False

55. Home Care Providers are required to publish and distribute a list of available services. The most common form for this is:

- _____
- a. The "Here Are All The Services We Provide" form
 - b. The "Statement of Home Care Services" form
 - c. A handwritten list of all the services the staff can remember at the time s/he is asked
 - d. None of the above

56. Keeping clients satisfied has many benefits, including:

- _____
- a. Client and family satisfaction helps your organization build a positive reputation in your community
 - b. High satisfaction will help your organization maintain and increase occupancy rates
 - c. There are not really any benefits; it all just means more work for the staff
 - d. Clients feel taken care of and are more willing to recommend your organization to a friend

57. Complaints should be seen as opportunities for improvement.

- _____
- a. True
 - b. False

58. Alzheimer's Disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks.

- _____
- a. True
 - b. False

59. Alzheimer's is the most common cause of dementia among older adults.

- a. True
- b. False

60. Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities to such an extent that it interferes with a person's daily life and activities.

- a. True
- b. False

61. Memory problems are typically one of the first signs of cognitive impairment related to Alzheimer's Disease.

- a. True
- b. False

62. All declines in memory signal the very early stages of Alzheimer's Disease.

- a. True
- b. False

63. People are often diagnosed in the early stage of Alzheimer's Disease

- a. True
- b. False

64. Ultimately, people with severe Alzheimer's cannot communicate and are completely dependent on others for their care.

- a. True
- b. False

65. It is your job to diagnose Alzheimer's and dementia in residents because you know them well.

- a. True
- b. False

66. Depression and anger are not common Alzheimer's related personality and behavior changes.

- a. True
- b. False

67. Keeping things simple and not getting frustrated are two ways to cope with Alzheimer's related personality and behavior changes.

- a. True
- b. False

68. If a resident is experiencing changes in personality or mood, you should not interfere and rely on the direct care staff and the resident's family members to report it to the proper personnel.

- a. True
- b. False

69. People with Alzheimer's Disease and other types of dementia will not remember if they are treated poorly, so it doesn't matter if you see a peer mistreating a resident.

- a. True
- b. False

70. Even though you will not be assisting residents with bathing, dressing, or grooming, there are areas in which you can assist elders with dementia in their daily living.

- a. True
- b. False

71. If you see an elder leave the dining table before he or she has finished eating, you should redirect them back to the table and let the nursing staff know.

- a. True
- b. False

72. You should work with the nursing staff to make sure that our residents are getting enough nutrition. You should report any changes in eating, likes, and dislikes.

- a. True
- b. False

73. If you see a resident in an unsafe area or doing something unsafe, you should leave the elder alone but let nursing know.

- a. True
- b. False

74. You are empowered to work with the nursing staff make suggestions on safety and create a better environment for the residents.

- a. True
- b. False

75. Incontinence accidents can sometimes occur with elders with Alzheimer's disease.

- a. True
- b. False

76. Limiting fluids after 6 p.m. can help with the problem of incontinence at night. Do not give the person fluids with caffeine, such as coffee or tea. Give the person fresh fruit before bedtime instead of fluids if he or she is thirsty.

- a. True
- b. False

77. Being active and getting exercise is good for patients with Alzheimer's disease.

- a. True
- b. False

78. You want someone with AD to do as much as possible for himself or herself. At the same time, you also need to make sure that the person is safe when active.

- a. True
- b. False

79. When it comes to home safety, you should think prevention, adapt the environment, and minimize the danger for elders with AD.

- a. True
- b. False

80. You should not call the nursing staff if a resident has a fever. These are common with people with AD.

- a. True
- b. False

81. To reduce a chance of a fall, clean up clutter, provide chairs with arms, put grab bars in bathrooms, use good lighting, and make sure the person with AD is wearing good shoes.

