Nursing Assistant A Nursing Process Approach 11th edition Acello Solutions Manual

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PART 2 Section Evaluations and Answer Keys

SECTION 1 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. Functions of a health care facility include:
   a. immunizing the community to prevent disease.
   b. analyzing water to ensure that it is safe to drink.
   c. providing radio and television to relieve boredom.
   d. providing services for the ill and injured.
2. Health care has changed because:
   a. advanced technology saves more lives.
   b. there are too many ethics questions.
   c. the government now pays for all health care.
   d. many patients require technology that is too expensive.
3. Your daily assignment is usually given to you by the:
   a. medical assistant.
   b. director of nursing.
   c. team leader or charge nurse.
   d. physician.
4. The Patients' Bill of Rights includes the right to know that:
   a. orders will be acknowledged.
   b. privacy will be preserved.
   c. you may withhold health information.
   d. the bill must be paid on time.
5. Which of the following is *not* a part of your job?
   a. Starting IVs
   b. Collecting specimens
   c. Assisting patients to ambulate
   d. Giving enemas
6. Personal information about patients:
   a. may be discussed quietly during coffee break.
   b. is discussed only with someone who needs to know.
   c. may be discussed with other patients, but only if they ask.
   d. may be used for your personal advantage.
7. When a patient offers you a tip for your services, you should:
   a. refuse in a firm, courteous manner.
   b. accept the tip and share it with the other team members.
   c. refuse and act shocked that the offer was ever made.
   d. accept and then return the tip to the patient's family.
8. A case of negligence could arise if a patient:
   a. falls in the bathroom when you are out of the room.
   b. falls because you spilled water on the floor and did not wipe it up.
   c. develops an infection during his hospital stay.
   d. has a problem but does not report it to the nursing team.
9. A case of negligence would arise if a patient were injured because you:
   a. followed the care plan and left the side rails down at night.
   b. carried out a special procedure in which you had not been instructed.
   c. wiped up some water on the floor.
   d. reported a defective electrical wire.
10. When caring for a patient whose religious beliefs differ from your own, you are obliged to:
    a. help the patient understand your faith.
    b. show the patient how wrong her faith is.
    c. respect his religious beliefs.
    d. arrange to have your clergyperson make a visit.
11. Important characteristics for the nursing assistant include:
    a. knowing all there is to know.
    b. good grooming and interest in others.
    c. having a cell phone and tablet PC.
    d. having experience in all areas of the hospital.
12. Part of good grooming includes:
    a. cleaning shoes every week.
    b. keeping fingernails long and polished.
    c. taking a bath or shower daily.
    d. wearing expensive jewelry.
13. Lines of authority are important. Your immediate line of authority is:
    a. another nursing assistant.
    b. a licensed nurse.
    c. the administrator.
    d. the physician.
14. You protect the patient's privacy by:
    a. exposing the patient only when you are alone.
    b. listening to personal telephone calls.
    c. always staying when visitors are present.
    d. knocking before entering a patient's room.
15. You learn something personal about a patient from her chart. You should:
    a. keep quiet about the information.
    b. share it with other patients.
    c. share it with co-workers during coffee break.
    d. let the patient know what you have learned.

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16. You observe a co-worker stealing supplies and fail to report it. You are guilty of:
    a. malpractice. b. aiding and abetting.
    c. negligence. d. loyalty.
17. A patient tells you he is worried about being able to pay his bill. You should:
    a. talk to his wife about the problem.
    b. call the physician.
    c. share the information with a co-worker.
    d. report his concern to your team leader/supervisor.
18. When the patient's clergyperson comes for a visit, you should:
    a. move other patients out of the room.
    b. ask the patient's visitor to remain.
    c. draw the curtains for privacy.
    d. stay with the patient.
19. Nursing assistant responsibilities include:
    a. giving injections and oral medications.
    b. making observations and reporting them.
    c. giving medications and injections.
    d. taking physician orders for assigned patients.
20. The service that you give to a patient is determined by the patient's:
    a. need. b. race.
    c. desire. d. ability to pay.

B. Matching. Match Column I with Column II.

Column I

21. _____ medical department
22. _____ surgical department
23. _____ pediatric department
24. _____ obstetrical unit
25. _____ emergency department

Column II

a. cares for pregnant women and newborns
b. cares for children
c. cares for trauma victims
d. cares for patients with medical conditions
e. cares for patients with surgical conditions

C. True/False. Mark the following true or false by circling T or F.

26. T F Patients have the right to considerate and respectful care.
27. T F Patients must participate in any treatment their physician feels is necessary.
28. T F It is all right to discuss patients' treatment in front of their family members.
29. T F Patients have the right to refuse to participate in research programs that might help them.
30. T F Information about patients' bills is not discussed with patients because it is sent to the insurance company.
31. T F Skilled care facilities provide care for critically ill persons.
32. T F Patient-focused care means that each person is considered a unique individual with different needs.
33. T F Informed consent means that the consumer gives permission for care or procedures after full disclosure and explanation of the treatment or procedure.
34. T F The rights of health care consumers are important only to patients in hospitals.
35. T F The outcome of patient care is the total responsibility of the physician and the nurses.

D. Completion

36. List five actions you can take to ensure that your practice remains within legal guidelines.

_____

_____

_____

_____

_____

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SECTION 2 SELF-EVALUATION

A. Definitions. Define the following words.

1. cell _____
2. organ _____
3. system _____
4. neoplasm _____
5. etiology _____

B. Matching. Match Column I with Column II.

Column I

6. _____ above
7. _____ back
8. _____ structure
9. _____ divides the body into right and left sides
10. _____ away from the midline
11. _____ front
12. _____ divides the body into upper and lower parts
13. _____ body function

Column II

a. midline b. transverse c. frontal d. posterior
e. anterior f. inferior g. superior h. anatomy
i. physiology j. lateral k. medial l. dorsal

C. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

14. The tissue that carries messages is called:
    a. epithelial. b. connective. c. muscular. d. nervous.
15. The tissue that protects, secretes, and absorbs is called:
    a. epithelial. b. connective. c. muscular. d. nervous.
16. Included in the gastrointestinal system is/are:
    a. kidneys. b. ovaries. c. stomach. d. adrenals.
17. Included in the respiratory system is/are:
    a. lungs. b. stomach. c. ovaries. d. liver.
18. Included in the urinary system is/are:
    a. gallbladder. b. kidneys. c. spinal cord. d. uterus.
19. Included in the nervous system is/are:
    a. oil glands. b. larynx. c. joints. d. brain.
20. The small intestine is found in the:
    a. abdominal cavity. b. pelvic cavity.
    c. spinal cavity. d. thoracic cavity.

D. Matching. Match Column I with Column II.

Column I

21. _____ an inadequate blood flow to an area
22. _____ an abnormal condition that is present at birth
23. _____ a condition that progresses rapidly and lasts a relatively short period
24. _____ a condition that persists over a long time
25. _____ a condition made more serious by another already existing condition

Column II

a. chronic b. acute c. complication
d. congenital e. ischemia

E. Completion. Complete the following statements correctly.

26. Ultrasound is frequently performed on the uterus to give information about _____.
27. When a patient undergoes MRI, he will experience _____.
28. The examiner directly observes the _____ by using a proctoscope.
29. During a barium swallow test, the patient drinks a barium solution while _____ are being taken.
30. Besides providing emotional support for patients during diagnostic procedures, the nursing assistant should _____.

F. Word Choice. Select the correct spelling by circling the word.

31. vaene vein vien vene
32. lateral leteral laterale laterel
33. neoplasm nioplasm neoplasme neoplasem
34. carcinoma carsenoma karsinoma karcinoma
35. troma trauma tromma traumer
36. protosols protachols protocols protokols

G. Definitions. For each term in the preceding section F, write a definition.

37. _____
38. _____
39. _____
40. _____
41. _____
42. _____

H. Matching. Match each abbreviation with its meaning.

43. _____ GI
44. _____ CVA
45. _____ FX
46. _____ TIA
47. _____ LBP

a. transient ischemic attack
b. low back pain
c. aneurysm
d. cerebral vascular accident
e. gastrointestinal
f. temporary incomplete attachment
g. fracture

I. Word Choice. Circle the best answer to complete each statement.

48. The brain is found in the _____ cavity. (spinal) (cranial)
49. The heart is found in the _____ cavity. (abdominal) (thoracic)
50. The stomach is found in the _____ cavity. (abdominal) (pelvic)
51. The liver is found in the _____ cavity. (peritoneal) (thoracic)
52. The lungs are found in the _____ cavity. (spinal) (thoracic)

J. Brief Answers

The patient has been diagnosed with meningitis. Answer the following questions.

