

# ADL Training

## Functional Abilities Knowledge Check

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Eating Knowledge Check:

1. **Eating Knowledge Check:** Match the scenario to the correct ADL level

Once the staff brings Mrs. Smith her food, she can open all the containers and cut up her meat.

Mr. Link has a lot of shaking in his hands and is unable to feed himself any part of the meal. Staff perform all of the effort

Mrs. Green has to have several reminders to slow down and chew her food carefully through the meal so she does not choke.

Mrs. Kay has a g-tube and does not eat any food by mouth

Mrs. Bee is able to drink her orange juice, but the staff has to feed her all of her food. Staff completes more than half the effort

Mr. Bluford gets tired during the meal and needs some help toward the end. Staff feed about 10 minutes of the 40-minute eating activity, so staff are completing less than half the effort

Mr. Brigg needs more help than tray delivery. He is not able to get the lid off his coffee to put the cream and sugar in but can eat and drink without help.

Independent

Setup or clean-up

Supervision or Touching

Partial/ Moderate

Substantial/ Maximal

Dependent

N/A

## Hygiene Knowledge Check

2. **Oral Hygiene:** Mr. Hamilton has dentures. He can brush his gums and cleans both his dentures the best he can. But because he can only use one hand, it's tough for him to get them thoroughly cleaned. The staff help him finish cleaning the dentures. He places them back in his mouth. Staff do less than half of the effort.
  - a. Independent
  - b. Setup or clean-up
  - c. Supervision or Touching
  - d. Partial/Moderate
  - e. Substantial/ Maximal
  - f. Dependent
  
3. **Toileting hygiene:** When Mr. Jones used the toilet, the certified nursing assistant (CNA) provided steadying assistance while he pulled down his pants and underwear. When he finished, the CNA provided steadying assistance as he wiped his perineal area and pulled up his pants and underwear without assistance.
  - a. Independent
  - b. Setup or clean-up
  - c. Supervision or Touching
  - d. Partial/Moderate
  - e. Substantial/ Maximal
  - f. Dependent
  
4. **Personal Hygiene:** Mrs. Maple is not able to complete any part of hygiene. In the morning, staff wash and dry her face and comb her hair before breakfast.
  - a. Independent
  - b. Setup or clean-up
  - c. Supervision or Touching
  - d. Partial/Moderate
  - e. Substantial/ Maximal
  - f. Dependent

## Shower/Bathe Self Knowledge Check

5. **Shower/Bathe Self:** Mr. Alex faces mobility challenges due to several medical issues. He prefers to wash his body while sitting near the sink in his bathroom. A certified nursing assistant steps in to help with washing, rinsing, and drying Alex's arms/hands, upper legs, lower legs, buttocks, and back.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent

## Dressing Knowledge Check

6. **Upper body Dressing:** Mrs. E decided to stay in bed and only wanted to put on a new hospital gown to stay comfortable. Staff brought her a new gown and she was able to remove the old hospital gown and put a new one on. How would you code upper body dressing?
- Resident Refused. A hospital gown is not included in upper body dressing.
  - Independent- The resident put on the gown herself.
  - Setup or clean-up- The resident needed the staff to bring her the gown.
7. **Lower Body Dressing:** Which of the following items are considered when coding lower body dressing?
- Pants
  - Knee Brace
  - Prosthetic Leg
  - All of the above
8. **Putting on/taking off footwear:** Mr. Zuke prefers to wear only non-skid socks. Staff lay his clothes out including the socks on his bed each morning. He is able to put the socks on without assistance. CNA Peggy codes putting on/taking off footwear set-up assist but Rachel thinks this is wrong because he doesn't wear shoes. Who is right?
- Peggy coded wrong; socks only would not be coded.
  - Peggy coded wrong; the right code is Partial/Moderate.
  - Peggy coded correctly. Putting on/taking off footwear includes socks.

