

Name: _____ Date: _____

Chapter 3: Exam

Multiple Choice. Choose the correct answer.

1. Holistic care focuses on
 - (A) The person's physical, mental, and social well-being
 - (B) Disease and disability
 - (C) How sick a person is
 - (D) The absence of disease and illness
2. Which of the following is a physical need?
 - (A) The need for social interaction
 - (B) The need for water
 - (C) The need for self-esteem
 - (D) The need for independence
3. Which of the following is an example of a psychosocial need?
 - (A) The need for food
 - (B) The need for sleep
 - (C) The need for activity
 - (D) The need for acceptance
4. What is one way a nursing assistant can promote a resident's independence?
 - (A) Finishing a resident's task if he takes longer than ten minutes to complete it
 - (B) Allowing a resident to do a task by himself no matter how long it takes him
 - (C) Deciding where a resident should sit in the dining room
 - (D) Deciding what a resident should wear for the day
5. Activities of daily living (ADLs) include
 - (A) Reading
 - (B) Taking part in facility activities
 - (C) Attending a worship service
 - (D) Brushing teeth
6. Mrs. Goldman, a resident, begins to tell her nursing assistant, Gene, about the last religious service she attended. Gene does not believe in God. Gene's best response is to
 - (A) Listen quietly to Mrs. Goldman
 - (B) Tell Mrs. Goldman that he does not believe in God and would prefer not to discuss it
 - (C) Tell Mrs. Goldman that her beliefs are wrong
 - (D) Ask Mrs. Goldman what makes her think that there is a God
7. If a nursing assistant encounters a consenting adult resident in a sexual situation, she should
 - (A) Provide privacy and leave the room
 - (B) Tell him that what he is doing is wrong
 - (C) Ask him to stop what he is doing
 - (D) Discuss the incident with the resident's family

8. How can regular activity promote good health?
 - (A) It decreases the appetite.
 - (B) It increases energy.
 - (C) It increases the risk of heart disease.
 - (D) It raises the risk of falls.
9. Families help residents by
 - (A) Creating the care plan for them
 - (B) Telling them what to do
 - (C) Diagnosing residents' illnesses
 - (D) Communicating with the care team
10. Which of the following statements is true of the normal aging process?
 - (A) Most elderly people are entirely dependent on others.
 - (B) Most elderly people are disabled and cannot walk.
 - (C) Most elderly people are active and engaged in activities.
 - (D) Most elderly people cannot manage their own money.
11. Normal changes of aging include
 - (A) Depression
 - (B) Thinner, drier skin
 - (C) Significant weight loss
 - (D) Incontinence
12. Which of the following is true of developmental disabilities?
 - (A) Developmental disabilities are temporary.
 - (B) Developmental disabilities restrict physical and/or mental ability.
 - (C) Developmental disabilities are a form of mental illness.
 - (D) People with developmental disabilities can never live or work independently.
13. A _____ is an intense form of anxiety.
 - (A) Phobia
 - (B) Coping mechanism
 - (C) Fallacy
 - (D) Situation response
14. Signs and symptoms of clinical depression include
 - (A) Apathy
 - (B) Intense hunger
 - (C) Sudden chest pain
 - (D) Breath that smells fruity
15. Development in children from 6 to 10 years old centers on cognitive development. Cognitive development means
 - (A) Developing touching and feeling skills
 - (B) Learning right from wrong
 - (C) Developing thinking and learning skills
 - (D) Developing social relationship skills

16. Which of the following is an appropriate way for a nursing assistant to care for a mentally ill resident?
- (A) The NA should do everything for the resident.
 - (B) The NA should administer the resident's medication.
 - (C) The NA should support the resident and his family and friends.
 - (D) The NA should encourage the resident to stop being mentally ill and just get better.
17. The fear of being in a confined space is called
- (A) Post-traumatic stress disorder
 - (B) Obsessive compulsive disorder
 - (C) Claustrophobia
 - (D) Schizophrenia
18. A brain disorder that affects a person's ability to think clearly and understand reality is
- (A) Clinical depression
 - (B) Claustrophobia
 - (C) Bipolar disorder
 - (D) Schizophrenia
19. If a nursing assistant notices abusive behavior from a family member towards a resident, she should
- (A) Report it to the nurse immediately
 - (B) Ask the family member to explain what he did before she reports the incident
 - (C) Ask the resident for her permission to report the incident to the nurse
 - (D) Not get involved because it is a private family matter
20. When caring for a dying resident's diminished senses, a nursing assistant should
- (A) Ask many questions to see what is comfortable for the resident
 - (B) Turn on as many lights as possible
 - (C) Observe body language
 - (D) Encourage all visitors to remain silent
21. How can NAs give emotional support to residents who are dying?
- (A) By leaving dying residents alone as much as possible
 - (B) By listening more
 - (C) By sharing their religious beliefs with residents
 - (D) By letting residents know that it will all be over soon
22. One way that NAs can respect the rights of residents who are dying is to
- (A) Keep visitors away from residents
 - (B) Let the family know if the NA does not agree with residents' medical decisions
 - (C) Promise residents that they will get better
 - (D) Promote privacy for residents

23. Which of the following is part of The Dying Person's Bill of Rights?
- (A) I have the right to be told what to believe about life after death.
 - (B) I have the right to be cared for by someone who will always tell me what she thinks I want to hear.
 - (C) I have the right to have my questions answered honestly.
 - (D) I have the right to be treated with forced cheerfulness.
24. In infants, physical development moves from
- (A) The feet up
 - (B) The head down
 - (C) The spine out
 - (D) The hands up
25. _____ is the special care that focuses on the dignity and comfort of a dying person.
- (A) Postmortem
 - (B) Cheyne-Stokes
 - (C) Hospice
 - (D) Terminal
26. The NA's responsibilities regarding postmortem care include
- (A) Placing drainage pads where needed
 - (B) Removing tubes from the dead resident
 - (C) Removing equipment from the room
 - (D) Examining the body to help determine the cause of death
27. Which of the following stages of child development involves children learning to speak, gaining coordination of their limbs, and gaining control over their bladders and bowels?
- (A) Preschool (ages 3 to 6)
 - (B) Toddler (ages 1 to 3)
 - (C) Infancy (birth to 12 months)
 - (D) School-age (ages 6 to 10)
28. Which of the following is true of advance directives?
- (A) Advance directives must be honored as long as family members agree with the resident's decisions.
 - (B) Advance directives must be honored unless NAs do not agree with the diagnosis.
 - (C) Advance directives must be honored.
 - (D) Advance directives should be changed when the resident's spiritual leader does not agree with the resident's decision.
29. What does palliative care involve?
- (A) The resident's recovery
 - (B) Pain relief and comfort
 - (C) Teaching the resident to care for himself
 - (D) Curing the resident's illness
30. The last sense to leave the body is usually the sense of
- (A) Hearing
 - (B) Sight
 - (C) Taste
 - (D) Touch

31. Which of the following is a sign of approaching death?
- (A) Decreasing blood pressure
 - (B) Sharper vision
 - (C) Warm, dry skin
 - (D) Heightened sense of touch
32. Children in their _____ years develop language skills, learn to play cooperatively in groups, and begin to learn right from wrong.
- (A) School-age (ages 6 to 10)
 - (B) Toddler (ages 1 to 3)
 - (C) Adolescent (ages 12 to 19)
 - (D) Preschool (ages 3 to 6)
33. An attitude that is helpful in hospice work is
- (A) Being sensitive to individual needs
 - (B) Pushing residents to talk about their feelings
 - (C) Joining in the conversation during personal visits
 - (D) Helping the resident embrace the NA's faith before death