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Software

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Completing the form

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April 2017



Nursing Assistant Specialty Series:

Fundamentals of Restorative Care

Knowledge Assessment 3

This is Knowledge Assessment 3 for the Fundamentals of Restorative Care Module. It covers Units seven and eight.

Unit 7. Balance, Positioning, Mobility, and Ambulation

Unit 8. Strength, Conditioning, Range of Motion, and Self-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. Splints and a braces are used for support. What is the difference between them?
 - A. a brace is used only in the morning
 - B. a splint is a device that is permanent
 - C. a splint is used only for the short term
 - D. a brace is used only for the short term

 2. A CNA wants to be sure he is ensuring a safe environment for Mrs. D. during her balance training. An important action he should always take is which one of the following?
 - A. he checks to see if Mrs. D. is getting tired and needs to stop exercising
 - B. he checks to see if Mrs. D. needs a better pair of comfortable shoes
 - C. he checks to see when Mrs. D.'s family is coming so they can assist
 - D. he checks to see if Mrs. D. is clothing is in the way of her freely exercising



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3. One example of muscle strength or resistance training is which one of the following?
- A. bicycling
 - B. free weights
 - C. walking
 - D. leg raises
4. A CNA is asked to place a resident in a supine position. What should she do?
- A. place him so that he is lying with his legs crossed
 - B. place him so that he is lying face down
 - C. place him so that he is lying face up
 - D. place him so that he is lying on his side
5. For safety, a CNA will use which one of the following when assisting an unsteady resident with ambulating?
- A. gait belt
 - B. trochanter
 - C. splint
 - D. restraint
6. Mr. K. uses a wheelchair and likes to sit in it and play cards for several hours every afternoon. He should be advised to shift his weight in his wheelchair to change his position. How often should he do this?
- A. every hour
 - B. every 30 minutes
 - C. every 10 minutes
 - D. every 20 minutes
7. Recently, Mr. D. has been having difficulty walking. He is becoming a fall risk because he has periods of dizziness. He does not want to use a walker. Which one of the following might be helpful?
- A. safety training
 - B. resistance training
 - C. balance training
 - D. cueing training



8. When a resident has a weight bearing restriction of 10% or less on the affected extremity this is called which one of the following?
- A. non-weight bearing
 - B. partial weight bearing
 - C. heel-toe weight bearing
 - D. toe-touch weight bearing
9. Mr. O. has been having trouble walking. His doctor is concerned about his gait so he plans to do an assessment. In addition to gait velocity, which one of the following will he likely be evaluating?
- A. seated posture
 - B. foot clearance
 - C. gait depth
 - D. triple stance
10. A CNA is preparing a resident for a transfer from the bed to a chair. She should always do which one of the following?
- A. make sure the resident has on non-skid footwear and the bed and chair are secure
 - B. make sure the room temperature is comfortable and the bed and chair are secure
 - C. make sure there are no other activities planned for the rest of day so there is time
 - D. make sure the resident is not expecting any visitors so she is not distracted
11. Conditioning or endurance training strengthens which part of the body?
- A. muscles
 - B. heart
 - C. nerves
 - D. knees
12. When a CNA is assisting a resident to ambulate she should do which one of the following?
- A. walk in front of the resident
 - B. walk behind the resident
 - C. walk on the stronger side of the resident
 - D. walk on the weaker side of the resident



