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## Medical Training Test

1. What are the ranges for vital signs?
  - a. Blood Pressure: 90-100/50-90
  - b. Pulse: 50-100 BPM
  - c. Temperature: 96-99°F
  - d. Respirations: 12-20
  
2. When are vital signs taken on a resident?
  - a. When a resident shows signs of infection or reports not feeling well.
  - b. At the beginning of each month and as needed.
  - c. As indicated on the MAR.
  - d. All of the above
  
3. When is it okay to call 911 before contacting anyone else?
  - a. When the resident tells you to.
  - b. 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.
  - c. When the resident is experiencing coughing, sneezing and runny nose.
  - d. When the resident is experiencing nausea vomiting and diarrhea.
  
4. 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.
  
5. What does the stroke acronym FAST stand for?
  - F: Face drooping
  - A: Arm weakness
  - S: Speech difficulty
  - T: Time to call 911
  
6. If a resident has an incident of choking, when is it okay not to call 911?
  - a. When the resident says they are okay.
  - b. When the Heimlich technique was used.
  - c. When the regional nurse is on-site, completes an assessment and approves that 911 does not need to be called.
  - d. When vital signs are normal.
  
7. T  F \_\_\_ : It is important to report and record any change in physical condition or behavior of a resident.
  
8. T  F \_\_\_ : Behavioral changes can be due to a medical issue.
  
9. 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.
  
10. T \_\_\_ F  : The circulatory system is made up of the blood, heart, and the brain.

# Lifts & Transfers

- **Number One Rule: Keep yourself and the client safe**
  - A lift or transfer performed incorrectly can result in severe injury
- Know if client is a 1 or 2 person assist
- Lifting devices must be operated by 2 people
- If you do not feel comfortable, ask for help
- Use proper body mechanics – wide base, lift with your legs not with your back, take smaller steps



- When transferring a client for the first time, do not complete alone so you know how much support the client needs
- **Communication:**
  - In a multiple person transfer, have a leader calling off the moves
  - ALWAYS tell the client what you are doing and when

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# Fall Prevention

- Falls can result in hip fractures, head injuries, or even death
- **FALLS CAN BE PREVENTED!**
- Assist the client when needed, use handrails when needed (ex. climbing stairs, getting in and out of the shower/bath, etc.)
- **Assistive Devices**
  - Utilize when appropriate – notify medical if you have a client that could benefit from an assistive device for safety
  - Gait belt, cane, walkers, handrails
  - Must have physician's order to use

**FALLS ARE NO LAUGHING MATTER**

Rips and slips may be the subject of many humorous videos, but falls are also the #1 reason for hospital visits, emergencies.

**CONSIDER...**

- 15%** of hospital visits are due to falls.
- 1 in 5 falls** result in serious injury, such as a fracture.
- 33%** of falls for people 65+ result in a traumatic injury.
- 75% of falls** occur in the home.

**Many falls are preventable. Don't "fall" for these hazards:**

- Clutter:** Clear clutter and walk areas.
- Slippery substances:** Food, liquids.
- The dark:** Turn lights on when you get up.
- Things in high places:** Don't hang coats and bags from ceiling.
- Obstructions:** Walkways should be clear. Remove clutter and use caution when walking on stairs, ramps, and uneven surfaces.
- Your pride:** Don't walk barefoot.

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# Fall Prevention

- **Report falls to the home manager and medical**
  - IR must be completed
- Report fall hazards to the home managers or assistant managers
- Keep floors clean and dry, well lit, and free of hazards
- Keep the sidewalks and doorways clear of snow and ice



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11. The primary purpose of the respiratory system is to:
- Supply oxygen to the tissue cells and eliminate carbon dioxide waste from the cells.
  - Bring food and nutrients to the tissue cells.
  - Both a and b.
  - None of the above.
12. T  F  : Foods that are difficult for someone to chew are chopped, ground, shredded and/or soft cooked to facilitate chewing and ease of swallowing, this is called a mechanical soft diet.
13. T  F  : When a resident is eating and they are gagging, coughing, drooling, sticking their fingers into the back of their throat, or food is pooling in their mouth, it is not important to contact medical.
14. If a resident has a physician's order for a regular diet, the resident can consume:
- Only liquids.
  - Foods that are dry and sticky.
  - All types of foods and liquids.
  - Only what is on the menu.
15. The musculoskeletal system is comprised of:
- Sclera, retina, and cornea.
  - Bones, ligaments, joints, muscles and tendons.
  - Both a and b.
  - None of the above.
16. What does the acronym RICE stand for?
- R: Rest
  - I: Ice
  - C: Compress
  - E: Elevate
17. T  F  : The skin is the largest organ in the human body.
18. What are the signs and symptoms of a urinary tract infection?
- Urinary frequency, low abdominal/back pain
  - Diarrhea, blood in the stool
  - Burning or pain when urinating, blood in the urine
  - Confusion
  - a, c, and d
19. T  F  : The hormones produced by the endocrine system regulate the entire body.
20. Uncontrolled diabetes can lead to:
- Heart disease.
  - Dental disease.
  - Nerve damage.
  - All of the above.

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.

33. T \_\_\_ F  : After removing disposable gloves you do not need to wash your hands.
34. T  F \_\_\_ : It is a resident's right to refuse medical treatment, but if you as a staff feel that it is a medical emergency you should call 911 and let the resident refuse to the paramedics.
35. If you accidentally poke yourself with a used insulin needle, what should you do next?
- a. Clean site well with soap and water then notify supervisor immediately.
  - b. Use hand sanitizer and call 911.
  - c. Do not tell anyone.
  - d. Clean site well with soap and water and notify your supervisor at the end of your shift.
36. T \_\_\_ F  : It is acceptable to operate a lifting device by yourself.
37. When lifting or transferring a client you must:
- a. Know how many people need to assist.
  - b. Make the resident do it themselves.
  - c. Communicate with your partner and the resident.
  - d. Both a and c.
38. T \_\_\_ F  : Assistive devices do not need a physician's order.
39. T \_\_\_ F  : It is not necessary to report a fall to medical if no one was hurt.
40. What should you do if a resident experiences a fall?
- a. Take their vitals.
  - b. Check for obvious signs of injury.
  - c. Report to home manager and medical.
  - d. All of the above.

