

NURSE AIDE REVIEW QUESTIONS

1. What is the term for a device used to take the place of a missing body part?
Answer: Prosthesis
2. When a client has left-sided weakness, what part of a sweater is put on first?
Answer: Left Sleeve
3. It is appropriate for a nurse aide to share the information regarding client's status with?
Answer: the staff on the next shift
4. When helping a client who is recovering from a stroke to walk, the nurse aide should assist?
Answer: on the client's weak side
5. The nurse aide is caring for a client who is agitated, the nurse aide should?
Answer: Talk in a slow, calm, reassuring manner
6. The purpose of padding side rails on the client's bed is to?
Answer: Protect the client from injury
7. Exercises that move each muscle and joint are called?
Answer: Range of motion
8. How can a nurse aide best help a client who is not accepting a loss?
Answer: Encourage the client to talk
9. The Heimlich maneuver (Abdominal thrust) is used for a client who has?
Answer: A blocked airway
10. To best communicate with a client who is totally deaf, the nurse aide should?
Answer: Write out information
11. The nurse aide is asked by a confused client what day it is, the nurse aide should?
Answer: Point to the date on the calendar and say the date
12. To avoid pulling the catheter when turning a male client, the catheter tube must be taped to the clients?

Answer: Upper thigh

13. A nurse aide can assist clients with their spiritual needs by?

Answer: Allowing clients to talk about their beliefs

14. A nurse aide must wear gloves when?

Answer: Doing peri-care

15. When getting ready to dress a client, the nurse aide should?

Answer: Give the client a choice of what to wear

16. If the nurse aide discovers fire in a client's room, the first thing to do is?

Answer: Remove the client.

17. In order to communicate clearly with a client who has a hearing loss, the nurse aide should?

Answer: Look directly at the client while speaking.

18. What is the final stage of dying?

Answer: Acceptance

19. If a client says, "God is punishing me" or "why me" how should the nurse aide respond?

Answer: Listen quietly

20. The role of the ombudsman is to?

Answer: Work with the nursing home to protect client's rights.

21. A nurse aide who is active in her church is assigned to care for a client who is not a member of any religious group, the nurse aide should?

Answer: Respect the client's beliefs and avoid starting a religious discussion.

22. The nurse aide noticed that a client's mail has been delivered to the client's room, the nurse aide?

Answer: Give the client the unopened mail and offer help as needed.

23. Which of the following is the correct measurement of urinary output?

Answer: 300cc (measured in cc's).

24. If a nurse aide is offered a twenty dollar bill as a thank you for all that the nurse aide has done. The nurse aide should?

Answer: Politely refuse the money.

25. All of the following situations are examples of abuse or neglect EXCEPT:
Answer: Restraining a client according to physician's order.
26. If a client is sitting in a chair in his room masturbating, the nurse aide should?
Answer: Leave the client alone and provide their privacy.
27. To convert four ounces of juice to milliliters (ml), the nurse aide should?
Answer: 4 * 30ml.
28. In giving care according to the client's Bill of Rights, the nurse aide should?
Answer: Provide privacy during the client's personal care.
29. The LAST sense a dying client will lose is?
Answer: Hearing.
30. A client wakes up during the night and asks for something to eat, the nurse aide SHOULD.
Answer: Check clients diet before offering nourishment.
31. The normal aging process is BEST defined as the time when?
Answer: Normal body functions and senses decline.
32. If a client is confused, the nurse aide should?
Answer: Help the client recognize familiar things and people.
33. What is the process of restoring a disabled client to the highest level of functioning possible?
Answer: Rehabilitation
34. When changing an unsterile dressing, the nurse aide should wash hands?
Answer: Before, after removal of the soiled dressing, and after the procedure.
35. Clean bed lining placed in a client's room but not used should be?
Answer: Put in a dirty linen container
36. The nurse aide finds a conscious client lying on the bathroom floor. The first thing the nurse aide should do is?

Answer: Call for assistance from the nurse in charge.

37. If a nurse aide finds a client who is sad and crying, the nurse aide should?

Answer: Ask the client if something is wrong.

38. Clients have the right to?

Answer: Have access to a telephone.

