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C.N.A REVIEW

1. Pressure sores cannot be caused by lying in one position for a long period of time.
a. true b. false
2. If your clients experiences pain while exercising, stop exercise, document and report this to your supervisor.
a. true b. false
3. While you are performing your home health aide duties with your client, you should say and do things that will help build or re-build your clients self -esteem.
a. true b. false
4. To walk with a walker, your client should pick up the walker, move it forward making sure all four legs are in contact with the floor, then step forward.
a. true b. false
5. If your client uses a cane to walk about, he/she should hold it in his weak hand to help support his/her weight.
a. true b. false
6. Mr. Wilson's speech has recently become very difficult for you to understand. At times he seems to be speaking another language. This coherent speech is not normal and is possibly a system of a serious illness.
a. true b. false
7. To protect your client and yourself, your client's Plan of Care should be read and followed.
a. true b. false
8. Smoking, drinking hot or cold liquids and breathing with his mouth open can affect your client's oral temperature.
a. true b. false

9. Constipation may be prevented by eating a diet of high fiber, plenty of fluids and regular exercise.

- a. true b. false

10. You don't need to wear gloves when cleaning your incontinent client's clothes and body.

- a. true b. false

11. Because an elderly person's skin is dry and fragile, he/she should be bathed in moderately warm (not hot) water and should have a full bath less often.

- a. true b. false

12. AIDS (Aquired Immune Deficiency Syndrome) can sbe spread by shaking hands.

- a. true b. false

13. Itching, burning, redness of the skin, a rash or small bumps should be reported to the Nursing Supervisor.

- a. true b. false

14. You hshould change the bath water before washing a cleaner part of the body (for example, after washing the feet.)

- a. true b. false

15. The first signs of a bedsore (decubitus) are: heat, redness, tenderness, and discomfort.

- a. true b. false

16. The home health aide should no discuss patient information with friends or relatives of the patient.

- a. true b. false

17. A patient may smoke cigarettes when oxygen is in use.

- a. true b. false

18. When helping a patient move toward the head of the bed, instruct hime to flex his knees and push when you tell him to.

- a. true b. false

19. Handwashing is one of the most important steps in preventing infection and the spread of bacteria. You should:

- a. wash your hands only after doing patient care
- b. wash your hands only before doing patient care
- c. wash your hands before and after contact with each patient
- d. just wear gloves at all times

20. To turn while carrying a heavy object you should:

- a. turn taking short, shuffling steps
- b. twist your body in one short move to avoid pulling muscles
- c. hold the load away from your body for more leverage

21. First aid treatment for severe bleeding is to:

- a. pack the wound with gauze
- b. lower the extremity
- c. apply direct pressure with a clean cloth or bandage

22. Elderly people tend to have more accidents because:

- a. they have trouble keeping their balance and are more likely to fall
- b. they often have some loss of eyesight
- c. they often take medications that make them sleepy, dizzy or less alert
- d. all of the above

23. Denial, anger, bargaining, depression and acceptance are stages of:

- a. dying
- b. grief
- c. mourning
- d. all of the above

24. When using the correct, safe procedures for lifting and transferring the center of gravity and base support are closely related. For the best stability, you should:

- a. lower your center of gravity and keep a narrow base of support
- b. lower your center of gravity and widen your base support
- c. raise your center of gravity and widen your base of support
- d. widen your base of support and keep the center of gravity the same

25. If a client's Plan of Care requires the use of a transfer belt when moving him/her, you should:
- First stand your client up, then put his transfer belt around his/her waist.
 - First assist your client to a sitting position, then raise him/her to a standing position, then put on his/her transfer belt.
 - First place the transfer belt around the client's waist before moving him/her, then proceed to the transfer.
26. When transferring your client from a wheelchair to a bed, roll the wheelchair:
- to a "T" to the bed so your client is facing the bed.
 - To about 12 inches away from the bed so your client has plenty of room to walk.
 - Parallel to the bed.
27. When your body experiences a stressful event, it may re-act in the following way:
- perspiration increases
 - diarrhea
 - breathing rate increases
 - heart rate (beat) increases
 - all of the above
28. Observation of a potential medical problem are reported as soon as possible to your Nursing Supervisor.
- true
 - false
29. If your client has a problem with stiffness in his hips and therefore has difficulty in dressing he/she can get around the problem by:
- accordion-folding his clothes
 - using Velcro
 - wearing slip on shoes
 - all of the above
30. Stretching each day regardless of age can:
- increase flexibility
 - decrease flexibility
 - decrease circulation

31. The name of the drainage tube that leads from the bladder to the outside of the body is called:
- a. nasal gastric tube
 - b. foley catheter
 - c. enema tube
32. The position of a bedridden patient should be changed:
- a. once a shift
 - b. every four (4) hours
 - c. every two (2) hours
 - d. every 1/2 hour
33. A patient is on intake and output, the proper time for you to record fluid intake is:
- a. when the fluid is served
 - b. when the patient promises to drink the fluid
 - c. as soon as the patient drinks the fluid
 - d. recording intake is not necessary
34. The position most comfortable for a patient who is having problems breathing would be:
- a. flat on his/her back in bed
 - b. in bed in a sitting position
 - c. curled up in bed on his/her side
 - d. exercising vigorously
35. What people are willing to eat may be influenced by:
- a. their religion
 - b. their ethnic or cultural background, heritage and customs
 - c. their physical condition
 - d. all of the above
36. Medication may be administered to your clients by:
- a. your registered nursing supervisor
 - b. you, the home health aide
 - c. family of the client
 - d. both a and c

37. The average oral temperature is:

- a. 99.6 degrees F
- b. 97.0 degrees F
- c. 98.0 degrees F
- d. 98.6 degrees F

38. Before helping a patient into or out of a wheelchair, which of the following precautions are necessary.

- a. unlock brakes and put foot rests down
- b. lock brakes and fold foot rests up
- c. unlock brakes and fold foot rests up
- d. lock brakes and put foot rests down

39. Any pulse should be taken for _____ seconds. Which of the answers is correct:

- a. 15 seconds x 4
- b. 30 seconds x 2
- c. 60 seconds
- d. all answers are correct

40. A normal B/P would be:

- a. 150/100
- b. 120/80
- c. 50/30

MATCHING

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|------------------------|---|
| 41. am care | a. abnormal swelling of a part of the body |
| 42. back rub | b. to provide cleanliness of mouth and teeth |
| 43. incontinence | c. to keep an accurate record of total fluid |
| 44. edema | d. to promote circulation and to prevent decubiti forming on the back of the buttocks |
| 45. N P O | e. to maintain comfort and good body alignment |
| 46. emesis | f. to urinate |
| 47. intake/output | g. to bathe and refresh patient before breakfast |
| 48. void | h. nothing by mouth |
| 49. proper positioning | i. Loss of control of bowel and bladder |
| 50. Oral hygiene | j. to vomit |