- a. True
- b. False

82. Dehydration is unlikely in elders with AD.

- a. True
- b. False

83. Dehydration symptoms include dry mouth, dizziness, hallucinations, and a rapid heart rate.

- a. True
- b. False

84. People with AD may not be able to tell you when he or she is in pain.

- a. True
- b. False

85. Three factors that affect behaviors in elders with AD include 1) feelings or uncertainty, such as sadness, stress, confusion, and anxiety; 2) changes in health or health treatments; and 3) changes in environment.

- a. True
- b. False

86. It is not necessary or helpful to keep consistent daily routines for elders with dementia.

- a. True
- b. False

87. Activities with elders with AD should only be done by a specially trained activity director.

- a. True
- b. False

88. Distractions such as music, singing, or even dancing can be used to redirect an elder with dementia.

- a. True
- b. False

89. An increase in restlessness, activity, and agitation in late afternoon and early evening may be the result of sundowning.

- a. True
- b. False

90. Hallucinations are false beliefs that the elder thinks are real; delusions are when an elder sees, hears, smells, tastes, or feels something that is not there.

- a. True
- b. False

91. Since hallucinations, delusions, and paranoia are not real, it is important to correct the elder and let them know the way things really are.

- a. True
- b. False

92. Sudden changes in a well-known place or routine may cause agitation and/or aggression.

- a. True
- b. False

93. It is important to identify the root cause of an elder's behaviors so you can successfully treat and/or intervene.

- a. True
- b. False

94. You may need to call 911 if an elder is posing a serious threat of injury to himself, herself, or others.

- a. True
- b. False

95. It is highly unlikely that elders with dementia will leave the building without notifying staff.
There is really no need for extra locked units or exit alarms.

- a. True
- b. False

96. Intimacy is the special bond we share with a person we love and respect, and does not necessarily include a sexual relationship.

- a. True
- b. False

97. Elders with AD may experience less desire for sexual activity, or hypersexuality, which is a high interest in sexual activities.

- a. True
- b. False

98. You should not allow an elder with dementia to hold hands with another elder, if that elder is not his or her spouse.

- a. True
- b. False

99. It is wrong for elders with dementia to have sexual relationships.

- a. True
- b. False

Directions: Choose the better statement in the following questions.

100. Question 1

- a. I wish you would have told me you had to use the bathroom.
- b. It looks like you need to use the bathroom; let's go together.

101. Question 2

- a. Supper will be at 5pm.
- b. Don't you remember what I told you five minutes ago?

102. Question 3

- a. Here, let me do that for you.
- b. It looks like you are having trouble with that today. Can I help you?

103. Question 4

- a. What would you like to wear today?
- b. Would you like to wear pants or a skirt today?

104. Question 5

- a. What did you do when you were my age?
- b. I remember you were in the military. Were you in the Army?

105. Question 6

- a. I think I see some birds out in the yard; let's go see them.
- b. What are you trying to tell me?

106. Question 7

- a. Do you think you'll need your sweater today?
- b. It's chilly this morning; would you like the pink sweater or the blue one?

107. Question 8

- a. Why don't you two come over here and play a game with me.
- b. Esther and Donald, we're playing a game over here. Come join us.

108. Question 9

- a. First, take the cap off the toothpaste.
- b. Brush your teeth now.

109. Question 10

- a. Would you like apple juice or prune juice?
- b. Drink this prune juice, please.

110. Question 11

- a. Please tell me why you are crying.
- b. Are you feeling sad?

111. Question 12

- a. Okay, honey, just let me cut this up for you.
- b. Henry, would you like me to cut that for you?

Pick all answers that apply:

112. Ways to prevent injuries and accidents include:

- a. Know your clients
- b. Respond to emergency calls immediately
- c. Save all your personal phone calls and make them while you are at work
- d. Report unsafe equipment
- e. Know processes and procedures
- f. Always carry duct tape – equipment is always broken and you have to be able to tape it up good in order to use it
- g. Ask for help if needed
- h. Clean up spills immediately

113. The Employee Right To Know law informs workers of the hazardous / infectious material in the workplace and requires infection control or safety measures to be available and in place:

- a. True
- b. False

114. Routinely exposed is defined as: The reasonable potential exists for exposure to hazardous substances, harmful physical agents, or infectious agents during the normal course of the employees' work assignments.