53. What are the meninges? _____
54. Where are they located? _____
55. What do they cover? _____
56. What does the suffix "itis" mean? _____
57. What does *meningitis* mean? _____

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SECTION 3 SELF-EVALUATION

A. Matching. Match the observations in Column I with the systems in Column II. (Each may be used more than once.)

Column I

1. _____ orientation to time and place
2. _____ shortness of breath
3. _____ frequent urination
4. _____ diarrhea
5. _____ scars
6. _____ dryness
7. _____ cough
8. _____ increased pulse rate
9. _____ inability to see
10. _____ ability to move

Column II

a. circulatory b. musculoskeletal c. urinary
d. nervous e. respiratory f. digestive
g. integumentary

B. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

11. One example of nonverbal communication is:
    a. spoken words. b. pictures.
    c. written words. d. body language.
12. A key to successful relationships is to remember that:
    a. all patients react to stress in the same way.
    b. words alone communicate feelings and thoughts.
    c. people always say exactly what they mean.
    d. each person is unique.
13. The spiritual needs of people:
    a. are less important when they are sick.
    b. may be disregarded because physical needs come first.
    c. are usually greater when they are sick.
    d. do not change when they are sick.
14. If a patient expresses a desire for a visit from the clergy, you should:
    a. call your rabbi. b. let the nurse know.
    c. notify the family. d. call the clergy.
15. An objective observation is:
    a. what you think or feel.
    b. something the patient tells you.
    c. factual or measurable.
    d. identified by the physician.
16. Breathing needs can be aided by:
    a. positioning the patient properly.
    b. keeping the patient flat.
    c. withholding oxygen.
    d. making the patient ambulate more.
17. Your patient is having trouble sleeping. You may help by:
    a. giving medication for pain.
    b. nursing comfort measures, such as a backrub.
    c. disconnecting the IV.
    d. giving the patient a full meal.
18. Patients consider their problems:
    a. less important than your own concerns.
    b. equal in importance to others' problems.
    c. more important than anyone else's.
    d. less important than the concerns of others.
19. The organizational chart is:
    a. a policy and procedure guide.
    b. a guide for communication.
    c. used for making assignments.
    d. used to ensure patients' rights.
20. The purpose of staff development is to:
    a. inform the staff of new developments in health care.
    b. provide patient education.
    c. provide staff with recreational benefits.
    d. develop unit schedules and assignments.
21. The patient's care plan provides information for:
    a. nursing procedures.
    b. employee benefits.
    c. emergency procedures.
    d. nursing assistant assignments.
22. The patient's medical record is:
    a. used only by the physician.
    b. used by all health care workers.
    c. destroyed when the patient is discharged.
    d. a record of the nursing assistant's competencies.
23. Assessment requires:
    a. the collection of data.
    b. the solution of patient problems.
    c. the formulation of goals.
    d. a list of nursing diagnoses.
24. The purpose of the nursing process is to:
    a. make a medical diagnosis.
    b. make assignments.
    c. achieve patient-focused care.
    d. cure illness.
25. Classifying individuals according to shared physical characteristics such as skin color, hair, and facial features is classifying by:
    a. class. b. culture. c. religion. d. race.
26. Spirituality is:
    a. a sense of connection with the world and a higher power.
    b. a belief in God or a power greater than oneself.
    c. passed on in families and largely based on ethnicity and race.
    d. rituals and traditions practiced by persons of some cultures.
27. The way a particular group views the world and passes traditions from one generation to the next is:
    a. personal space. b. culture.
    c. ethnicity. d. ritualism.

C. Matching. Identify the age group with its characteristic by matching Column I and Column II. (Each may be used more than once.)

Column I

28. _____ gradual loss of vitality and stamina

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29. _____ rapid growth and system stabilization
30. _____ careers and families established
31. _____ associated with final career advancement
32. _____ desire for independence and security; a turbulent period
33. _____ period in which physical sexual changes begin
34. _____ become aware of right and wrong

Column II

a. infancy	b. toddler	c. preschool
d. school age	e. preadolescent	f. adolescent
g. adulthood	h. middle age	i. later maturity
j. old age		

D. Short Answer

35. List three ways the nursing assistant can support the nurse for each of the steps of the nursing process.

Step of Nursing Process	Nursing Assistant Action
Assessment	a. _____ b. _____ c. _____
Planning	a. _____ b. _____ c. _____
Implementation	a. _____ b. _____ c. _____
Evaluation	a. _____ b. _____ c. _____

E. True/False. Mark the following true or false by circling T or F.

36. T F Intimacy is a feeling of closeness experienced with another human being.
37. T F All intimate relationships are sexual in nature.
38. T F Touching another person is a form of expressing intimacy.
39. T F Skin contact is an important way of receiving and giving pleasure and satisfaction.
40. T F Human intimate sexual expression may take many forms.
41. T F Masturbation is self-stimulation for sexual pleasure and must not be permitted.
42. T F The homosexual is sexually attracted to members of the opposite sex.
43. T F Sexual preference is a personal matter and may or may not conform to the personal preference of the nursing assistant.
44. T F Intimate relationships include an element of commitment between two persons.
45. T F Standing too close to someone can be interpreted as invading personal space.
46. T F Flow sheets are special forms that are used when patients are progressing well and only a few notations are needed.
47. T F Nursing care protocols must be individualized for each patient.
48. T F Documentation is done exactly the same in every facility.
49. T F Spiritual beliefs are often a guide to patient reactions and behaviors.
50. T F Documentation must conform to the policy for each facility.
51. T F Only authorized persons may read patient records.
52. T F Questions about patients may be discussed with visitors.
53. T F It is permissible to try to convince a patient that his personal beliefs are incorrect.
54. T F Culture has no real influence over a patient's responses to illness and treatment.
55. T F Cultural mores influence the way people interact.
56. T F Standards are established by a group based on their values and beliefs.
57. T F Direct eye contact with another person is always appropriate.
58. T F The patient says, "I have a headache." This is an example of an objective observation.
59. T F Nursing assistants are not responsible for the development or implementation of the care plan.
60. T F The patient's medical record is considered a legal document.
61. T F Poor communication is a leading cause of important patient safety violations.
62. T F SBAR is a format for patient assessment.
63. T F Assisting patients with their comfort needs is the charge nurse's responsibility.
64. T F Noise affects patient comfort.
65. T F OSHA is a government agency that protects the health and safety of employees.
66. T F The nursing assistant is not responsible for monitoring patients for pain.
67. T F Never question the validity of a patient's complaints of pain.
68. T F Pain scales are tools for communication.

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SECTION 4 SELF-EVALUATION

A. Definitions. Define the following words:

1. protozoa _____
2. bacteria _____
3. contamination _____
4. fomite _____
5. vectors _____

B. Matching. Match Column I with Column II.

Column I

6. _____ disease-causing organisms
7. _____ arranged in pairs
8. _____ fatal in 50% of bloodstream infections
9. _____ hard-to-destroy forms of microbes
10. _____ poisons
11. _____ survive on living organisms
12. _____ arranged in clusters

Column II

a. staphylococcus b. pathogens c. toxins
d. drug-resistant e. CRE f. diplococcus
g. parasites h. carrier

C. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

13. Using proper handwashing technique, you should:
    a. rinse with fingertips pointed up.
    b. use very hot water.
    c. not include the fingernails at this time.
    d. turn faucets off with a paper towel.
14. CRE bacteria:
    a. can transfer drug resistance to other bacteria.
    b. are part of the normal body flora.
    c. are usually transmitted by the airborne method.
    d. are harmless microorganisms.
15. When a patient is in isolation:
    a. equipment can be moved in and out without special precautions.
    b. frequently used equipment remains in the patient unit.
    c. one person can move equipment safely in and out of the unit.
    d. contaminated equipment is labeled "clean."
16. Standard precautions are infection control actions used for:
    a. patients with certain skin conditions only.
    b. only patients with diarrhea caused by spores.
    c. all patients receiving care regardless of diagnosis.
    d. only patients with upper respiratory infections.
17. When isolation technique is being used, a sign will be placed on the door, which might read:
    a. Stop and report to nurse. b. Keep clear.
    b. Universal precautions. c. Barrier-free zone.
18. Biofilms:
    a. are harmless environmental substances.
    b. can be easily removed with disinfectant.
    c. are an accumulation of harmless microorganisms.
    d. cause serious infections that are hard to eliminate.

D. Completion.

Complete the following statements correctly.

19. One very important way to control the spread of bacteria is by proper _____.
20. The special way of caring for patients with easily transferable diseases is called _____.
21. The portal of entry for salmonellosis is the _____ tract.
22. Gonorrhea is primarily transmitted by way of the _____ system.
23. Droplet transmission is _____ from coughing, sneezing, or talking.
24. Contact transmission is through _____ contact by a person with the source of pathogens.
25. Airborne transmission occurs when small _____ remain suspended in the air and move with air currents.
26. Some organisms may be transmitted in _____ than one way.

E. Short Answer. Provide short answers to the following questions.

27. Write five procedures included in standard precautions.
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____
28. List the three developmental stages of an infectious organism in a host.
    a. _____
    b. _____
    c. _____
29. List four risk factors that make a person more susceptible to infection.
    a. _____
    b. _____
    c. _____
    d. _____
30. List two other factors that play a role in the progression of infectious disease.
    a. _____
    b. _____
31. List four natural protective body defenses.
    a. _____
    b. _____
    c. _____
    d. _____
32. Name four types of PPE.
    a. _____
    b. _____
    c. _____
    d. _____

