

NF 3.02 Exam

Indicator- Understand the safety and emergency care skills within the nurse aide range

1. According to the National Patient Safety Goals for Long Term Care, what is one of the most important things to do?
 - a. Assist the patient with ambulation
 - b. Use medicines safely
 - c. Identify residents correctly
 - d. Assist patients cleaning dentures

2. What percent of falls happen in healthcare facilities?
 - a. 50%
 - b. 20%
 - c. 65%
 - d. 70%

3. What is a factor that puts a resident at greater risk for falls?
 - a. Restraint precautions
 - b. Commodes
 - c. Medications
 - d. Wheelchairs

4. What is the best way to prevent falls?
 - a. Assist patient with ambulation
 - b. Answer call bells promptly.
 - c. Unlocked wheelchairs.

- d. Have patient to always wear shoes.
5. If you see equipment that has a frayed cord, what should you do?
- a. Use duck tape and tape it up.
 - b. If there is no copper wire showing it is ok to use.
 - c. Report it immediately to your supervisor.
 - d. Nothing
6. What should you do if you don't understand a procedure you are to do for a patient?
- a. Ask for an explanation of procedure.
 - b. Do it anyway to the best of your ability.
 - c. Don't ask because they will think you are stupid.
 - d. None of the above.
7. What are some factors that increase the resident's risk of injury?
- a. Crippling diseases, arthritis and paralysis
 - b. Numbness, pain and decreased temperature.
 - c. Smoking, eating and ambulating.
 - d. Cancer, diabetes and CVA
8. What effects can medications have on a patient?
- a. Narcolepsy
 - b. Confusion
 - c. Numbness

d. Decreased hearing

9. What is the second most common hazard to a resident in a LTC facility?

a. Falls

b. Burns

c. Choking

d. Heart attacks

10. What should the hot water temperature be set at in a LTC facility?

a. 105

b. 98

c. 100

d. 120

11. What is something you can do to prevent a patient from choking?

a. Encourage them to use their dentures.

b. Elevate the HOB when eating.

c. Assist in cutting up food.

d. All the above.

12. What is the best height to have the bed when doing patient care?

a. At the lowest position.

b. At the highest position.

- c. At waist height.
- d. At knee level.

13. What is the definition of body mechanics?

- a. Bending over to pick up an object.
- b. Stooping to pick up an object.
- c. Coordination of body alignment, balance and movement.
- d. None of the above.

14. What is the purpose of good body mechanics?

- a. To prevent injury to resident and staff.
- b. To move a patient efficiently.
- c. To keep a patient from falling.
- d. To help a patient with proper ambulation.

15. You have a very heavy resident who needs moving in bed.

What should you do?

- a. Move them yourself.
- b. Leave them and let the next shift deal with it.
- c. Ask another staff member to help.
- d. Ask another resident to help you.

16. What are some major fire hazards?

- a. Unsafe practices when oxygen is in use.
- b. Clutter such as paper and rags.
- c. Overloaded electrical circuits.
- d. All the above.

17. What are the elements you need to start a fire?
- Water, fuel and oxygen.
 - Food, fuel and water
 - Oxygen, food and water
 - Fuel, heat and oxygen
18. What does the acronym RACE stand for in fire safety?
- rescue, activate, contain and evacuate
 - remove, action, contain and extinguish
 - rescue, activate, control and extinguish
 - Remove, activate, confine and extinguish.
19. You have a resident who is on oxygen. What are some of the precautions you need to have in place?
- Leave cigarettes in rooms, remove flammable liquids from area.
 - Post "Oxygen in Use" signs in the room and keep lights shut off.
 - Shut off air conditioning and Use cotton blankets and clothing
 - Never have an open flame or smoking in area.
20. Why should you NOT allow the patient's nasal cannula to touch the floor?
- It could get stepped on
 - It could become contaminated with urine

- c. It could become contaminated with pathogens
 - d. It could be contaminated with food.
21. What percent of nurses are assaulted on duty during their careers?
- a. 70%
 - b. 50%
 - c. 10%
 - d. 35%
22. What are resident risk factors for workplace violence?
- a. Old age
 - b. Cancer
 - c. Head injury
 - d. Death
23. What is one diffusing technique you can use for workplace violence?
- a. Standing with your arms crossed.
 - b. Shouting for them to calm down.
 - c. Calling security.
 - d. Ignore personal verbal attacks.
24. What is something you can do if a resident is choking and can still talk?
- a. Encourage coughing
 - b. Do the Heimlich maneuver
 - c. Slap on the back
 - d. Turn resident upside down.
25. What is the universal sign for choking?
- a. Grasping their chest

- b. Grasping their stomach
- c. Grasping their nose
- d. Grasping their throat

26. What are some signs and symptoms of a heart attack?

- a. Shortness of breath, neck pain and constipation
- b. Chest pain, constipation and diaphoresis
- c. Diaphoresis, diarrhea, and neck pain
- d. Neck pain, arm pain and shortness of breath

27. If you are in a long term care facility and need to call for a fire situation, what should you dial?

- a. 9110
- b. 0911
- c. 9911
- d. 2911

28. If you find a patient unresponsive, what is the first thing you should do?

- a. Activate the emergency system.
- b. Activate the call system
- c. Notify another nurse aide
- d. None of the above

29. What should you do first for a resident to have the best survival from a heart attack?

- a. Start respirations immediately.
- b. Start chest compressions immediately.
- c. Call for EMS immediately
- d. Nothing, let nature take its course

30. What is the best thing you can do for a resident who is having a Clonic-Tonic Seizure?
- Place a spoon in the resident's mouth to prevent them from swallowing their tongue.
 - Cushion their head and turn their head to one side.
 - Place them in their bed.
 - None of the above.
31. What is a major cause of strokes?
- exercise
 - medication
 - elevated white blood count
 - elevated blood pressure
32. What is the other name for stroke?
- Cerebral Vision Accident
 - Cerebral Vascular Accident
 - Tran ischemic Attack
 - Tran island Attack
33. Which of the following is considered a normal blood pressure?
- 140/90
 - 160/76
 - 210/120
 - 118/60
34. Why is hypertension called the silent killer?
- Sometimes there are no symptoms
 - A third of all people who have it don't know it.
 - The best way to find out if you have it is to get your blood pressure checked.

d. All the above

35. Your patient is unable to speak after having a stroke. Which side of their brain has been affected?

a. right side

b. left side

c. both sides

d. either side