Nursing Assistant Essentials of Holistic Care 1st edition Roe Test Bank

SKU: 9781635636055-TEST-BANK

1. ch01_exam_001
Match each of the terms with the best identifying phrase.

[d] 1. Care that integrates the body, mind, and spirit.
[a] 2. People who need ongoing care over a longer period of time.
[f] 3. A licensed nursing staff member who is supervised by a registered nurse.
[c] 4. Actions that are not in line with accepted rules of conduct.
[b] 5. An attitude that is supportive and accepting of others.
[i] 6. People who receive care in a healthcare facility.
[g] 7. A person who has successfully completed the education and training needed to take and pass a state certification competency examination.
[e] 8. A belief in the importance of work.
[h] 9. Strong moral principles.
[j] 10. A licensed nursing staff member who delivers nursing care that includes assessment; providing nursing diagnoses; and planning, implementing, and evaluating care.

a. Residents
b. Positive regard
c. Unethical
d. Holistic care
e. Work ethic
f. Licensed practical/vocational nurse
g. Certified nursing assistant
h. Integrity
i. Patients
j. Registered nurse

2. ch01_exam_002
Patients are older people who reside in long-term care facilities due to age, illness, or inability to care for themselves at home.

a. True
*b. False

3. ch01_exam_003
Nursing assistants work under the supervision of the licensed nursing staff.

*a. True
b. False

4. ch01_exam_004
Nursing assistant education courses that lead to certification must meet *Omnibus Budget Reconciliation Act* standards.

*a. True
b. False

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5. ch01_exam_005
The minimum age requirement for entering a nursing assistant education and training program is the same from state to state.

a. True
*b. False

6. ch01_exam_006
Federal law requires every state to maintain a registry of nursing assistants.

*a. True
b. False

7. ch01_exam_007
In a holistic approach to caregiving, caregivers establish an environment that focuses on a resident's disease.

a. True
*b. False

8. ch01_exam_008
The primary purpose of range-of-motion exercises is to help residents gain body strength.

a. True
*b. False

9. ch01_exam_009
Procedures performed by nursing assistants are standardized within a healthcare facility.

*a. True
b. False

10. ch01_exam_010
When you are incompetent, you have learned everything you need to know to feel comfortable completing procedures safely.

a. True
*b. False

11. ch01_exam_011
Nursing assistants promote a healing environment by showing compassion to residents.

*a. True
b. False

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12. ch01_exam_012
Leaving out details about a patient's condition is acceptable if you believe the details are unimportant.

a. True
*b. False

13. ch01_exam_013
Maintaining professional boundaries is part of a nursing assistant's legal scope of practice.

*a. True
b. False

14. ch01_exam_014
A holistic nursing assistant is responsible for maintaining both personal and professional boundaries.

*a. True
b. False

15. ch01_exam_015
_____ are healthcare facilities that provide care for people who are terminally ill.

Correct Answer(s):
a. Hospices

16. ch01_exam_016
When a nursing assistant becomes certified, he or she may use the legal title of _____.

Correct Answer(s):
a. certified nursing assistant (CNA)
b. certified nursing assistant
c. CNA
d. nurse aide
e. registered nursing assistant
f. licensed nursing assistant

17. ch01_exam_017
Values, culture, and religion are part of a person's higher self, or_____.

Correct Answer(s):
a. spirit

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18. ch01_exam_018
The desire to help another person is called _____.

Correct Answer(s):
a. compassion

19. ch01_exam_019
Bathing, grooming, eating, and ambulating are actions that people take during a typical day and are also known as _____.

Correct Answer(s):
a. activities of daily living (ADLs)
b. activities of daily living
c. ADLs

20. ch01_exam_020
The rates or values of a person's temperature, pulse, respiration, and blood pressure are called _____.

Correct Answer(s):
a. vital signs

21. ch01_exam_021
Hand hygiene and the appropriate handling of contaminated objects are important for _____ control.

Correct Answer(s):
a. infection

22. ch01_exam_022
A nursing assistant is required to be _____, which involves consistently demonstrating specific qualities, attitudes, and behaviors to provide safe, quality care.

