

Name: _____

Date: _____

Module 10

Module 10: ADLs and IADLs

1. Which of the following conditions help ensure a Consumer's comfort in their living area:
 - a. A. Cleanliness
 - b. B. Temperature
 - c. C. Noise level
 - d. D. Quality of light
 - e. E. All of the above
2. Cleanliness is very important in keeping potential infections from spreading.
 - True
 - False
3. Elderly Consumers usually prefer a lower temperature and a blanket or shawl to keep them warm.
 - True
 - False
4. It is correct to close the door when providing care to a patient, even if they have privacy curtains or room dividers, because sound travels and it will help maintain privacy and confidentiality.
 - True
 - False
5. When making a bed it is important to make sure the linens are not wrinkled, both for Consumer comfort and to help prevent pressure ulcers.
 - True
 - False
6. It is ok for incontinent Consumers to lay directly on rubberized pads.
 - True
 - False
7. Soiled bedding should never be put on the floor, furniture, or held against your clothing.
 - True
 - False
8. Linens should be changed as soon as possible if they become wet no matter what time of the day or night.
 - True
 - False
9. A PSS should always check the bed linens for a Consumer's personal items before changing the bed.
 - True
 - False

10. A lack of adequate sleep can lead to which of the following problems:
- A. Decreased ability to handle pain
 - B. Increased risk of illness
 - C. Emotional and behavioral problems
 - D. Decreased physical ability
 - E. B and C only
 - F. All of the above
 - G. None of the above
11. A Consumer who spends the majority of their time in their room has an increased risk of difficulty sleeping.
- True
 - False
12. Which of the following can cause a Consumer to have problems falling asleep or staying asleep:
- A. Pain
 - B. Shortness of breath
 - C. Coughing
 - D. Frequent urination
 - E. Medications
 - F. All of the above
13. It is important that a PSS report when a CPAP machine is making a hissing noise around the mask or the tubing.
- True
 - False
14. It is important that a PSS report if a Consumer has redness or irritation from the mask or straps of their CPAP.
- True
 - False
15. A PSS should never assume that a Consumer is not in pain just because they do not complain about being in pain.
- True
 - False
16. A Consumer's pain is what they say it is because everyone experiences pain differently.
- True
 - False

17. A PSS can use their observational skills for nonverbal signs of pain, which may include:
- A. Facial expressions (grimacing or gritting the teeth)
 - B. Moaning
 - C. Crying
 - D. Restlessness
 - E. Calling out
 - F. Rubbing the area of the body that is in pain
 - G. Guarding (avoiding use of) the area of the body that is in pain
 - H. Resisting care
 - I. Redness or swelling in an area
 - J. Profuse sweating
 - K. All of the above
18. An indication of pain in a Consumer who has dementia might be a sudden change in behavior, or becoming uncooperative with care.
- True
 - False
19. Cold applications should never be used for more than 20 minutes because they can cause tissue death and skin breakdown.
- True
 - False
20. Anxiety can increase pain.
- True
 - False
21. Distractions can help reduce pain.
- True
 - False
22. As a PSS you might sometimes see the abbreviation PRN in a Consumer's care plan, this means:
- A. Postprandial
 - B. As needed
 - C. The Consumer's favorite radio station
 - D. Positive Reinforcement
23. As long as you make sure a Consumer's dentures are clean it is not necessary to perform additional mouth care because they do not have any teeth.
- True
 - False

24. It is a good practice for Consumer's dentures to be removed and rinsed after eating.
- True
 - False
25. Dentures should always be stored in a dry box so that they do not get bacteria.
- True
 - False
26. Providing good perineal care is very important to:
- a. A. Prevent infection
 - b. B. Prevent skin breakdown
 - c. C. Prevent odor
 - d. D. Help a Consumer feel clean
 - e. E. All of the above
27. It is very important to drape a Consumer's body with a bath blanket or sheet when performing perineal care as this helps preserve a sense of privacy and modesty for the Consumer.
- True
 - False
28. A PSS should always use Standard Precautions when providing perineal care.
- True
 - False
29. Once the PSS passes this course they are certified to clip Consumer's finger nails and toe nails.
- True
 - False
30. Moisturizing the skin is very important as skin is an organ and our first line of defense against infection. Dry skin is more apt to crack and tear.
- True
 - False
31. NEVER apply moisturizer between the toes of diabetic Consumers because it can encourage fungus to grow there.
- True
 - False
32. It is especially important for Consumers with diabetes to check their feet every day for red spots, cuts, swelling, and blisters. They should use a mirror or get help to see the bottoms of their feet.
- True
 - False
33. When helping a Consumer who has had a stroke get dressed it is better to put their shirt or pants on the affected arm or leg first.
- True
 - False