F. True/False. Mark the following true or false by circling T or F.

33. T F Alcohol-based hand cleaners are the preferred method of hand hygiene unless visible soil is present.

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34. T F The normal flora are different in different parts of the body.
35. T F Toxins produced by microbes have little effect on the body.
36. T F An elevated body temperature is believed to increase the body's ability to fight infection.
37. T F Phagocytes help destroy infectious organisms.
38. T F Use alcohol-based hand cleaner if the patient has an infection spread by spores.
39. T F You should wear gloves if you have a cut or rash on your hand.
40. T F Used sharps may be disposed of by wrapping them in paper towels and placing in a wastepaper basket.
41. T F All laboratory specimens should be considered potentially infectious.
42. T F Eating is prohibited in work areas where there may be exposure to infectious materials.
43. T F Infection with *Escherichia coli* 0157:H7 can be transmitted in undercooked ground beef.
44. T F *Escherichia coli* 0157:H7 infection may cause renal failure.
45. T F *Clostridium difficile* is a friendly bacterium that resides in the colon.
46. T F *Clostridium difficile* may be picked up on the hands on environmental surfaces, such as faucets, doorknobs, and bed rails.
47. T F Pseudomembranous colitis is a disease that is spread through the air and causes severe dehydration.
48. T F Hantavirus is spread by rodents and transmitted by direct contact.
49. T F The use of biological agents, such as pathogenic organisms or agricultural pests, for terrorist purposes is called chemical warfare.
50. T F The nursing assistant should avoid touching environmental surfaces with used gloves.
51. T F Handwashing is not necessary after patient care if gloves were worn during the contact.
52. T F Position the clean linen cart and soiled linen hamper next to each other in the hallway so they are conveniently located.
53. T F Biofilms are very complex, containing many different species that are held together by a sticky outer shell, making them very hard to eliminate.
54. T F Waterless hand cleaners are not as effective as using soap and water.
55. T F People who have not had chickenpox should not enter the room of a patient in isolation for shingles.
56. T F The object of infection control is to disrupt the chain of infection.
57. T F *Listeriosis* is caused by inhaling *Listeria monocytogenes* bacteria.
58. T F *Acinetobacter baumannii* was eradicated during the Vietnam War.
59. T F *Aspergillosis* is a fungal infection that affects patients with weak immune systems.
60. T F Infection with *Streptococcus B* is the most common cause of necrotizing fasciitis.
61. T F An abscess is a collection of pus in the tissue, usually in a confined space.
62. T F Spores are microscopic reproductive bodies that cannot live long once separated from the human host.
63. T F CRE is treated with carbapenem, a very strong antibiotic.
64. T F CRE microbes are usually spread on the hands of health care workers.
65. T F Nits are yellow-white in color and easily removed.
66. T F Scabies is highly contagious and is spread by direct and indirect contact.
67. T F Bedbugs are imaginary pests in children's stories.
68. T F Bedbugs must have a blood meal each day to survive.
69. T F The scabies rash does not go away immediately after treatment.
70. T F Head lice hop or fly from person to person.

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SECTION 5 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. Concurrent cleaning refers to:
   a. routine daily cleaning of the patient unit.
   b. annual redecorating of patient rooms.
   c. cleaning that is done when the patient is discharged.
   d. the sterilization of supplies and equipment.
2. Ergonomics refers to:
   a. immunizations given to prevent disease.
   b. the rights of patients in the hospital.
   c. adapting the job to the worker.
   d. the use of standard precautions.
3. Safety Data Sheets (SDS) are required to include information that:
   a. describes where to store the chemical in the facility.
   b. explains whether you need PPE when using the product.
   c. instructs the user on how to dilute the chemical.
   d. describes how to repackage the chemical into a smaller container.
4. An example of correct body mechanics is to:
   a. hold the load away from your body.
   b. keep your knees locked when lifting.
   c. use the muscles of your legs when lifting.
   d. keep your feet close together when lifting.
5. OSHA is a federal agency that is concerned with the:
   a. rights of patients in hospitals.
   b. safety of patients in hospitals.
   c. ethics of health care workers.
   d. safety of employees.
6. Environmental safety is the responsibility of:
   a. the maintenance department.
   b. all employees.
   c. the housekeeping department.
   d. the administrator.
7. Alternatives to the use of restraints include:
   a. chairs with locking trays across the lap.
   b. vests, belts, and straps.
   c. exercise and activities.
   d. tucking the blanket in tightly.
8. Body alignment is maintained by:
   a. using physical restraints.
   b. administering chemical restraints.
   c. moving, turning, and positioning patients.
   d. positioning the legs and arms.
9. When transferring patients, you should:
   a. have the patient place his hands on your shoulders during the transfer.
   b. place your hands under the patient's shoulders while lifting.
   c. place the bed in high horizontal position.
   d. use a transfer belt unless it is contraindicated.
10. A person's gait is not affected by:
    a. wearing a prosthesis. b. a neuromuscular disability.
    c. orthopedic surgery. d. the doctor's orders.
11. A cane is an example of:
    a. an assistive device. b. an orthosis.
    c. a prosthesis. d. a supportive device.
12. Which instructions are correct for a patient who has had surgery on the right hip and is using a three-point gait and walker?
    a. Move walker, then right leg, then left leg.
    b. Move right leg, then walker, then left leg.
    c. Move walker and right leg together, then left leg.
    d. Move walker and left leg together and then right leg.

B. Short Answer. Indicate what each of the letters means in the following acronyms.

13. R _____
    A _____
    C _____
    E _____
14. P _____
    A _____
    S _____
    S _____

C. True/False. Mark the following true or false by circling T or F.

15. T F An incident is any unexpected situation that disrupts normal unit operations.
16. T F Ergonomics is important only when lifting heavy loads.
17. T F Chemical restraints are appropriate when a patient frequently calls out.
18. T F Side rails may be considered a restraint.
19. T F Restraints should be released every 8 hours.
20. T F Aspiration means the accidental entry of food or another substance into the trachea.
21. T F Physical restraints are an example of a supportive device.
22. T F An underhand grasp should be used when using a transfer belt.
23. T F You should always transfer the patient toward her or his weakest side.
24. T F There should always be two or more people working together when a mechanical lift is being used.
25. T F Mechanical lifts are frequently used for persons with no weight-bearing ability.

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D. Matching Match the terms in questions 26–35 with the correct description in the list provided.

26. _____ contracture
27. _____ Fowler's position
28. _____ lateral position
29. _____ orthopneic position
30. _____ orthosis
31. _____ pressure ulcer
32. _____ prone
33. _____ spasticity
34. _____ supine
35. _____ trochanter roll

a. prevents external rotation of the hip
b. positioned on the abdomen
c. a device used to hold an extremity in position
d. involuntary muscle contractions
e. positioned on the side
f. positioned on the back
g. positioned with backrest elevated
h. position used for patients who have difficulty breathing
i. caused by unrelieved pressure on a bony prominence
j. stiffness and shortening of the muscles around a joint

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SECTION 6 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. To read a glass thermometer properly, you should:
   a. hold it straight up and down. b. hold it by the bulb.
   c. hold it at eye level. d. turn it rapidly.
2. When a patient has just finished a cool drink, it is best to:
   a. wait 15 minutes to take her temperature.
   b. take the temperature right away.
   c. omit taking the temperature until next time.
   d. take the temperature by the axillary method.
3. To take the patient's pulse accurately, you will need:
   a. pencil and pad. b. a watch with a second hand.
   c. oral thermometer. d. lubricant.
4. When you take a rectal temperature, remember to:
   a. hold the thermometer in place.
   b. insert the thermometer 3 inches into the rectum.
   c. use a thermometer with a blue tip.
   d. wait 5 minutes if the patient has had a drink.
5. When taking a tympanic temperature in an adult:
   a. insert the probe cover into the ear as far as it will comfortably go.
   b. pull the earlobe down and forward before inserting the thermometer.
   c. leave the thermometer in place for at least 3 minutes.
   d. rotate the handle of the thermometer to align it with the jaw.
6. To take an axillary temperature accurately, the thermometer must be in place:
   a. 2 minutes. b. 20 minutes.
   c. 3 minutes. d. 10 minutes.
7. Respirations are best counted:
   a. without letting the patient know.
   b. while the patient is eating.
   c. while the patient is talking.
   d. after telling the patient what you plan to do.
8. The most common place to take the pulse is at the:
   a. temple. b. bend in the elbow.
   c. wrist. d. knee.
9. The pulse of an adult male patient is 72 beats per minute. You know that this rate is:
   a. too fast and must be reported.
   b. about average for an adult.
   c. too slow and must be reported.
   d. about average for a young child.
10. One function of respiration is:
    a. to circulate blood.
    b. to transmit nerve impulses.
    c. to rid the body of carbon dioxide.
    d. take in carbon monoxide.
11. When taking blood pressure, it is important that the:
    a. gauge be at eye level.
    b. armband be smooth and loose.
    c. stethoscope be over the radial artery.
    d. gauge be tilted.

B. Short Answer. Complete the following statements.

12. To indicate on a graphic chart that the temperature has been taken by a method other than orally, you should _____
    _____
13. The following equipment is needed to determine vital signs: _____
    _____
14. Four sites, other than the wrist, where the pulse may be taken are _____
    _____
15. Three types of clinical thermometers in general use are _____
16. Height may be recorded in feet and inches or_____
    _____
17. Weight may be recorded in pounds or _____
    _____

C. Matching. Choose the correct term from Column II to match the phrases in Column I.

Column I

18. _____ moist, bubbling respirations
19. _____ abnormally slow pulse rate
20. _____ highest blood pressure reading
21. _____ difficult respirations

