

SPRINGPACK

HEALTHCARE CAREER, LLC NURSING ASSISTANTS

EXAM 2



PLEASE DO NOT WRITE ON THE EXAM BOOKLET. THANKS

EXAM 2

1. Many elderly residents lose their appetite due to:
 - a. a decrease in saliva
 - b. hardening of the arteries
 - c. decrease in number of taste buds
 - d. both a and c

2. The thinning of the fatty layer under the skin could cause the resident to:
 - a. lose their appetite
 - b. have difficulty walking
 - c. develop pressure sores
 - d. have slowed mental responses

3. Elderly residents sometimes appear stooped over and like they have lost height. This is due to:
 - a. the resident's increased difficulty in breathing
 - b. the deterioration of muscle tissue
 - c. loss of calcium causing changes in the spinal column
 - d. decreased cardiac output

4. One of the major reasons the elderly person is incontinent of urine is:
 - a. they are too lazy to go to the bathroom
 - b. they can't get a nurse aide to help them to the bathroom
 - c. the circulatory system is failing
 - d. the muscle that keeps urine in the bladder weakens

5. Constipation and indigestion can be result from:
 - a. slowed respirations
 - b. slowed mental response
 - c. slowed peristalsis
 - d. slowed brain waves

6. Strokes are seen in the elderly. Strokes are best described as:
 - a. when the muscles die
 - b. when the brain is deprived of oxygen
 - c. when the heart fails
 - d. when the lungs fill with fluid

7. Which statement is TRUE concerning sexuality in the elderly:
- a. sex and intimacy are not important
 - b. elderly women are not interested in sex †
 - c. the elderly men and women are attracted to each other †
 - d. elderly people are only interested in their health
8. One of the major causes of depression in the elderly is:
- a. inability to run their own lives
 - b. going to nursing home activities
 - c. living with their children
 - d. lack of money
9. Which of the following statements about aging is true:
- a. most elderly people are confused
 - b. most older people live in nursing homes
 - c. most older people are alert and oriented
 - d. most older people are sick and helpless
10. When dry, hard stool fills the rectum and will not pass, it is called:
- a. edema
 - b. incontinence
 - c. atrophy
 - d. impaction
11. A sitting or semi-setting position with the head of the bed elevated is called:
- a. prone
 - b. supine
 - c. lateral
 - d. fowlers
12. Which of the following statements about nursing home admissions is false:
- a. most families prefer to care for elderly relatives at home
 - b. some elderly people are unsafe at home
 - c. most people prefer to put elderly relatives in a long term care facility
 - d. family members may be unable to care for elderly relatives at home

13. Wasting or a decrease in the size of a muscle is called:
- a. decubitus
 - b. atrophy
 - c. impaction
 - d. edema
14. A confused resident tells you there is a monster in the closet. The nurse aide should:
- a. pretend to kill the monster in the closet
 - b. tell the resident there are no such things as monsters
 - c. open the closet and show the resident nothing is there
 - d. tell the resident you will take the monster home with you
15. All of the following are clues to aggressive behavior EXCEPT:
- a. clenched jaw
 - b. depressed mood
 - c. pacing
 - d. rocking
16. The primary reason for combative behavior in a resident is:
- a. anger and fear
 - b. confusion
 - c. the resident is evil
 - d. stubbornness
17. Hospice specializes in the care of persons who are:
- a. on medicare
 - b. chronically ill
 - c. on medicaid
 - d. terminally ill
18. Which of the following is a proper way to correct an error in charting:
- a. scribble it out with several lines
 - b. erase it completely
 - c. use correction fluid
 - d. draw a single line through it