39. Proper use of a waist restraint requires that the nurse aide?

Answer: Watch for a skin irritation.

40. To prevent the spread of infection, how should the nurse aide handle the soiled linens removed from a client's bed?

Answer: Put them in the dirty linen container.

41. A client needs to be repositioned but is heavy, and the nurse aide is not sure she can move the client alone. The nurse aide should?

Answer: Ask another nurse aide for help.

42. To prevent dehydration of the client, the nurse aide should?

Answer: Offer fluids frequently while the client is awake.

43. When transferring a client, MOST of the client's weight should be supported by the nurse aides?

Answer: Legs

44. To be sure that a client's weight is measured accurately, the client should be weighed?

Answer: At the same time of the day.

45. How many tips does a quad-cane base have?

Answer: Four

46. Before taking the oral temperature of a client who has just finished a cold drink, the nurse aide should wait?

Answer: 10-20 minutes

47. Which of the following is the CORRECT way to remove a dirty isolation gown?

Answer: Roll its dirty side in and away from the body.

48. What would be the BEST way for the nurse aide to promote client independence in bathing a client who has had a stroke?

Answer: Encourage the client to do as much as possible and assist as needed.

49. A safety device used to assist a DEPENDENT client from a bed to a chair is called a?

Answer: Transfer/gait belt.

50. If a nurse aide needs to wear a gown to care for a client in isolation, the nurse aide MUST?

Answer: Take the gown off before leaving the client's room.

51. When making an occupied bed, the nurse aide should?

Answer: Raise side rail on the unattended side.

52. The nurse aide is in the employer dining room. A group of nurse aides eating lunch together begin discussing how rude a certain client was acting. The nurse aide should?

Answer: Suggest that this is not the place to discuss the client.

53. The nurse aide enters a client's room, and the client states he has pain. What should the nurse aide do?

Answer: Report it to the nurse in charge

54. A client is upset and crying over the recent death of her husband. How should the nurse aide respond?

Answer: Sit with the client and allow her to talk about her feelings.

55. Which temperature is considered MOST accurate?

Answer: Rectal.

56. What is the beginning sign of a pressure sore?

Answer: Discoloration.

57. While assisting a client with denture care the nurse aide observes that the upper plate is cracked. The nurse aide SHOULD?

Answer: Report the damage to the nurse in charge.

58. A new client refuses to wear a clothing protector at lunch. The nurse aide should?

Answer: Respect the client's wishes.

59. The nurse aide can best show that he is listening to the client by?

Answer: Responding when appropriate.

60. The BEST time to prepare for a disaster is?

Answer: Before it happens.

61. What is the purpose of the Federal Law OBRA, 1987 Omnibus Budget Reconciliation Act?

Answer: Protect the rights and privileges of people, to adopt standards for nursing assistant training and to provide legal standard (the lowest standard of behavior).

62. What are the local/state resources for client advocacy?

Answer: Ombudsman program-long term care, Bureau of Quality Assurance and the coalition for advocacy for mental/developmental disable clients.

63. How often is the State Survey (Bureau of Quality Assurance) done?

Answer: It is done every 9-12 months (any shift) – more frequently if deficiencies are present.

64. What is the focus of the State Survey (Bureau of Quality Insurance)?

Answer: Abuse, Dignity, Weight Loss and Hydration, Infection control, falls and pressure sores.

65. If a nurse aide is questioned by a State Surveyor, what should they do?

Answer: Answer the question asked honestly.

66. What are the Cardinal Rules to Protect Residents from Abuse (RAGE)?

Answer: Remove resident from harm, Alert supervisor immediately, give statement of witnessed abuse every time you witness verbal or physical abuse.

67. What is Negligence?

Answer: Failure to give care that is reasonably accepted.

68. What are Examples of Negligence?

Answer: Failure to follow the individual care plan, To ignore or disregard a Client's request or needs, Failure to answer a call light promptly and failure to carry out an expected or required duty either through carelessness or by intention.

69. What is abuse?

Answer: To treat badly, to injure, berate, to insult, or mistreat.

70. What are Examples of Abuse?

Answer: striking a Client, Using profanity or name calling, restraining clients for the convenience of staff, withholding food as a punishment, inflicting pain or mental anguish, excessive use of drugs and harassment.