- a. True
- b. False

115. The AWAIR program is defined as:

- a. A Week-long Air & Intelligence Rendezvous
- b. A Workplace Act of Injury Roundups
- c. A Wild Acrobatic Injury Report
- d. A Workplace Accident and Injury Reduction

116. Proper lifting techniques include: 3

- a. Lift close to your body
- b. Plan ahead before lifting
- c. Hold items as far away from your body as possible
- d. Ask clients to help lift or move heavy items in their apartments
- e. Bend your knees and keep your back straight
- f. If you are straining, get help from another employee
- g. Lift close to your body
- h. Tighten your stomach muscles
- i. Swear during the lifting process – it helps distract you from the strain
- j. Lift with your legs
- k. Wear a belt or back support

117. The following are general safety guidelines to be followed to create a safe and healthy workplace:

-
- a. Report all accidents and injuries to your manager / supervisor immediately
 - b. Come to work mentally alert and prepared to work
 - c. If an object is too heavy to lift, do it anyway
 - d. Report unsafe working conditions to your manager / supervisor immediately
 - e. Know where to find and how to use your work site fire extinguisher
 - f. Do not waste time cleaning up little spills; they will evaporate eventually
 - g. Report unsafe working conditions to your manager / supervisor immediately
 - h. Use proper lifting techniques at all times
 - i. Use protective equipment when necessary
 - j. Know the specific safety requirements and equipment of your assignment and work locations
 - k. Always microwave coffee for clients so it is scalding hot
 - l. Wipe up spills immediately Keep work areas, entryways and high traffic areas neat, orderly, and free of obstacles
 - m. Periodically perform safety checks of equipment and keep all safety guards in place

118. The written ERTK program includes:

-
- a. An inventory of hazardous substances and/or agents that exist in the workplace
 - b. Identification of employees who are routinely exposed to those substances or agents
 - c. A system for obtaining and maintaining written information about the substances and agents employees may be exposed to in the workplace
 - d. Methods for making ERTK information readily accessible to employees in their workplace areas
 - e. A plan for providing initial, pre-assignment, and annual training of employees
 - f. Implementation and maintenance of a labeling system or other warnings

119. In the event of a work-related injury or illness, employees should immediately report the incident / injury / illness to a supervisor or manager and seek medical attention if appropriate.

-
- a. True
 - b. False

120. Keeping a straight back when lifting does not really matter.

-
- a. True
 - b. False

121. Twisting and bending while you are lifting and carrying a heavy object is not a good idea.

- a. True
- b. False

122. The HIPAA Privacy and Security Rules dictate that all who may come into contact with protected health information follow confidentiality and security procedures.

- a. True
- b. False

123. One primary purpose of HIPAA is to protect people from losing their health insurance if they change jobs or have pre-existing health conditions.

- a. True
- b. False

124. Three parts of the HIPAA regulations are referred to as the Privacy Rule, Security Rule, and Enforcement Rule.

- a. True
- b. False

125. HIPAA regulations cover a broad scope and impact virtually every department of every entity that had access to personal health information.

- a. True
- b. False

126. As a general rule, a covered entity may not use or disclose protected health information for purposes other than treatment, payment, and healthcare operations without the patient's written authorization.

- a. True
- b. False

127. The HIPAA Privacy Rule gives individuals the right to review and obtain a copy of their protected health information, but not to request changes.

- a. True
- b. False

128. The Security Rule portion of HIPAA also requires that administrative, physical and technical safeguards are in place to prevent the improper use or disclosure of PHI.

- a. True
- b. False

129. According to the Breach Rule, a HIPAA covered entity must provide notification after a breach of unsecured PHI, but business associates are not held to the same standard.

