

QUIZ: MONITORING RESIDENTS FOR CHANGES IN CONDITION

Name: _____

Date: _____

1. Monitoring residents for change in condition is the responsibility of a licensed medical professional, not a caregiver.
 - a. True
 - b. False

2. Which of the following may be reasons for a change in the condition of a resident?
 - a. Medication side effects
 - b. New Medications
 - c. Disease
 - d. Stress
 - e. All the above

3. Drooping eyelids and/or slurred speech may be a sign of:
 - a. Stroke
 - b. Depression
 - c. Heart attack

4. Unexplained back pain:
 - a. Is normal for the elderly and need not be reported
 - b. May be a sign of kidney problems

5. Edema is:
 - a. Lung congestion
 - b. Irregular heartbeat
 - c. Swelling in the feet and legs

6. The skin is one of the most “at risk” body parts in the elderly.
 - a. True
 - b. False

7. Which of the following conditions should be reported immediately?
 - a. Shortness of breath
 - b. Increased heart rate
 - c. Abnormal pulse
 - d. Fluttering or tightness in the chest
 - e. Frequent coughing
 - f. All of the above

8. Pain, burning, numbness or tingling in the arms and hands may be a symptom of:
 - a. Heart attack
 - b. Change in activity levels
 - c. Change in diet
 - d. All of the above

9. A black or tarry stool may indicate:
 - a. Poor digestion
 - b. Blood in the stool
 - c. Not enough liquids consumed

10. If a resident exhibits difficulty in breathing, the first thing you should do is:
 - a. Call the physician
 - b. Call the family
 - c. Notify your supervisor
 - d. Call 9-1-1

QUIZ: ASSISTING RESIDENTS WITH TRANSPORTATION

Name: _____

Date: _____

1. Transportation service is not provided by assisted living and residential care providers.

- a. True
- b. False

2. Transportation can impact the quality of life for your residents.

- a. True
- b. False

3. Which of the following is a common step(s) in a vehicle inspection?

- a. Changing the oil
- b. Changing the windshield wiper blades
- c. Checking tire pressure
- d. All of the above

4. Which of the following should be included in the emergency supplies in your vehicle?

- a. Fire extinguisher
- b. First aid kit
- c. Road flares
- d. All of the above

5.

The family or responsible party of a resident is not allowed to supervise/assist a resident during a medical appointment.

- a. True
- b. False

6. Who is involved in determining the amount of assistance required during an outing?

- a. The caregiver
- b. The administrator/supervisor
- c. The resident's family
- d. All of the above

7. List at least three resident safety factors that should be planned for when preparing for an outing:

8. The emotional needs of the resident must be considered when preparing for an outing.

- a. True
- b. False

9. When preparing to take a resident to a medical appointment, you should:

- a. Only allow a nurse to take the resident to the appointment
- b. Have all necessary paperwork ready in advance
- c. Require the resident's family member to come with you to all appointments
- d. None of the above

10. All wheelchair lifts are operated in the same manner.

- a. True
- b. False

QUIZ: FALL PRECAUTIONS IN ASSISTED LIVING

Name: _____

Date: _____

1. It is the responsibility of the caregiver to do what she can to prevent falls.

- a. True
- b. False

2. Falls are the leading cause of injury-related death.

- a. True
- b. False

3. Falling will not increase the risk of premature death.

- a. True
- b. False

4. What are the most common fractures associated with falls?

- a. Toes, ankle, fingers
- b. Leg, wrist, nose
- c. Hip, forearm, pelvis

5. There are psychological effects associated with falls.

- a. True
- b. False

6. Which of the following is a risk factor of falling?
 - a. Age
 - b. Sensory deficits
 - c. Incontinence
 - d. All of the above

7. A fear of falling can cause the resident to become unnecessarily dependent on caregivers.
 - a. True
 - b. False

8. Lower body strength in a resident can help to prevent them from falling.
 - a. True
 - b. False

9. If you are with a resident when he falls, you should try to hold them up to prevent the fall.
 - a. True
 - b. False

10. It is necessary to document everything when a fall takes place in the facility.
 - a. True
 - b. False

QUIZ: VITAL SIGNS

Name: _____

Date: _____

1. Which of the following can cause changes in a resident's vital signs?
 - a. Pain
 - b. Infection
 - c. Medication side effects
 - d. All of the above

2. Infection typically leads to a decrease in body temperature.
 - a. True
 - b. False

3. It is best to use a glass oral thermometer for residents with dementia or other cognitive impairments.
 - a. True
 - b. False

