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April 2017



Nursing Assistant Specialty Series:

Fundamentals of Restorative Care

Knowledge Assessment 1

This is Knowledge Assessment 1 for the Fundamentals of Restorative Care Module. It covers the first three Units:

Unit 1. Introduction to Restorative Care: Role and Responsibilities

Unit 2. Restorative Care Philosophy and Principles, Meeting Needs, Communication, and Coaching

Unit 3. Review Unit: Body Systems, Aging, and Restorative Care

There are **28 multiple-choice questions** and you must **PASS with a 75% or higher**. If you are not able to achieve the minimum of 75%, you may attempt this Assessment TWO more times to achieve a PASS.

Please Note: If you have a qualified disability, you may request special accommodations to take your Knowledge Assessments. Accommodations must be approved in advance of the first Knowledge Assessment by the college or facility hosting the Module.

Instructions: Please answer the following questions. There is **only one best answer** for each question. You will have **1.5 hours** to complete this Assessment. Submit your answers according to your instructor's direction.

-
1. If a CNA suspects neglect or abuse she should first do which one of the following:
 - A. alert the licensed nurse immediately and tell her why she has this suspicion.
 - B. call the DPHHS to let them know about her concern and suspicion.
 - C. ask another CNA to look at the resident to determine if she suspects the same.
 - D. wait a few days to see if anything changes and then alert the licensed nurse.



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2. A CNA is taking care of a resident who has COPD. What is the one impact this disease will have on mobility?
- A. shortness of breath
 - B. stiffness
 - C. numbness
 - D. pain in the neck or jaw
3. When a person ages, her skin will change. Which one of the following physical changes might you need to be aware of when caring for residents?
- A. muscles shrink and lose mass and density
 - B. the mineral content of bones decrease
 - C. tissue is thinner, but more elastic and flexible
 - D. blood flow decreases and tolerance for cold decreases
4. Being a productive member of the restorative care team is very important. Which one of the following characteristics will NOT help you be an effective team member?
- A. being cooperative and committed.
 - B. being active at meetings and actively listening.
 - C. being sure your comments are always heard.
 - D. being reliable and on time to meetings.
5. What is a restorative plan of care?
- A. used to ensure the personal belongings of residents are safe and secure.
 - B. a document doctors use to keep track of a resident's diagnoses and treatments.
 - C. a document social workers use for the resident's family to record needed resources.
 - D. provides a personalized outline of resident needs and actions to meet those needs.
6. The licensed nurse asked a CNA to carry out a new procedure that the CNA does not feel she has the knowledge and skill to perform. Which one of the following actions should the CNA take?
- A. review the facility policy and procedures to see if she can learn it from this resource
 - B. ask another CNA to show her how to do the procedure and help her on the first one
 - C. look up the procedure on the internet and use the information she finds to learn it
 - D. tell the licensed nurse that she does not feel comfortable performing the procedure



7. Management of pain is essential in restorative care. Why is this so important?
- A. to keep track of the different levels of residents' pain throughout the day.
 - B. to alert the licensed nurse how much pain the resident has reported after each activity.
 - C. to keep resident's pain managed so they more fully participate in activities.
 - D. to manage daily activities so they do not cause residents to experience more pain.
8. If a person is not eating a nutritious diet, which needs are not being met according to Maslow's hierarchy?
- A. self-actualization
 - B. safety and security
 - C. self-esteem
 - D. basic
9. The goal and purpose of restorative care is to do which one of the following.
- A. always be available and ready to provide as much assistance residents need.
 - B. promote the optimal level of resident independence and self-reliance.
 - C. work with a resident's family to help them provide support and care.
 - D. focus on the physical, emotional, and social needs of residents.
10. What is one barrier to communication that needs to be overcome when providing restorative care?
- A. spending a lot of time listening to the concerns of residents.
 - B. communicating with residents using brief and simple messages.
 - C. sending very long messages that may cause confusion or concern.
 - D. making sure the environment is very quiet and there are no interruptions.
11. There are body systems that have a great impact on a resident's mobility. Which one of the following DOES NOT have such influence?
- A. endocrine
 - B. respiratory
 - C. digestive
 - D. nervous