## Bed Mobility Knowledge Check

9. Match the type of bed mobility to the definition.

Roll left and right

Sit to Lying

Lying to sitting

A. The ability to move from lying on the back to sitting on the side of the bed with no back support

B. The ability to roll from lying on back to left and right side, and return to lying on back on the bed

C. The ability to move from sitting on the side of the bed to lying flat on the bed

## Transfers Knowledge Check

10. Match the type of transfer to the narrative.

Mrs. Lawrence is ready to get out of bed for the morning and is sitting and waiting on the side of the bed to get help into her wheelchair. One staff member places a gait belt around her waist and assists in lifting her up to a standing position, with staff completing less than half the effort (partial/moderate assist). Once standing, she only needs contact guard assistance to stay steady (supervision/touching) and pivot to the wheelchair. She wheels herself to the bathroom and uses the grab bar to stand the staff member has to cue her to lower herself slowly onto the toilet by using the grab bar (supervision or touching assist). After she's done in the bathroom, the staff start to assist her to take a bath before her doctor's appointment. She likes using the whirlpool tub. When she moves from her wheelchair to the tub and back, one staff member helps her stand and complete a pivot transfer by using a gait belt, she needs trunk support to get in and out of the tub, and staff provide less than half of the effort to help her (partial/moderate assist). Her daughter picked her up for her appointment, and staff assisted her to get into the passenger side of the car. They used a gait belt with stand and pivot transfer with one staff member and another staff member to move the wheelchair out of the way to increase safety (dependent due to 2 staff members).

Sit to Stand

Chair/bed-to-chair Transfer

Toilet Transfer

Tub/Shower Transfer

Car Transfer

## Walking Knowledge Check

11. **Walk 10 feet:** Mrs. Red walks to the bathroom in her room, which is 10 feet away. Staff stand close to make sure she remains steady.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent
  - Not Attempted
12. **Walk 50 feet with 2 turns:** Mr. Elm walks to the dining room for lunch without staff assistance. He makes a 90 turn to the left out of his room and a 90 turn to the right to go down the hallway to the dining room. The total distance is 50 feet.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent
  - Not Attempted
13. **Walk 150 feet:** The dining room is about 180 feet from Mr. Walker's room with no turns. He walks with a walker without help from staff. He gets almost halfway there and has to sit down for a break. Then, he walks the rest of the way without stopping. How do you code this walking activity?
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent
  - Not Attempted

14. **Walk 10 feet on uneven surfaces:** The restorative aide walks about 12 feet with Mr. Harp across the landscaping gravel to water the plants. He requires the restorative aide to steady him with a gait belt.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent
  - Not Attempted

## Wheelchair Knowledge Check

15. **Wheel 50 feet with 2 turns:** Mr. Owen is paralyzed from the neck down. He has a motorized wheelchair that he propels with his chin. Once he is in the wheelchair, he is able to propel himself 50 feet with 2 turns without staff assistance or cuing.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent
16. **Wheel 150 feet:** Mrs. Mini once in the wheelchair can wheel herself about 20 feet to the dining room. Staff wheel her the rest of the way.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent

## Stairs/Steps Knowledge Check

17. **1 step (curb):** The restorative aide walks Mr. Smith outside each day. They practice stepping up and down off the curb for balance. He requires contact guard assistance for safety
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent
18. **4 steps:** The outdoor gazebo has 4 steps, and Mrs. Glass is planning to go home and use these to help her practice stairs because she will need to be able to get up the stairs to her home. The physical therapist assists her with a gait belt with contact guard assistance beside her, and a certified nursing assistant stands behind her for safety.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent
19. **12 steps:** Mr. Bear has transitioned to restorative nursing while waiting on his handicap apartment to become available. One of his programs includes walking up and down the stairs in the therapy gym. The restorative aide stands close by to ensure he is using the cane correctly and safely. There are only 4 stairs, he goes up and down the stairs 3 times consecutively only needing 1 cue when he started.
- Independent
  - Setup or clean-up
  - Supervision or Touching
  - Partial/Moderate
  - Substantial/ Maximal
  - Dependent

## Picking up an Object Knowledge Check

20. If a patient is sitting in a wheelchair and picks up a small object off the floor, you should code this item.
- a. True
  - b. False
21. When coding this item, it includes using a reacher to pick up a small object from the floor while standing.
- a. True
  - b. False
22. If a resident has to use their walker to keep their balance when picking up a small object from the floor, you should code that was not attempted.
- a. True
  - b. False