

Personal Cares – Multi Choice Questions – With Answers

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Personal Cares – Segment 1 - Holistic Care

- 1) What is the term used when talking about looking after the whole person and all their needs?
 - a. Practical care
 - b. Holistic care**
 - c. Whole care
 - d. Total care
 - e. Physical care

- 2) Which element of care is missing from the list: Physical, Emotional, Mental
 - a. Spiritual**
 - b. Medicinal
 - c. Psychological
 - d. Social
 - e. Practical

- 3) What does it mean to look after a person's physical needs?
 - a. To ensure they are on the correct medication
 - b. To ensure they are receiving correct diet and exercise
 - c. To take care of the physical body for example wound care
 - d. Take care of all the things a person needs for their physical body**
 - e. To do the physical jobs for a person for example taking them to the toilet

- 4) If you introduce a new lady in the rest home where you work to other ladies in the home, what are you doing?
 - a. Giving her something to do for the day
 - b. Breaching confidentiality
 - c. Working towards meeting her physical needs
 - d. Working towards her meeting her emotional needs by feeling included**
 - e. Making your day easier as she won't take up your time having conversations

- 5) A person in your care has recently had a stroke, they used to always wear lipstick, you walk into their room and see them looking in the mirror crying, what is being effected? What can you do?
 - a. Talk to the nurse, they need to go on anti-depressants
 - b. The persons' mental health may be being effected, remind them that things will be different now, no one expects them to do what they used to be able to do
 - c. The persons' mental health may be being effected, they need to get a new perspective, it is important to help them make realistic new goals
 - d. The persons confidence has been effected, take the time to help them put their lipstick on, it is important to acknowledge their mental wellbeing

- e. **Their mental wellbeing may be effected. Help them put their lipstick on, discuss what you have seen with the nurse, the persons mental wellbeing may need to be assessed**
- 6) How do you care for a persons' spiritual wellbeing?
- a. Pray with people
 - b. Help people get to services of their choosing
 - c. **Respect their beliefs, whether connected to religion or not**
 - d. Take the time to get to research the various religions of the people in your care
 - e. Have different religious leaders come and visit with people
- 7) How might you go about demonstrating care in regards to spiritual wellbeing?
- a. **Ensure you follow protocols and procedures set up in regards to a patients wishes**
 - b. Have pastors come and pray with people
 - c. Share your own values and beliefs with people
 - d. Treat everyone the same as you don't want to discriminate
 - e. Ask them how their spiritual wellbeing is
- 8) Fill in the blanks: I am able to achieve holistic care with my _____ when I think about more than the physical job that needs doing but how my care will impact on their _____, spiritual and mental wellbeing. Holistic care is about _____ and understanding that the person is a unique being.
- a. Clients, Psychological, equality
 - b. **Clients; emotional; respect**
 - c. Work; body; following policies
 - d. Work; emotional; following policies
 - e. Clients; body; respect

Personal Cares – Segment 2 - Persons' Rights

- 1) When you are about to undergo cares for a person what must you do first?
 - a. Wash your hands
 - b. Ask permission**
 - c. Get everything you need ready
 - d. Tell them you are going to do cares
 - e. Seek advice from family for best approach

- 2) Who is able to give consent for a procedure if the person themselves is unable to (e.g. if they have dementia)
 - a. You do not need to seek consent in this instance
 - b. You do not do the procedure if the person cannot consent
 - c. Your manager
 - d. Any family member
 - e. The person with Power of Attorney**

- 3) Fill in the blank: A person has the right to be respected as a (or an) _____.
 - a. Adult
 - b. Patient
 - c. Individual**
 - d. Equal
 - e. Intellect

- 4) When doing cares, such as a bed bath, you only expose what you need to, by doing this you are? (Best answer)
 - a. Maintaining privacy**
 - b. Keeping them warm
 - c. Following protocol
 - d. Saving yourself and them embarrassment
 - e. Protecting their skin

- 5) Fill in the blanks: When providing support, you need to make sure it is _____ and respects the person's _____ and privacy. (Best answer)
 - a. Right; dignity
 - b. Safe; dignity**
 - c. Good, body
 - d. Safe, body
 - e. Good, dignity

- 6) How will you know what care a person needs?
 - a. Do what you think is needed
 - b. Ask the client
 - c. There will be a care plan
 - d. b and c**
 - e. a and c