Correct Answer(s):
a. professional

23. ch01_exam_023
The _____ is the US federal agency that helps prevent and control health threats.

Correct Answer(s):
a. Centers for Disease Control and Prevention (CDC)
b. Centers for Disease Control and Prevention
c. CDC

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24. ch01_exam_024
Gestures and body language are part of _____ communication.

Correct Answer(s):
a. nonverbal

25. ch01_exam_025
Being an effective holistic nursing assistant requires that you have the physical _____, or strength, to perform the duties of the job.

Correct Answer(s):
a. stamina

26. ch01_exam_026
Accepted and expected limits on behaviors or actions are called _____.

Correct Answer(s):
a. boundaries

27. ch01_exam_027
Requirements for supervised clinical training include at least ____ hours in long-term care facilities.

a. 15
*b. 24
c. 75
d. 150

28. ch01_exam_028
Which of the following factors negatively affects the way nursing assistants approach, care for, and communicate with patients and residents?

*a. ignoring a person's culture
b. understanding disabilities
c. developing positive interactions with others
d. empowering those in one's care

29. ch01_exam_029
Which of the following pieces of patient or resident information should be immediately reported to the licensed nursing staff?

a. blood pressure
b. fluid intake
*c. changes in condition

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d. weight

30. ch01_exam_030
Which of the following is *not* a duty that nursing assistants will perform during a typical day?

*a. evacuating residents during an environmental emergency
b. lifting or turning residents
c. protecting privacy and confidentiality
d. assisting residents with toileting

31. ch01_exam_031
Which of the following statements describes a quality that is necessary in a holistic nursing assistant?

a. I communicate with different kinds of people only when necessary.
b. I do not enjoy responding to others' needs.
*c. I care about others.
d. I become impatient easily.

32. ch01_exam_032
A nursing assistant with a professional appearance will ____.

a. leave hair down around his or her face
b. have visible tattoos
c. wear large, dangling earrings
*d. have short, clean fingernails

33. ch01_exam_033
Being able to complete a wide range of duties and being able to work independently when appropriate are examples of ____.

a. integrity
*b. flexibility
c. teamwork
d. positive relationships

34. ch01_exam_034
Which of the following is *not* a professional boundary violation?

*a. using touch appropriately
b. sharing personal or financial information
c. making sexual jokes or comments
d. choosing sides with a patient against his or her family members

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35. ch01_exam_035
Why are nursing assistants the first people who observe changes in resident behavior and function or who become aware of residents' specific needs?

Correct Answer:
Nursing assistants are the first to communicate with residents and their families and spend more time with residents than LPNs/LVNs or RNs.

36. ch01_exam_036
In addition to making sure nursing assistant education and training programs have met OBRA standards, what requirements related to the certification competency examination are determined by individual states?

Correct Answer:
How nursing assistant certification is granted, what certification competency examination will be used, and when and where the exam will occur.

37. ch01_exam_037
Which two competencies are tested during the certification competency examination and how are these typically tested?

Correct Answer:
Knowledge and skills are tested. Knowledge is tested in a written or oral exam, and skills are tested as part of a hands-on examination.

38. ch01_exam_038
List four factors that determine the amount of work involved and the type of care required from holistic nursing assistants.

Correct Answer:
The specific needs of each resident, the plan of care, the nursing assistant's job description, and the nursing assistant's scope of practice.

39. ch01_exam_039
List the four pieces of information that are measured, documented, and reported by nursing assistants.

Correct Answer:
Vital signs, height and weight, fluid intake and output, and changes in condition

40. ch01_exam_040
What is culture?

Correct Answer:

Culture encompasses the traditions, beliefs, rituals, customs, and values that are learned over time and are specific to a group of people.

41. ch01_exam_041
What are the three best ways to ensure that your care as a holistic nursing assistant is within professional boundaries?

Correct Answer:
Be aware of and knowledgeable about appropriate boundaries, have integrity, and work as a professional.