12. When residents expect their privacy to be respected and that there is no disclosure, or unethical or illegal release of information, they are wanting CNAs to maintain:
- A. confidentiality
 - B. boundaries
 - C. collaboration
 - D. ethics
13. A CNA is asked to observe a resident's progress. Which type of observation would she be using to document the amount of food the resident ate at breakfast?
- A. subjective
 - B. perceptive
 - C. objective
 - D. quantitative
14. What is the difference between maintenance and restorative care?
- A. maintenance means that goal of care has no expectation of resident progress.
 - B. maintenance means that the goal of care is resident progress with good therapy.
 - C. maintenance means that the goal of care is preserving resident function.
 - D. maintenance means that the goal of care is to provide residents total assistance.
15. What happens to a resident's finger and toe nails when they age?
- A. they turn blue or gray in color
 - B. they become rigid and may yellow or split
 - C. they become stronger and difficult to file
 - D. the tips of the nails become more white
16. The LPN at your facility wants to leave early and asks you to document the care she gave Mr. A. After all, she says, you helped her with this resident most of the shift. How should you respond to the LPN's request?
- A. "Of course I would be happy to do your documentation on Mr. A."
 - B. "I can't do it right now, but I will do it later before I leave, when I do my own."
 - C. "If you leave me your notes I will use them to document on Mr. A."
 - D. "I understand your need to leave early, but I am unable to document for you."



17. The primary purpose of the restorative care team is to:
- A. support the resident's family to help the resident go home as soon as possible.
 - B. take action on doctor's orders and family requests to provide restorative resources.
 - C. keep track of the different types of restorative therapy the resident experiences.
 - D. be responsible for a plan of care to help residents attain restorative care goals.
18. A CNA is asked to help promote Mrs. J.'s independence and self-reliance when eating in the dining room. What is the most important action he should take?
- A. research all the assistive devices and equipment used for eating.
 - B. be aware of her food likes, eating capabilities, and motivation.
 - C. ask Mrs. J.'s dining companions what he might need to help her eat.
 - D. talk with Mrs. J.'s family about what foods she likes and dislikes.
19. A CNA is asked to coach a resident who is beginning her restorative care program. What one principle should she keep in mind to support and promote independence and self-reliance?
- A. don't give feedback until the resident does each step more than one time.
 - B. encourage the resident to do everything in her program.
 - C. take into account how residents are feeling about their progress.
 - D. ask the resident to think about each step in a procedure before doing it.
20. An important clinical skill guideline for communication is which one of the following:
- A. the message should be as long as needed to be sure there is understanding.
 - B. language should always be complex to make sure everything is said.
 - C. there must always be feedback to make sure the message is received.
 - D. non-verbal communication should always be included to emphasize the point.
21. Which one of the following is a key principle of restorative care?
- A. residents do for themselves rather than you "doing for them."
 - B. residents do as much as they can and you do the "rest for them."
 - C. residents include their family in their care so they can assist them.
 - D. residents ask the licensed nurse to help them when the CNA cannot.



22. A CNA is caring for a resident who is from a different culture and who speaks little English. The CNA wants to be able to communicate well with the resident. Which one of the following should she do?
- A. learn more about the resident's cultural traditions and practices.
 - B. ask her colleagues how they have communicated with her.
 - C. be respectful by not talking much with her during her care.
 - D. use hand signals and speak loudly when giving her information.
23. A CNA wants to be a good listener because she knows it will help her be more effective when providing restorative care. Which one of the following should she do?
- A. try to anticipate what the resident will say.
 - B. look away from the resident so she is not distracted.
 - C. while listening, be sure to begin her care.
 - D. think only about what the resident is saying.
24. Which one of the following diseases impacts mobility by causing loss of height over time, a stooped posture, and bone fractures that can easily occur in the hip, wrist, or spine.
- A. arthritis
 - B. osteoporosis
 - C. Parkinson's disease
 - D. stroke
25. Mr. B. does not want to take his bath today. He says he is tired and does not want to be bothered by anyone. As he is talking you notice that he is crossing his arms and is not looking at you. Which of the following non-verbal communication is he exhibiting?
- A. gestures and kinesics
 - B. paralanguage and eye contact
 - C. kinesics and eye contact
 - D. proxemics and haptics
26. Which of these body systems usually show the first signs of aging?
- A. skeletal and nervous
 - B. respiratory and digestive
 - C. skeletal and muscular
 - D. muscular and urinary



27. When coaching residents you will use open-ended questions so that you are asking rather than telling. Which one of the following is an example of an open-ended question?
- A. "Is your pain on the right side?"
 - B. "What do you want to wear today?"
 - C. "Can you turn by yourself?"
 - D. "Do you want coffee or tea?"
28. Based on Erikson's Stages of Psychosocial Development, seniors need to resolve which conflict?
- A. intimacy vs. isolation
 - B. isolation vs. guilt
 - C. integrity vs. despair
 - D. intimacy vs. independence

***YOU HAVE NOW COMPLETED FUNDAMENTALS OF RESTORATIVE CARE
KNOWLEDGE ASSESSMENT 1.***



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