

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

## Chapter 6: Exam

**Multiple Choice.** Choose the correct answer.

1. When using a transfer belt, the NA should
  - (A) Place it underneath the resident's clothing
  - (B) Place it around the resident's shoulders
  - (C) Place it around a resident's chest
  - (D) Place it over the resident's clothing
2. When transferring a resident from a bed into a wheelchair, where should the wheelchair be placed?
  - (A) On the stronger side
  - (B) On the weaker side
  - (C) On the left side
  - (D) On the affected side
3. Which of the following is an example of an activity of daily living (ADL)?
  - (A) Praying
  - (B) Eating
  - (C) Reading
  - (D) Talking to a family member
4. If a resident starts to fall, the best thing an NA can do is to
  - (A) Catch the resident under the arms to stop the fall
  - (B) Widen her stance and bring the resident's body close to her
  - (C) Lock her knees
  - (D) Move out of the way
5. What is a good way for a nursing assistant to promote respect, dignity, and privacy when helping a resident with care?
  - (A) If a resident takes too long to choose a shirt for the day, the NA should choose one for her.
  - (B) The NA should knock on the door while a resident is in the bathroom to see if the resident can finish quickly.
  - (C) The NA should encourage the resident to do as much as possible for herself.
  - (D) The NA should ask the resident to move faster if she is not moving quickly enough.
6. How does the skin appear when it first begins to break down?
  - (A) Skin looks like a deep crater.
  - (B) Skin turns pale, white, red, or purple.
  - (C) Skin is covered with bruises.
  - (D) Skin has raised blisters.
7. Which of the following is a condition that increases the risk of pressure ulcers?
  - (A) Flexibility
  - (B) Cold air
  - (C) Good circulation
  - (D) Restricted mobility

8. Which of the following statements is true about pressure ulcers?
  - (A) Pressure ulcers are usually caused by exercising too much.
  - (B) Pressure ulcers are difficult to heal but do not hurt much.
  - (C) Pressure ulcers are impossible to prevent.
  - (D) Pressure ulcers can lead to life-threatening infections.
9. Which of the following is at a higher risk of skin breakdown?
  - (A) Front of neck
  - (B) Face
  - (C) Tailbone (sacrum)
  - (D) Hands
10. A nursing assistant should reposition immobile residents at least every
  - (A) Two hours
  - (B) Three hours
  - (C) Ten minutes
  - (D) Twenty minutes
11. A \_\_\_ keeps the covers from resting on a resident's legs and feet.
  - (A) Hand roll
  - (B) Bed cradle
  - (C) Trochanter roll
  - (D) Draw sheet
12. Which of the following should be washed every day?
  - (A) Hair
  - (B) Perineum
  - (C) Chest
  - (D) Knees
13. Which of the following is true of mechanical lifts?
  - (A) Mechanical lifts prevent injury.
  - (B) It is safer for the NA to lift residents without the use of a mechanical lift.
  - (C) There is only one kind of mechanical lift.
  - (D) When using a mechanical lift, the NA should pump it approximately five feet over the bed before moving the resident.
14. When bathing a resident, a nursing assistant should
  - (A) Leave the resident alone to promote self-care
  - (B) Get each item needed as the resident asks for it
  - (C) Use bath oil to moisturize the resident's skin
  - (D) Make sure the room is warm enough before beginning
15. When cleaning the perineal area, the NA should
  - (A) Work from front to back
  - (B) Work from back to front
  - (C) Work from side to side
  - (D) Work from dirtiest to cleanest