- 7) What is NOT a reason that people will need assistance?
- a. They are temporarily injured
 - b. They have mental health issues
 - c. They have a medical condition
 - d. They have a sensory impairment
 - e. **They are old**
- 8) What does 'appropriate for the level of care required' mean?
- a. That you do as much as you can for the person
 - b. That you stick to protocols and policies
 - c. That you do not breach rights
 - d. That you only do what your allowed to do without being a registered nurse
 - e. **Don't do for them, what they can do for themselves**

Personal Cares – Segment 3 - Steps to Providing Care

- 1) How can you reduce stress for a client?
 - a. Help them get exercise
 - b. Plan your cares properly**
 - c. Massage
 - d. Provide treats for them
 - e. Ensuring they are given their medication at the right time

- 2) What are the two “P”s when it comes to providing care?
 - a. Planning and Preparation**
 - b. Planning and Persistence
 - c. Preparation and Persistence
 - d. Performance and Preparation
 - e. Persistence and Performance

- 3) Fill in the Blank: When completing your cares, you need to be very economical and efficient with your time while still be gentle and _____. (Best answer)
 - a. Firm
 - b. Private
 - c. Respectful**
 - d. Appropriate
 - e. Clever

- 4) If you are working in residential care, what is the most appropriate way to start your shift?
 - a. Going over everyone’s notes from when you were last on
 - b. Checking the board to see who is going out for appointments or visits
 - c. Catching up with fellow workers
 - d. Doing the rounds of all the residents with staff that are finishing**
 - e. Catching up with your favourite client

- 5) Which Factor should NOT dictate how you plan your day
 - a. Who needs the most assistance
 - b. Who is going out for the day
 - c. How many caregivers a particular client needs
 - d. Which clients you have the best connection with**
 - e. When your breaks are scheduled

- 6) Having all the equipment ready to complete care will do what?
 - a. Save time**
 - b. Reduce cross contamination
 - c. Show competence
 - d. Stop embarrassment
 - e. Help with planning

- 7) Discussing clients with other clients is a violation of what?
- Privacy**
 - Trust
 - Ethics
 - Rules
 - Respect
- 8) If your client has been sharing secrets with you, and something they say indicates an unsafe situation for them, what do you do?
- Maintain privacy agreement
 - Discuss with a co-worker
 - Discuss with supervisor**
 - Tell the family you are worried
 - Tell the person they cannot share anymore secrets with you
- 9) Your primary role is to do what for a person?
- Do their cares
 - Plan the day
 - Develop rapport
 - Evaluate their needs
 - Give support**
- 10) The final step to providing care is
- Ensuring you document everything
 - Ensuring you get feedback
 - Ensuring that you have completed everything for the client before going to the next client**
 - Checking off to do list
 - Finish within time frame

Personal Cares – Segment 4 - Observe, Record and Report

- 1) The registered nurse needs you to be their what?
 - a. Helping hand
 - b. Slave
 - c. Eyes and Ears**
 - d. Friend
 - e. Informant

- 2) What does ORR stand for?
 - a. Operating Response Room
 - b. Operating Readiness Record
 - c. Observation Room Report
 - d. Observe Record Report**
 - e. Observe Respond Report

- 3) What are the first three things you should record in your documentation?
 - a. Date, Time, Your Name
 - b. Name of Client, Date and Time**
 - c. Your Name, Time, Temperature
 - d. Heart Rate, Respiratory Rate, Temperature
 - e. Time, Temperature, Heart Rate

- 4) If you have reported any information verbally to someone, what else should you do?
 - a. Document who you reported it to, the time it was reported, your signature**
 - b. Document who you reported it to, with their signature
 - c. Document who you reported it to, with both signatures
 - d. Document who you reported it to, the time it was reported
 - e. Document who you reported it to, what the plan of action was

- 5) If a persons' respiratory rate is within the normal range, but seems faster than normal for that person, should you worry?
 - a. No, it is within the normal range
 - b. No, just check again later
 - c. Maybe, but it might pay to check again in an hour
 - d. Yes, you should report it to the nurse**
 - e. Yes, you should get an ambulance

- 6) If you see bruising on a client, what should you report?
 - a. Time, location of bruise, what you think may have happened
 - b. Date, time, location of bruise and colouring of bruise**
 - c. Date, time, what you think may have happened
 - d. Date, time, location of bruise, what you think may have happened
 - e. No documentation is required for a simple bruise