Column II

a. bradycardia b. systolic
c. dyspnea d. gurgles

D. Short Answer. Identify four times when the nursing assistant should report a blood pressure reading.

22. _____
23. _____
24. _____
25. _____

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SECTION 7 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. When making an occupied bed, remember:
   a. that the unit must be screened.
   b. that both side rails should be up, to prevent falls.
   c. one side of the bottom is made at a time.
   d. to alternate from one side to the other.
2. During the patient's bed bath:
   a. the patient is completely uncovered.
   b. the water is changed to maintain warmth.
   c. the unit is not screened.
   d. the top linen remains in place.
3. Oral hygiene should be performed:
   a. three times each day. b. only in the morning.
   c. only in the afternoon. d. before dinner.
4. When admitting a patient, remember to:
   a. allow the patient to keep $100 or less at the bedside.
   b. tell the family to leave because you have work to do.
   c. be courteous and helpful to both the patient and family.
   d. ask the nurse what to do.
5. During the admission procedure, you will:
   a. take at least three sets of vital signs.
   b. list the patient's medications.
   c. put the patient to bed with side rails up.
   d. observe the patient carefully.
6. When a patient wears dentures, you are responsible for:
   a. storing the dentures in the closet.
   b. storing the dentures in mouthwash.
   c. using great care when handling dentures.
   d. brushing the dentures without removing them from the patient's mouth.
7. An open bed is made by:
   a. fanfolding the bedding to the foot of the bed.
   b. adding an extra pillow.
   c. leaving the top bedding off.
   d. padding the bottom linen.
8. When gathering linen to make a bed:
   a. put the spread on the top of the pile.
   b. include a bath blanket.
   c. include a draw sheet.
   d. stack linen in order of use.
9. When making an unoccupied bed:
   a. make the entire bottom of the bed first.
   b. change the pillowcase first.
   c. make one entire side first.
   d. use a flat sheet on the bottom.
10. The whirlpool bath is beneficial for patients because the temperature can be regulated at an optimum temperature of:
    a. 95°F. b. 97°F. c. 105°F. d. 110°F.
11. Before leaving the patient after making an occupied bed, be sure that:
    a. the bed is in the lowest horizontal position.
    b. the top linen is tucked in tightly on both sides of the bed.
    c. the bed is in the highest horizontal position with both side rails up.
    d. the head of the bed is elevated at least 45°.
12. When bathing a patient, you may:
    a. lower an IV bag below the level of the infusion site.
    b. gently stress tubing, but do not disconnect it.
    c. raise drainage tubing above the drainage site.
    d. never put stress on tubing.
13. When using the waterless bathing system:
    a. add liquid soap to the package.
    b. heat the package in the microwave for at least 5 minutes.
    c. save as many washcloths as possible.
    d. date the package when opening and discard unused cloths after 72 hours.
14. The temperature of the bath water should be about:
    a. 97°F. b. 100°F. c. 105°F. d. 110°F.
15. When transferring a patient to another unit in the hospital, the nursing assistant should:
    a. take the patient to the new room, then quickly return to the assigned unit.
    b. leave the chart and medications on the original unit for the nurse to transfer.
    c. make sure the patient has the call signal before leaving the room.
    d. ask the patient to pack her belongings and carry them to the new unit.
16. When asking visitors to leave:
    a. tell them abruptly that they cannot stay.
    b. let them know how long you will be.
    c. there is no need to direct them to the lounge.
    d. ask them to return the next day.
17. When discharging a patient:
    a. allow the patient to walk from the unit to the outside.
    b. throw all disposables away.
    c. call the doctor to check the patient's order.
    d. gather the patient's belongings and assist with packing.
18. Your best action when a patient feels weak in a shower is:
    a. turn the shower to cold water to stimulate the patient.
    b. use the call bell to get assistance.
    c. help the patient immediately out of the shower.
    d. get help by leaving the patient.
19. A good backrub should take about:
    a. 1 minute. b. 3 to 5 minutes.
    c. 10 minutes. d. 20 minutes.
20. When not in the patient's mouth, dentures should be:
    a. left on the bed.
    b. placed on the bedside table.
    c. placed in a marked container.
    d. left on the bathroom shelf.
21. When giving a bedpan or urinal, always:
    a. pad the receptacle.

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b. provide privacy.
c. allow visitors to remain.
d. disconnect the call signal.

22. To wake a patient:
a. rap loudly on the door.
b. call the patient's name loudly.
c. gently place your hand on the patient's arm.
d. shake the patient vigorously.

23. When shampooing a patient in the shower, you should:
a. use a large amount of shampoo.
b. cover the patient's eyes when rinsing.
c. massage the scalp vigorously.
d. let the hair air-dry.

24. When giving the patient a backrub, the nursing assistant should:
a. squeeze the lotion onto the back from the bottle.
b. warm the lotion before applying it to the patient's skin.
c. use alcohol to stimulate the circulation.
d. massage red and open areas well to prevent further breakdown.

25. Identify the patient by asking her name and:
a. checking her chart.
b. asking a visitor.
c. asking the nurse.
d. checking the identification bracelet.

26. Valuables brought with the patient to the hospital should be listed and left:
a. in the patient's locker. b. at the bedside.
c. in the hospital safe. d. on the patient.

27. Which of the following water temperatures is too hot for bathing?
a. 90°F. b. 100°F. c. 105°F. d. 115°F.

28. Nursing assistants are responsible for completing the patient's bathing if:
a. they feel like it.
b. the supervisor tells them.
c. the patient cannot.
d. the patient is tired.

29. When giving a bed bath, expose:
a. the entire body at one time.
b. the part to be washed.
c. both legs at one time.
d. one whole side of the body.

30. You are assigned to give Mr. Lee a partial bath. You know this means to wash the:
a. face, abdomen, legs, underarms, and feet.
b. face, hands, underarms, back, and perineum.
c. face, arms, hands, perineum, and legs.
d. face, underarms, perineum, and feet.

31. If the patient is receiving an IV and his gown must be changed, the assistant will:
a. discontinue the IV.
b. call the team leader to disconnect the IV.
c. remove the gown using the proper technique.
d. not change the gown.

32. Patients should be encouraged to help as much as possible during morning care because:
a. the work will be done faster.
b. it stimulates the patient's general outlook.
c. you do not want the patient to get too tired.
d. maintaining independence is good for self-esteem.

33. Before the bath procedure:
a. tighten the bottom bedding.
b. loosen the top bedding.
c. place two pillows under the patient's head.
d. remove the laundry hamper from the room.

34. When preparing to give a bed bath, include in your supplies:
a. bed linen and gown. b. sphygmomanometer.
c. emesis basin. d. socks and underwear.

35. Which of the following is *not* true about wearing gloves during the bathroom procedure?
a. Gloves are worn for the entire procedure.
b. Gloves are changed immediately before contact with nonintact skin.
c. Gloves are changed immediately before performing perineal care.
d. Gloves should be changed if they become heavily soiled.

36. When assisting the female resident with perineal care, wash:
a. from back to front. b. in a back-and-forth motion.
c. in a circular motion. d. from front to back.

37. You are assigned to bathe Mrs. Lloyd. You notice that her toenails are long and dirty. You should:
a. clean and cut the nails.
b. clean the nails and consult the nurse.
c. do nothing about it, as you are not allowed to care for nails.
d. clean the nails and file them with an emery board.

B. Matching. Choose the correct item from Column II to match the words in Column I.

Column I

38. _____ caries
39. _____ halitosis
40. _____ dentures
41. _____ foot drop
42. _____ early (am) care

Column II

a. artificial teeth
b. toes involuntarily point down
c. dental cavities
d. care given before breakfast
e. unpleasant breath

C. True/False. Mark the following true or false by circling T or F.

43. T F Nail care is not a nursing assistant responsibility.

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44. T F If a patient feels faint while taking a shower, stay in the room and signal for help.
45. T F The bathtub need only be rinsed between patients.
46. T F Bed shampoos may be given without a physician's order.
47. T F A patient going to surgery at 8:00 am should be wakened for breakfast.
48. T F Adjust the bed to a comfortable working height before starting an in-bed procedure.
49. T F Daily shaving of the face is a routine for most male patients.
50. T F Handwashing need only be performed after completing a patient care procedure.
51. T F A used bedpan need not be covered when carrying it to the patient's bathroom.
52. T F When a bedpan is properly placed under a patient, the buttocks should rest on the rounded shelf of the pan.
53. T F The only purpose of bed cradles is to keep the weight of the bedding off the patient's feet.
54. T F Gloves should be worn when shaving a patient.
55. T F A trochanter roll should extend from above the shoulders to below the waist of the patient.
56. T F Unconscious patients do not require oral care.
57. T F If a person is dehydrated, oral care is especially important.
58. T F Gloves should be worn when giving male or female perineal care.
59. T F Perineal care should be performed each time a patient is incontinent.
60. T F It is important to provide privacy during perineal care.
61. T F The washcloth should be rinsed after each side of the labia has been washed.

D. Short Answer. Write short answers to the following.

62. How might a female patient who cannot separate her legs sufficiently for perineal care be positioned?

_____

_____

63. When a male patient has not been circumcised, what special precaution must you take with respect to the foreskin during perineal care?

_____

_____

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SECTION 8 SELF-EVALUATION

A. Matching. Choose the correct phrase from Column II to match each item in Column I.

Column I

1. _____ gastrostomy tube
2. _____ carbohydrates
3. _____ proteins
4. _____ roughage
5. _____ f.f.
6. _____ gavage
7. _____ feces
8. _____ fats

Column II

a. tube feeding
b. important nutrient for body building and repair
c. stored form of energy
d. solid body wastes
e. feeding tube inserted surgically through the abdominal wall into the stomach
f. encourage fluid intake
g. called "energy" foods
h. cellulose

B. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

9. Foods that contain the greatest amount of carbohydrates come from:
   a. eggs. b. milk. c. fruits. d. nuts.
10. Your patient has an order for a regular diet. This means that:
   a. more calories than usual must be supplied.
   b. only liquids may be consumed.
   c. a basic normal diet will be provided.
   d. salt must be omitted.
11. Your patient has been nauseated and has been placed on a clear liquid diet. You would:
   a. offer coffee with cream and sugar.
   b. offer 7-Up or ginger ale.
   c. offer tomato juice.
   d. offer vegetable soup.
12. Your patient has dentures that fit poorly. His nutritional needs would best be met with a:
   a. regular diet. b. full liquid diet.
   c. salt-free diet. d. mechanically altered diet.
13. Your patient is on a full liquid diet. When the tray arrives and you check it, you discover one of the following that does not belong:
   a. soup (strained). b. sherbet.
   c. eggnog. d. crackers.
14. You are assigned to pass nourishments. One patient's name has a "withhold." You will:
   a. offer only solids.
   b. remember to measure intake.
   c. offer an extra portion of juice.
   d. not offer that patient nourishments.
15. Your patient is blind but able to feed himself. You will:
   a. feed him because it is faster.
   b. explain the tray compared with the face of a clock.
   c. place all food in a straight line across the overbed table.
   d. put all hot foods at the top of the tray and cold at the bottom.
16. You filled Mrs. Tsai's water pitcher at 8:00 am. The pitcher contained 1,000 mL of water and ice. At 2:30 pm, when you collect the intake and output, there is 335 mL remaining in the pitcher. You will record Mrs. Tsai's water intake for your shift as:
   a. 856 mL b. 665 mL c. 765 mL d. 586 mL
17. A diabetic diet would *not* include:
   a. bread and butter. b. baked chicken.
   c. vegetable soup. d. jam or jelly.
18. Your patient took in 240 mL of juice and 180 mL of sherbet. The total intake would be:
   a. 8 ounces. b. 320 mL.
   c. 10 ounces. d. 420 mL.
19. Your patient voided 16 ounces of urine. You will record this as:
   a. 460 mL. b. 480 mL.
   c. 500 mL. d. 520 mL.
20. Nutritional supplements:
   a. are ordered by the physician.
   b. are served with meals.
   c. must be high in protein.
   d. are given only to diabetics.
21. A low-sodium diet means the diet is low in:
   a. salt. b. cholesterol.
   c. sugar. d. potassium.
22. Mr. Palu-ay is on a clear liquid diet. For lunch, he drank 4 ounces of cranberry juice. He ate 100% of a 4-ounce bowl of gelatin. He drank a 6-ounce cup of tea. You will record his oral intake as:
   a. 420 mL. b. 446 mL
   c. 680 mL. d. 820 mL.