71. What is Assault?

Answer: A threat of an attempt to commit bodily harm.

72. What are Examples of Assault?

Answer: Shaking a fist at a client or threatening to use a restraint for punishment.

73. What is Battery?

Answer: An assault that is carried out such as punching or hitting a client or the unnecessary rough handling of a client.

74. What is Slander?

Answer: Gossip or saying untruths.

75. What is Libel?

Answer: Defamation of character in writing, signs or pictures. False documentation or drawing of degrading pictures.

76. What is False Imprisonment?

Answer: Keeping or restraining a person without proper consent.

77. What are Examples of False Imprisonment?

Answer: Locking a client in his room or putting a restraint on a client for the convenience of the staff.

78. What is Invasion of Privacy?

Answer: When a person's body is unnecessarily exposed or personal information is exposed publicly.

79. What are Examples of Invasion of Privacy?

Answer : Leaving a client exposed while giving a bed bath or reading a client's chart and telling people, not pertinent to the care of the client information.

80. What are the effects of abuse on elderly?

Answer: Embarrassment, they usually feel like they will not be believed and they feel they deserve it.

81. What are Ethics?

Answer: A system of moral principles or standards governing conduct. (Doing what is right at the right time).

82. What is an Ombudsman?

Answer: An Ombudsman is an advocate for long term care consumers who are aged 60 and over who reside in nursing homes, group homes, or are participating in the Community Options Program.

83. What are the Components needed for successful conversation?

Answer: Sender – person giving the message, Message – images, feelings and ideas transmitted.

Receiver – person receiving the message and Feedback – response to the message.

84. What are the types of Communication?

Answer: Verbal – message sent with written or oral words.

Non-Verbal – message through the use of the body.

85. What is the best way to Communicate ?

Answer: To be a good listener.

86. What is HOH?

Answer: Hard of Hearing.

87. What is HOB ^ 30 degrees at all times?

Answer: Head of Bed up 30 degrees at all times.

88. What is W/C?

Answer: Wheelchair

89. What are objective statements?

Answer: Information that can be seen, heard, felt, smelled or measured by another person – signs.

90. What are subjective statements?

Answer: Information that is reported by client – symptoms.

91. What are the barriers to effective communication?

Answer: Sensory deficit (sight, hearing, speaking), confusion, memory loss and language.

92. What is a Flow Sheet?

Answer: Records that allow information to be recorded quickly and monitored easily; information from Flow sheets help health team members to make important decisions.

93. What is Charting?

Answer: Charting is record keeping responsibilities – they vary by facility.

94. What is Tact?

Answer: To quietly inform someone of something.

95. What is Acute?

Answer: Sudden, quick, goes away fast.

96. What is Chronic?

Answer: Comes slowly and lasts a long time.

97. What is Medical Asepsis?

Answer: Medical Asepsis are the practices used and precautions taken to prevent the spread of microorganisms from one person, place or object to another.

98. What is a Nosocomial infection?

Answer: An infection acquired after admission to a health care facility.

99. What is a Non-pathogen?

Answer: Microorganisms that does not ordinarily cause infections (Helpful Organisms).

100. What is a Pathogen?

Answer: Microorganisms that is harmful or capable of causing infection or disease.

101. What is a Microorganism?

Answer: Small living plant or animal that can only be seen with the aid of a microscope.

102. What is an Infection?

Answer: An illness caused by a pathogen.

103. What are Antibodies?

Answer: They are specialized proteins which help our bodies fight off specific microbes.

104. What are Antibiotics?

Answer: A drug that is able to kill bacteria or make it difficult for them to reproduce or grow.

105. What is Direct Contact Transmission?

Answer: Direct-body surface to surface contact and physical transfer or microorganism.

106. What is Indirect Transmission?

Answer: Indirect transmission involves touching of contaminated objects used by an infected person.

107. What is Airborne transmission?

Answer: This is the spread of evaporated droplets or dust particles that contain the infectious microorganism which can be spread through the air and inhaled.

108. What is Droplet transmission?

Answer: This is the spread of droplets ejected from the mouth or nose during coughing, sneezing or talking.

