

# LET'S REVIEW



1. Water used for bathing should feel \_\_\_\_\_, not hot or cold.
2. The patient must check the \_\_\_\_\_ to make sure it is comfortable for them.
3. Whatever we wash, we \_\_\_\_\_. Whatever we rinse, we \_\_\_\_\_.
4. For the test, basins are rinsed and \_\_\_\_\_ before being put away.
5. File nails in \_\_\_\_\_ direction, toward the \_\_\_\_\_.
6. Soiled linens should be placed on the \_\_\_\_\_ after use, never directly on the table.
7. After warming and applying lotion, you must \_\_\_\_\_ the excess.
8. When changing the sheet on an occupied bed, clean rolls \_\_\_\_\_ you, and dirty rolls \_\_\_\_\_.
9. Patients must always be rolled \_\_\_\_\_ you when turning.
10. An elbow is a hinge joint and can only move \_\_\_\_\_ and \_\_\_\_\_.
11. Normal blood pressure values are:
  - a. Systolic (top number) between \_\_\_\_\_ - \_\_\_\_\_
  - b. Diastolic (bottom number) between \_\_\_\_\_ - \_\_\_\_\_
12. Feel the brachial artery to know where to place your \_\_\_\_\_ before taking a blood pressure, to ensure accuracy.
13. Stethoscope earpieces should be pointing toward the \_\_\_\_\_ to hear more effectively.
14. The systolic blood pressure (top number) is reported as the number on the gauge when you hear the **FIRST / LAST** thump while releasing air from the cuff. (circle one)
15. If you get an \_\_\_\_\_ reading on an automated blood pressure device, you must re-check it manually, using a blood pressure cuff and stethoscope.

CLASS 3

1 warm 2. water temperature 3. rinse, dry 4. dried 5. one, center (or middle) 6. barrier 7. wipe off 8. toward, away 9. away from 10. up and down 11. a. 100-119 b. 60-79 12. stethoscope 13. patient 14. FIRST 15. abnormal

# Review



Normal Values:

1 Systolic

2 Diastolic

What is the blood pressure reading?

3 / 4

Inflate cuff to: 5

Write the number next to the words that fill in the blank. Each word/number is only used once.

- |                 |                    |
|-----------------|--------------------|
| 70 _____        | on _____           |
| 126 _____       | paper towels _____ |
| 100-119 _____   | policy _____       |
| 160-180 _____   | rinse _____        |
| 60-79 _____     | shake _____        |
| away _____      | SOAP _____         |
| clean _____     | soapy _____        |
| discarded _____ | supplies _____     |
| dry _____       | toward _____       |
| empty _____     | uniform _____      |
| floor _____     | wash _____         |
| leaves _____    | water temp _____   |
| lotion _____    |                    |

Answers: 4, 3, 1, 5, 2, 10, 7, 12, 25, 22, 11, 17, 21, 14, 27, 24, 23, 8, 13, 20, 26, 9, 6, 18, 16

## Linen Rules

- ✓ Linens must not touch 6
- ✓ Must have 7 hands to get linens
- ✓ Do not 8 or snap linens
- ✓ Clean rolls 9 you, dirty rolls 10
- ✓ Don't let clean or dirty linens touch 11
- ✓ Unused items must be 12

## Washing Rules

- ✓ Basins are "NO-13" Zones
- ✓ Use paper towel to turn faucet 14
- ✓ 15 water only (not hot, not cold)
- ✓ Allow patient to check 16
- ✓ Use 17 Method for body openings
- ✓ 18, rinse, dry
- ✓ Change water if cold or 19
- ✓ Don't get the surface (bed, table, floor) 20
- ✓ Warm 21 before use, wipe off excess

## Basin Cleaning

- ✓ 22 basin in sink or toilet
- ✓ 23 basin with running water, set down in sink
- ✓ Disinfect per 24, use paper towel to pick up basin
- ✓ Use paper towels to 25 inside & outside
- ✓ Paper towel to collect 26 and open drawer
- ✓ Dispose of 27