- a. True
- b. False

130. Clients do not have the right to use dangerous items, such as siderails.

- a. True
- b. False

131. If an RN assesses a client's new siderails and determines that they do not comply with the 2006 FDA Guidelines, s/he is required to remove the siderails from the client's bed.

- a. True
- b. False

132. Siderails are intended to be used to reduce the risk of falling from the bed, assisting the client to reposition in bed, and to assist the client in and out of bed, according to the FDA.

- a. True
- b. False

133. Bed mobility devices are not siderails and therefore, are perfectly safe.

- a. True
- b. False

134. Entrapment is when an individual is caught, stuck, wedged, or trapped.

- a. True
- b. False

135. The 2013 FDA Guidelines for Siderails are the most current and should be the reference used to determine safety of siderails.

- a. True
- b. False

136. Gaps or openings in siderail zones 1-3 cannot exceed 4.75 inches in order to be compliant and safe.

- a. True
- b. False

137. Siderails should not be wobbly, so families who have purchased and installed non-compliant siderails should be required to secure the siderails using any means necessary (e.g. duct tape and/or bungie cords attaching the siderail to the metal frame under the mattress).

- a. True
- b. False

138. After assessing the siderails and the client's ability to use them safely, the RN should communicate her findings to staff, but there is no need to contact the family about the potential risks of using siderails.

- a. True
- b. False

139. Staff should always encourage families to purchase siderails and add them to the client's bed; the siderails can always be up so staff can keep the client in bed while they take care of other tasks.

- a. True
- b. False

140. Environmental fall risks include clutter, slippery surfaces, and loose rugs.

- a. True
- b. False

141. Identifying risk factors can assist in preventing falls; Pick each item that may be a risk
- Falls in the past six months
 - Medications
 - Need for assistance with ambulation or transfers
 - Poor eyesight
 - Confusion or dementia
 - Poor footwear or no footwear
 - Broken equipment
 - Poor lighting
 - No ability to summon staff when help is needed
 - Urgency to urinate or have bowel movements
142. Identify which team members can assist in preventing falls by Pick the correct choices below.
- ULP (Unlicensed Personnel) - HHA, CNAs, etc.
 - Nurses - RN, LPN
 - Administrators and Housing Directors
 - Housekeepers
 - Maintenance staff
 - Dietary staff
 - Volunteers
143. Although direct caregivers are the most likely to be in a position to intervene to prevent a fall, other team members can alert direct caregivers or nursing staff when they notice a potential fall situation. How can housekeeping assist in preventing falls? Pick all that apply:
- Wait until all clients have exited the dining room before mopping
 - Using wet floor signs
 - Monitor client rooms and bathrooms for clutter and fall risks
 - Rearrange clients' belongings while tidying their rooms, eyeglasses in the nearest drawer so they do not get broken, place a towel on the bathroom floor in front of the shower, etc.
144. Maintenance team members are also important; Pick the items they can do to prevent falls:
- Making sure that client equipment is in good operating order – for example, brakes on wheelchairs are functional, side rails or mobility devices are attached properly and securely, etc.
 - Making sure that when a light bulb is burned out and reported to them, it is replaced with a new bulb as soon as possible
 - Remove non-skid strips in all bathroom and shower areas because they look bad
 - Remove broken chairs so that no one sits on them

145. Falls frequently happen when a client has to go to the bathroom; interventions that can prevent falls related to this include:

-
- a. Monitoring clients' bowel and bladder habits to identify when they usually have to use the bathroom
 - b. Keeping a light on in the bathroom at night
 - c. Using adult incontinent products to give the client no reason to use the bathroom at night
 - d. Putting a large sign on the bathroom doors so ambulatory clients remember to ask for assistance
 - e. a, b, and d are correct

146. Clients should be encouraged to ambulate as much as possible in their socks:

-
- a. True
 - b. False

147. Falls can cause fearfulness, depression, and social isolation.

-
- a. True
 - b. False

148. Pick all activities that may reduce falls:

-
- a. Increasing activity, such as a walking program
 - b. Toileting program
 - c. Proper footwear
 - d. Instructing clients to ambulate to meals without walkers
 - e. Consistent routines
 - f. Activities
 - g. Increasing medications after falls
 - h. Discuss interventions with family and team members