- 7) If you notice any swelling, skin colour change, or rashes, what should you do?
- Document the time and what you saw
 - Go and tell the nurse
 - Document it and tell the nurse**
 - Take a photo
 - Document and Take a photo
- 8) If a person reports they are in pain you should
- Report it to the nurse straight away
 - Apply first aid straight away
 - Document that they are in pain
 - Find out if they have already been treated for the pain
 - Gather as much information as you can about the pain**
- 9) Why is recording food and fluid intake important?
- Indicates if there is a problem if someone is not eating or drinking**
 - Need to ensure people are not eating too much for weight gain
 - It is not really relevant, people have their days where they don't eat
 - To monitor the quantity of food required so there is no waste
 - To work out food preferences so you can provide food they like
- 10) Do you need to record improvements?
- No, this is unnecessary and takes up time
 - No, you only need to document what you have done
 - Yes, this helps indicate if treatments are working**
 - Yes, you need to record everything about a patient
 - Yes, so the family can see what a good job you are doing

Personal Cares – Segment 5 - Functional Ability

- 1) Who determines the functional ability of a client?
 - a. The client themselves will be able to tell you
 - b. You as the health care worker will be able to determine functional ability
 - c. A qualified person such as nurse, occupational therapist or needs assessor**
 - d. A specialist needs assessor
 - e. A doctor

- 2) What is the purpose of a functional ability assessment?
 - a. To determine what a person can do for themselves**
 - b. To determine physical capability
 - c. To determine cognitive capability
 - d. To determine if a person can live on their own
 - e. To assess what equipment will be required to assist a person

- 3) Fill in the blanks: Service care plans are made _____ to meet the _____ needs. As the needs change, the plan needs to be _____ by a _____.

 - a. Specifically; individuals; altered; qualified person**
 - b. Generically; peoples; adhered to; health care worker
 - c. Specifically; individuals; modified; health care worker
 - d. Generically; staff; modified; qualified person
 - e. Specifically; individuals; adhered to; healthcare worker

- 4) What are the three different types of functional ability impairments
 - a. Physical, mental, occipital
 - b. Sensory, cognitive, physical**
 - c. Mechanical, physical, sensory
 - d. Sensory, physical, mechanical
 - e. Cognitive, mechanical, emotional

- 5) “Mental processes such as attention, language, memory” is a definition of what functional ability?
 - a. Sensory
 - b. Mental
 - c. Emotional
 - d. Cognitive**
 - e. Occipital

- 6) Respiratory disorders, epilepsy and sleep disorders are part of which functional ability?
 - a. Mechanical
 - b. Cognitive
 - c. Sensory
 - d. Mental
 - e. Physical**

- 7) What is the role of support workers key function?
- a. To do tasks for people
 - b. To do tasks with people**
 - c. To keep a person's environment clean
 - d. To keep a person safe
 - e. To ensure all tasks required are completed
- 8) If you are not sure what a person is able to do you should
- a. Ask
 - b. Do the task for them
 - c. See if they can do it on their own
 - d. Check the care plan
 - e. a and d**

Personal Cares – Segment 6 - Communication

- 1) What is the most common form of communication
 - a. Written
 - b. Verbal**
 - c. Body language
 - d. Face to face
 - e. Technology based

- 2) It is important to keep sentences....
 - a. Caring and simple
 - b. Accurate and thorough
 - c. Short and simple**
 - d. Friendly and precise
 - e. Friendly and easy

- 3) When would you not make eye contact with a client?
 - a. If culturally inappropriate**
 - b. If they are naked
 - c. If you are giving bad news
 - d. If you are shy
 - e. It is not necessary to make eye contact

- 4) Who in particular needs eye contact while talking?
 - a. People of particular cultures
 - b. People with dementia
 - c. People who are nervous
 - d. People who are hard of hearing**
 - e. People who you are first meeting

- 5) What non-verbal skills can sometimes be culturally offensive?
 - a. Writing things on a whiteboard
 - b. Pictures
 - c. Symbols
 - d. Object reference
 - e. Using signs**

- 6) What does repeating a phrase do?
 - a. Helps a person learn English words
 - b. Offends a person and puts them offside
 - c. Enhance comprehension**
 - d. Enhances memory
 - e. Emphasises the importance of task