4. Before taking a resident's temperature, it is important to ensure:
 - a. That the resident is lying down for at least 10 minutes
 - b. That the resident hasn't had anything hot or cold in their mouth for at least 10 minutes
 - c. That the resident is standing up for at least 10 minutes
 - d. None of the above

5. A tympanic thermometer is also called an ear thermometer.
 - a. True
 - b. False

6. A “normal” pulse for an adult is between:
 - a. 20-60 beats per minutes
 - b. 60-100 beats per minute
 - c. 100-150 beats per minute
 - d. 150-200 beats per minutes

7. “Normal” respirations for an adult are between:
 - a. 10-15 breaths per minute
 - b. 15-20 breaths per minute
 - c. 20-25 breaths per minute
 - d. 25-30 breaths per minute

8. When measuring blood pressure, you should place the blood pressure cuff:
 - a. Wherever it is most comfortable for the resident
 - b. On the lower arm, below the elbow
 - c. Directly around the elbow
 - d. On the upper arm, above the elbow

9. When measuring blood pressure, the systolic number is found when:
 - a. You first hear the Korotkoff sounds while slowly deflating the cuff
 - b. After the Korotkoff sounds fade away while slowly deflating the cuff
 - c. After the cuff is completely deflated
 - d. All of the above

10. The key to accurate weight measurements is:
 - a. Consistency
 - b. Weighing after meals
 - c. Weighing after taking medications
 - d. Variation

QUIZ: WHEELCHAIR AND OTHER AMBULATORY AIDES

Name: _____

Date: _____

1. Your resident's service plan should reflect any need for ambulatory devices.
 - a. True
 - b. False

2. Who only can determine the need for an ambulatory device for a resident?
 - a. Physician
 - b. Caregiver
 - c. Family
 - d. Administrator

3. Who should train a resident how to use an ambulatory device?
 - a. Medical Professional
 - b. Caregiver
 - c. Family
 - d. Administrator

4. Which of the following should typically be used to clean an ambulatory device?
 - a. Soap and water
 - b. Windex, or other chemical cleaners
 - c. Damp cloth followed by a dry cloth polish

5. Walkers should never be used as a wheelchair or scooter.
 - a. True
 - b. False

6. Typically, residents with dementia require about the same amount of monitoring as residents without dementia when using ambulatory devices.
 - a. True
 - b. False

7. It is important to watch for changes to residents when they are using ambulatory devices. These would include but not be limited to:
 - a. Swelling in lower legs or feet
 - b. Bruising
 - c. Change in skin color
 - d. Any changes you feel are important
 - e. All of the above

8. A resident's walker never needs to be adjusted, they are "one size fits all."
 - a. True
 - b. False

9. A single point cane typically supports:
 - a. 5% to 8% of body weight
 - b. 8% to 12% of body weight
 - c. 12% to 20% of body weight

10. You may use a wheelchair cushion if:
 - a. The resident requests
 - b. If physician ordered
 - c. The family requests
 - d. All of the above

QUIZ: ACTIVITIES: ENCOURAGING RESIDENT PARTICIPATION

Name: _____

Date: _____

1. Your initial assessment of a resident begins the moment they come into the facility.
 - a. True
 - b. False

2. An activity assessment:
 - a. Shows the caregiver the times of day that the resident is active
 - b. Gives information on the psychosocial profile of the resident
 - c. None of the above

3. Resources of information about your resident include:
 - a. Observation
 - b. The resident's chart
 - c. Family
 - d. All of the above

4. Start conversations with the residents with a pen and paper in hand so you can document on their activity assessment.
 - a. True
 - b. False

5. "At Risk" resident include those who are at risk for social isolation.
 - a. True
 - b. False

6. Reasons for isolation include:
 - a. Depression
 - b. A change in condition
 - c. Both A and B

7. A “window of opportunity” equals 2 hours blocks.
 - a. True
 - b. False

8. Out of all the staff in the facility, it is only important for the caregivers to build relationships with the residents
 - a. True
 - b. False

9. Some residents benefit more from just one on one relationship.
 - a. True
 - b. False

10. For the resident, doing an activity is about being a part of the process, not just about completing a project.
 - a. True
 - b. False

QUIZ: CALLING 9-1-1

Name: _____

Date: _____

1. Which of the following would NOT warrant a 9-1-1 call?
 - a. Serious medical emergency
 - b. Fire
 - c. Resident says they have a headache
 - d. Car accident where someone is injured

2. When calling 9-1-1, it is important to _____.
 - a. Stay calm
 - b. Talk as fast as you can to save time
 - c. Keep the call as short as possible to not waste time
 - d. All of the above

3. Because the 9-1-1 dispatcher can find your location through the phone you're calling from, it is not important to know your location when calling 9-1-1.
 - a. True
 - b. False

4. If a resident has fallen in your facility, you should move them to a comfortable location before calling 9-1-1.
 - a. True
 - b. False

5. Which of the following is important to remember when calling 9-1-1?
 - a. Don't hang up unless instructed to do so
 - b. Answer all questions the best you can
 - c. Know the location of the emergency
 - d. All of the above

6. While providing care in your Community, it is important to know where the closest telephone is at all times just in case an emergency occurs.