19. Headaches, nausea and pain would be called:
- symptoms
 - observations
 - charting
 - recording
20. The nurse aide is giving care to Mr. T. and Mr. T calls the nurse aide by the name of his son who died several years ago. The nurse aide's BEST response is to:
- quickly finish the care and leave Mr. T alone
 - pretend to be Mr. T.'s son
 - ignore Mr. T. because he is confused
 - ask Mr. T. about his favorite memories of his son
21. Who supervises the work of a nursing aide:
- the nurse
 - the social worker
 - the office manager
 - the resident's family
22. Various factors will change pulse rate. Increased pulse rates can be caused by:
- depression
 - exercise
 - sleep
 - coma
23. The nurse aide notices on the flow sheet that a resident has not had a bowel movement for five days. The nurse aide should:
- report this to the charge nurse
 - ask the other nurse aides if the resident had a bowel movement that wasn't recorded
 - ask the resident's roommate if she saw the resident use the bathroom
 - wait to see if she uses the bathroom tomorrow
24. A resident has refused to eat breakfast and lunch. The nurse aide should:
- tell the resident's family to make him eat
 - tell the resident he will die if he doesn't eat soon
 - force feed the resident
 - report the refusals to the nurse for further assessment

25. A resident weighs over 300 pounds and needs repositioned in the bed. The nurse aide should:
- tell the resident to lose weight so she can be moved easier
 - tell the resident to wait until a strong person comes on shift
 - get another nurse aide to assist in repositioning the resident
 - ignore the resident, she always complains anyway
26. A resident has just been admitted to the facility. The nurse aide should:
- ignore the new resident, he has too much to remember anyway ✗
 - introduce him to his roommate
 - announce his arrival at dinner ✗
 - do whatever the charge nurse says
27. A diabetic resident asks the nurse aide to cut her toenails. The nurse aide should:
- go ahead and do it, it is part of the job
 - tell the resident ok, but the resident will have to soak her feet first
 - tell the resident "not on your life"
 - tell the resident that the nurse aide can not do this, but will report it to the charge nurse
28. To count a respiration, a respiration includes:
- one inhalation
 - one exhalation
 - one inhalation and two exhalations
 - one inhalation and one exhalation
29. The fire alarm has sounded. The nurse aide should FIRST:
- ask the charge nurse for direction
 - make sure all the residents are out of the hallway and close all doors
 - take the nearest fire extinguisher to the nurses station
 - call the fire department
30. If the resident is smoking and the nurse aide needs to take an oral temperature, what should the nurse aide do:
- brush the resident's teeth first
 - take a rectal temperature
 - tell the next shift to take the temperature
 - wait 15 minutes to take the temperature

31. What can the nurse aide give the resident who has an order for NPO?
- a. unlimited fluids
 - b. no food or liquids
 - c. small amounts of ice
 - d. only clear liquids
32. Which action would help prevent skin breakdown around a stoma if the resident has a colostomy?
- a. clean the stoma with alcohol
 - b. clean the stoma with water and mild soap
 - c. use petroleum jelly (Vaseline) around the stoma site
 - d. wipe the stoma site with tissues until clean
33. Residents in the long term care facility depend on who for their safety:
- a. the director of nursing
 - b. the safety/risk manager
 - c. all employees of the facility
 - d. the nurse aide
34. Mouth care should be given to an unconscious person:
- a. once a day
 - b. every two hours
 - c. every shift
 - d. every night
35. A Hepatitis B vaccination protects the person receiving it against a disease that affects:
- a. liver
 - b. heart
 - c. kidneys
 - d. skin
36. Why should heat NOT be applied to a diabetic resident's feet?
- a. the feet have more oil glands
 - b. diabetics have decreased sensitivity which means they cannot feel the heat and could cause a burn
 - c. their feet are dirty
 - d. it makes their feet wrinkle

37. Which of the following WILL NOT assist bowel elimination:
- a. drinking a lot of water
 - b. using a bedside commode
 - c. taking a walk
 - d. reading the newspaper
38. Which will NOT prevent pressure sores:
- a. repositioning or turning every two (2) hours ✓
 - b. applying lotion to dry skin
 - c. keeping bed linens clean, dry, and free of wrinkles ✓
 - d. scrubbing and rubbing the skin vigorously
39. Water for the resident's bath should be:
- a. 75 degrees F
 - b. 160 degrees F
 - c. 110 degrees F
 - d. 90 degrees F
40. When assisting a resident with a weak left side from a wheelchair, the nurse aide should support the client's:
- a. weak side
 - b. strong side
 - c. front side
 - d. back side
41. How should the nurse aide position the resident to apply elastic stockings:
- a. lying down in bed
 - b. sitting on the edge of the bed
 - c. standing at the side of the bed
 - d. sitting in a wheelchair
42. A resident's dentures should be stored in
- a. tissue paper
 - b. an emesis basin
 - c. a labeled cup in water
 - d. the utility room

