

## Video Review Questions

### RCP #3 – Handwashing/Hand Rub

1. What is the single most important thing healthcare workers can do to prevent the spread of infection?
2. Why should you remove any jewelry on your hands, before performing this procedure?
3. How long should you wash your hands?
4. List the order and areas you should wash your hands?
5. What are some common mistakes made during handwashing?
6. How much antibacterial hand rub should you use?
7. When using hand rub, how should you dry your hands?

### RCP #4 – Gloves

1. When should you wear gloves?
2. After putting on gloves, what do you check the gloves for?
3. If you are wearing a disposable gown, why is it important to pull the cuff of the gloves over the sleeves of the gown?
4. Where do you begin to remove the first glove?
5. After both gloves are removed, where should the first glove be?
6. When and where should gloves never be worn?

### RCP #5 – Gown

1. Why should gowns be worn?
2. What areas of the gown are considered clean?
3. Explain how to remove a gown.

### RCP #6 – Mask

1. Why should masks be worn?
2. What should be done if the mask becomes wet or soiled?
3. What part of the mask should be placed on first?
4. What should be done before removing the mask?

**RCP #7 – Fainting and Falling**

1. What are the primary reasons residents fall?
2. What should be done if the resident begins to fall and is wearing a gait belt?

**RCP #8 – Choking**

1. What is the Universal Choking Sign?
2. What are 2 questions to ask a resident that is choking?
3. How would someone feel if they were choking and could not speak or breath?

**RCP #9 – Seizures**

1. What cause seizures?
2. What is the goal for a resident having a seizure?
3. After the seizure, how often should you check on the resident?

**RCP #10 and 11 – Fire and Fire Extinguisher**

1. What is the acronym for fire?
2. What is the acronym for fire extinguisher?

**RCP #12 – Oral Electronic Thermometer**

1. What does body temperature measure?
2. What is the most frequently used method to take a body temperature?

**RCP #13 – Axillary Temperature**

1. What is the least accurate way to take a temperature?
2. What is the safest method to take a temperature?
3. What method should be used for a confused or restless resident?

**RCP #14 – Pulse and Respiration**

1. What does the pulse represent?
2. Where is the most common place to take a pulse?
3. What does the acronym RRF mean?
4. How are respirations counted or measured?

5. What does the acronym RRS mean?
6. When counting pulse and respirations, why should you avoid looking at your watch or clock constantly?
7. Explain one method that could be used to ensure that you remember the pulse rate while you're taking respirations.
8. What would you do if the resident's pulse typically runs in the 50's range and the reading you got was 76?

#### **RCP #15 – Blood Pressure**

1. What does the Blood Pressure represent?
2. What is the systolic blood pressure?
3. What is the diastolic blood pressure?
4. How is blood pressure written?
5. Why should the earpieces and diaphragm of the stethoscope be cleaned with antiseptic wipes before using?
6. What position should the resident's arm be in when preparing to take their blood pressure?
7. Where is the correct location to take a blood pressure?
8. How do you locate the brachial artery?
9. What happens if the inflated cuff is left on a resident's arm too long?
10. What blood pressure would represent hypertension?

#### **RCP #16 – Height**

1. When is a baseline height and weight obtained for a resident?
2. When using a standard balance scale, how should the resident stand on the scale?
3. When a resident is unable to stand, what position should the resident be placed in to obtain the height in bed?
4. If resident is unable to lay flat due to contractures, how can you obtain an accurate height?

#### **RCP #17 – Weight**

1. When should the resident's weight be initially obtained?
2. What is the purpose of obtaining a residents weight?

3. How do you balance a standard stand-up scale?
4. Do you move the large or smaller weight first? Why?
5. When do you record the weight?
6. Residents with unintentional weight loss are at higher risk for what complications?

**RCP #18 – Assist Resident to Move to Head of Bed**

1. To begin this procedure, the bed should be placed in what position?
2. What should be done with the pillow at the beginning of this procedure?
3. List two locations where you should place your hands?
4. How does the resident know when to move?
5. What should you do if the resident's size is too large for you to complete this procedure independently?