- 7) Which is NOT a type of body language?
- a. Facial expressions
 - b. Tone of voice
 - c. Posture
 - d. Eye contact
 - e. **Sign language**
- 8) Fill in the blank: Clients have the right to an Advocate or _____ to speak on their behalf.
- a. **Interpreter**
 - b. Support worker
 - c. Friend
 - d. Helper
 - e. Pastor
- 9) If you are having trouble communicating with someone what should you do?
- a. Get in another health professional to do it for you
 - b. Try your best using different methods
 - c. **Get in another health professional to help you**
 - d. Ask to be transferred off this person's case
 - e. You have tried to communicate, so now you will just need to do the task

Personal Cares – Segment 7 - Providing Personal Care

- 1) How should you treat a person with disabilities?
 - a. Carefully
 - b. With sympathy
 - c. With empathy
 - d. With respect**
 - e. With apathy

- 2) What is another term for Personal Care?
 - a. Hygiene care
 - b. Private care
 - c. Comfort care**
 - d. Wellbeing care
 - e. Intimate care

- 3) If you were to go into an older adults' room and say "Hi Mr.... Its time for your shower now, let's walk to the shower now, shall we?" This is demonstrating what?
 - a. Planning
 - b. Friendly attitude
 - c. Encouraging mobility
 - d. Overbearing
 - e. Disrespect**

- 4) What should be prepared before showering a person?
 - a. Their meal
 - b. Their medication
 - c. The equipment required**
 - d. Your break schedule
 - e. Their room tidied

- 5) Why are there some things you should not do for people?
 - a. Because it makes you embarrassed
 - b. Because they can do it for themselves**
 - c. Because you don't have time
 - d. Because they are too hard
 - e. Because it's not your job

- 6) The equipment you want to use needs to be what?
 - a. Clean and ready for use**
 - b. Clean and named
 - c. Ready for use and named
 - d. Named and hypoallergenic
 - e. Ready for use and hypoallergenic

- 7) What is the last part of the body that should be washed?
- Hair
 - Under feet and toes
 - Hands
 - Back
 - Buttocks and genitals**
- 8) What should you be looking for while showering?
- Areas that need shaving
 - Areas that are particularly dirty
 - Mobility
 - Broken skin or red areas**
 - If you have everything you need
- 9) What should be applied to skin after a shower?
- Moisturiser**
 - Barrier cream
 - Scabies prevention cream
 - Talcum powder
 - Nothing should be applied
- 10) What should you clean glasses with?
- Hot water and face cloth
 - Tissue paper
 - Soft cloth**
 - Lens solution and face cloth
 - Using part of their soft clothing
- 11) Where should you store hearing aids?
- The client always keeps them on
 - In a dry store container**
 - Wrapped in soft cloth
 - In a locked safe
 - On the bedside table
- 12) You have showered and dressed your client, they are made up / shaved and have chosen where they would like to go. What is the task that immediately follows ensuring they are comfortable?
- Documenting the task
 - Getting them a drink or something to eat
 - Cleaning the bathroom**
 - Its break time
 - Ensuring they have had their medications

Personal Cares – Segment 8 - Oral Hygiene

- 1) What is plaque?
 - a. **Soft, sticky film that carries bacteria**
 - b. Remains of food not brushed away
 - c. Hard, white substance that builds up between teeth
 - d. A type of cavity
 - e. The yellow edging on teeth

- 2) If teeth are not properly maintained, bacteria ends up getting into the bloodstream, causing cardio-vascular disease, respiratory disease, and _____? (from the examples given)
 - a. Liver inflammation
 - b. Kidney damage
 - c. **Diabetes**
 - d. Inflamed bowel
 - e. Damage to the oesophagus

- 3) Within your mouth, what decreases with age?
 - a. Muscle tone
 - b. Tongue size
 - c. Teeth Sealant
 - d. Fluoride
 - e. **Saliva**

- 4) Besides brushing, what is it important to do to reduce risk of cavities?
 - a. **Drink plenty of water**
 - b. Eat softer foods
 - c. Put a replacement sealant on teeth
 - d. Use denture tablets
 - e. No sugary foods

- 5) What type of toothbrush is best for older adults' natural teeth?
 - a. Hard bristle
 - b. **Soft bristle**
 - c. Medium bristle
 - d. Soft cloth
 - e. Electric

- 6) Bleeding or swollen gums is an indicator of what?
 - a. The person needs to move to dentures
 - b. Infection of the sinuses
 - c. The person is not getting enough fluids
 - d. **Gum disease**
 - e. The teeth are being brushed too hard