34. When helping a Consumer who has had a stroke get undressed, it is better to remove their shirt or pants from the affected arm or leg first.
- True
 - False
35. Electric razors should be cleaned after every use.
- True
 - False
36. When preparing a meal for a Consumer, it is very important to read the food labels to make sure the product fits in the Consumer's care plan.
- True
 - False
37. The Consumer's care plan specifies they are on a low sodium diet of 1,500 mg per day. They had one packet of instant oatmeal for breakfast. The food label on the oatmeal indicates there is 265 mg of Sodium in the packet. They ate all their oatmeal. You are preparing a box of macaroni and cheese for their lunch. The food label on the box indicates:
- Service Size: 1 cup
 - Servings per Container: 2
 - Sodium: 470 mg
- The consumer eats two servings. How many mg of salt does the Consumer have left for the rest of the day?
- a. A. As much as they want, they are on a low sodium diet, not a low salt diet
 - b. B. 560mg
 - c. C. 295mg
 - d. D. 30mg
38. It is important for the PSS to know if the Consumer is on a special doctor's ordered diet.
- True
 - False
39. It is important for the PSS to know if the Consumer has any cultural constraints on what foods they can eat or how they are prepared.
- True
 - False
40. Proper hand hygiene is very important when preparing or servings a Consumer's meal.
- True
 - False
41. The PSS can help a Consumer with poor eyesight to find their food by telling them where, as if it were on the face of a clock.
- True
 - False

42. It is important for the PSS to know if a Consumer has assistive devices they use to help them eat.

- True
- False

43. Some of the reasons a Consumer can become dehydrated are:

- a. A. Diarrhea
- b. B. Vomiting
- c. C. Bleeding
- d. D. Severe burns
- e. E. Excessive sweating
- f. F. All of the above

44. Older Consumers and Consumers with dementia are at a higher risk for dehydration.

- True
- False

45. A Consumer on NPO status can have ice chips and hard candy to keep their mouths moist.

- True
- False

46. If a Consumer is on I&O, it is important to record everything they eat or drink.

- True
- False

47. When doing perineal care on a Consumer with an indwelling catheter, it is important not to tug or pull on the catheter because there is a balloon that is inflated inside their bladder and tugging on it can hurt them.

- True
- False

48. It is very important that a catheter's tubing is never bent or kinked so that the urine can flow into the drainage bag and not stay in the bladder.

- True
- False

49. It is very important for the PSS to keep an eye on the drainage bag and tubing of a Consumer with a catheter to ensure that the bag and tubing are never higher than the Consumer's bladder, so that the urine does not run back into their bladder and cause an infection. The PSS must be especially careful that this does not happen when moving a Consumer with a catheter or emptying their bag.

- True
- False

50. A PSS should always observe Standard Precautions when emptying a urine drainage bag.

- True
- False

51. Good catheter care is very important so that microbes do not travel up the tubing into the bladder and cause an infection.
- True
 - False
52. Urinary tract infections are very common in Consumers who have indwelling catheters. Proper tubing and drainage bag positioning and good catheter care can help prevent these infections.
- True
 - False
53. The residual urine or fecal matter should always be cleaned from a Consumer's skin when changing a soiled incontinence brief or pad.
- True
 - False
54. Bacterial and viral infections can be spread from fecal matter.
- True
 - False
55. Not drinking enough fluids or getting enough exercise can cause a Consumer to become constipated.
- True
 - False