

Name: _____ Date: _____

Chapter 5: Exam

Multiple Choice. Choose the correct answer.

1. Which of the following should a nursing assistant do if a resident is confused?
(A) Not mention the date or the location, as it will further confuse the resident
(B) Stay calm and provide a quiet environment
(C) Leave the resident alone until he is acting normally
(D) Avoid explaining care, as it will only agitate the resident
2. Confusion may be caused by
(A) Too much television viewing
(B) An unpleasant roommate
(C) Exercise
(D) Urinary tract infection
3. The ability to think logically and clearly is called
(A) Cognition
(B) Dementia
(C) Awareness
(D) Dysphagia
4. Which of the following statements is true of Alzheimer's disease (AD)?
(A) Skills a person has used over a lifetime are usually kept longer.
(B) Residents with AD will show the same signs at the same times.
(C) NAs should do everything for residents with AD.
(D) Alzheimer's disease is a normal part of aging.
5. When a resident with AD is frightened, the NA should
(A) Speak in a room where the television is on
(B) Check her body language to make sure she is not tense or hurried
(C) Use longer sentences
(D) Not tell the resident what she is going to do
6. When a resident with AD shows memory loss, the NA should
(A) Repeat herself using the same words
(B) Tell the resident that she already answered that question
(C) Remind the resident every time she forgets something
(D) Give the resident a long list of instructions to review
7. If a resident with AD has lost most of his verbal skills, the NA should
(A) Assume the resident cannot understand what is being said
(B) Use touch, smiles, and laughter
(C) Ask the resident questions
(D) Do not involve resident in activities because he will find that frustrating

8. If a resident with AD is incontinent, the nursing assistant should
 - (A) Withhold fluids
 - (B) Dim the bathroom lights
 - (C) Mark the bathroom with a sign or picture
 - (D) Check resident every four hours to help determine a “bathroom time”
9. If a resident with AD has problems with bathing, the nursing assistant should
 - (A) Schedule bathing when the resident is least agitated
 - (B) Hurry the resident through the bath
 - (C) Insist that the resident bathe even if she does not want to
 - (D) Surprise the resident with the bath
10. One way for a nursing assistant to help a resident with AD with eating is to
 - (A) Put a few types of food on the plate at the same time
 - (B) Use dishes without a pattern and a simple place setting
 - (C) Withhold food until the resident is really hungry
 - (D) Serve steaming hot foods and drinks
11. If a resident with AD has problems with dressing, the nursing assistant should
 - (A) Lay out clothes in the order they should be put on
 - (B) Dress the resident in the hallway
 - (C) Choose the resident’s clothing for him
 - (D) Give the resident multiple steps to follow
12. A helpful way for a nursing assistant to respond to hallucinations is to
 - (A) Tell the resident that what she thinks she sees is not real
 - (B) Tell the resident that she can see the hallucination too
 - (C) Reassure a resident who is upset and worried
 - (D) Laugh to ease tensions and encourage the resident to laugh
13. A nursing assistant can respond to sundowning by
 - (A) Adding more caffeine to the resident’s diet
 - (B) Setting a bedtime routine and keeping it
 - (C) Restricting exercise during the day
 - (D) Scheduling activities during this time
14. When a resident with AD perseverates, the nursing assistant should
 - (A) Answer questions each time they are asked
 - (B) Try to silence the resident by letting him know he just asked that question
 - (C) Use a thesaurus to find new ways to say things
 - (D) Ignore the resident until he stops
15. If a resident with AD shows violent behavior, the nursing assistant should
 - (A) Hit back
 - (B) Yell at the resident to distract him
 - (C) Leave the resident alone until he calms down
 - (D) Remove triggers

16. When a resident with AD cannot understand basic instructions, it is a good idea to use
 - (A) A notepad to write out instructions
 - (B) Longer words to catch the resident's interest
 - (C) A very loud voice
 - (D) Short words, pictures, and gestures
17. Which of the following would be the best way for an NA to respond to inappropriate sexual behavior?
 - (A) Warn other residents that it is happening
 - (B) Take the resident to a private area
 - (C) Inform the resident's family that the resident is being inappropriate
 - (D) Reprimand the resident to shame him into stopping
18. When a resident with AD pillages and hoards, the nursing assistant should
 - (A) Warn the family that the resident is stealing things
 - (B) Try to confine the resident to his room
 - (C) Tell the resident that he needs to return the stolen items
 - (D) Provide a rummage drawer
19. When is using reality orientation a good idea for residents with AD?
 - (A) Late stages of AD
 - (B) Early stages of AD
 - (C) When residents are totally disoriented
 - (D) Never
20. Which of the following statements is true of using validation therapy?
 - (A) An NA makes no attempt to reorient the resident to actual circumstances.
 - (B) An NA reminds the resident that he is not living in the past.
 - (C) An NA reminds the resident about what is real and what is not real.
 - (D) An NA tells the resident he is having delusions.
21. Which of the following is a type of therapy that involves having residents with Alzheimer's disease remember and talk about the past?
 - (A) Reality orientation
 - (B) Validation therapy
 - (C) Reminiscence therapy
 - (D) Activity therapy