

## MODULE 2 STUDY GUIDE

Chapters 11, 13, 14, 15, 16, 17 & 20

### CHAPTER 11 – safe use of restraints & restraint alternatives

1. What are restraints USED for?
2. Before using a restraint, what MUST a nurse do?
3. Tight resident sheets would be considered what?
4. How often must you provide for a restrained resident's basic needs?
5. How do you apply wrist restraints? Vest restraints? Jacket restraints or belt restraint?
6. If a resident was trying to pull out their catheter, what type of restraint would you expect to use?
7. Know how vests & jacket straps are secured
8. Know what is considered a restraint alternative
9. Who needs to be worried if a resident wanders?
10. What is the risk if you apply a restraint that is too big or too loose?
11. How do you have to position a resident before apply any restraint?
12. Know what a gap protector &/or bed rail covers are used for
13. Know how often you MUST give a restrained resident skin care
14. What does every resident have the right to that pertains to restraints
15. How will you promote your restrained residents independence?
16. Is a chair with an attached tray considered a physical restraint?

### CHAPTER 13 – body mechanics

1. To use your body efficiently what do you have to do?
2. Another name for back lying position?
3. Another name for supine
4. Another name for side lying
5. HOB elevated how much for semi fowlers / fowlers / high fowlers
6. When is good body alignment necessary?
7. What is THE most important reason to have a good base of support?
8. Turning and repositioning our residents Q2H prevents what?
9. To safely position a resident in bed (several different positions) what do you need?
10. You are going to position a resident in SIMS, how high is the head of the bed elevated?
11. Repositioning in a wheelchair is very important, what would NOT be a good alignment measure?
12. Postural supports are used to do what?

### CHAPTER 14 safe transfers

1. When you are turning & repositioning a resident, what is an important safety concern for YOU?
2. Your resident has dementia, what do you need to do before a procedure / task?
3. To prevent a work related injury, OSHA recommends what for a CNA?
4. What will friction & shearing cause?
5. A resident needs to be moved up in bed (they had slipped down), what is the best way to reduce bending & reaching for you?

6. Your 80 year old resident is very weak and weighs 195#, how many staff will be needed to move the person up in bed? (they had slipped down in the bed)
7. Every time before moving, positioning or transferring a resident, what do you need to do?
8. Some waterproof pads can be used as assist devices – in order to safely use a waterproof pad what must you be sure of?
9. Which side moves 1<sup>st</sup> when transferring a resident?
10. If your care plan says a transfer belt is not needed to move a resident from the bed to the chair – what procedure will you use?
11. A resident is in the wheelchair and wants to go back to bed – where will you position the wheelchair?
12. Your resident is heavier than the weight limit for your mechanical lift. What will you do?
13. How many staff members do you need to use a mechanical lift?
14. Your resident has slid down in the wheelchair. What is an UNSAFE way to assist with repositioning?

## CHAPTER 15 – comfort

1. How would you define “full visual privacy”
2. CMS recommends what temperature for rooms at nursing centers?
3. A resident is incontinent of bowels, what can you do to help prevent odors?
4. You just finished smoking, what should you do before doing any resident care?
5. Lighting in the resident’s room is determined by what?
6. To reduce bending and stretching for caregiving tasks, what should you do?
7. You need to make an occupied bed and your resident does not use side rails – what will you do?
8. You need to make a surgical bed – at what level do you leave the bed? Will you do a complete linen change?
9. Will anxiety increase or decrease your resident’s pain?
10. Your resident with dementia has pain, how will the resident possible demonstrate that they are in pain?
11. Your resident is awake and walking around at 1am, what can you do?
12. How long should a back massage last?
13. Your 85 year old resident would like a back massage. What is the most comfortable position to massage his back?
14. Where do you start giving a back massage?
15. You are going to apply lotion to your resident’s bony areas, what motion or stroke with you use?

## CHAPTER 16 – hygiene

1. When do you give hygiene measures?
2. What affects a resident’s hygiene choices?
3. What is involved in evening care?
4. How often do you need to do oral hygiene for a resident receiving oxygen therapy? Why?
5. What PPE do you need to wear when giving oral hygiene?
6. You are going to brush your resident’s teeth, what position should the resident be in?
7. You just set up your resident for a “partial” bath, what MUST you be absolutely sure your resident has before leaving them alone to bathe?
8. How long should a tub bath last?

9. Your resident is done with their tub bath, when will you assist them out of the tub?
10. Your resident's shower room has 2 stalls. How will you protect their privacy?
11. To prevent the spread of infection in the shower stalls, what will you do?
12. When adjusting the water temperature in the shower, how is the water directed?
13. What is the water temperature for perineal care?
14. What is the correct procedure for giving perineal care?
15. How do you cleanse the tip of the penis?
16. Your male resident is not circumcised, after cleaning the penis what will you do?

#### CHAPTER 17 – grooming

1. Pediculosis means                    scalp                    pubis                    skin
2. Who gets to choose how the resident's hair is styled?
3. How will you keep long hair from getting matted & tangled?
4. Your resident is on anticoagulant medication. How will you shave him?
5. Your resident has a beard. How often will you trim his beard?
6. Why are long or broken nails on a resident dangerous?
7. How will you clip fingernails?
8. Your patient has a weak side. When putting on clothes, which side goes on first?
9. Your resident has an IV. When changing his hospital gown, how do you have to keep the IV bag?
10. Your resident has an IV. When putting on a clean hospital gown, which side will you put on first?

#### CHAPTER 20 fluids & nutrition

1. How many calories in a gram of protein?                    Carbs?                    Fats?
2. When choosing proteins for a resident – what is most important?
3. Which nutrient is needed for tissue growth & repair?
4. Which nutrient is needed for energy?
5. Your resident has diabetes. What do you do if he does not eat all of his meal?
6. Your resident is on aspiration precautions. How long do they have to remain in a sitting up position after eating?
7. Where will you find special feeding precautions for your resident on aspiration precautions?
8. The normal adult needs how much fluid in a day to maintain a normal fluid balance?
9. Your resident is going to sit in their bedside chair for breakfast. What must you make sure they have?
10. How often do you serve in between snacks?
11. Your resident is on a calorie count. What is your responsibility at every meal?
12. How often do you need to be sure that your resident has fresh drinking water? (provided they are allowed to have water)
13. A gastrostomy tube is what?
14. Your resident gets frequent tube feedings. What special hygiene measure will they need?
15. Your resident has a naso-gastric tube. Where should it be secured so that it does not irritate?
16. Your resident has an IV. How long do you need to stand there and count the drops?
17. Your resident has an IV. You notice that it is bleeding at the insertion site. What is your responsibility?