

Name: _____

Date: _____

Module 9

Module 9: The Human Body

1. Elderly Consumers have dry, fragile skin which is slower to heal and puts them at a higher risk for infection from an injury to the skin.
 - True
 - False
2. Situations that can cause pressure ulcers are:
 - a. A. Sitting or lying in the same position for a sustained amount of time.
 - b. B. Lying on wrinkled bedding.
 - c. C. Sitting or lying on an object on a chair or bed.
 - d. D. A and C only
 - e. E. All of the above.
3. Pressure ulcers are caused when the blood cannot flow freely to a part of the body which can cause the tissue to die.
 - True
 - False
4. Pressure ulcers most often form on the bony parts of a Consumer's body.
 - True
 - False
5. Which of the following are pressure points most likely to form a pressure ulcer if the Consumer does not change position often enough:
 - a. A. Back of the head
 - b. B. Shoulder blades
 - c. C. Elbows
 - d. D. Heels
 - e. E. Ankles
 - f. F. Knees
 - g. G. Hips
 - h. H. Toes
 - i. I. C, D, F only
 - j. J. All of the above
6. Consumers with limited mobility are the least likely to develop pressure ulcers.
 - True
 - False
7. Not eating enough protein or drinking enough liquids increases a Consumer's likelihood of developing pressure ulcers.
 - True
 - False

8. Sweat, water, urine, and fecal matter all contribute to skin breakdown and increase a Consumer's likelihood of developing pressure ulcers.
 - True
 - False
9. Consumers with heart and lung problems have a higher likelihood of developing pressure ulcers.
 - True
 - False
10. When a Consumer is not positioned in a bed or chair properly they can slide down; which can cause friction and shearing, increasing their likelihood of developing pressure ulcers.
 - True
 - False
11. Which of the following can a PSS do to help prevent skin breakdown and potential pressure ulcers?
 - a. A. Aiding Consumer's with mobility and repositioning.
 - b. B. Minimizing friction and shearing.
 - c. C. Offering fluids as allowed by the Consumer's care plan.
 - d. D. Providing good skin and perineal care.
 - e. E. Providing clean, dry, wrinkle-free linens.
 - f. F. Anticipating toileting needs.
 - g. G. All of the above.
12. It is important to know the difference between abduction, "moving a body part away from the midline of the body" and adduction, "moving a body part toward the midline of the body," if you have a Consumer who has had hip surgery.
 - True
 - False
13. Inactivity can lead to loss of muscle mass and possibly loss of bone tissue and Osteoporosis.
 - True
 - False
14. Arthritis is an inflammation of a Consumer's joints and can be very painful.
 - True
 - False
15. A Consumer who has had a hip fracture in the past is at a lower risk to fall and have another hip fracture because they will be more careful so that it does not happen again.
 - True
 - False
16. Consumer's with Diabetes or poor circulation are at a lower risk for amputations.
 - True
 - False

17. Pneumonia is a respiratory infection that causes the lungs to fill with fluid and pus which prevents the lungs from functioning properly.
- True
 - False
18. The months of November through April are considered to be the “season” for people to catch the flu.
- True
 - False
19. If a Consumer has asthma, it is very difficult for them to breath properly because their airways become very narrow. Things can cause asthma are:
- a. A. Cold weather
 - b. B. Allergies
 - c. C. Lung infections
 - d. D. Stress
 - e. E. Smoke
 - f. F. Exercise
 - g. G. B and C only
 - h. H. All of the above.
20. The leading cause of COPD is smoking.
- True
 - False
21. Oxygen therapy is medication and can only be used by a Doctor’s order.
- True
 - False
22. The PSS must watch for signs of skin breakdown around a Consumer’s ears, cheeks, and nose when they are on Oxygen therapy.
- True
 - False
23. If the Consumer’s care plan calls for them to wear TEDs, it is important that they are on smoothly, not twisted, and are wrinkle free.
- True
 - False
24. A TIA is considered a warning sign that a Consumer could have a stroke soon.
- True
 - False
25. Consumers who smoke and have high blood pressure or diabetes, are at higher risk for a stroke.
- True
 - False

26. Consumers who have had a stroke are at high risk for injuries and burns on their affected side because they may not be able to feel heat, cold, or pain.
- True
 - False
27. Consumers with Parkinson's Disease are at a high risk for falling because they have difficulty turning their bodies.
- True
 - False
28. Consumers with ALS might be totally paralyzed but their thought processes are the same as always.
- True
 - False
29. Conjunctivitis, is sometimes called "Pink Eye" and is very contagious. You can get conjunctivitis if you touch a counter after someone with Pink Eye has rubbed their eye and touched the same counter without washing their hands.
- True
 - False
30. It is important for a PSS to face a Consumer who has a hearing deficit when they are communicating with them.
- True
 - False
31. Hearing aids, eyeglasses, and dentures are very expensive and must be handled and taken care of carefully.
- True
 - False
32. An elderly Consumer who has diabetes is at a higher risk for becoming dehydrated and for falling.
- True
 - False
33. Symptoms of diabetes include:
- a. A. Fatigue
 - b. B. Weakness
 - c. C. Excessive thirst
 - d. D. Excessive urination
 - e. E. Blurry vision
 - f. F. More infections
 - g. G. A craving for sweets
 - h. H. All of the above
 - i. I. All except G

34. Diet, exercises, and medication can all work together to help manage diabetes.
- True
 - False
35. To keep blood glucose at a steady level, it is important for Consumers to eat at regular times throughout the day.
- True
 - False
36. Signs and symptoms of hypoglycemia include:
- a. A. Cool, clammy skin
 - b. B. Sweating
 - c. C. Feeling “shaky”
 - d. D. Confusion or difficulty concentrating
 - e. E. Rapid heart rate or breathing
 - f. F. Headache
 - g. G. Blurry or double vision
 - h. H. Restlessness
 - i. I. Irritability
 - j. J. Trembling
 - k. K. A tingling sensation in the mouth or tongue
 - l. L. Hunger
 - M. Loss of consciousness
 - N. All of the above
 - O. All but K
37. Conditions that can cause hypoglycemia include:
- a. A. A missed meal or snack
 - b. B. A delayed meal or snack
 - c. C. Eating too little food
 - d. D. Vomiting
 - e. E. Being NPO
 - f. F. An increased level of activity
 - g. G. All of the above
 - h. H. All but E and F
- 38 Signs and symptoms of hyperglycemia include:
- a. A. Excessive urination
 - b. B. Excessive thirst
 - c. C. Extreme hunger
 - d. D. Unplanned weight loss
 - e. E. Fatigue
 - f. F. Blurry or “double” vision
 - g. G. Headache

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- h. H. Irritability
- i. I. Dry, flushed skin
- j. J. Sweet-smelling breath
- k. K. Dehydration
- l. L. Seizures
- M. Loss of consciousness (diabetic coma)
- N All but D and J
- O. All of the above

39. Conditions that can cause hyperglycemia include:

- a. Eating too much food
- b. Decreased level of activity
- c. Too little medication
- d. Physical stress (illness or injury)
- e. Emotional stress
- f. Undiagnosed diabetes
- g. All of the above
- h. All except A

40. Consumers with diabetes may have very poor circulation in their feet and lower legs, which puts them at a higher risk for injury, infection, and possibility amputation.

- True
- False

41. A female Consumer can get a bladder infection by not wiping from front to back when providing perineal care.

- True
- False

42. A PSS should be sure to report if a Consumer has pain or burning when urinating.

- True
- False

43. A PSS should be sure to report if a Consumer has an unusual discharge from any body part.

- True
- False