C. Matching. Match each of the food groups with the letter of the correct number of daily servings from that food group.

Group

23. _____ fruits
24. _____ vegetables
25. _____ grains
26. _____ fats, oils, sweets

Servings

a. sparingly b. 2 cups c. 2–5 cups
d. 12 e. 6 ounces

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D. Short Answer. Write short answers to the following.

27. Name five foods permitted on a low-fat/low-cholesterol diet.
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____
28. Explain the term *fluid balance*._____
    _____
29. Explain how a patient may assist in accounting for fluid intake. _____
    _____
30. List five patients who might require more careful monitoring of their intake and output.
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____

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SECTION 9 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. The nurse instructs you to prepare a patient so she can apply the aquathermia blanket. You will:
   a. remove all the patient's clothing and cover him with a bath blanket.
   b. assist the patient to change to a hospital gown with no snaps.
   c. take the patient's temperature every 5 minutes for 30 minutes.
   d. apply a thin coat of water-soluble lubricant to the patient's arms and legs.
2. The disposable cold pack:
   a. provides continuous cold for 3 hours.
   b. is activated by striking or squeezing.
   c. need not be covered.
   d. should be checked every 30 minutes.
3. If you are assigned to surgically prep the patient:
   a. a clipper is the preferred method of hair removal.
   b. shave hair opposite to the direction of growth.
   c. do not use soap, because a dry shave is best.
   d. do not wash the shave area.
4. When a patient is allowed to dangle or ambulate for the first time:
   a. help the patient sit up rapidly.
   b. watch closely for signs of vertigo or fatigue.
   c. stay with the patient, walking a long way.
   d. take the temperature before assisting the patient up.
5. When a patient returns from surgery, you should check:
   a. range of motion. b. vital signs.
   c. lung sounds. d. ability to move.
6. After which type of anesthesia is a patient most apt to be nauseated?
   a. Local b. Spinal
   c. Intravenous d. Inhalation
7. Signs of postoperative shock include:
   a. elevated blood pressure. b. weak, rapid pulse.
   c. bounding pulse. d. flushed face.
8. Patients are often required to lie flat following spinal anesthesia in order to reduce the incidence of:
   a. nausea. b. headache.
   c. blood clots. d. abdominal pain.
9. Refusing to acknowledge unacceptable thoughts and feelings is called:
   a. suppression. b. repression.
   c. denial. d. fantasy.
10. When working with demanding patients, it is best to:
    a. explain to the patient that you can't be everywhere at once.
    b. ask the supervisor if the patient can be moved to another unit.
    c. maintain open communications.
    d. ignore the signal light if the patient keeps calling.
11. Effects of alcohol on the body include:
    a. impaired judgment. b. hallucinations.
    c. delirium. d. tremors.
12. Signs and symptoms of depression include:
    a. disorientation. b. increased physical activity.
    c. elevated temperature. d. fatigue.
13. When learning of a terminal diagnosis, the first response of the patient usually is:
    a. anger. b. denial.
    c. depression. d. acceptance.
14. Signs that death is approaching include:
    a. increase in muscle tone. b. pupils constrict.
    c. extremities cool. d. pulse rapid and bounding.
15. When a patient is in the final stages of life:
    a. leave the patient alone.
    b. she cannot hear what you say.
    c. check on the patient frequently.
    d. mouth care is no longer needed.
16. When giving postmortem care:
    a. remove dentures.
    b. leave equipment in the room.
    c. bathe as necessary.
    d. place the body in a natural sitting position.

B. True/False. Mark the following true or false by circling T or F.

17. T F An anxiety disorder is not a recognized mental illness.
18. T F People with panic disorder may be so fearful that they are unable to function.
19. T F OCD is an anxiety disorder.
20. T F An example of compulsive behavior is washing hands many times each day.
21. T F PTSD is always a response to a recent event.
22. T F A phobia is an unfounded, recurring thought that causes fear.
23. T F Affective disorders may also be called mood disorders.
24. T F Schizoaffective disorder is a combination of schizophrenia and a mood disorder.
25. T F Symptoms of SAD usually begin at the same time each year.
26. T F Patients with borderline personality disorder can be very manipulative.
27. T F People with anorexia do not purge.
28. T F Anorexia and bulimia occur only in females.
29. T F A patient with anorexia may appear skeletal, but view his or her body as fat.
30. T F DTs are part of alcohol withdrawal syndrome.
31. T F DTs usually begin 48 to 96 hours after taking the last drink.
32. T F Suicide precautions are needed only if a patient attempts to harm herself.
33. T F Approximately 67% of adults in the United States are overweight.
34. T F Obesity is well understood.
35. T F Environment does not affect obesity.

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36. T F A fat baby is a healthy baby.
37. T F Bariatrics is a field of medicine that focuses on the study of obesity, including its causes, prevention, and treatment, as well as medical conditions and diseases associated with obesity.
38. T F Patients weighing more than 350 pounds should not use a wall-mounted toilet.
39. T F To obtain an accurate weight, transport bariatric patients to the laundry, loading dock, or maintenance department, and use a freight scale to weigh them.
40. T F A person must be morbidly obese to qualify for surgical treatment.
41. T F The BMI is only one factor considered in diagnosing obesity.
42. T F Comorbidities are diseases and medical conditions that are caused by or contribute to morbid obesity.
43. T F Persons with obesity have about the same risk of cancer as persons of normal weight.
44. T F Overweight people often feel deep emotional pain caused by insensitivity and stereotyping.
45. T F Overweight people usually lack self-discipline, overeat, and are unclean.
46. T F Patients do not choose to be overweight.
47. T F Bariatric patients often sweat profusely, and feel as if they are chronically short of breath.
48. T F A thigh blood pressure cuff may be used when taking vital signs for most bariatric patients.
49. T F Some bariatric patients cannot maintain their own personal hygiene because they cannot reach all areas of the body.
50. T F The bariatric patient is usually an expert in knowing what works with his or her own care.
51. T F Obese people cannot develop malnutrition.
52. T F Excessive moisture from perspiration in skin folds creates a risk for yeast infection.
53. T F One staff person should never lift or move more than 35 pounds of body weight without extra help or a mechanical device.
54. T F Using the Trendelenburg position for a brief time makes it easier to move the patient up in bed.
55. T F There is no need to support the obese patient's arms and legs, because of their size.

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SECTION 10 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. Long-term care may be needed by a:
   a. 23-year-old male who had an appendectomy.
   b. 55-year-old female who had a myocardial infarction and is critically ill.
   c. 35-year-old male who has had multiple sclerosis for 10 years and requires maximum assistance.
   d. 72-year-old female who is a newly diagnosed noninsulin-dependent diabetic.
2. Assisted living is appropriate for persons who:
   a. require monitoring and help with medications.
   b. need extensive rehabilitation.
   c. require specialized nursing care.
   d. have an acute health problem.
3. Subacute care is appropriate for the person who:
   a. is elderly, can ambulate, and can do activities of daily living independently.
   b. has a stable health problem but needs assistance with activities of daily living.
   c. requires critical care.
   d. has an unstable health problem.
4. The Omnibus Budget Reconciliation Act (OBRA) of 1987 is federal legislation called the:
   a. Self-Determination Act.
   b. Standard Precautions Act.
   c. Nursing Home Reform Act.
   d. Patients' Bill of Rights.
5. Elderly persons may have decreased appetites due to:
   a. increased acid production.
   b. decreased smell and taste.
   c. decreased peristalsis.
   d. heartburn and indigestion.
6. Persons with Alzheimer's disease who wander should be:
   a. placed in physical restraints.
   b. given chemical restraints.
   c. instructed to remain in their rooms.
   d. allowed to wander in a safe environment.
7. The skilled nursing care facility:
   a. provides care for premature babies.
   b. provides acute care.
   c. cares for persons with long-term needs.
   d. provides only custodial care.
8. Elderly persons are characterized by:
   a. graying of the hair.
   b. confusion and disorientation.
   c. lack of interest in activities.
   d. incontinence.
9. Foot care for elderly persons should include:
   a. washing and drying between toes.
   b. heavy use of powder to keep the skin dry.
   c. applications of alcohol.
   d. clipping nails and trimming calluses.
10. Pain:
    a. is normal in an elderly person.
    b. always occurs with vigorous activity.
    c. means something is wrong.
    d. always results from immobility and isolation.
11. Homemaker duties usually include:
    a. washing windows. b. shampooing carpets.
    c. mowing the lawn. d. preparing meals.
12. The nursing assistant working on a subacute care unit:
    a. may care for patients receiving complicated treatments.
    b. will administer IV medications.
    c. may take physician orders for patients.
    d. will provide complex patient teaching.
13. A catheter inserted into a vein near the patient's collar bone is called a:
    a. piggyback catheter.
    b. peripheral intravenous central catheter.
    c. central venous catheter.
    d. enteral feeding.
14. Continuous medication infusion into the epidural space is commonly done:
    a. to relieve pain.
    b. for cancer treatment.
    c. to lower blood pressure.
    d. for hydration management.
15. The client you are caring for at home is unable to report your conduct. Therefore, it is all right to:
    a. talk to friends on the phone.
    b. stop for frequent coffee breaks.
    c. watch your favorite television programs.
    d. carry out your work efficiently.
16. Which of the following would *not* be a part of your responsibilities when caring for a client at home as a home care nursing assistant?
    a. Settling family disputes
    b. Assisting with activities of daily living
    c. Carrying out range-of-motion exercises
    d. Shopping for and preparing meals
17. When working in home health care, your personal safety is:
    a. not a concern if you work for an agency.
    b. always a concern to which you should be alert.
    c. your client's responsibility.
    d. not an issue unless you are in a bad neighborhood.
18. When caring for the client's kitchen:
    a. clean up once a day so dishes can be washed all at once.
    b. rearrange the cupboards to make it easier to make meals.
    c. take any leftover food home with you so it does not go to waste.
    d. wash soiled dishes and put them away promptly.

