

The following are practice questions to help you prepare for certification testing. These questions pertain to curriculum implemented in 2014. Answers, along with topic references, follow the questions. Topics covered on the test include:

- Activities of Daily Living/Basic Nursing Skills
- Restorative Services
- Common Diseases and Disorders
- Infection Control
- Mental and Social Needs
- Cognitive Impairment
- Resident's Rights
- Safety and Emergencies
- Communication and Interpersonal Skills
- Role and Responsibilities of the CNA

### **Directions**

A brief description of a resident is followed by ten questions related to that resident. Each question has four answer choices. Read each question and all answer choices carefully. Choose the one answer that best answers the question.

Francis Myers is 84 years old. She has a pacemaker and uses a walker.

- 1) You have been asked to measure Mrs. Myers' height today. This will be done by:
  - A. Utilizing a standing scale
  - B. Measuring while she is laying flat in bed
  - C. Using a tape measure to outline her body
  - D. Having her stand against a flat surface and measuring from the floor up
- 2) Soft, bland, low sodium or low fat would all be examples of:
  - A. Thickened liquids
  - B. General diet types
  - C. Proper hydration techniques
  - D. Modified or special diet types
- 3) Before giving Mrs. Myers a back rub, you will:
  - A. Pour a small amount of lotion on the lower back
  - B. Warm the lotion by using a microwave
  - C. Use baby oil or scented oil to rub on her back
  - D. Rub the lotion between your hands
- 4) A sign of severe dehydration would be:
  - A. Cold hands or feet
  - B. Shriveled skin
  - C. Stretched and shiny-looking skin
  - D. Tightness of jewelry

- 5) When wearing a mask, you are required to change it after:
- A. 15 minutes
  - B. 45 minutes
  - C. 60 minutes
  - D. 30 minutes
- 6) Mrs. Myers' roommate is pacing and shouting at her. To handle the situation, you
- A. Try to physically remove the roommate
  - B. Try to understand what triggered the anger
  - C. Tell her that the shouting isn't that bad
  - D. Remove Mrs. Myers and close the door
- 7) A resident with Stage 4 Alzheimer's Disease would:
- A. Feel as if she's having memory lapses
  - B. Have trouble remembering names when meeting new people
  - C. Not be experiencing any real memory problems
  - D. Forgets their own personal history or struggles to do mental arithmetic
- 8) Yelling at Mrs. Myers would be an example of:
- A. Physical Abuse
  - B. Validation Therapy
  - C. Reality Orientation
  - D. Verbal Abuse
- 9) Mrs. Myers is going to take a shower today. Proper steps for safety would include:
- A. Assist her into shower with her walker
  - B. Use a shower chair and lock the wheels
  - C. Check the rubber tips on her walker before putting her in the shower
  - D. Turn your back to ensure privacy when bathing
- 10) All of the following are good forms of communication except:
- A. Telling Mrs. Myers about your son's divorce
  - B. Explaining procedures before you perform them
  - C. Not using slang or profanity
  - D. Being polite

Mrs. Jefferson is 74 years old. She has had a CVA leaving her right-side affected.

- 11) You will help Mrs. Jefferson get dressed for the day. When removing her gown, you start with
- A. The unaffected side first
  - B. The affected side first
  - C. Slide the gown over her head
  - D. With her far arm first
- 12) What type of transfer is to be used only in emergencies?
- A. Mechanical lift

- B. Two Person lift
- C. Transfer to stretcher/shower bed
- D. Transfer to shower chair

13) Mrs. Jefferson is at risk for contractures in her fingers. Use of which of the following would be beneficial:

- A. Gait belt
- B. Abduction pillow
- C. Palm cones
- D. Knee immobilizer

14) Turning Mrs. Jefferson without disturbing her alignment is called:

- A. Pivoting
- B. Positioning
- C. Transferring
- D. Logrolling

15) Clean linens should **NOT** be placed on:

- A. The foot of the bed
- B. The bedside table
- C. The back of the chair
- D. The head of the bed

16) Mrs. Jefferson is crying when you come in to provide care. How would you handle this?

- A. Sit with her and allow her to talk about her feelings
- B. Close the door and leave her to cry privately
- C. Turn on the radio for distraction
- D. Tell her "Don't cry. This won't help you."

17) A cognitively impaired resident:

- A. Cannot see well
- B. Is angry with you
- C. Cannot hear well
- D. Is confused

18) If Mrs. Jefferson suspects that a family member is misappropriating her personal funds, she should be directed to:

- A. The Director of Nursing
- B. An ombudsman
- C. An accountant
- D. A CNA

19) When operating a fire extinguisher, remember:

- A. R.A.C.E
- B. Stop, drop and roll
- C. P.A.S.S.
- D. F.I.F.O.

20) If Mrs. Jefferson wishes to express her wishes regarding care should she become unable to communicate, she would prepare a:

- A. Last will and testament
- B. Comprehensive care plan
- C. DNR
- D. Advance Directive

Answers:

1. A. Utilize a standing scale. (Lesson 7)
2. D. Modified or special diet types. (Lesson 14)
3. D. Rub the lotion between your hands. (Lesson 10)
4. B. Shriveled skin (Lesson 14)
5. D. 30 minutes (Lesson 4)
6. B. Try to understand what triggered the anger. (Lesson 22)
7. D. Forgets their own personal history and struggles to do mental arithmetic. (Lesson 21)
8. D. Verbal abuse. (Lesson 30)
9. B. Use a shower chair and lock the wheels. (Lesson 10)
10. A. Telling Mrs. Myers about your son's divorce. (Lesson 30)
11. A. The unaffected side first. The affected side goes last when removing a gown. (Lesson 12)
12. B. A Two-Person lift should be used in emergencies only. (Lesson 9)
13. C. Palm cones. (Lesson 17)
14. D. Logrolling. (Lesson 8)
15. A. The foot of the bed is the dirtiest part of the bed. (Lesson 13)
16. A. Sit with her and allow her to talk about her feelings. (Lesson 22)
17. D. Is Confused. (Lesson 21)
18. B. An Ombudsman (Lesson 2)

19. C. P.A.S.S. Pull the pin. Aim at the base of the fire. Squeeze the handle. Sweep back and forth at the base of the fire. (Lesson 6)

20. D. Advance Directive. (Lesson 28)