13. When a CNA, during PROM, moves the resident's thumb out, away from his index finger, he is doing which one of the following?
- A. adduction
 - B. abduction
 - C. opposition
 - D. extension
14. A resident begins to fall during ambulation. Which one of the following actions should the CNA take?
- A. grasp the resident's body around her waist or axilla, and slide down with her making sure she is breathing correctly
 - B. assume a broad stance while calling for help loudly and then let the resident fall against her legs so she can slide down easily
 - C. assume a broad stance with one foot slightly forward, grasp the resident's body firmly at the waist or under the axilla, and allow her to slide down against her leg
 - D. Call for help and then grasp the resident by her hands to assume her weight and then slowly fall down with the resident
15. Which one of the following is required before a training/exercise program can begin?
- A. fixed schedule
 - B. family permission
 - C. informed consent
 - D. a doctor's order
16. A well-fitted cane for a resident should be which one of the following?
- A. The top of the cane should reach the crease of the wrist when the resident stands up straight. The elbow should bend a bit when the cane is being held
 - B. The top of the cane should reach near the thumb when the resident is standing slightly stooped to accommodate walking. The elbow can be straight or bent
 - C. The top of the cane should reach the crease of the wrist when the resident is seated. The elbow should not be bent when the cane is being held
 - D. The top of the cane can be anywhere along the wrist as long as the resident is standing up straight. The elbow can either be straight or bent



17. Mrs. M. requires PROM. When the CNA turns her hand so her palm is up, what is the CNA doing?
- A. circumduction
 - B. flexion
 - C. supination
 - D. pronation
18. To avoid having a resident tip over when reaching or bending for something, the CNA should advise the resident to do which one of the following?
- A. have the resident hold on with one hand while reaching for the desired object
 - B. position the wheelchair far from the object to center the gravity is maintained
 - C. have the resident sit as far forward in the wheelchair as possible
 - D. position the wheelchair as close as possible to the desired object
19. Mrs. L. has severe arthritis causing very limited flexibility in her joints. She also has dementia and has difficulty understanding instructions. Which type of ROM will be needed?
- A. active assistive
 - B. passive
 - C. active
 - D. passive assistive
20. When someone is stressed they will experience which one of the following physiological responses?
- A. fight or flight
 - B. frustration or anger
 - C. hormone or enzyme
 - D. anxiety or conflict
21. Mr. P. has been using a standard pick up walker for nearly a week. He seems to be having difficulty with the walker tipping. What do you think might be the problem?
- A. he is walking too slowly and lifting the walker too fast
 - B. he is walking too fast and lifting the walker too slowly
 - C. he is stepping too close to the front bar of the walker
 - D. he is not lifting the walker up far enough to match his gait



22. What is the difference between intent and action in self-care?
- A. intent is what you would like to do and action is what you will do
 - B. intent is what you will do and action is what you would like to do
 - C. intent is feeling excited about something and action is feeling cautious
 - D. intent is liking something and action is taking a risk
23. When a muscle shortens, a resident has which one of the following?
- A. atrophy
 - B. contracture
 - C. dyspnea
 - D. ankylosis
24. When a CNA makes choices to engage in activities or practices that help him manage stressors to maintain or enhance overall health, he is demonstrating which one of the following?
- A. self-awareness
 - B. self-balance
 - C. self-confidence
 - D. self-care
25. A CNA is assisting a resident with the use of crutches per the plan of care. When starting to walk with crutches the CNA should providing the following beginning instructions?
- A. Crutches are stationary. The body should then swing both legs forward
 - B. Crutches are forward. Step with the good leg bringing the weak leg forward
 - C. Crutches are forward. Step with the weak leg bring the strong leg forward
 - D. Crutches are stationary. Step with the good leg bring the weak leg forward
26. A new CNA has been asked to perform PROM for Mrs. J. At which part of her body will she begin?
- A. feet
 - B. fingers
 - C. head
 - D. legs



27. One important action to ensure safety for the resident and for the CNA is for the CNA to always ensure which one of the following when assisting with ADLs and ambulation?
- A. have good hygiene and attitude
 - B. provide coaching when appropriate
 - C. actively listen to the resident
 - D. use proper body mechanics
28. Ms. I. will be starting balance training due to a recent stroke. Which one of the following will she most likely NOT have in her plan of care?
- A. leg resistance
 - B. side leg raises
 - C. standing on one foot
 - D. walking heel to toe

***YOU HAVE NOW COMPLETED FUNDAMENTALS OF RESTORATIVE CARE
KNOWLEDGE ASSESSMENT 3.***



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