**RCP #19 – Supine Position**

1. List several reasons frequent positioning will add to the resident's comfort.
2. According to ISDH, how often should the position of the resident be changed?
3. What is good body alignment?
4. What is an easy way to remember the supine position?
5. Where should supportive padding NEVER be placed unless directed by the nurse?

**RCP #20 – Lateral position**

1. Why would the lateral position be used?
2. This procedure should begin with the resident in what position?
3. Where should you place your hands when moving the resident?
4. When placing supportive padding, where should it be placed?
5. How many pillows are needed for this procedure?

**RCP #21 – Fowler’s Position**

1. When should Fowler’s position be used?
2. When moving a resident from Supine to Fowler’s position, the head of the bed should be elevated how many degrees?
3. When placing supportive padding, where should it be placed if needed?
4. What are some Activities of Daily Living that could be done in a Semi-Fowler’s position?

**RCP #22 – Semi-Fowler’s Position**

1. When moving a resident from Supine to Semi-Fowler’s position, the head of the bed should be elevated how many degrees?
2. What are some Activities of Daily Living that could be done in a Semi-Fowler’s position?

**RCP #23 – Sit on Edge of the Bed**

1. Before beginning this procedure, the bed should be placed at what height?
2. Where should you place **your hands** when assisting a resident to move to the edge of the bed?
3. Once the resident is in a sitting position, where should you place your hands?
4. When should you put the resident’s shoes on?

**RCP #24 – Gait Belt**

1. This procedure should begin with the resident in what position?
2. Where should the gait belt be placed on the resident?
3. When assisting the resident to stand, what might happen to the resident? Why?
4. Where should you stand while walking a resident using a gait belt?

**RCP #25 – Transfer to Chair**

1. How should you prepare the area where you are going to transfer the resident?
2. At the beginning of this procedure, where should the resident be sitting?
3. Place the chair on the resident’s \_\_\_\_\_ side and \_\_\_\_\_ the chair firmly against the side of the bed.
4. Where is the proper position for the buckle on the belt?
5. How and where should you hold the gait belt when transferring a resident?
6. According to ISDH, how often should residents be assisted to change their position?

**RCP #26 –Transfer to Wheelchair**

1. When moving or transferring a resident, it requires the use of proper \_\_\_\_\_ with an emphasis on \_\_\_\_\_ and \_\_\_\_\_.
2. What would require special caution before moving/transferring someone?
3. Know your \_\_\_\_\_ and determine if you can move the resident \_\_\_\_\_.
4. Even sitting in a chair a resident must be checked every \_\_\_\_\_ because they cannot \_\_\_\_\_ their weight.

**RCP #27- Walking**

1. Frequent ambulation will help a resident with what three things.
2. If a resident feels unsteady, a CNA should do what to maintain safety?

**RCP# 28-Assist with Walker**

1. The importance of a walker is to what?(2)
2. A walker can allow a resident to be \_\_\_\_\_.

**RCP#29- Assist with Cane**

1. Assistive devices like a cane are helpful in what ways?(3)
2. A cane is an assistive ambulatory aid that provides \_\_\_\_\_ and helps transmit \_\_\_\_\_.
3. Canes are used on which side of the resident's body?

**RCP # 30- Transfer to Stretcher/Shower Cart/Bed**

1. How do you move a resident from the bed to another bed or shower cart?
2. Would a good rule of thumb be to have as many caregivers as possible for this procedure? Yes or No
3. If one caregiver is stronger or taller, where should they stand to help?

**RCP # 31- Transfer: Two Person Lift**

1. What supply will be needed for the 2 person lift?
2. When should the 2 person lift be used
3. Communication is important with this procedure to accomplish what?
4. The most important concern during this procedure is?