109. What are Standard precautions?

Answer: These are practices to prevent exposure to all clients' blood, body fluids, non-intact skin and mucus membranes.

110. What is Personal Protective Equipment [PPE]?

Answer: It is specialized clothing, equipment or barriers used to prevent exposure to blood, body fluids, non-intact skin and mucous membranes for example, gloves, goggles, masks, gowns.

111. What is Disinfection?

Answer: A process by which pathogens are destroyed – kills most microorganisms – 1:10 ratio (bleach and water).

112. What is Sterilization?

Answer: It is the process by which all microorganisms and their spores are destroyed.

113. What is Isolation?

Answer: A specific precaution to prevent the spread of communicable disease.

114. What is communicable disease?

Answer: A disease caused by pathogens that are easily spread.

115. What is Common Vehicle Transmission?

Answer: This applies to microorganisms transmitted by contaminated items such as food, water, medications, devices and equipment.

116. What is Vector borne transmission?

Answer: This occurs when vectors such as mosquitoes, flies, ticks and vermin transmit microorganisms such as west nile or lymes disease.

117. What is Cross infection?

Answer: This is the spread of infection from one person to another.

118. What is OSHA?

Answer: Occupational Safety and Health Administration – government agency regulating employee safety.

119. What is MSDS?

Answer: Material Safety Data Sheets – listing of potentially hazardous chemicals used in the workplace. This listing explains proper use, dilution, precautions to take (PPE), clean up & disposal procedure and first aid measures for exposure.

120. What is MRSA?

Answer: Methicillin Resistant Staphylococcus Aureus – strong infection.

121. What is VRE?

Answer: Vancomycin Resistant Enterococcus

122. What is the number one way diseases are spread?

Answer: By not washing your hands.

123. In the Chain of infection, what must be present for the disease to occur?

Answer: An Infectious agent, a Reservoir (host), a portal of exit, a mode of transmission, a portal of entry and a susceptible host.

124. What is a blood borne pathogen?

Answer: this is a disease microbe that is transmitted through blood or other body fluids such as semen, vaginal secretions and cerebrospinal fluid.

125. What are the common diseases caused by blood borne pathogen?

Answer: Hepatitis A, B, C, D & E and also HIV.

126. What are the conditions favorable to the growth of microorganisms?

Answer: Warmth, oxygen – can be anaerobic or aerobic, darkness, nourishment and moisture.

127. What are the Elements of effective hand washing?

Answer: Running water, soap and friction.

128. When are gloves worn?

Answer: When contact is made with blood/body fluids, secretions, excretions (except sweat), non-intact skin and mucus membranes. Also, when touching soiled dressings, tissues, linens e.t.c...between procedures on the same client.

129. When is Protective clothing and eyewear worn (i.e. gowns, aprons, masks, goggles)?

Answer: During situations where exposure to blood/body fluid is possible.

130. Which areas are considered clean?

Answer: Linen room/cart, treatment/supply room, over bed table, top drawer and top shelf in bedside table and food cart prior to all trays being reserved.

131. Which areas are considered dirty?

Answer: Floor, bottom shelf of bedside stand, seat of chair in client's room, toileting areas, soiled utility room, sinks, door handles/knobs, linen hampers, nursing assistant's uniform.

132. What is Routine Isolation?

Answer: Keeps germs inside the client's room.

133. What is Reverse (protective) Isolation?

Answer: Keeps germs outside the client's room.

134. What is respiratory arrest?

Answer: A condition where breathing has stopped.

135. What is Cardiac Arrest?

Answer: A condition where the heart stops beating.

136. What is Aspiration?

Answer: Inhaling food or fluid.

137. What is Heimlich maneuver?

Answer: Abdominal thrusts used to clear an obstructed airway in an adult or child older than 1 year.

138. What is Hemorrhaging?

Answer: Excessive loss of blood in a short time.

139. What is choking?

Answer: An airway obstruction.

140. What are the signs of a partial airway obstruction?

Answer: Person may have foreign object in throat but may still be capable of some air exchange - if a person is able to cough or talk. If coughing diminishes and a wheezing gurgling noise is heard, do Heimlich maneuver.