- 7) If a person is complaining about pain when they eat, what do you need to do?
- a. Get them dentures
 - b. Put them on a soft food diet
 - c. Report this information**
 - d. Give them pain relief prior to eating
 - e. Brush their teeth with Sensodyne
- 8) What type of food can damage teeth?
- a. Hard food
 - b. Sugary food**
 - c. High sodium food
 - d. High Iron food
 - e. Highly processed food

Personal Cares – Segment 9 – Dentures

- 1) Is there an order in which dentures need to be removed?
 - a. No order, whatever is most convenient
 - b. Top teeth then bottom teeth
 - c. Bottom teeth then top teeth**
 - d. Both at the same time
 - e. You do not remove dentures to clean them

- 2) There is something important you need to do to the sink, what is it?
 - a. Fill it with warm water
 - b. Fill it with cold water
 - c. Fill it with hot water
 - d. Put a sterilizer tablet in
 - e. Put a wash cloth at the bottom**

- 3) What type of brush is used?
 - a. An electric brush
 - b. A soft brush
 - c. A hard brush
 - d. A denture brush**
 - e. A soft cloth

- 4) What should you clean the persons mouth with?
 - a. A mouth swab**
 - b. A regular cloth
 - c. A glycerine swab
 - d. A lemon swab
 - e. An antibacterial swab

- 5) What should you do with dentures overnight?
 - a. Leave them in the person's mouth
 - b. Put them in a bowl with denture tablet
 - c. Put them in a bowl with water
 - d. Put them in a sealed container with water**
 - e. Put them in a sealed bag and into their draw

- 6) If you suspect a person's dentures are not sitting right what should you do?
 - a. See how well they can eat
 - b. Report this to the nurse**
 - c. Go and check if they belong to other people
 - d. Take the person to the dentist
 - e. Heat the dentures and remould them

- 7) If a person has no teeth, what type of diet should they have
- a. A liquid diet
 - b. A pureed diet
 - c. All their food should be mashed
 - d. All their food should be soft
 - e. **A normal diet**
- 8) What is a partial plate?
- a. A full denture when there is a partial roof covering
 - b. **Where the person has some denture teeth and some real teeth**
 - c. Where a person has a plate formed to act as the roof of the mouth
 - d. Where some of the top teeth have a covering over them for protection
 - e. Where plates are inserted to part of the mouth to act as a jaw

Personal Cares – Segment 10 - Mouth Ulcers and Cold Sores

- 1) What is a mouth ulcer?
 - a. **Crater shaped lesion**
 - b. Infected cut
 - c. A hole in the gum
 - d. A wound or cracking of the lips
 - e. Inflamed ridges of the mouth

- 2) What colour are mouth ulcers usually?
 - a. Deep red or black
 - b. White, red or black
 - c. White or red
 - d. White or yellow
 - e. **Grey, white or yellow**

- 3) What part of the mouth would you usually find mouth ulcers?
 - a. Roof of the mouth
 - b. Gums under dentures
 - c. **Moist inside surfaces**
 - d. Lips
 - e. Tongue

- 4) What is the most common sign of mouth ulcers?
 - a. Mouth breathing
 - b. **Pain**
 - c. Dribbling
 - d. Increased thirst
 - e. Changes to speech

- 5) What type of deficiency can cause mouth ulcers?
 - a. Fluid
 - b. **Vitamin**
 - c. Mineral
 - d. Muscular
 - e. Blood oxygenation levels

- 6) What is a cold-sore?
 - a. Another name for ulcer
 - b. An inflamed rash near the mouth
 - c. **An inflamed blister on or near the mouth**
 - d. A blister on the roof of the mouth
 - e. The inflammation in the mouth caused by a cold

- 7) In order for people to get cold-sores, what do they need to have been exposed to during their life?
- a. **Herpes simplex**
 - b. Herpes complex
 - c. Significant stress
 - d. Immune suppressing diseases
 - e. Overcrowded housing
- 8) Generally, how long will a cold-sore last?
- a. 3 – 5 days
 - b. 3 – 7 days
 - c. 5 - 7 days
 - d. **7 - 10 days**
 - e. 10 – 12 day
- 9) What should you do if you see a person has a cold-sore?
- a. Report it to the nurse
 - b. Document it
 - c. Ensuring you are wearing gloves when touching the person
 - d. **All of the above**
 - e. a and b only are necessary