B. True/False. Mark the following true or false by circling T or F.

19. T F Most expenses for long-term care are paid for by Medicare.

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20. T F According to the OBRA legislation, nursing assistants are required to participate in 34 hours of in-service education annually.
21. T F The joints of elderly people become less flexible.
22. T F The diet of an elderly person should include increased amounts of sugar, salt, and fat.
23. T F Side rails are a frequent cause of falls in persons with mental confusion.
24. T F Elderly people are at risk for developing infections.
25. T F Elderly persons should be discouraged from exercising.
26. T F Mental deterioration is an expected change of aging.
27. T F The nursing assistant working in home care is responsible for doing the client assessment.
28. T F A physical therapist may be a member of the home care team.
29. T F The nursing assistant in home care must be a self-starter.
30. T F Incontinence is a normal part of aging.
31. T F Epidural catheters are used for dialysis.
32. T F Patients with tracheostomies should be observed for changes in respiratory rate, depth, and quality.

C. Matching. Choose the correct item from Column II to match each question in Column I.

Column I

33. _____ alopecia
34. _____ anorexia
35. _____ chemotherapy
36. _____ dialysis
37. _____ epidural catheter
38. _____ narcotic
39. _____ oncology
40. _____ patient-controlled analgesia
41. _____ pulse oximetry
42. _____ radiation
43. _____ TENS
44. _____ tracheostomy
45. _____ PICC

Column II

a. the study of cancer
b. cancer treatment using medication
c. cancer treatment using X-rays
d. use of electricity for pain management
e. loss of scalp hair
f. treatment to cleanse blood of liquid wastes
g. drug used for pain relief
h. surgical opening in windpipe
i. loss of appetite
j. catheter inserted near spinal cord
k. measurement of arterial oxygen
l. pain management under control of the patient
m. peripherally inserted central catheter

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SECTION 11 SELF-EVALUATION

A. Matching. Choose the correct term from Column II to match each phrase in Column I.

Column I

1. _____ break in a bone
2. _____ ovaries and testes
3. _____ simple sugar
4. _____ bringing the arm toward the midline
5. _____ chemical messengers
6. _____ scabs
7. _____ color less than normal
8. _____ cerebrovascular accident
9. _____ carry blood toward the heart

Column II

a. flexion
b. abduction
c. pallor
d. adduction
e. crusts
f. fracture
g. hormones
h. stroke (brain attack)
i. gonads
j. veins
k. glucose
l. cyanosis

B. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

10. Patients in traction require special care. Remember to:
    a. allow weights to rest on the floor.
    b. allow the patient's feet to rest on the foot of the bed.
    c. adjust the belt and straps smoothly and snugly.
    d. remove the weight when repositioning the patient.
11. The best position for the patient with respiratory problems is:
    a. lithotomy.
    b. high Fowler's.
    c. prone.
    d. Sims'.
12. You may be asked to weigh the cardiac patient daily because:
    a. decreased appetite may cause weight loss.
    b. increased appetite may cause weight gain.
    c. fluid tends to collect in the tissues, increasing weight.
    d. urine output is increased, causing weight loss.
13. In caring for patients with arteriosclerosis, remember that:
    a. hot water bottles may cause serious burns.
    b. injuries heal well.
    c. circulation is very adequate.
    d. a cool room is most comfortable.
14. The patient who has suffered a CVA usually:
    a. is paralyzed.
    b. speaks clearly.
    c. is able to assist in his own care.
    d. has a short convalescence.
15. Fractures of children's wrists are frequently incomplete. These fractures are called:
    a. compound.
    b. simple.
    c. comminuted.
    d. greenstick.
16. A patient with skin lesions must:
    a. be washed off with soap and water.
    b. have crusts removed daily.
    c. have frequent backrubs with alcohol.
    d. be handled gently.
17. A bedfast patient may develop pressure ulcers if:
    a. her position is not changed at least every 2 hours.
    b. the bed is kept dry and clean.
    c. the patient is bathed frequently.
    d. pressure areas are not frequently massaged.
18. The patient with emphysema has respiratory problems because:
    a. he cannot inhale completely.
    b. he cannot exhale completely.
    c. he inhales more deeply than usual.
    d. he exhales more deeply than usual.
19. In caring for patients receiving oxygen, remember that:
    a. no smoking is permitted in the area.
    b. electric call signals may be used.
    c. woolen blankets are used for warmth.
    d. electrical equipment may be used without discontinuing the oxygen.
20. Following a thyroidectomy, check your patient carefully for:
    a. signs of dehydration.
    b. inability to speak.
    c. nausea.
    d. fatigue.
21. All males should perform testicular self-examination:
    a. yearly.
    b. before showering.
    c. with soapy fingers.
    d. using the palms of the hands.
22. Your patient has anemia. You should carry out which of the following nursing procedures?
    a. Oxygen by cannula
    b. Special mouth care
    c. Vital signs
    d. Urine measurement
23. You are assigned to care for a person who is convalescing from a recent stroke. You will pay particular attention to:
    a. skin care.
    b. transfers.
    c. ambulation.
    d. need to void.
24. When a patient is aphasic, you can communicate with her best if you:
    a. raise your voice.
    b. leave the patient alone.
    c. ask lengthy questions.
    d. speak in short, concise sentences.
25. Patients at risk for pressure ulcers are those who are:
    a. well nourished.
    b. young.
    c. incontinent.
    d. up and about.
26. The nursing assistant helping to care for the burn patient should:
    a. give medication for pain.
    b. restrict fluids.
    c. assist in preventing infection.
    d. keep the door to the room closed.

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27. The nursing assistant caring for the diabetic patient:
    a. may give nourishments freely.
    b. knows the signs of diabetic coma and insulin shock.
    c. cuts the patient's toenails.
    d. need not monitor how much food is eaten.
28. When the patient has an arterial-venous shunt for renal dialysis:
    a. use the arm with the shunt to measure an accurate blood pressure.
    b. do not use the shunted arm to determine pulse rate.
    c. do not use the shunted arm to measure blood pressure.
    d. it is not necessary to measure ordered intake and output.
29. During which of the following procedures should the nursing assistant wear disposable gloves?
    a. Complete bed bath
    b. Giving perineal care
    c. Measuring intake
    d. Repositioning patients
30. Food is absorbed through the walls of the:
    a. pancreas.
    b. stomach.
    c. large intestine.
    d. small intestine.
31. When caring for a patient with a spinal cord injury, the nursing assistant should:
    a. recognize that pain and pressure will be felt more acutely.
    b. realize that the patient requires extra care to prevent contractures.
    c. know that skin care is unnecessary because voluntary movement is impaired.
    d. use a hurried approach to care to stimulate the patient into action.
32. The nursing assistant preparing a patient for an 8:00 am gastrointestinal series might expect to find which as part of the instructions?
    a. A high-calorie breakfast
    b. Enemas until clear
    c. Surgical prep of abdomen
    d. No visitors the night before the test
33. To make insertion of a rectal tube easier, the nursing assistant might suggest that the patient:
    a. take a breath and bear down.
    b. exhale as the tube is inserted.
    c. lie with legs extended.
    d. cross the legs.
34. When giving a prepackaged chemical enema, the nursing assistant knows that:
    a. water must be added.
    b. approximately 500 mL of solution will be used.
    c. the fluid-filled glass container must be handled carefully.
    d. the tip of the container is prelubricated.
35. The eye and ear are part of which system?
    a. Endocrine
    b. Cardiovascular
    c. Nervous
    d. Digestive
36. The female nursing assistant who is 52 years old should have a mammogram:
    a. yearly.
    b. every other year.
    c. every three years.
    d. every five years.
37. Frequent herpes simplex II outbreaks:
    a. reduce the risk of cancer of the cervix.
    b. put females at greater risk of miscarriage.
    c. make vaginal delivery the preferred route.
    d. do not affect a newborn in any way.
38. Membranes that line body cavities opening to the outside are called:
    a. mucous membranes.
    b. muckus membranes.
    c. serifs membranes.
    d. filirous membranes.
39. Syphilis and gonorrhea are diseases that are commonly sexually transmitted. Other sexually transmitted diseases include:
    a. MRSA.
    b. VRE.
    c. HIV.
    d. hantavirus.