141. What are the signs of complete airway obstruction?

Answer: Inability to speak or cough, person grasps neck and opens mouth to indicate inability to breathe, no coughing or sounds heard from airway and skin color change to bluish gray or dusky color.

142. What should you do if a fall occurs?

Answer: Stay with your resident, do not move them, call for help from the nurse on duty and complete an incident report.

143. What is the role of the nurse aide in any emergency?

Answer: Recognize emergency, Action – stay calm and assess the situation, stay with the client, call for nurse, follow the nurse’s instructions, provide care until EMS arrives, do not offer food or fluids and document – incident report.

144. Fire – What are the elements needed for combustion?

Answer: Fuel, Heat and O₂.

145. What does RACE stand for?

Answer: Rescue/Remove all patients, Activate the alarm, Confine – close doors and windows and Extinguish if possible.

146. What should you remember concerning the basic use of a fire extinguisher?

Answer: PASS, Pull safety pin, Aim the nozzle, squeeze the handle, Sweep from side to side on the flames.

147. What is Supine?

Answer: Lying on the back, face up.

148. What is Prone?

Answer: Lying face down

149. What is Dangle?

Answer: To sit on the edge of the bed.

150. What is Ambulatory?

Answer: Able to walk.

151. What does Fowlers mean?

Answer: Head of bed elevated.

152. What is Shearing?

Answer: The force created when something or someone is pulled across a surface that offers resistance; can lead to skin breakdown.

153. What is logrolling?

Answer: A technique for turning a person in which the person's body is moved in one fluid motion to keep the spine in alignment.

154. What is an Assistive Device?

Answer: Equipment which facilitates movement (walker, cane, wheelchair).

155. What is Lateral?

Answer: Side lying position.

156. What are body mechanics?

Answer: Ways of moving in order to maximize strength, minimize fatigue and avoid strain and injury to ourselves and our patients.

157. What are the basic principles of body mechanics?

Answer: Inform clients you plan to move him, size up your load, space feet apart for support, get as close as possible to the client, push rather than lift, bend at the knees and hips, communicate by counting to indicate when move will occur, turn your legs.

158. What are the basic positioning techniques?

Answer: Side lying, prone, supine and fowler.

159. What is a transfer?

Answer: The movement of an object or person from one surface to another with or without assistant.

160. What are the types of transfer?

Answer: Independent (patient does it on their own), Assisted (anything from verbal to physical help) and Dependent (using a stand up or houer lift).

161. When moving a client, what side do you move them toward?

Answer: Their stronger side.

162. What is Contracture?

Answer: A permanent shortening of a muscle.

163. What is foot drop?

Answer: A contracture of the foot due to atrophy of the anterior leg muscles.

164. What is Atrophy?

Answer: Wasting of muscle tissue.

165. What is Phlebitis?

Answer: Inflammation of muscle tissue.

166. What is DVT?

Answer: Deep Vein Thrombosis – a blood clot that usually develops in the lower legs – often the calf area.

167. What is PE (Pulmonary Emboli)?

Answer: A blood clot which has dislodged and moved into the pulmonary system – often fatal.

168. What is restraint (chemical or physical)?

Answer: Physical restraints limit movement / chemical restraints are used to sedate patients.

169. What is a pressure sore / decubitus ulcer/ bed sore?

Answer: An area of skin that breaks down due to decreased blood flow when a client stays in one position for too long and doesn't shift weight.

170. What is Constipation?

Answer: A condition that occurs when feces (stool) remain in the intestine too long, resulting in hard stools that are difficult to pass.

171. What is Fecal Impaction?

Answer: A condition that occurs when constipation is not relieved; it may require surgical intervention.

172. What is Edema?

Answer: Excessive fluid in the tissue.

173. What is Cyanosis?

Answer: Bluish discoloration to the skin, lips, nail beds or mucous membranes due to lack of oxygen in blood.

174. What is the Integumentary system comprised of?

Answer: Skin, hair, nails, sweat glands and oil glands.

175. What is the function of the integumentary system?

Answer: Protection, heat regulation, elimination and sensory perception?

176. How often must a client's position be changed?

Answer: Change position at least once every 2 hours.

177. What technique is used to improve circulation?

Answer: Massage.