Personal Cares – Segment 11- Dressing and Undressing

- 1) Dressing and undressing someone is a very *what*, type of task?
 - a. Individual
 - b. Personal**
 - c. Intimidating
 - d. Frustrating
 - e. Functional

- 2) What three things do you need to consider when helping a person get dressed
 - a. How much they can do for themselves, if the garments are clean, clothes are easy to put on**
 - b. If the garments are clean, if they are easy to put on, how long you have to complete the task
 - c. If the clothes are easy to put on, If they are a good fashion choice, If the garments are clean
 - d. How much they can do for themselves, if it is a good fashion choice, how much time you have to complete the task
 - e. How much time you have to complete the task, if they are clean, if they are a good fashion choice

- 3) In what order should you lay the clothes out for the person?
 - a. Laid out to represent a person to act as a reminder of where the clothes go
 - b. Outer clothing on top, under clothing on bottom
 - c. In the order they are to be put on**
 - d. One pile of outer clothes, one pile of under clothes
 - e. There is no particular order

- 4) If there is clothing with a button missing what should you do?
 - a. The client should wear it regardless, it's what they picked
 - b. Take it to the clothing repair box**
 - c. Repair the button right then so the client can wear it
 - d. Throw the garment out, it's no good anymore
 - e. Set the client up with needle and thread to fix it, this will help them feel useful

- 5) Fill in the blank: Clothes should be _____ in order to help maintain good health.
 - a. Age appropriate
 - b. Easy to wear
 - c. Of good quality fabrics
 - d. Appropriate to the season**
 - e. Stylish

- 6) What is handy to use if a person struggles with laces and buttons?
 - a. Clips
 - b. Tape
 - c. Velcro**

- d. A specially designed hook
 - e. Do it for them
- 7) What should you do with leather shoes that are dirty?
- a. Launder them
 - b. Polish them**
 - c. Nothing, if they are not in need of repair they are fine
 - d. Inform the family so they can get them cleaned
 - e. Have the person clean their own shoes
- 8) If a person has an impaired limb, does this affect the way clothes are put on?
- a. No, it doesn't matter, as long as you are careful
 - b. Clothes should always be modified for impaired limb, even if only temporarily impaired.
 - c. Yes, you should not put an impaired limb into clothing
 - d. Yes, you should put the impaired limb into the clothing last
 - e. Yes, you should put the impaired limb into the clothing first**
- 9) Taking care of a persons' clothing well does what?
- a. Shows the family their loved one is well cared for**
 - b. Reduces costs of replacing clothes for the rest home
 - c. Shows your employer you are hard working
 - d. Takes time away from other tasks
 - e. Is not your job

Personal Cares – Segment 12 - Additional Cares

- 1) If a person has a 2 hourly toileting plan, why is it important to adhere to this?
 - a. **They are undergoing bladder retraining so they must be taken regularly**
 - b. It is not, this a guide so you remember you need to take them
 - c. Otherwise there will be a time consuming mess to clean up
 - d. The person will get angry at you if you don't
 - e. You could get into trouble for not following the plan

- 2) The urge to mass urine happens when the bladder has reached how many mls?
 - a. 200 ml
 - b. **300 ml**
 - c. 400 ml
 - d. 500 ml
 - e. 600 ml

- 3) What is **not** a part of healthy bowel habits?
 - a. Drinking plenty of fluids
 - b. Eating healthy diet
 - c. Regular toileting
 - d. **Medication**
 - e. Exercise

- 4) The amount of fluid a person should have in a day is based on?
 - a. The 8 cups a day rule
 - b. Their urine output
 - c. **Their weight**
 - d. How thirsty someone is
 - e. The procedures manual

- 5) From what age to people begin to not feel a thirst sensation?
 - a. 50
 - b. **60**
 - c. 70
 - d. 80
 - e. People will always feel a thirst sensation

- 6) Which is NOT a function of skin?
 - a. Protect organs
 - b. Maintain body temperature
 - c. Barrier to disease
 - d. Provide sensory feedback
 - e. **Utilise Vitamin C**

- 7) If you are in any doubt about a change to a clients' skin what should you do?
- a. Wait and see over the next little while
 - b. Document it
 - c. Talk to the nurse
 - d. a and b
 - e. **b and c**
- 8) What is a stoma?
- a. **A surgically formed opening to allow waste out of the body**
 - b. A surgically formed opening to allow fluid into the body
 - c. A series of stones throughout the kidneys
 - d. A series of stones throughout the bladder
 - e. A catheter