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SECTION 12 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. Your patient has just delivered a baby. She is pale, complains of being cold, and begins to shiver. You suspect that she is:
   a. excited about having the baby.
   b. tired.
   c. in danger of shock.
   d. hungry.
2. When removing and replacing a perineal pad:
   a. both sides may be handled.
   b. draw it forward before lifting.
   c. gloves need not be used.
   d. lift from the body from front to back.
3. When assisting the nursing mother:
   a. recommend a tight brassiere.
   b. breast pads are not necessary.
   c. assist with handwashing before feeding the baby.
   d. give the mother milk suppression medication.
4. When giving routine ileostomy care, you should:
   a. not wear gloves.
   b. use sterile technique.
   c. use alcohol to clean the stoma.
   d. observe the drainage.
5. Diarrhea is:
   a. multiple loose, watery stools.
   b. similar to fecal impaction.
   c. a stool with abnormal color.
   d. a single loose, watery stool.
6. Which of the following are *not* nursing assistant responsibilities when caring for an infant?
   a. Maintaining a safe environment
   b. Caring for the circumcision
   c. Caring for the umbilical cord
   d. Applying silver nitrate to the eyes
7. When collecting a urine specimen from a patient who has a urinary catheter:
   a. withdraw the urine from the sampling port using a syringe.
   b. empty the urine from the spout in the drainage bag.
   c. clamp the catheter, then collect urine from the drainage tubing.
   d. insert a needle into the side of the catheter and withdraw with a syringe.
8. Keys to successful restorative nursing care are:
   a. turning the patient every 2 to 3 hours.
   b. ambulating the patient with a gait belt.
   c. consistency and continuity of care.
   d. providing emotional support to the family.
9. A disability exists when a person has:
   a. any chronic illness.
   b. an inability to perform a normal activity for a person of that age.
   c. a health problem requiring daily medication.
   d. any mental or emotional problem.
10. A handicap exists when a person:
    a. cannot fulfill a role that is normal for that person.
    b. has a prosthesis.
    c. is hearing impaired.
    d. cannot walk.
11. A disability may result from:
    a. acute infection. b. multiple sclerosis.
    c. dehydration. d. delirium.
12. A physician who specializes in rehabilitation is called a:
    a. psychiatrist. b. dermatologist.
    c. neurosurgeon. d. physiatrist.
13. Nursing assistants who work in rehabilitation may be responsible for:
    a. teaching the patient gait training for mobility.
    b. assessing patients who are doing bowel and bladder training.
    c. doing passive range-of-motion exercises.
    d. discharge planning.
14. Inactivity may result in:
    a. sore throat. b. osteoporosis.
    c. headache. d. aphasia.
15. The activities of daily living include:
    a. driving a car.
    b. managing personal finances.
    c. using the telephone.
    d. personal hygiene and grooming.
16. An example of a self-care deficit is:
    a. disease. b. trauma.
    c. emotional illness. d. inability to dress.

B. Matching. Choose the correct term from Column II to match each phrase in Column I.

Column I

17. _____ occult
18. _____ ostomy
19. _____ episiotomy
20. _____ lochia
21. _____ colostrum
22. _____ postpartum
23. _____ excessive blood loss
24. _____ thrombus
25. _____ embolus
26. _____ verbal cue
27. _____ atrophy
28. _____ adaptive device
29. _____ tetraplegia

Column II

a. hemorrhage
b. incision in perineum
c. first breast milk
d. vaginal discharge
e. hidden
f. after birth
g. artificial opening
h. inability to complete an ADL
i. orally prompting the patient to complete an ADL
j. blood clot
k. paralysis of arms and legs
l. blood clot that moves throughout the circulatory system
m. item used for helping patients complete ADLs
n. muscle deterioration

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C. True/False. Mark the following true or false by circling T or F.

30. T F A colostomy is a surgical opening in the stomach.
31. T F Contamination must be prevented when collecting a urine specimen through a drainage port.
32. T F The Hemoccult test is used to determine the presence of blood in the stool.
33. T F The toddler stage includes children from 3 to 6 years of age.
34. T F Children in the toddler stage should be able to read.
35. T F The normal heart rate for a preschooler is 80 to 110 beats per minute.
36. T F The Apgar score is an evaluation of the mother after childbirth.
37. T F Keep the mother on bed rest for 24 hours after giving birth.
38. T F Disabilities are always permanent.
39. T F Disabled people cannot contribute to society.
40. T F A speech therapist may evaluate patients for swallowing ability.
41. T F The physical therapist teaches patients gait training.
42. T F The patient's inability to organize a task such as dressing is called a perceptual deficit.
43. T F Hand-over-hand is a technique used in restorative care.
44. T F Rehabilitation is generally a waste of time for elderly patients.

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SECTION 13 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. You observe someone having a seizure. You should:
   a. restrain her movements.
   b. force something between her teeth to prevent her from biting her tongue.
   c. move articles away that the patient might strike.
   d. encourage the patient to walk around as soon as the seizure is over.
2. The Heimlich maneuver is used for persons who are:
   a. having cardiac arrest.
   b. choking.
   c. having a seizure.
   d. having an insulin reaction.
3. The *B* in the ABCs of emergencies stands for:
   a. breathing. b. bleeding.
   c. burns. d. breakdown.
4. When an emergency occurs, the first thing you should check is the patient's:
   a. degree of consciousness.
   b. airway/breathing ability.
   c. heart rate.
   d. blood pressure.
5. Risk factors for heart attack include:
   a. being underweight. b. exercising frequently.
   c. smoking. d. eating a low-fat diet.

B. True/False Mark the following true or false by circling T or F.

6. T F CPR is not used for people over 60 years of age.
7. T F Adults should be hit firmly between the shoulder blades if they are choking.
8. T F The patient loses consciousness during a grand mal seizure.
9. T F A strain is an injury to a ligament.
10. T F Emergency treatment for burns includes putting petroleum jelly on the burned area.
11. T F Reinsert the oral airway promptly if a patient pulls it out.
12. T F The most common cause of airway obstruction is spasm of the vocal cords.
13. T F Apply the principles of standard precautions when caring for patients who use oral and nasal airways.
14. T F A nasal airway must never be used in a conscious patient.
15. T F A nasal airway will be in place if the patient has a nasal deformity.
16. T F Endotracheal intubation provides complete control over the airway.
17. T F Patients who are intubated often require restraints to prevent them from removing the tube.
18. T F You may turn the ventilator alarm off when working at the bedside.
19. T F When monitoring the vital signs of patients using mechanical ventilation, count only the ventilator-delivered breaths.
20. T F Empty condensation in the ventilation tubing backward into the humidifier.
21. T F The bag-valve-mask should always be visible and available in the ventilator patient's room.
22. T F The Yankauer catheter is used only for oral suctioning.
23. T F Suctioning is not a routine nursing assistant responsibility.
24. T F Suctioning should be done at fixed intervals, such as every hour.
25. T F Patients who are mechanically ventilated are usually totally dependent on staff to meet their needs.

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SECTION 14 SELF-EVALUATION

A. Multiple Choice. Choose the phrase that best completes each of the following sentences by circling the proper letter.

1. Nursing assistants may find employment in:
   a. hospitals.
   b. convenience stores.
   c. day care centers.
   d. social service agencies.
2. A résumé should include your:
   a. age.
   b. religion.
   c. marital status.
   d. educational history.
3. On a job application, you would list which as a reference?
   a. Your mother
   b. Your best friend.
   c. Your instructor.
   d. Your sister.
4. During the interview, it is appropriate to:
   a. eat a snack if you did not have time for lunch.
   b. chew gum to relieve your nervousness.
   c. refer to a list of questions you want to ask.
   d. discuss personal problems.
5. Orientation to a new job is:
   a. only for experienced nursing assistants.
   b. only for nursing assistants working day shift.
   c. done to ensure safe performance of your duties.
   d. generally a waste of time.
6. As a new employee, you will be expected to:
   a. get an X-ray.
   b. receive a two-step Mantoux test.
   c. refuse immunization for hepatitis B.
   d. work every weekend.
7. Some employers may require:
   a. you to have a phone or pager.
   b. drug testing.
   c. you to attend orientation on your own time.
   d. a one-year contract.
8. If you are told during the interview that you will have to work every other weekend, and you do not wish to do this, you should:
   a. call in sick when it is your weekend to work.
   b. tell the interviewer you expect to work Monday through Friday.
   c. not accept the position, if offered.
   d. tell the interviewer you must attend church on the weekends.
9. When you decide to leave a position, you should:
   a. not come to work any more.
   b. give two weeks' notice.
   c. give a two-day notice.
   d. leave in the middle of the shift.
10. To maintain employment, you will need to:
    a. work whenever you want.
    b. attend nursing classes.
    c. maintain an excellent attendance record.
    d. finish your assignment quickly.

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ANSWER KEYS FOR SECTION SELF-EVALUATIONS

Section 1 SELF-EVALUATION

A. Multiple Choice

1. d	2. a	3. c	4. b	5. a
6. b	7. a	8. b	9. b	10. c
11. b	12. c	13. b	14. d	15. a
16. b	17. d	18. c	19. b	20. a

B. Matching

21. d	22. e	23. b	24. a	25. c

C. True/False

26. T	27. F	28. F	29. T	30. F
31. F	32. T	33. T	34. F	35. F

D. Completion

36. Stay within the scope of practice.
- Do only what you have been taught to do.
- Carry out procedures as taught and according to facility policy.
- Request guidance from the proper person before taking action in questionable situations.
- Keep safety and well-being of patients foremost in mind—act accordingly.
- Understand directions for care.
- Perform according to facility policy.
- Stay within OBRA guidelines.
- Maintain in-services required by OBRA.
- Do no harm to the patient.
- Respect patients and their belongings.

Section 2 SELF-EVALUATION

A. Definitions

1. Basic unit of the body.
2. Different tissues functioning as a unit.
3. Organs working together.
4. Tumor, new growth.
5. Cause of illness or abnormality.

