

## Resident Care

1. C. difficile can spread from person to person.
  - a. **True**
  - b. False

*(TRUE) C.diff can easily spread from person to person. Infections mostly occur in people older than 65 who take antibiotics and receive medical care. C. diff bacteria can survive a long time in any number of places, human/animal feces, room surfaces, unwashed hands, soil, water, and food including meat. Dormant C. difficile's ability to survive outside the body enables generally easy transmission, particularly when handwashing and cleaning are not done properly.*
2. People who have decreased sensation or cannot move themselves are at higher risk of pressure injuries.
  - a. **True**
  - b. False

*(TRUE) People who have decreased sensation or cannot move themselves are at higher risk of pressure injuries. These people are also at high risk of pressure injuries, those with or who: have chronic health and skin conditions, take more than 8 medications, are smokers, have paralysis/heavy sedation or in a coma, have brain dysfunction, have chronic excess dryness or wetness of skin, the elderly – as they tend to have very frail skin, people with excessive weight loss or those who are obese, and those with poor nutrition or poor fluid intake.*
3. Poor oral health can make medical problems worse.
  - a. **True**
  - b. False

*(TRUE) Poor oral health can make medical problems such as cardiovascular disease, diabetes, malnutrition, stroke, and pneumonia worse because of the increased bacteria in the mouth can spread to other body systems.*
4. Alcohol-based hand sanitizer kills C. diff bacteria.
  - a. True
  - b. **False**

*(FALSE) C. diff is a spore, so alcohol-based hand hygiene products do not kill the bacteria. Washing with soap and water is the best way to prevent the spread from person to person.*
5. Urinary incontinence is a normal part of aging.
  - a. True
  - b. **False**

*(FALSE) Urinary incontinence is under diagnosed because people may feel embarrassed and believe it is just a normal part of aging. It is not. It is common in older adults and can severely impair quality of life and independence. Incontinence can often be stopped or controlled.*
6. What should be done prior to moving a patient or resident up in bed?
  - a. Make certain resident/patient has had breakfast.
  - b. Make sure resident/patient has non-skid footwear on.
  - c. Wait until it has been at least 3 hours since last repositioning.
  - d. **Perform a patient risk assessment.**
7. Maslow's Hierarchy of Needs is a theory illustrating that people are motivated by five basic categories of needs including (in reverse order): self-actualization, self-esteem, love, safety and \_\_\_\_\_.
  - a. Philosophical, in other words relating to the understanding of the fundamental nature of knowledge and existence.
  - b. Physiological, in other words, the most basic needs such as food, water, shelter, sleep and sex.
  - c. **Intellectual, in other words, challenging problem-solving.**
  - d. Materialism, in other words, designer clothes and expensive cars.

**2024 Caregiver Continuing Education Quiz –  
Resident Care/Workplace/Health Conditions - Bonus Videos #1-#20**



8. When entering a resident's room you should do the following except?
- Shout "Hello" at the resident so you are sure they hear you.**
  - Knock.
  - Introduce yourself.
  - Use hand hygiene.
- (A) It is likely you will not need to shout at resident. Knock before entering & introduce yourself in a conversational tone.*
9. Reposition residents at least every \_\_\_\_\_ hours or more often as detailed on the care plan.
- 3
  - 4
  - 2**
  - 2.5
10. Friction, causing a traumatic skin injury, occurs when?
- Skin is dragged across a surface.**
  - Two surfaces move in opposite directions.
  - A person slides down in bed.
  - None of the above.
- (A) Friction occurs when skin is dragged across a surface, such as when a person is moved or repositioned. If the skin is moist, friction is worse. That is why it is better to lift or roll residents, which causes less friction and shearing.*
11. If a person is pushed in a wheelchair, the person should have their feet on wheelchair foot pedals.
- True**
  - False
- (True) If a person is pushed in a wheelchair, the person should have their feet on the wheelchair foot pedals. If a person is able to propel their wheelchair independently, the person does not need foot pedals on the wheelchair.*
12. In prone position, the person lies flat on their back
- True
  - False**
- (FALSE) In the supine, the person lies flat on their back. In the prone position, the person is lying on their stomach.*
13. A person should not be in fowler's or high fowler's for more than 30 to 45 minutes.
- True**
  - False
- (TRUE) To prevent pressure injury, a person in fowler's (45 degrees) or high fowler's (90 degrees) should not be in that position for longer than 30 to 45 minutes.*
14. Studies have shown that some healthcare workers only perform hand hygiene half the time that they should.
- True**
  - False
- (TRUE) Some studies have shown healthcare workers perform hand hygiene only half the time that they should. When you are not cleaning your hands when you should, you are putting yourself and those you care for at risk of infection.*
15. Poor hand hygiene can help spread mild and severe diseases.
- True**
  - False

16. You do not need to use hand hygiene after touching or opening dresser drawers, as they are considered clean unlike doorknobs and bed rails which are dirty.
  - a. True
  - b. False**

*(FALSE) Every surface in a resident or patient room is considered to be contaminated or dirty.*
17. When exiting a resident's room you should always make sure the call light is within reach of the resident.
  - a. True**
  - b. False
18. All skin breakdown, including rashes and any breakdown, must be reported to the nurse.
  - a. True**
  - b. False