- a. True
- b. False

7. Before the paramedics arrive to the Community, you may want to:

- a. Gather medication records to have available for paramedics to review
- b. Move furniture or other obstructions to give the paramedics a clear path
- c. Provide basic first aid to the resident if necessary
- d. All of the above

8. You should hang up the phone as soon as possible so that you don't waste time talking with the 9-1-1 dispatcher.

- a. True
- b. False

9. If a resident in your Community falls, you should call 9-1-1 _____

- a. Only if the resident wants you to
- b. Whenever you feel it is necessary
- c. After consulting with the residents family
- d. None of the above

10. In most emergency situations, it is better to err on the side of caution and call 9-1-1.

- a. True
- b. False

QUIZ: INCIDENT REPORTING

Name: _____

Date: _____

1. An incident report should be filed if first aid was given to an individual.
 - a. True
 - b. False

2. Which of the following would require that an incident report be filed?
 - a. A fall
 - b. An injury
 - c. A medical emergency
 - d. All of the above

3. An incident report should outline what happened and to who, interventions taken and the condition of the person?
 - a. True
 - b. False

4. Generally speaking, which of the following mandate how incident reports are handled?
 - a. Federal law
 - b. State regulation
 - c. Your facility

5. Incident reports may generally be kept in the resident's chart with all of their other documentation.
 - a. True
 - b. False

6. Which of the following statements is appropriate when dealing with incident reports?
 - a. When in doubt, do not fill out an incident report
 - b. When in doubt, fill one out

7. If you suspect but have no proof that abuse has taken place, you should not complete an incident report until proof is acquired.
 - a. True
 - b. False

8. You enter the resident's room and find Mary on the floor. She states that she fell out of bed. Which of the following statements should be included in the incident report?
 - a. "Mary fell out of her bed"
 - b. "I found Mary on the floor next to her bed"
 - c. "Mary said she fell out of her bed"
 - d. b & c

9. Mary claims that the money in her dresser drawer was stolen while she was in the dining room. She stated that while returning from dinner, she saw a caregiver leaving her room. Should an incident report be filed?
 - a. Yes
 - b. No

10. When completing an incident report, include everything you think may have happened leading up to the incident, even if you did not witness these things.
 - a. True
 - b. False

QUIZ: DEMENTIA CARE: WANDERING

Name: _____

Date: _____

1. "Checking" refers to a type of wandering in which the resident:
 - a. Must be checked every few minutes
 - b. Repeatedly seeks the whereabouts of the caregiver or another person
 - c. Opens doors repeatedly, checking to see if someone is there
 - d. All of the above

2. "Trailing" refers to a type of wandering. Which of the following statements is/are true regarding trailing?
 - a. The resident follows closely behind a person
 - b. Trailing can stress out other residents who are being trailed
 - c. The resident may trail caregivers or visitors as they leave the facility
 - d. All of the above

3. Excessive and aimless walking may have serious effects on a resident's health. These effects include:
 - a. Weight loss, dehydration, and fatigue
 - b. Malnutrition, loss of appetite, and stress
 - c. Exhaustion, mental fatigue, and headaches
 - d. None of the above

4. Though any type of wandering could lead to an invasion of privacy, what kind of wandering is often associated with the invasion of privacy of other residents?
 - a. Trailing
 - b. Excessive
 - c. Inappropriate purpose
 - d. Nighttime walking

5. Nighttime walking is a kind of wandering in which the resident frequently wanders at night. To best serve this resident, caregivers should:
- a. Check on the resident frequently throughout the night
 - b. Ensure the physical environment is comfortable (enough blankets, nightgown fits appropriately, etc.)
 - c. Ensure comfort and give reassurance
 - d. All of the above

6. Which of the following is not considered a high-risk time of day for wandering?
- a. After waking up
 - b. During entertainment
 - c. Shift change
 - d. Before and after visitors