178. Why are anti-embolism stockings or TED hose used?

Answer: To support the veins, minimize edema, prevent an emboli.

179. When checking circulation, what do you look for?

Answer: CSM – color, sensation and movement.

180. When should restraints be applied?

Answer: Only on the written order of a physician.

181. What are some types of restraints?

Answer: Vest, wrist or ankle restraints, side rails, Geri chair with tray, or a recliner (if patient is unable to set chair upright to get out of the chair).

182. How often should restraints be checked?

Answer: Every half hour.

183. How long should restraints be removed and how frequently?

Answer: Remove restraints every 2 hours for at least 10 minutes.

184. What is range of motion?

Answer: The movement of a joint to the extent possible without causing pain.

185. What is the purpose of performing range of motion?

Answer: Maintain joint mobility, prevent loss of function, increased mobility in a joint and improve circulation of an extremity.

186. What are the types of R.O.M?

Answer: Passive (R.O.M done for the client by another), Active (R.O.M done by the client independently), and Active Assist (R.O.M done by the client with some assistance from the rehabilitative team member).

187. What is Abduction?

Answer: To move a body part away from the body.

188. What is Adduction?

Answer: To move a body part toward the body.

189. What is the body's first line of defense against disease?

Answer: Skin.

190. What is Oral hygiene?

Answer: Care of the mouth, teeth and gums.

191. What does P.O cares stand for?

Answer: Oral care.

192. What does denture less mean?

Answer. Without teeth.

193. What position should a client be in when receiving oral care?

Answer: Sitting up.

194. What is a complete bed bath?

Answer: Bathing the entire body with or without shampoo.

195. What is a partial bed bath?

Answer: Involves body areas that have a greater tendency of developing odors – it is done daily – cleanest to dirtiest – eyes and face – no soap under breasts, axilla – under arms, perineal, perianal and assess if nail care should be done.

196. What does DNR stand for?

Answer: Do Not Resuscitate.

197. What do you do if a client has a seizure?

Answer: Protect them from injuring themselves, keep airway open and after the seizure, place the client on his side.

198. What do you do if a client is bleeding?

Answer: Try to find out what area is bleeding, raise the affected parts above the head when possible, apply pressure dressing. If it is an embedded object – Do not remove.

199. What is Perineal care?

Answer: Cleaning the genital and anal areas of the body.

200. Clothing should be removed from what side first?

Answer: Remove from the strongest side first.

201. Clothing should be put on from what side first?

Answer: Put clothing on the weakest side first.

202. What is Aspiration?

Answer: Accidental Inhalation of foreign material (like foods, liquids, vomits) into the airway.

203. What is Dehydration?

Answer: Too little fluid in the body.

204. What is Edema?

Answer: Swelling caused by excessive fluid in tissues of the body.

205. What is Dysphagia?

Answer: Difficulty swallowing.

206. What is Diaphoresis?

Answer: Profuse sweating.

207. What is Nutrition?

Answer: The process by which the body uses food for growth and repair to maintain health.

208. What are the Six (6) basic nutrients?

Answer: Carbohydrates, Proteins, Fat, Minerals, Vitamins and Water – regulate body processes.

209. What are some special orders for fluid balance?

Answer: Encourage (push) fluids / Restrict fluids (give only what is on the tray or as directed / NPO (hold all fluids/food for now).

210. What is Incontinence?

Answer: An inability to control urinary and/or fecal elimination; may be temporary or permanent.

211. What is Stoma?

Answer: An Artificial opening.

212. What is Ostomy?

Answer: An alternative way of eliminating feces from the body.

213. What is Ileostomy?

Answer: Created with part of the small intestine – the entire large intestine or colon has been removed.

214. What is Colostomy?

Answer: Created from the part of the large intestine, the colon is still present.

215. What is an indwelling Catheter?

Answer: A Catheter that is left inside the bladder to provide continuous urinary drainage – also called a Foley catheter.

216. What is a Suprapubic catheter?

Answer: A Catheter that is surgically inserted directly into the bladder through the abdominal wall, right above the pubic bone.

217. What is a straight catheter?

Answer: A catheter that is inserted and removed after urine has been drained out or specimen collected.