**RCP #33- Bedbath/Perineal Care**

1. What are 2 functions of a bath?
2. A general rule for bathing is to wash from?
3. When is the water changed throughout the bath?
4. After the bath, the resident should feel?(3)

**RCP # 34- Back Rub**

1. What are 4 reasons to perform a back rub?
2. Back rubs are part of PM care. Doing it then may even reduce the need for?

**RCP #35 –Bed Shampoo**

1. When should shampoos be scheduled?
2. How and where should the water be drained from the shampooer?
3. If a person gets their hair done at the salon, what should the CNA remember?

**RCP#36- Oral Care for Alert and Oriented**

1. What is affected by poor oral health?
2. Oral hygiene includes daily \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_.
3. Oral care helps the resident feel(2)

**RCP#37- Oral Care for an Unconscious Resident**

1. List some situations when oral care should be done more frequently.
2. Always end oral care with a toothette soaked in \_\_\_\_\_ and apply \_\_\_\_\_.
3. Infrequent mouth care can cause what?

**RCP#38- Denture Care**

1. How should dentures be cared for at bedtime?
2. Why should gloves be worn?
3. When cleaning the resident's mouth, should a toothbrush or toothette be used?

**RCP#39- Electric Shave**

1. What is the difference between a foil and a rotary razor?
2. What will happen if an electric razor is used near a pacemaker?
3. How do you clean the razor?

**RCP#40- Safety Razor**

1. When is the most common time to shave a resident?
2. What are some blood-borne pathogen diseases that could be spread by the razor during shaving?
3. Can safety razors be shared between residents?

**RCP #41- Comb/Brush Hair**

1. How often is hair combed or brushed?
2. What does well-groomed hair do for the resident?
3. If a resident is unable to communicate their hair preferences, how should the CNA style it?

**RCP#42- Fingernail Care**

1. How does aging affect nails?
2. If sharing nail clippers, what must be done to the clippers between residents?
3. Do diabetic or residents with impaired circulation get their nails trimmed by a CNA?

**RCP#43-Foot Care**

1. Foot care is especially important for people with \_\_\_\_\_ and \_\_\_\_\_.
2. What can happen if foot infections are not noticed by the CNA?
3. What kind of foot care can be done at bedtime to promote sleep?

**RCP#44- Changing a Resident's Gown**

1. A gown with snaps should be worn when?
2. Can the bed linens be used as the drape when changing a gown?
3. Do you need to completely remove the soiled gown before putting on the clean gown?



**RCP#45- Dressing a Dependent Resident**

1. Dressing is an expression of what?
2. Why should you offer two choices of outfits?
3. What else can promote self-esteem in regards to dressing?

**RCP#46/47- Assist to the Bathroom/Bedside Commode**

1. What body systems are involved with elimination of wastes?
2. What is essential for the CNA to provide when assisting with elimination?
3. When is a bedside commode appropriate for use?

**RCP#48- Bedpan/Fracture Pan**

1. What is necessary for regular voiding and defecation?
2. Why would feces be hard and dry?
3. How long can a resident be left on a bedpan?

**RCP #49- Urinals**

1. Why are urinals used?
2. What does using a urinal provide for the man?
3. What does prolonged use of a urinal cause?

**RCP#50- Empty Urinary Drainage Bag**

1. The tubing is attached at one end to the catheter and the other end to the \_\_\_\_\_.
2. How often should the urinary drainage bags be emptied?
3. Why is it important to place a paper towel on the floor under the drainage bag?
4. What 4 things should you check the urine for before discarding the urine?

**RCP #51- Urine Specimen Collection**

1. Why is it important to collect the right kind of specimen?
2. What is a routine specimen?
3. How is a routine specimen collected?

**RCP#52- Stool Specimen Collection**

1. What kinds of tests are done on a stool specimen?
2. To be accurate for testing, stool must not be mixed with \_\_\_\_\_?
3. Where can a stool specimen be stored until picked up/delivered to the lab?

**RCP#53- Application of Incontinent Brief**

1. What is urinary or bowel incontinence?
2. List some complications that occur with incontinence.
3. Before leaving the room, what should be done with a soiled incontinent brief?

