



**BEACON**  
Specialized Living

**Certificate of Completion**  
IS HEREBY GRANTED TO

Denise Rogers

NAME

TO CERTIFY THAT THEY HAVE COMPLETED TO SATISFACTION IN

Medical Training

TYPE OF TRAINING

5/11/2021

COMPLETION DATE

Kate RN

TRAINER SIGNATURE

# Hands on Medical Training for all new DCS

Vital Signs: Pulse, respirations, blood pressure, temperature, pulse oximeter, weight-Licensing requirements

Hand washing

Proper gloving

Universal precautions

Prevention of communicable diseases (MRSA, Influenza, respiratory infections)

Transferring: Gait belt use, wheelchair, shower chair, in or out of vehicles

Fall prevention: walker use, no throw rugs, hand rails, well lit hallways

Eating disorders: dysphasia and choking, positioning, special feeding equipment

Special Diets: pureed, thickit, mechanical soft

Staff Signature Denise Rogers Date 5/11/21

Nurse Signature Kate Jr Date 5/11/21

Name: Denise Rogers

## Medical Training Test

- What are the ranges for vital signs?
  - Blood Pressure: 90-160/50-90
  - Pulse: 50-100 bpm
  - Temperature: 96°-99°
  - Respirations: 12-20
- When are vital signs taken on a resident?
  - When a resident shows signs of infection or reports not feeling well.
  - At the beginning of each month and as needed.
  - As indicated on the MAR.
  - All of the above
- When is it okay to call 911 before contacting anyone else?
  - When the resident tells you to.
  - When the resident has chest pain, shortness of breath/breathing difficulties, seriously high or low vital signs, signs of a stroke, sudden change in condition or is non-responsive.
  - When the resident is experiencing coughing, sneezing and runny nose.
  - When the resident is experiencing nausea vomiting and diarrhea.
- T  F  : When a resident leaves the home, staff does not have to bring their Epi Pen with them if they don't want to.
- What does the stroke acronym FAST stand for?
  - F: Face drooping
  - A: Arm weakness
  - S: Speech Difficulty
  - T: Time to Call 911
- If a resident has an incident of choking, when is it okay not to call 911?
  - When the resident says they are okay.
  - When the Heimlich technique was used.
  - When the regional nurse is on-site, completes an assessment and approves that 911 does not need to be called.
  - When vital signs are normal.
- T  F  : It is important to report and record any change in physical condition or behavior of a resident.
- T  F  : Behavioral changes can be due to a medical issue.
- T  F  : If a seizure lasts 3 minutes long and the resident does not have a history of seizures there is no need to call 911 immediately.
- T  F  : The circulatory system is made up of the blood, heart, and the brain.

21. T \_\_\_ F  : In type 1 diabetes, the pancreas continues to produce insulin normally.
22. T  F \_\_\_ : In type 2 diabetes, some people can control their blood sugar levels with healthy eating and exercise.
23. If a resident has a blood sugar of 61 you should:
- Call 911.
  - Give them insulin.
  - Treat with hypoglycemic kit then recheck blood sugar 20 minutes later.
  - All of the above.
24. T \_\_\_ F  : If a resident has a blood sugar of 350, you should treat with sugar or carbohydrates.
25. After an insulin vial or pen is opened it has an expiration date of:
- 28 days later.
  - There is no expiration date.
  - 60 days later.
  - The manufacturer's expiration date.
26. T \_\_\_ F  : Communicable diseases are only transmitted by direct contact.
27. The best way to prevent the flu is by:
- Staying at home.
  - Getting a flu vaccine each year.
  - Washing your hands after going to the bathroom.
  - Wearing a mask and gloves at all times.
28. T \_\_\_ F  : You can get the flu by getting a flu shot.
29. The best prevention to the spread of infection is:
- Washing your hands.
  - Washing your hands.
  - Washing your hands.
  - All of the above.
30. If a resident has a seizure you should:
- Keep the person safe and free from injury by laying them down with something soft.
  - Time the seizure and provide first aid as necessary once the seizure is over.
  - Loosen restrictive clothing.
  - All of the above.
31. T \_\_\_ F  : You can limit a resident's diet without a behavior plan or physician's order.
32. T  F \_\_\_ : It is important to wear gloves when there is the potential to come into contact with blood or bodily fluids.