### Workplace

1. Being honest and showing appreciation can help foster trust in the workplace.
  - a. True**
  - b. False

*(TRUE) We also mentioned the Golden Rule, listening to others' ideas, not gossiping, being gentle with others, being generous with compliments, being consistent, using nonverbal communication and being inclusive can all foster trust.*
2. How you choose to respond to a situation can produce an automatic response or you could choose to be responsible by stopping and making a choice.
  - a. True**
  - b. False

*(TRUE) In the Three Pillars of Responsibility, we mentioned a reactive or responsible approach to stimulus. Reactive produces an automatic response. Responsible – a stimulus comes at you, you stop and make a choice, which is a thoughtful response.*
3. How might you try to jumpstart your mindset in a positive way?
  - a. Exercise.
  - b. Complete the simplest task on your list.
  - c. Take a nap.
  - d. All of the above.**

*(D) In our presentation, we mentioned exercise – a simple walk can get your blood flowing, complete the simplest task on your to do list and tally an easy win and move on, and take a nap to reset your system. Also mentioned was a quick dose of cold, like a cold shower, can heighten your awareness along with calling a friend who can give you straight feedback.*

### Health Conditions

1. Presbyopia refers to the loss of the ability to see far away objects.
  - a. True
  - b. False**

*(FALSE) Presbyopia refers to the loss of the ability to see close objects or small print.*
2. Shingles is caused by the same virus that causes chickenpox.
  - a. True**
  - b. False

*(TRUE) Shingles is caused by the varicella-zoster virus – the same virus that causes chickenpox. After having chickenpox, the virus lays inactive in nerve tissue near the spinal cord and brain. Years later, the virus may reactivate as shingles.*

3. More than \_\_\_\_\_ in the U.S. have an anxiety disorder. (Select the closest answer.)
- 33 million
  - 5 million
  - 40 million**
  - 20 million
- (C) More than 40 million American adults or 19.1% have an anxiety disorder. Anxiety disorders are the most common of mental disorders.*
4. By 2045, it is estimated that \_\_\_\_\_ million people will have diabetes worldwide.
- 100
  - 50
  - 300
  - 700**
5. Angina symptoms in women could be different than the classic symptoms.
- True**
  - False
- (TRUE) These differences may lead to delays in seeking treatment. Chest pain is a common symptom in women with angina, but it may not be the only symptom or most prevalent. Women may also experience: discomfort in the neck, jaw, teeth or back, nausea, shortness of breath, stabbing pain instead of chest pressure and stomach pain.*
6. Type 1 diabetes is the most common accounting for about 65% of cases.
- True
  - False**
- (FALSE) Type 2 diabetes is the most common type of diabetes accounting for around 90 percent of cases.*
7. Type 2 diabetes is rising in younger people due to rising levels of:
- Factors beyond our control.
  - Obesity.
  - Physical inactivity.
  - Both b and c are correct.**
- (D) Type 2 diabetes is increasingly seen in younger people due to rising levels of obesity, physical inactivity, and poor diet.*
8. A person with rheumatoid arthritis, an auto-immune disease, may encounter these symptoms:
- Morning stiffness lasting less than 30 minutes.
  - Deformities of hands and feet.
  - Skin redness and inflammation.
  - All of the above.
  - B & C are correct.**
- (E) Someone with RA is more likely to experience morning stiffness that lasts longer than 30 minutes along with many other potential symptoms including deformities and inflammation. Someone with osteoarthritis is more likely to experience morning stiffness that lasts less than 30 minutes.*
9. Symptoms of diabetes will vary depending on how much the person's blood sugar is elevated.
- True**
  - False
- (TRUE) Symptoms of diabetes include excessive thirst and appetite, increased urination, unusual weight loss or gain, tiredness, blurred vision, frequent infections, and slow-healing sores. Type 1 symptoms tend to come on quickly and be more severe.*

**Resident Care**

1. a ● b O
2. a ● b O
3. a ● b O
4. a O b ●
5. a O b ●
6. a O b O c O d ●
7. a O b O c ● d O
8. a ● b O c O d O
9. a O b O c ● d O
10. a ● b O c O d O
11. a ● b O
12. a O b ●
13. a ● b O
14. a ● b O
15. a ● b O
16. a O b ●
17. a ● b O
18. a ● b O

**Health Conditions**

1. a O b ●
2. a ● b O
3. a O b O c ● d O
4. a O b O c O d ●
5. a ● b O
6. a O b ●
7. a O b O c O d ●
8. a O b O c O d O e ●
9. a ● b O

**Workplace**

1. a ● b O
2. a ● b O
3. a O b O c O d ●

**Trainer Note:**

Just like the previous Mandatory Extravaganza DVDS, the 2024 Bonus Material is a video library only. Please note that progress tracking or completion reports are not a component of this education delivery. The information contained in this program is for facility staff educational purposes only and is not to be used for resident, patient education or as a substitute for medical advice. Although attempts are made to update the information, there is no guarantee that the program contents comply with current laws and regulations. Avera Education & Staffing Solutions, Yankton, South Dakota, is not liable for any technical issues, viruses, malware, trojans, or other losses that may arise from using this program. The use of the program is voluntary and at the user's own risk and the care of facility residents, patients or participants is solely the duty of the facility.