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Software

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April 2017



Nursing Assistant Specialty Series:

Fundamentals of Restorative Care

Knowledge Assessment 2

This is Knowledge Assessment 2 for the Fundamentals of Restorative Care Module. It covers Units four through six.

Unit 4. Review Unit: Safety and Quality in Restorative Care

Unit 5. Activities of Daily Living, Maintaining Skin Integrity, Relaxation, and Rest

Unit 6. Eating, Feeding, and Toileting

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. Mrs. W. eats in the dining room in a chair however she does have difficulty swallowing. What is one of the best ways to avoid choking?
 - A. have her sit upright (90 degrees) during meals
 - B. keep her mouth wiped clean after every swallow
 - C. place a bib on her to avoid soiling her clothes
 - D. make sure she has a comfortable chair to sit in



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2. A CNA wants to be sure he is ensuring safe quality care. An important action that he should always take is which one of the following?
- A. make sure the emergency light and call bell is always accessible to the resident
 - B. make sure the resident is seated in the dining room where she can socialize with others
 - C. make sure the resident's family is aware of any changes that occurred during the day
 - D. make sure the licensed nurse is informed when he has completed his assignment
3. One key principle of a Restorative ADL Program is which of the following?
- A. make sure the environment has distraction to motivate the resident
 - B. change the steps of a procedure to determine how much progress has been made
 - C. keep the communication moving along so the resident does not become bored
 - D. be sensitive to the resident's abilities and use the plan of care for guidance
4. For bowel retraining to succeed, a CNA should set a consistent time for daily bowl movements. It is recommended that the best time is which one of the following?
- A. about 20 to 40 minutes before meals
 - B. about 5 to 10 minutes after meals
 - C. about 60 minutes before meals
 - D. about 20 to 40 minutes after meals
5. What are the body's 3 primary lines of defense?
- A. pathogens, microorganisms, and skin
 - B. immune response, skin, and hand hygiene
 - C. inflammatory response, cough etiquette, and hand hygiene
 - D. skin, immune response, and inflammatory response
6. The restorative care team evaluates residents to determine their level of independence with ADLs. Which one of the following do they NOT evaluate?
- A. can loss of independence be prevented or delayed
 - B. can required assistance time be reduced
 - C. can maximum function be minimized
 - D. can total care be replaced with simple tasks and cues



7. Mr. J. is in early stage dementia. He usually is able to feed himself however sometimes he needs to be prompted. Which one of the following might be a helpful prompt for him?
- A. a physical prompt by pushing his hand to the silverware
 - B. a verbal prompt such as, "would you like coffee now?"
 - C. a visual prompt such as showing him a picture of food
 - D. a sensory prompt by having him smell the coffee on his tray
8. When a resident has a skin, lung, urinary tract, or bloodstream infection, the likely pathogen that caused the infection is which one of the following?
- A. virus
 - B. bacteria
 - C. fungus
 - D. parasite
9. The CNAs in the local long-term care facility know it is important to care for equipment and keep the working areas clean. Which one of the following should they be doing?
- A. wipe surfaces once a day and more frequently when contamination is suspected
 - B. be sure to keep all food and medications in the same refrigerator
 - C. make sure any equipment cleaned is thoroughly rinsed and air dried
 - D. do not be worried about keeping a record of cleaning; everyone knows the policy
10. If a CNA sees that a resident's skin is red on a pressure point, he should NOT do which one of the following?
- A. remove any pressure from the area immediately
 - B. immediately massage the reddened area
 - C. clean and dry the area if soiled, wearing disposable gloves
 - D. alert the licensed nurse if the redness does not disappear after 15 minutes
11. One of the classic signs of dehydration is which of the following?
- A. a red blotchy face and neck
 - B. dark urine or infrequent urination
 - C. lots of saliva in the mouth
 - D. sweating under the arms