7. List at least 4 interventions for wandering:

QUIZ: DEMENTIA CARE: SUNDOWNING

Name: _____

Date: _____

1. What does the term sundowning refer to?
 - a. People who feel tired after sunset
 - b. People with dementia that have behavior problems in the late afternoon and evening hours
 - c. People who enjoy watching sunsets
 - d. None of the above

2. The symptoms of Alzheimer's disease include deficits in:
 - a. Memory
 - b. Visual-spatial orientation
 - c. Concentration
 - d. All of the above

3. Which of the following may not describe a resident with sundowning behavior in the late afternoon or evening?
 - a. Suspicious
 - b. Playful
 - c. Confused
 - d. Agitated

4. Some of the causes of sundowning may include:
 - a. Lack of evening activities
 - b. Difficulty seeing at night
 - c. Gender
 - d. Both "a" and "b"

5. Which of the following statements best describes a care provider's role in caring for a resident with sundowning?
- a. Provide a calm environment and activities
 - b. Force the resident to calm themselves down using a firm tone of voice
 - c. Ignore the resident's behavior because it is just a plea for attention
 - d. None of the above
6. Some sundowning interventions include:
- a. Providing enough daytime activities
 - b. Monitoring the resident's diet
 - c. Removing or preventing environmental causes
 - d. All of the above
7. If a resident is showing symptoms of sundowning and is becoming increasingly agitated with a particular caregiver, the best solution is to:
- a. Talk with a commanding tone of voice until the resident changes their behavior
 - b. Threaten an appropriate form of disciplinary action
 - c. Ask the caregiver to move away and bring a different caregiver in
 - d. All of the above
8. Which of the following may contribute to success in managing sundowning behavior?
- a. Small groups
 - b. Physical exercise
 - c. Stimulating the senses
 - d. All of the above
9. What is the best way for a caregiver to respond while a resident is experiencing symptoms of Sundowning?

QUIZ: DEMENTIA CARE: AGGRESSIVE BEHAVIORS

Name: _____

Date: _____

1. The resident with dementia who is experiencing agitation can escalate to aggression.
 - a. True
 - b. False

2. Signs of agitation may include:
 - a. Restlessness
 - b. Different than normal body language or facial expressions
 - c. Pacing
 - d. Fear
 - e. All the above

3. When approaching a resident to offer your assistance in ambulating or transfer, extend your arms slowly with:
 - a. Your palms down, ready to grasp their arms
 - b. Your palms up in a gesture of offering assistance

4. Threatening consequences to a resident who is not responding to your request can escalate agitation and lead to aggression.
 - a. True
 - b. False

5. "Change of Face" is a term used often when dealing with residents with dementia. It means:
 - a. Change your facial expression and tone of voice if the resident is not responding appropriately
 - b. Have another caregiver attempt to communicate to the resident

6. If a resident is acting aggressively with other residents in the area, what is the first action you should take?
- a. Escort the other residents from the area
 - b. Call 9-1-1
 - c. Contact the physician

7. In most cases in residential care, a resident who is lashing out is really:
- a. Just a mean person
 - b. Trying to communicate something that is important to the resident
 - c. Trying to gain something by using aggressive behavior as a tool

8. Please list at least 4 factors that may be a trigger to aggressive behavior.

9. In order to avoid triggering aggressive behavior in the future, if aggressive behavior does take place, note the:
- a. Time
 - b. Place
 - c. Who is in the area
 - d. What the resident was doing prior to acting out
 - e. All of the above

QUIZ: DEMENTIA CARE: DIGNITY AND SEXUALITY ISSUES

Name: _____

Date: _____

1. Our residents often fear losing physical ability and the loss of dignity?
 - a. True
 - b. False

2. A resident who becomes isolated may be suffering from:
 - a. The onset of an illness or medical condition
 - b. The loss of dignity and self-worth
 - c. The fear that they cannot perform social skills adequately
 - d. All the above

3. When approaching a resident, greet them using their name:
 - a. True
 - b. False

4. "Failure free activities" are activities that are:
 - a. Very simple and easy for even the severely cognitively impaired resident
 - b. One that you know the resident can succeed doing

5. If your resident exhibits child like behaviors, it is best to:
 - a. Try to communicate on their level using childlike talk and gestures
 - b. Communicate in a normal gentle adult like manner

6. If a family member asks you about a resident's medical condition, you should:
 - a. Tell them whatever they want to know because they are family
 - b. Tell them to talk to the resident
 - c. Ask them to talk to your supervisor

7. If a resident is performing a new activity but just can't get it right, you should:
 - a. Direct them to a different activity where they may be more successful
 - b. Have them keep attempting to succeed at that activity, practice make perfect

