

LET'S REVIEW

1. Flexion/Extension is an _____ / _____ motion.
2. According to the care plan at the top of page 81, how many repetitions of this exercise will you do? _____
3. When cleaning dentures, use **COOL / HOT** water. (circle one)
4. You must wear _____ while handling dentures.
5. Dentures must be protected from breaking during cleaning by putting a _____ on the bottom of the sink.
6. Denture care includes cleaning dentures and performing _____.
7. Remove all _____ in your path before standing a patient.
8. During the aging process, as _____ decreases, activities will take more energy or effort.
9. When applying the gait belt, you must make sure it is snug enough by inserting _____ fingers between the belt and the patient.
10. After standing a patient using a gait belt, make sure you let them stand for a few seconds and ask if they are _____ before walking.
11. Before walking a patient, you must look around the environment for any _____ that might be in the walking path.
12. Whatever we _____, we rinse. Whatever we rinse, we _____.
13. When washing wet body openings (like eyes, nose, mouth, genitals, anal area, wounds, rashes, sores or incisions), use the _____ method.
14. When providing a Partial Bed Bath, what is the best way to prevent unnecessary exposure of the patient? _____
15. After using the washcloth for cleaning, where should it be placed until the end of the skill: _____

CLASS 5

1 up/down 2. three 3. COOL 4. gloves 5. washcloth 6. mouth care 7. obstacles 8. strength 9. four 10. dizzy 11. obstacles 12. wash, dry 13. leaves 14. use a privacy blanket 15. on the barrier on the table (or in the hamper)

Review

Principles

LOWEST

Shoe Rules

- ✓ If a patient's feet hit the floor, we talk about their 1
- ✓ Slipper socks are 2
- ✓ 3 fingers between gait belt and patient
- ✓ Feet must be 4 on the floor
- ✓ 5 before lifting
- ✓ Ask if 6 or weak after standing
- ✓ The patient must feel the 7
- ✓ Use proper 8 mechanics

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

- 4 _____
- body _____
- chair _____
- count to 3 _____
- dizzy _____
- flat _____
- not enough _____
- shoes _____

abnormalities
WASH HANDS

Comfort

SUPPLIES

Answers: 3, 8, 7, 5, 6, 4, 2, 1

Which Principles are used when providing a Partial Bed Bath? Check all that apply:

Skill Rules	The Opening	Glove Rules	Barrier	Privacy Blanket	Linen Rules	Scoot & Roll	Washing Rules	Basin Cleaning	Shoe Rules	The Closing
<ul style="list-style-type: none"> ✓ Perform skill as directed on the care plan ✓ The care plan, the whole care plan and nothing but the care plan ✓ Observe for any abnormalities, changes or pain ✓ Report all observations to the nurse 	<ul style="list-style-type: none"> ✓ Knock ✓ Greet Resident ✓ Address by Name ✓ Introduce yourself ✓ Describe skill ✓ Obtain permission ✓ Close curtain ✓ Wash hands ✓ Gather supplies <p style="color: white; font-size: small;">*Do not touch resident until hands are clean!</p>	<ul style="list-style-type: none"> ✓ Use gloves when you might touch body fluids, personal skin or non-intact skin ✓ The first thing you gloves should touch is the PATIENT ✓ What have your dirty gloves touched? ✓ Remove soiled gloves correctly 	<ul style="list-style-type: none"> ✓ Provides clean area for clean supplies ✓ Only touch supplies with clean hands ✓ Don't let supplies touch your uniform ✓ Get Barrier first before gathering supplies 	<ul style="list-style-type: none"> ✓ Apply to keep patient warm and provide privacy ✓ Used anytime a patient is uncovered or undressed ✓ Pull down sheet underneath ✓ Don't snap or shake blanket ✓ Remove at end of skill after removing gloves (if used) 	<ul style="list-style-type: none"> ✓ Linens must not touch uniform ✓ Must have clean hands to get linens ✓ Do not shake or snap linens ✓ Clean rolls toward you, dirty rolls away ✓ Don't let clean or dirty linens touch floor ✓ Unused items must be discarded 	<ul style="list-style-type: none"> ✓ You will not have side-rails in all settings ✓ Have the patient scoot toward you before rolling away ✓ Remain behind the patient's behind ✓ The patient MUST always be in the middle of the bed 	<ul style="list-style-type: none"> ✓ Basins are "NO-SOAP" Zones ✓ Use paper towel to turn faucet on ✓ Warm water only (not hot, not cold) ✓ Allow patient to check water temp ✓ Use Leaves Method for body openings ✓ Wash, rinse, dry ✓ Change water if cold or soapy ✓ Don't get the surface (bed, table, floor) wet ✓ Warm lotion before use, wipe off excess 	<ul style="list-style-type: none"> ✓ Empty basin in sink or toilet ✓ Rinse basin with running water, set down in sink ✓ Disinfect per policy, use paper towel to pick up basin ✓ Use paper towels to dry inside & outside ✓ Paper towel to collect supplies and open drawer ✓ Dispose of paper towels 	<ul style="list-style-type: none"> ✓ If a patient's feet hit the floor, we talk about their shoes ✓ Slipper socks are not enough ✓ 4 fingers between gait belt and patient ✓ Feet must be flat on the floor ✓ Count to 3 before lifting ✓ Ask if dizzy or weak after standing ✓ The patient must feel the chair ✓ Use proper body mechanics 	<ul style="list-style-type: none"> ✓ Ensure clean environment ✓ Bed height in lowest position ✓ Ask about comfort ✓ Address preferences ✓ Ensure covered with sheet if in bed ✓ Open privacy curtain ✓ Give patient call light & instructions ✓ Wash hands ✓ Document & wash hands again ✓ Do not return to patient