218. What is Enema?

Answer: The introduction of fluid into the large intestine via the anus to promote elimination of stool.

What is Suppository?

Answer: Medication inserted into an opening of the body.

219. What is Fecal Impaction?

Answer: Large mass of dry, hard stool that can develop in the rectum due to chronic constipation.

220. What are the factors that influence elimination?

Answer: Diet, fluids, activity, medications, privacy, illness, disease, disabilities and pain.

221. What is the body's way of eliminating waste from the bloodstream?

Answer: Urine.

222. What are the types of urinary incontinence – temporary or permanent?

Answer: Stress-coughing, sneezing, exercise / urge, functional, reflex and overflow – urinary retention – cannot go on their own – catheter.

223. What removes waste from the digestive system, is formed in the intestines and is temporarily stored in the rectum?

Answer: Stool.

224. What causes Fecal incontinence – temporary or permanent?

Answer: Severe diarrhea, person who is unconscious, dementia patients develop in later stages.

225. How often should clients be checked for toileting needs?

Answer: Every 2 hours.

226. What should urine and stool be observed for?
Answer: COCA – color, odor, constituency and amount.
227. Urine is measured in?
Answer: CC's
228. Stool is measured in?
Answer: Small, medium, large and extra large.
229. At what level should the tubing and bag of a catheter be kept?
Answer: Keep tubing above level of the bag and the bag below level of the bladder.
230. When should the catheter bag be emptied?
Answer: Empty at the end of shift.
231. What do vital signs measure?
Answer: How the body is doing – temperature, pulse, respiration and blood pressure.
232. What is the Axillary temperature?
Answer: Measured in the armpit (96.6 – 98.6 normal), it is the least accurate.
233. What is Aural (tympanic) temperature?
Answer: Measured in the ear canal (97.6 – 99.6 normal).
234. What is Oral temperature?
Answer: Measured in the mouth (97.6 – 99.6 normal).
235. What is rectal temperature?
Answer: Measured in the rectum (98.6 – 100.6 normal), it is the most accurate.
236. What is temporal temperature?
Answer: Measured in the forehead (97.6 – 99.6 normal).
237. What are the factors that increase body temperature?
Answer: Infection, shivering, exercise, warmth, dehydration and stress.
238. What are the factors that decrease body temperature?
Answer: Shock, cold, age and stress.

239. What are the normal numbers of heart beats per minute?

Answer: Normal is 60 – 100 beats per minute.

240. What factors increase your pulse rate?

Answer: Exercise/heat, stress/emotions, pain/injury, fever, drugs, heart disease, shock.

241. What factors decrease your pulse rate?

Answer: Rest, heart disease, drugs, rectal stimulation, head injury and cold environment.

242. What is the normal number of respirations per minute?

Answer: 12-20

243. What are the stages of Growth and Development?

Answer: Infancy (Birth to 1 year), Toddlerhood (1-3 years), Preschooler (3-5 years), School Age (5-12), Adolescence (12-20), Young Adulthood (20-40), Middle Adulthood (40-60), Later Adulthood (65-75) and Older Adulthood (75+).

244. What are the physical changes in aging concerning the nervous system?

Answer: A decrease in the function of the nerve cell results in slowed condition time, mild loss of memory for recent events and confusion/disorientation.

245. What actions can the CNA take to help clients cope with the physical changes in aging?

Answer: Allow adequate time to make decisions, repeat directions as needed, avoid overwhelming changes in routine and encourage involvement in activities that stimulate the mind: reading, word puzzles, travelling e.t.c., and explain who you are and what you will be doing.

246. What are some of the physical changes to the Integumentary system in aging?

Answer: Sebaceous glands are less active, resulting in dryness, sweat glands are less active which results in increased risk of overheating, decreased circulation to the skin – it takes longer to heal, loss of fat and collagen – which decreases elasticity, causes skin to thin out.

247. What are some of the physical changes to a client's senses in aging?

Answer: Vision decreases, hearing loss, taste buds decrease, sense of smell is dulled, sense of touch may diminish due to decreased circulation.