8. Asking which of the following may help you to know your resident better and promote dignity in your resident:
 - a. Their family history
 - b. What kind of job(s) they may have held in their adult life
 - c. What kind of pets they may have had and their pet's names
 - d. Hobbies they have enjoyed
 - e. All the above

9. Activities that may seem extremely boring or simple to you may be very enjoyable and make the resident feel successful:
 - a. True
 - b. False

10. Talking about a resident's behaviors or conditions with unauthorized persons is:
 - a. Ok, as long as the resident is not present
 - b. Never ok

11. A raised voice or yelling is the preferred method when attempting to redirect a resident?
 - a. True
 - b. False

12. The number one concern when assisting a resident in personal care is:

- a. Efficiency
- b. Privacy

13. To avoid inappropriate sexual behaviors, it is sometimes better to perform intimate personal care:

- a. In the evening when it is darker
- b. In the morning or mid day

QUIZ: DEMENTIA CARE: HYDRATION

Name: _____

Date: _____

1. Which of the following activities can cause loss of fluid?
 - a. Sweating
 - b. Breathing
 - c. Toileting
 - d. Sleeping
 - e. All of the above
 - f. a & c
 - g. a, b, & c

2. Dehydration is often times not recognized before it reaches a serious degree.
 - a. True
 - b. False

3. If beverages are offered less frequently throughout the day, it will encourage the resident to drink more and encourage better hydration when they are offered.
 - a. True
 - b. False

4. It is best practice to categorize all residents with dementia as “at risk” of dehydration.
 - a. True
 - b. False

5. It is important that beverages be available:
 - a. During waking hours
 - b. Throughout the day and night

6. Which of the following foods/dinks may assist in hydration?
 - a. Watermelon
 - b. Honeydew
 - c. Popsicles
 - d. Broth
 - e. Caffeinated coffee or tea
 - f. a, b, c, & d
 - g. All of the above

7. Times for offering beverages to residents should be scheduled, not just at the request of a resident?
 - a. True
 - b. False

8. It is never possible to over hydrate a resident.
 - a. True
 - b. False

9. Which of the following may encourage a resident to drink fluids?
 - a. Offering the beverage in a resident's favorite cup or glass
 - b. Just gently hand them the beverage, do not ask if they want a drink
 - c. Deliver the beverage to the resident when the resident is in a favorite place in the community
 - d. Providing beverages that the resident enjoys
 - e. All of the above

10. Many times serving a beverage in a smaller glass or cup can give the resident the sense of success when finishing the drink, instead of trying to finish a large amount of the beverage.
 - a. True
 - b. False

11. Which of the following may be symptoms of dehydration?

- a. Lethargy
- b. Headache
- c. Muscle cramps
- d. Nausea or upset stomach
- e. Dry mouth
- f. All of the above

QUIZ: DEMENTIA CARE: HEALTH COMPLICATIONS

Name: _____

Date: _____

1. As a resident's dementia progresses, their bodies become more prone to physical problems.
 - a. True
 - b. False

2. Aggressive behavior may be caused by physical pain a resident is suffering that he/she is unable to verbalize to others.
 - a. True
 - b. False

3. UTI is a:
 - a. Upper tract infection
 - b. Urinary tract infection

4. A fever with a mild temperature is not a possible indicator of a UTI.
 - a. True
 - b. False

5. Which of the following may be symptoms of a swallowing problem?
 - a. Choking
 - b. Coughing after or during meals
 - c. Pocketing food in the cheek
 - d. Gurgling voice
 - e. All the above

6. Dysphagia is a:
- a. Sleeping disorder
 - b. Talking disorder
 - c. Swallowing disorder
7. Which of the following may help a resident with a swallowing disorder when eating and drinking?
- a. Have the resident upright during and for a while after meals
 - b. Encourage the resident to eat slowly
 - c. Encourage the resident to refrain from talking during a meal
 - d. Encourage large bites of food
 - e. Encourage rapid drinking
 - f. a, d, & e
 - g. b & d
 - h. a, b, & c
8. Which of the following medications is usually used to treat a UTI?
- a. Antipsychotic medication
 - b. Antibiotics
 - c. Antianxiety medications
9. For the elderly resident with dementia, pneumonia is very rarely life threatening.
- a. True
 - b. False
10. While observing a resident, you notice they are holding their lower tummy (abdominal) area. This can be a symptom of:
- a. UTI
 - b. Pneumonia
 - c. Dysphagia

11. Inactivity can lead to fluid buildup in the lungs.

- a. True
- b. False