**RCP#54-Unoccupied Bed**

1. Why is it important to carry linens away from your body?
2. What position should the bed be in to make it? What height?
3. Why is it important to miter the corners?
4. Where should the open end of the pillowcase face?

**RCP#55- Occupied Bed**

1. Which side do you turn the resident on first when making an occupied bed?
2. What can be used to provide privacy and warmth during this procedure?
3. Do you make the bed one side at a time or one layer at a time?
4. What is done after getting the bottom/fitted sheet on?
5. How is a toe pleat made?

**RCP#56- Thickened Liquids**

1. What is the reason to thicken liquids?
2. How should thickened liquids be made?
3. What should happen to the water pitcher at the bedside if someone has a thickened liquids order?

**RCP#57-Passing Fresh Ice Water**

1. What is the most essential nutrient to life?
2. What is the biggest problem for elderly residents if they don't drink enough?
3. Where should the ice cart be placed when passing ice water?
4. Why is it important to not touch the ice scoop to other surfaces?

**RCP#58- Feeding**

1. When feeding a resident, which side does a CNA sit on? What utensil is used?
2. If feeding them in bed, what position should the resident be in?
3. What do you check the tray for before starting to feed?
4. At what pace do you feed a resident? What is wrong with force feeding?
5. What do bite size pieces prevent?

**RCP#59-Assist to Feed**

1. What can be used to make eating easier for a resident?
2. What should a CNA do to assist the resident prior to eating?
3. How do you record food intake? Liquid intake?
4. If the resident eats in bed, what should be done to prevent skin breakdown?

**RCP#60-Inspecting Skin**

1. When is the best opportunity to inspect skin?
2. What are the two areas where decubitus ulcers are most likely to develop?
3. What can a CNA do to prevent skin breakdown?

**RCP#61- Float Heels**

1. What is not recommended to use to float heels?
2. What should be done if redness, swelling or warmth is noticed on the heels?

### **RCP#62- Bed Cradle**

1. How do you install a bed cradle?
2. What is the purpose of a bed cradle?

### **RCP#63- Passive Range of Motion**

1. What happens to muscles when they aren't used and exercised?
2. ROM exercises involves moving joints through their \_\_\_\_\_.
3. When do ROM exercises occur naturally?
4. What nonverbal signs might be noticed if the resident is experiencing pain?

### **RCP#64-Splint Application**

1. What does swelling of a joint indicate?
2. Give two reasons for wearing a splint.
3. Apply the splint according to \_\_\_\_\_ and \_\_\_\_\_.
4. Where should you look to find out when and how a splint should be applied?

### **RCP#65-Abdominal Binder**

1. Besides support following abdominal surgery, what else can an abdominal binder be used for?
2. Placing a binder above the waist can cause what?
3. To secure a binder, a CNA should start at the top or bottom and Velcro?

### **RCP#66-Abduction Pillow**

1. The use of an abduction pillow is primarily for what purpose?
2. If the straps to secure the pillow are too tight, what can happen?

### **RCP#67-Knee Immobilize**

1. The knee immobilizer serves what 2 purposes?
2. What position should the resident be in when applying a knee immobilizer?

**RCP#68-Palm Cones**

1. What is a contracture?
2. Palm cones serve what 2 purposes?
3. What is another use for palm cones?
4. Is it important to check the skin before putting a palm cone on?

**RCP#69- Nasal Cannula Care**

1. When should a nasal cannula be used?
2. When wearing a nasal cannula, what areas of the face are prone to skin breakdown?

**RCP#70- Assisting with Hearing Aids**

1. How does a hearing aid work?
2. How is a hearing aid cleaned?

**RCP#71-Elastic/Compression Stocking Application**

1. What is the purpose of compression stockings?
2. Compression therapy helps relieve what two things?
3. How do compression stocking work?

**RCP#72- Post-Mortem Care**

1. During post mortem care, how should the body be treated?
2. Placing one pillow under the head prevents what?
3. Always remember to respect the family's \_\_\_\_\_ regarding the care of the body.