248. What are some physical changes to a client's cardiovascular system in aging?
Answer: Heart muscle is less efficient so decreased circulation, increased pooling of blood, loss of elasticity in vessels results in decreased control of blood pressure, decreased number of red blood cells – client gets tired easily and decreased number of white blood cells.
249. What are some physical changes to the respiratory system in aging?
Answer: Lungs are less elastic, they don't expand as easily.
250. What are some physical changes to the digestive system in aging?
Answer: Decrease in peristalsis – food moves through slower, increases risk of constipation. Decrease in saliva, stomach acid and digestive enzymes all decrease digestion time and make chewing and swallowing more difficult.
251. What are some physical changes to the urinary system in aging?
Answer: Decrease of muscle tone in bladder increases chance for stress incontinence. Less filtration of wastes from kidneys increases risk of medication toxicity. Incomplete emptying of the bladder raises risk of urinary tract infection.
252. What are some changes to the endocrine system?
Answer: Menopause in women and decreased sex drive in men, decrease in secretions from thyroid gland slows metabolism.
253. What is Rehabilitation?
Answer: Rehabilitation is the restoration of the client to the fullest physical, mental, social and economic functioning as possible and preventing further complications.
254. What is the definition of a Disability?
Answer: Impaired physical, cognitive and or emotional function, limitations that represent a significant disadvantage in society.
255. What is Paraplegia?
Answer: Paralysis of the lower half of the body.
256. What is Quadriplegia?
Answer: Paralysis (partial or complete) of all 4 extremities; the level at which the spinal cord is injured determines the amount of paralysis.

257. What is Hemiplegia?

Answer: Paralysis or weakness on one side of the body often seen with persons who have had a stroke.

258. What is Myocardial Infarction?

Answer: Heart attack.

259. What are the signs and symptoms of a heart attack?

Answer: Pain, fullness and/or squeezing sensation of the chest, jaw pain, toothache, headache, shortness of breath, nausea, vomiting, sweating, heartburn, indigestion, arm pain, upper back pain, general malaise vague feeling of illness.

260. What is Congestive heart failure?

Answer: Reduction in the inability of the heart muscles to contract.

261. What is Arrhythmia?

Answer: It is a disturbance in the regular rhythm of the heartbeat. Several forms of arrhythmia are life threatening and a medical emergency.

262. What is Osteoporosis?

Answer: It is a bone disorder characterized by loss of bone density (loss of the calcium storage of bone) which leads to bone brittleness.

263. What is Cancer?

Answer: An overgrowth of abnormal cells.

264. What is T.I.A?

Answer: Transient Ischemic Attack – signs and symptoms of a stroke.

265. What is diabetes Mellitus?

Answer: A disease where either enough insulin is not produced or cells are no longer receptive to the insulin. Blood sugar levels are high.

266. What is COPD?

Answer: Chronic Obstructive Pulmonary Disease.

267. What is Osteoarthritis?

Answer: Deterioration of joint cartilage and formation of new bone at joint.

268. What is Rheumatoid Arthritis?

Answer: An Autoimmune disorder where the body attacks itself.

269. What is Parkinson's disease?

Answer: A slow, progressive, degenerative disorder of the central nervous system. Primary features TRAP – Tremors at rest, Rigidity and Rest, Akinesia (loss or impairment of movement) and Postural instability (lose balance frequently and quickly).

270. What is Multiple Sclerosis?

Answer: A progressive disorder of the central nervous system (brain and spinal cord); nerves are unable to communicate with one another.

271. What is Dementia?

Answer: A permanent and progressive loss of cognitive function – irreversible.

272. What is Delirium?

Answer: A temporary state of confusion due to underlying cause; reversible once cause is identified.

273. What is Alzheimer's disease?

Answer: An age related, irreversible brain disorder that develops gradually, but progressively and results in memory loss, behavioral and personality changes and eventual loss in all cognitive functions.

274. What are the stages of grief?

Answer: Denial, Anger, Bargaining, Depression and Acceptance.

275. What cares are performed to a client's body by the nurse aide after a client passes away?

Answer: Close the client's eyes, the body is carefully bathed using gloves, all tubing and dressings are removed as directed by the nurse and clean dressings are applied if indicated, dentures are placed in the mouth according to policy, position the body in supine.