12. There are 6 links to the Chain of Infection. Which is NOT a link?
- A. an infectious agent must be present
 - B. a pathogen must have a place to live and reproduce
 - C. must be a method or mode of transportation
 - D. a portal of entry does not need to exist
13. One important step a CNA should perform during denture care is which of the following?
- A. fold the dentures in a towel and place them in an emesis basin
 - B. Put a washcloth in the bottom of a clean sink. This protects dentures in case they fall
 - C. brush only the inner surfaces of the dentures until they are clean and shiny
 - D. Rinse the dentures thoroughly under hot running water to complete the procedure
14. What type of incontinence does a resident have when there is a loss of bladder control due to muscle contractions with enough force to ignore the urethral sphincter muscles causing an involuntary loss of urine?
- A. functional incontinence
 - B. overflow incontinence
 - C. urge incontinence
 - D. stress incontinence
15. What is the most important reason to use standard precautions?
- A. to protect all from disease spread through contact with blood, body fluids, non-intact skin, and mucous membranes
 - B. to keep rooms, work stations, and dining room areas clean and clear from obstructions and furniture
 - C. to promote the use of respiratory hygiene, cough etiquette, safe injection practices and handling of sharp instruments
 - D. to make sure you use hand hygiene only when you perform procedures and help residents with their activities of daily living



16. Mrs. G. had a stroke leaving her left side weak. She is able to dress and undress herself. What do you, as the CNA caring for her today, want to be sure happens while dressing?
- A. you select her clothes for her so she is dressed well
 - B. you make sure she wears a bra and other undergarments
 - C. you make sure she uses her strong side for dressing and undressing
 - D. you make sure she stands up during dressing and undressing
17. One principle of good body mechanics is which of the following?
- A. it is easier to lift an object, than to pull, push, or roll it
 - B. use your back muscles as much as possible, rather than arm and leg muscles
 - C. keep work at a comfortable height to avoid bending at the waist
 - D. keep work far from the body to put less strain on the back, legs, and arms
18. Which type of precautions are needed when microorganisms are spread by direct or indirect contact, such as draining wounds, feces, vomit, head lice, or other bodily fluids?
- A. droplet
 - B. physical
 - C. contact
 - D. airborne
19. Mr. L. is considered a high fall risk. He needs to go the bathroom and requests help. He uses a wheelchair. Which one of the following is the most important for the CNA to do to prevent a fall?
- A. check to be sure he has properly fitting eyeglasses
 - B. lock wheels on the wheelchair during transfer
 - C. keep the room well-lit and without glare
 - D. be sure he has on sturdy, non-skid shoes
20. When performing hand washing, how long should the hands be washed?
- A. 3-5 seconds
 - B. 5-10 seconds
 - C. 10-15 seconds
 - D. 15-20 seconds



21. Which one of the following is NOT true about SRD/restraints?
- A. they can be used without the consent of the resident or family or guardian
 - B. they are regulated by many state laws and federal laws
 - C. certified nursing homes cannot use them unless needed to treat medical symptoms
 - D. If necessary, they must be used so they do not cause injury or emotional harm
22. Mr. P. requires assistive devices which are outlined in his plan of care. While he can bathe himself, he sometimes needs help. Which one of the devices below might he need?
- A. cup with thick edges
 - B. cup with a long handled holder
 - C. long handled gripper
 - D. long handled sponge
23. What is considered the best number of hours a resident should sleep daily to feel rested and have a sense of well-being?
- A. a total of 7-9 hours
 - B. a total of 6-7 hours
 - C. a total of 10 hours
 - D. a total of 5-6 hours
24. How long should a CNA apply a hot compress?
- A. 5 minutes at a time, take it off, and put it on again
 - B. no more than 10 minutes at a time
 - C. 15-20 minutes but check it frequently
 - D. at least 30 minutes to get maximum benefit
25. What is the name of the disorder when a resident has a problem chewing or swallowing?
- A. dyspepsia
 - B. dysphagia
 - C. dysgeusia
 - D. dysuria



26. The CNA has been asked to help Mrs. J. with bladder retraining. What might be the instructions she will provide according to the plan of care?
- A. perineal squeezing training
 - B. urethral tightening training
 - C. pelvic floor muscle training
 - D. ureteral holding training
27. The CNA wants to provide a pleasant dining experience for Mr. H. Mr. H. is thin and is a picky slow eater. He can eat independently with assistive devices. What one action should she take?
- A. seat him at a full table where there is a lot of conversation and activity
 - B. find out what he likes to eat and see if his diet can be personalized
 - C. make sure he has a pitcher of ice water so he can have plenty of fluids
 - D. see if Mr. H. can work on his eating skills today without assistive devices
28. The CNA is using hand sanitizer for her hand hygiene. How long should she rub her hands?
- A. 20 to 30 seconds
 - B. 5 to 10 seconds
 - C. 30 to 40 seconds
 - D. 15 to 20 seconds

***YOU HAVE NOW COMPLETED FUNDAMENTALS OF RESTORATIVE CARE
KNOWLEDGE ASSESSMENT 2.***



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