149. You identify an intervention that works to prevent falls with a client but is not on task list or care plan. You should:

-
- a. Tell the nurse, so it can be added to task list and/or care plan
 - b. Do not tell anyone, they may think it is a stupid idea

150. A change of condition may seem subtle but may be very significant.

- a. True
- b. False

151. As a front-line worker and the caregiver, it is important to identify important changes while caring for or visiting a resident.

- a. True
- b. False

152. It is NOT important to follow your employer's protocol for notification of your nurse and documentation of change of condition.

- a. True
- b. False

153. Examples of changes to document and to notify your nurse are:

- a. Resident has family visiting
- b. Resident is having a normal day
- c. Resident has new or worsening pain

154. Examples of changes to document and notify your nurse are:

- a. Resident is complaining of difficulty swallowing
- b. Resident is coughing with fluids at meals
- c. Resident hasn't eaten 2 of the last 3 meals
- d. Resident is needing more assistance at meals

155. It is not necessary to document or notify a nurse if resident has just become unstable with walking.

- a. True
- b. False

156. It is necessary to notify a nurse if resident has a new or persistent cough.

- a. True
- b. False

157. All entries in the medical record should be dated.

- a. True
- b. False

158. All entries in the medical record should contain the following key elements:

- a. Author's first name
- b. Author's last name
- c. Author's credentials (for example: PCA, CNA, ULP)

159. One of most important tasks of a caregiver is identifying a change in a resident's condition and communicating this change to the nurse.

- a. True
- b. False

160. Exercising routinely is a physical need.

- a. True
- b. False

True (T) or false (F), the following are signs of **Appropriate** boundaries of client and staff relationship.

161. ____ You share personal problems or aspects of your intimate life with patients

162. ____ You refuse to keep secrets with patients

163. ____ You involve the team in concerns regarding patient care

164. ____ You have received gifts from a patient

165. ____ You speak to the patient about your own professional needs or inability

166. ____ You speak poorly of co-workers to clients

167. ____ You refer clients and families to the appropriate team member to answer questions

168. ____ You give certain patients extra time or attention

169. ____ You give patients personal contact information or money

True (T) or false (F), the following are signs of **Appropriate** boundaries of client and staff relationship.

- 170. ____ You set limits with a patient
- 171. ____ Lung Disease can affect a client's ability to communicate
- 172. ____ Dementia can interfere with a client's ability to communicate
- 173. ____ Boundaries are mutually understood, unspoken physical and emotional limits of the relationship between the patient and the nurse.
- 174. ____ Changes with hearing and vision do not affect people with aging
- 175. ____ Each culture has unique beliefs, practices and acceptable and unacceptable behavior
- 176. ____ Each family has its own unique history and family dynamics
- 177. ____ When communicating, avoid using medical jargon and slang
- 178. ____ When communicating with a client, it isn't important to respect their privacy.
- 179. ____ Each religion is unique, has its own core values and history.
- 180. ____ Communication may be verbal and non-verbal.

Pick your Answers:

181. What organ is responsible for pumping blood?

- a. Liver
- b. Kidney
- c. Heart
- d. Lungs

182. Which organ produces urine?

- a. Heart
- b. Pancreas
- c. Brain
- d. Kidney

183. Which organ detoxifies the blood?

- a. Kidney
- b. Lungs
- c. Heart
- d. Liver

184. Physical Needs are those that must be met for our bodies to function and be healthy:

- a. True
- b. False

185. Alzheimer's and other dementias impact the ability for people to complete brain-based skills:

- a. True
- b. False

186. The body's largest organ is the skin, and it is our first defense against bacteria, viruses and other pathogens.

- a. True
- b. False

Employee Name: _____ **Date:** _____

RN Signature _____ **Date:** _____