16. Which of the following statements is true of positioning?
- (A) Residents will not need help getting into comfortable positions.
  - (B) Constant pressure on an area helps prevent pressure ulcers.
  - (C) NAs should check residents' skin each time they are repositioned.
  - (D) Bedbound residents should be repositioned every three hours.
17. Which of the following is true of nail care?
- (A) An accidental cut when providing nail care poses no great risk.
  - (B) An orangewood stick should be used to smooth calluses and corns.
  - (C) Nail care should be provided when the nails are dirty.
  - (D) Nail equipment can be shared among residents as long as it is clean.
18. How can a nursing assistant help promote independence and dignity while assisting with grooming?
- (A) By doing things residents can do for themselves only when the NA is in a hurry
  - (B) By letting residents make choices once in a while
  - (C) By styling the resident's hair in cute, new ways
  - (D) By honoring the resident's preferences
19. During which of the following procedures must an NA always wear gloves?
- (A) Shaving a resident
  - (B) Combing a resident's hair
  - (C) Dressing a resident
  - (D) Turning a resident
20. Which of the following statements is true of hair care?
- (A) Residents' hair should be handled gently because hair can be pulled out when combing or brushing it.
  - (B) Residents' hair should be combed or brushed into childish hairstyles because they look cute on elderly people.
  - (C) Nursing assistants should cut residents' hair when it gets long and when residents request it.
  - (D) Pediculosis (lice) cannot spread quickly.
21. Which of the following is an appropriate way for an NA to refer to a resident's weakened side when assisting with dressing?
- (A) Broken side
  - (B) Stiff side
  - (C) Limp side
  - (D) Involved side
22. Which of the following is true of helping a resident dress?
- (A) An NA should choose the resident's clothing for the day.
  - (B) If a resident has weakness on one side, the NA should start with the weaker side when dressing.
  - (C) If a resident has weakness on one side, the NA should start with the stronger side when dressing.
  - (D) Residents should dress in nightclothes during the day because it promotes comfort.
23. Oral care should be done at least \_\_\_ time(s) a day.
- (A) One
  - (B) Two
  - (C) Three
  - (D) Four

24. Which of the following statements is true of dentures?
- (A) Dentures should be cleaned with hot water to remove bacteria.
  - (B) Clean dentures should be returned to the resident or stored in a denture cup.
  - (C) Dentures are not expensive.
  - (D) Wearing gloves is not required for cleaning dentures.
25. Ways to prevent aspiration during oral care of unconscious residents include
- (A) Using as little liquid as possible when giving oral care
  - (B) Turning residents on their stomachs when giving oral care
  - (C) Not giving frequent mouth care
  - (D) Pouring water slowly into the resident's mouth
26. Dangling means
- (A) Sitting up with legs over side of bed
  - (B) Sitting up in chair with feet on floor
  - (C) Lying in bed with feet over side of bed
  - (D) Hanging both arms over chair rests
27. How often should bedbound residents be repositioned?
- (A) At least every two hours
  - (B) Once per shift
  - (C) Twice a day
  - (D) At least every three hours
28. How often should residents in wheelchairs be repositioned?
- (A) At least every hour
  - (B) At least every two hours
  - (C) At least every three hours
  - (D) At least every four hours
29. A resident who is lying on either her left or her right side is in the \_\_\_ position.
- (A) Supine
  - (B) Lateral
  - (C) Prone
  - (D) Fowler's
30. A resident who has her head and shoulders elevated and is in a semi-sitting position (45 to 60 degrees) is in the \_\_\_ position.
- (A) Sims'
  - (B) Fowler's
  - (C) Prone
  - (D) Lateral
31. A resident who is lying on her stomach with her arms at her sides is in the \_\_\_ position.
- (A) Sims'
  - (B) Fowler's
  - (C) Prone
  - (D) Lateral

32. A resident who is lying on her left side with her upper knee flexed and raised toward the chest is in the \_\_\_ position.
- (A) Sims'
  - (B) Fowler's
  - (C) Prone
  - (D) Supine
33. A resident who is lying flat on his back with his head and shoulders supported by a pillow is in the \_\_\_ position.
- (A) Sims'
  - (B) Fowler's
  - (C) Prone
  - (D) Supine
34. A \_ is used for residents who cannot assist to raise their hips onto a bedpan.
- (A) Fracture pan
  - (B) Urinal
  - (C) Portable commode
  - (D) Toilet
35. Which of the following statements is true of properly positioning a standard bedpan?
- (A) A standard bedpan should be positioned with the narrower end aligned with the resident's buttocks.
  - (B) A standard bedpan can be positioned either toward the foot or head of the bed.
  - (C) A standard bedpan should be positioned with the wider end aligned with the resident's buttocks.
  - (D) A standard bedpan should be positioned sideways and slightly tilted.
36. Residents who are unconscious may still be able to
- (A) Speak
  - (B) Gesture
  - (C) Hear
  - (D) See