43. The Heimlich maneuver (abdominal thrust) should be used if the resident is:
- a. confused
 - b. choking
 - c. vomiting
 - d. diabetic
44. The nurse aide is going to take Mr. Heath's vital signs. What should the nurse aide do to get Mr. Heath to cooperate and reduce his anxiety?
- a. wash her hands before and after the procedure
 - b. gather all equipment before beginning
 - c. wear disposable gloves for all procedures
 - d. explain the procedures to Mr. Heath
45. What is the purpose of using the chain of command in a long term care facility:
- a. to keep communication about a problem flowing smoothly
 - b. to be sure residents follow the rules
 - c. to prevent residents from going behind the nurses station
 - d. To provide more jobs in nursing
46. Signs of poor circulation are:
- a. paleness, cold skin, edema
 - b. perspiration, red skin
 - c. warm, dry, pink skin
 - d. hot flashes
47. A foley catheter is used:
- a. to drain the bladder and remove urine
 - b. to use as a rectal tube
 - c. for gastric feeding
 - d. to suction stomach contents
48. When transferring a heavy resident from the bed to a wheelchair for the first time:
- a. a mechanical lift should never be used
 - b. one person should always try to transfer the resident
 - c. the aide should review the care plan or check with the nurse
 - d. tell the resident they are too heavy for you to transfer

49. A pressure ulcer or decubitus ulcer is caused by:
- a. burns
 - b. abrasions
 - c. inadequate turning
 - d. fatigue
50. Diabetes mellitus make a resident more prone to develop:
- a. chills
 - b. fever
 - c. infections
 - d. cancer
51. A resident is NPO for tests. The nurse aid should:
- a. encourage fluids for hydration
 - b. allow the resident to eat ice chips
 - c. remove the water pitcher and glass from the room
 - d. allow the resident to drink water only
52. The nurse aide is assigned to a resident with a diagnosis of aphasia. The nurse aide knows:
- a. the resident can not walk
 - b. the resident can not swallow
 - c. the resident can not talk
 - d. none of these
53. The nurse aide is caring for a diabetic resident. The nurse aide finds the resident trying to scrape off a callous on the little toe. The nurse aide should FIRST:
- a. scold the resident
 - b. report the behavior to the nurse
 - c. help the resident remove the callous
 - d. put socks on the resident to keep the resident from scraping
54. The exchange of oxygen and carbon dioxide takes place:
- a. in the lungs
 - b. in the heart
 - c. around the kidneys
 - d. in the intestines

55. A resident who has not been discharged insists she is going home. What should the nurse aide do:
- a. tell her she cannot leave without a doctor's order
 - b. notify the charge nurse immediately
 - c. restrain her immediately
 - d. tell her she can leave if she wants to
56. The nurse aide is making a bed with an unconscious resident in it. Which of the following is most appropriate:
- a. be quiet and concentrate on your work
 - b. don't explain because the resident can't hear you
 - c. explain what you are doing to the resident
 - d. talk to your co-worker while you make the bed
57. The most important way for the nurse aide to gather information about the safety and well being of the resident is:
- a. listen to other nurse aides at break
 - b. listen to the nurses talk in the med room
 - c. observation
 - d. flow sheets
58. When communicating with a non-ambulatory resident, the nurse aide should use all of the following **EXCEPT**:
- a. block the view so the resident will listen
 - b. position yourself at eye-level with the resident
 - c. avoid talking about the resident as if he is not present
 - d. include the resident in conversation in the room
59. The loss of the ability to express one's self is:
- a. verbal communication
 - b. empathy
 - c. speech therapy
 - d. aphasia

60. To remove a hearing aid the nurse aide should:

- a. turn it off with the volume set at low
- b. leave it on and set volume at high
- c. call the nurse
- d. turn the hearing aid off with volume set on high