Personal Cares – Segment 13 - Appliances

- 1) When should a shower chair be used?
 - a. When washing a person's hair
 - b. If the person cannot stand in the shower**
 - c. All older residents should be seated in the shower
 - d. If the floor is slippery
 - e. If the person is taller than you

- 2) How often should a shower chair be cleaned?
 - a. After every use**
 - b. 3 times a day
 - c. Once a day
 - d. Once a week
 - e. If it appears dirty

- 3) If you discover a sharp bit or broken bits on an appliance you should do what?
 - a. Tape it up so it doesn't cause injury while in use
 - b. Report to manager
 - c. Put it aside with a "for repair" sign until it is fixed
 - d. a and b
 - e. b and c**

- 4) Who can use the hoist?
 - a. It is designed so people can use it themselves
 - b. Any support worker as it has directions
 - c. Support workers who have been trained**
 - d. Registered nurses
 - e. Physiotherapists

- 5) What could happen if the wrong hoist is used?
 - a. The person will not be in the position required
 - b. The person could be injured**
 - c. It could cause damage to the expensive machinery
 - d. All hoists do the same function
 - e. You will not be able to do the required task

- 6) What would happen if you leave a person sitting on the sling in their chair?
 - a. It will make it easier to move them afterwards
 - b. It will cause a person to sweat as it is not breathable
 - c. It will not be able to be used by other residents
 - d. The sling has ridges which will cause pressure points to the skin**
 - e. You will not be able to clean the equipment

- 7) When should you lift a person instead of using the hoist?
- a. If the hoist isn't working well
 - b. If the person is too frail and it could damage them
 - c. When there is a risk of the hoist getting wet
 - d. When the hoist will not fit in the required spot
 - e. **You should never lift a person with your own body**
- 8) If a person is getting into a bath, what must you always use?
- a. **A non-slip mat**
 - b. A bath mat
 - c. A bath board
 - d. A hoist
 - e. A rail
- 9) When doing cares, what is it you need to be putting first?
- a. Comfort
 - b. Dignity
 - c. **Safety**
 - d. Ease
 - e. Cleaning
- 10) What is the NOT the purpose of compression bandages?
- a. To improve blood flow
 - b. **To immobilize the ankle joint**
 - c. Prevent swelling
 - d. Protect from trauma
 - e. Prevent blood clots

Personal Cares – Segment 14 - Encourage Independence

- 1) What is a good saying to remember when thinking about encouraging independence?
 - a. Just do it
 - b. Mind over matter
 - c. Use it or lose it**
 - d. Do unto others as you'd have them do unto you
 - e. A caring heart can change the world

- 2) What does encouragement mean?
 - a. The action of giving someone support, confidence or hope**
 - b. To enhance another persons' self-belief
 - c. To challenge a persons' negative thoughts
 - d. The action of enabling another person
 - e. To direct another person towards success

- 3) What should you be doing for a person?
 - a. Any task they tell you to do
 - b. What they cannot do for themselves**
 - c. Tasks that take them a very long time to do
 - d. Whatever you think is necessary
 - e. Anything that you are concerned will result in a fall if they do it themselves

- 4) By having people do things for themselves, you are:
 - a. Being lazy not doing the job yourself
 - b. Not practicing safely as they may get hurt
 - c. Taking up time that you could be doing other tasks
 - d. Not really showing care towards a person
 - e. Encouraging independence**

- 5) Will you do the same cares every day for the person?
 - a. Yes, you will fall into a routine
 - b. Yes, you will follow the care plan
 - c. No, it will vary based on how the person is feeling**
 - d. No, it depends how much time you have that day
 - e. No, I will do all and only tasks scheduled for that day

- 6) Why is it important to record the cares done?
 - a. So the plan can be changed for the person
 - b. So another staff member knows what has already been done
 - c. So the family can see the person is being cared for
 - d. So an understanding of the person's progress can be gained**
 - e. Do you don't get in trouble for not documenting

- 7) If you have any concerns about a patient what should you do?
- a. Encourage them to try more
 - b. Do more for the person
 - c. **Discuss with the nurse**
 - d. Talk it over with another staff member
 - e. Write it in the notes so the nurse can find it
- 8) Fill in the blank: Assistance is the action of helping someone by _____, collaborating or facilitating.
- a. **Sharing**
 - b. Co-operating
 - c. Caring
 - d. Helping
 - e. Aiding