B. Matching

6. g	7. d	8. h	9. a	10. j
11. e	12. b	13. i		

C. Multiple Choice

14. d	15. a	16. c	17. a	18. b
19. d	20. a			

D. Matching

21. e	22. d	23. b	24. a	25. c

E. Completion

26. the fetus	27. no sensations
28. rectum	29. X-rays

30. assist with the correct preparation of patients

F. Word Choice

31. vein	32. lateral	33. neoplasm
34. carcinoma	35. trauma	36. protocols

G. Definitions

37. Blood vessel that takes blood back to the heart.
38. Farther away from the midline.
39. Tumor.
40. Malignant tumor.
41. Injury.
42. Standards of procedures and care.

H. Matching

43. e	44. d	45. g	46. a	47. b

I. Word Choice

48. cranial	49. thoracic	50. abdominal
51. peritoneal	52. thoracic	

J. Brief Answers

53. Covering of brain and spinal cord.
54. In the cranial and spinal cavities.
55. Brain and spinal cord.
56. Inflammation of.
57. Inflammation of meninges.

SECTION 3 SELF-EVALUATION

A. Matching

1. d	2. e	3. c	4. f	5. g
6. g	7. e	8. a	9. d	10. b

B. Multiple Choice

11. d	12. d	13. c	14. b	15. c
16. a	17. b	18. c	19. b	20. a
21. d	22. b	23. a	24. c	25. d
26. a	27. b			

C. Matching

28. j	29. a	30. g	31. h	32. f
33. e	34. b			

D. Short Answer

35.

Assessment
- a. Collect observations.
- b. Report observations.
- c. Document observations.

Planning
- a. Collect, report, document observations.
- b. Inform the nurse of any problems noted with the care plan.
- c. Participate in planning care if possible.

Implementation
- a. Carry out the care plan and assignment as instructed.
- b. Inform the nurse of any problems noted with approaches.
- c. Continue to make and report observations.

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Evaluation

a. Report to the nurse if approaches are not working.
b. Determine whether approaches are helping the patient to reach goals.
c. Report to the nurse if you note reasons why the patient may not be reaching goals.

E. True/False

36. T 37. F 38. T 39. T 40. T
41. F 42. F 43. T 44. T 45. T
46. F 47. T 48. F 49. T 50. T
51. T 52. F 53. F 54. F 55. T
56. T 57. F 58. F 59. F 60. T
61. T 62. F 63. F 64. T 65. T
66. F 67. T 68. T

Section 4 SELF-EVALUATION

A. Definitions

1. One-celled organisms that cause diseases such as malaria.
2. One-celled organisms that are classified according to shape and arrangement.
3. The process of an object coming into contact with infectious material.
4. An object that comes into contact with excretions or secretions of an infected person.
5. Insects or animals that carry pathogens that can be transmitted to humans.

B. Matching

6. b 7. f 8. e 9. d 10. c
11. g 12. a

C. Multiple Choice

13. d 14. a 15. b 16. c 17. a
18. d

D. Completion

19. handwashing
20. transmission-based precautions
21. digestive 22. reproductive
23. spread or transmission 24. direct or indirect
25. pathogens 26. more

E. Short Answer

27. a. Handwashing.
    b. Use of gloves.
    c. Use of other personal protective equipment.
    d. Proper disposal of sharps.
    e. Proper handling of waste and soiled linen.
28. a. Organism enters body.
    b. Organism grows and multiplies in body.
    c. Symptoms are noted.
29. a. Number and strength of infectious organism.
    b. General health of individual.
    c. Age, sex, heredity of individual.
    d. Condition of person's immune system.
30. a. Emotional stress. b. Fatigue.
31. Mucous membranes, cilia, coughing and sneezing, hydrochloric acid in stomach, tears.
32. a. Gloves b. Gowns c. Masks d. Goggles

F. True/False

33. T 34. T 35. F 36. T 37. T
38. F 39. T 40. F 41. T 42. T
43. T 44. T 45. F 46. T 47. F
48. F 49. F 50. T 51. F 52. F
53. T 54. F 55. T 56. T 57. F
58. F 59. T 60. F 61. T 62. F
63. F 64. T 65. F 66. T 67. F
68. F 69. T 70. F

Section 5 SELF-EVALUATION

A. Multiple Choice

1. a 2. c 3. b 4. c 5. d
6. b 7. c 8. c 9. d 10. d
11. a 12. a

B. Short Answer

13. Remove patient. Activate alarm.
    Contain fire. Extinguish fire.
14. Pull the pin.
    Aim the nozzle at the base of the fire.
    Squeeze the handle.
    Sweep back and forth along base of fire.

C. True/False

15. T 16. F 17. F 18. T 19. F
20. T 21. F 22. T 23. F 24. T
25. T

D. Matching

26. j 27. g 28. e 29. h 30. c
31. i 32. b 33. d 34. f 35. a

Section 6 SELF-EVALUATION

A. Multiple Choice

1. c 2. a 3. b 4. a 5. d 6. d
7. a 8. c 9. b 10. c 11. a

B. Short Answer

12. indicate the method in parentheses; for example, (ax)
13. thermometer, watch with second hand, sphygmomanometer, stethoscope
14. brachial, carotid, femoral, popliteal
15. glass, electronic, tympanic, plastic, digital, temporal artery
16. centimeters
17. kilograms

C. Matching

18. d 19. a 20. b 21. c

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D. Short Answer

22. When B/P is markedly higher than previous reading *or* greater than 140/90
23. When B/P is markedly lower than previous reading *or* below 100/60
24. When the site of reading is other than the brachial artery
25. When you cannot hear it

Section 7 SELF-EVALUATION

A. Multiple Choice

1. a	2. b	3. a	4. c	5. d
6. c	7. a	8. d	9. c	10. b
11. a	12. d	13. d	14. c	15. c
16. b	17. d	18. b	19. b	20. c
21. b	22. c	23. b	24. b	25. d
26. c	27. d	28. c	29. b	30. b
31. c	32. d	33. b	34. a	35. a
36. d	37. b			

B. Matching

38. c	39. e	40. a	41. b	42. d

C. True/False

43. F	44. T	45. F	46. F	47. F
48. T	49. T	50. F	51. F	52. T
53. F	54. T	55. F	56. F	57. T
58. T	59. T	60. T	61. T	

D. Short Answer

62. Place the patient on her side with the legs flexed.
63. The foreskin must be moved up during cleaning of the penis and must be gently moved back down into position after cleaning.

Section 8 SELF-EVALUATION

A. Matching

1. e	2. g	3. b	4. h	5. f
6. a	7. d	8. c		

B. Multiple Choice

9. c	10. c	11. b	12. d	13. d
14. d	15. b	16. b	17. d	18. d
19. b	20. a	21. a	22. a	

C. Matching

23. b	24. c	25. e	26. a

D. Short Answer

27. a. fruits
    b. vegetables
    c. pasta
    d. lean baked or broiled meat, especially poultry or fish
    e. whole-grain breads and cereals
28. Fluid balance is the ratio of fluid intake to fluid output.
29. Alert patients may write down the amount each time they drink.
30. a. Dehydrated
    b. Vomiting
    c. With IVs running
    d. With Foley catheter
    e. With fluid retention problems or on diuretics

SECTION 9 SELF-EVALUATION

A. Multiple Choice

1. b	2. b	3. a	4. b	5. b
6. d	7. b	8. b	9. a	10. c
11. a	12. d	13. b	14. c	15. c
16. c				

B. True/False

17. F	18. T	19. T	20. T	21. F
22. F	23. T	24. T	25. T	26. T
27. F	28. F	29. T	30. T	31. T
32. F	33. T	34. F	35. F	36. F
37. T	38. T	39. F	40. F	41. T
42. T	43. F	44. T	45. F	46. T
47. T	48. F	49. T	50. T	51. F
52. T	53. T	54. T	55. F	

SECTION 10 SELF-EVALUATION

A. Multiple Choice

1. c	2. a	3. d	4. c	5. b
6. d	7. c	8. a	9. a	10. c
11. d	12. a	13. c	14. a	15. d
16. a	17. b	18. d		

B. True/False

19. F	20. F	21. T	22. F	23. T
24. T	25. F	26. F	27. F	28. T
29. T	30. F	31. F	32. T	

C. Matching

33. e	34. i	35. b	36. f	37. j
38. g	39. a	40. l	41. k	42. c
43. d	44. h	45. m		

Section 11 SELF-EVALUATION

A. Matching

1. f	2. i	3. k	4. d	5. g
6. e	7. c	8. h	9. j	

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B. Multiple Choice

10. c	11. b	12. c	13. a	14. a
15. d	16. d	17. a	18. b	19. a
20. b	21. c	22. b	23. a	24. d
25. c	26. c	27. b	28. c	29. b
30. d	31. b	32. b	33. a	34. d
35. c	36. a	37. b	38. a	39. c

Section 12 SELF-EVALUATION

A. Multiple Choice

1. c	2. d	3. c	4. d	5. a
6. d	7. a	8. c	9. b	10. a
11. b	12. d	13. c	14. b	15. d
16. d				

B. Matching

17. e	18. g	19. b	20. d	21. c
22. f	23. a	24. j	25. l	26. i
27. n	28. m	29. k		

C. True/False

30. F	31. T	32. T	33. F	34. F
35. T	36. F	37. F	38. F	39. F
40. T	41. T	42. F	43. T	44. F

Section 13 SELF-EVALUATION

A. Multiple Choice

1. c	2. b	3. a	4. b	5. c

B. True/False

6. F	7. F	8. T	9. F	10. F
11. F	12. F	13. T	14. F	15. F
16. T	17. T	18. F	19. F	20. F
21. T	22. T	23. T	24. F	25. T

Section 14 SELF-EVALUATION

A. Multiple Choice

1. a	2. d	3. c	4. c	5. c
6. b	7. b	8. c	9. b	10. c

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