

14

Core Healthcare Skills

1. Explain the importance of monitoring vital signs

Short Answer

1. What may changes in vital signs indicate?

2. Which changes should be immediately reported to a supervisor?

3. What are five sites for measuring body temperature?

Short Answer

Mark an X by each person for whom an oral temperature should NOT be taken.

4. _____ Person is disoriented.
5. _____ Person has sores in his mouth.

6. _____ Person is 40 years old.
7. _____ Person is unconscious.
8. _____ Person has a broken leg.
9. _____ Person is likely to have a seizure.
10. _____ Person has a nasogastric tube.
11. _____ Person has had children.

Short Answer

For each of the illustrations of thermometers shown below, write the temperature reading to the nearest tenth degree in the blank provided.



12. _____



13. _____



14. _____



15. _____



16. _____



17. _____



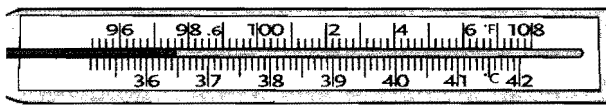
18. _____



19. _____



20. _____



21. _____

Multiple Choice

22. Which of the following is the normal temperature range for the oral method?

- (A) 90.6–94.6 degrees Fahrenheit
- (B) 93.6–97.9 degrees Fahrenheit
- (C) 98.6–100.6 degrees Fahrenheit
- (D) 97.6–99.6 degrees Fahrenheit

23. Which of the following thermometers is used to take a temperature in the ear?

- (A) Temporal artery thermometer
- (B) Rectal thermometer
- (C) Axillary thermometer
- (D) Tympanic thermometer

24. Which of the following temperature sites is another word for the armpit area?

- (A) Temporal artery
- (B) Rectum
- (C) Axilla
- (D) Tympanum

25. Which temperature site is considered to be the most accurate?

- (A) Mouth (oral)
- (B) Rectum (rectal)
- (C) Temporal artery (forehead)
- (D) Ear (tympanic)

26. A rectal thermometer is usually color-coded

- (A) Red
- (B) Green
- (C) Black
- (D) Blue

27. What is the most common site for monitoring the pulse rate?

- (A) Apical pulse
- (B) Femoral pulse
- (C) Pedal pulse
- (D) Radial pulse

28. For adults, the normal pulse rate is

- (A) 20 to 40 beats per minute
- (B) 40 to 60 beats per minute
- (C) 60 to 100 beats per minute
- (D) 90 to 120 beats per minute

29. The medical term for difficulty breathing is

- (A) Dyspeptic
- (B) Dyspnea
- (C) Dysphagia
- (D) Dystolic

30. The medical term for rapid respirations is

- (A) Apnea
- (B) Eupnea
- (C) Orthopnea
- (D) Tachypnea

31. The normal respiration rate for adults ranges from

- (A) 5 to 10 breaths per minute
- (B) 7 to 11 breaths per minute
- (C) 12 to 20 breaths per minute
- (D) 25 to 32 breaths per minute

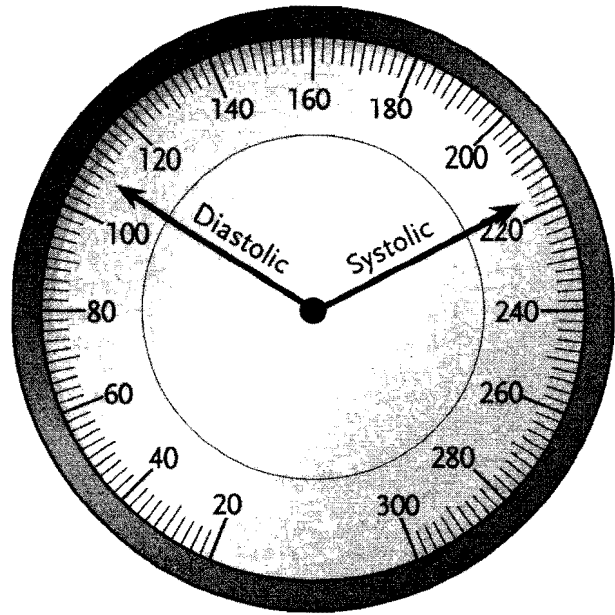
32. Why is it important for the home health aide to observe respirations without letting the client know what she is doing?

- (A) People may breathe more quickly if they know they are being observed.
- (B) People will hold their breath if they know what the HHA wants to measure.
- (C) The procedure takes less time if the client is unaware of what is happening.
- (D) Observing respirations is a painful process for most people.

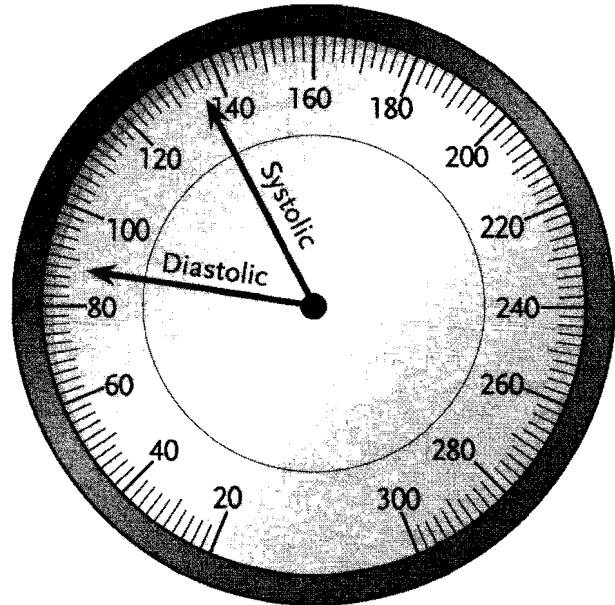
33. Which of the following is considered a high blood pressure reading?
(A) 119/79
(B) 130/75
(C) 110/70
(D) 100/79
34. Which of the following is used to measure blood pressure?
(A) Sphygmomanometer
(B) Urostoscope
(C) Reflex hammer
(D) Otoscope
35. The second measurement of blood pressure reflects the phase when the heart relaxes. It is called the _____ phase.
(A) Systolic
(B) Mercurial
(C) Hyperbolic
(D) Diastolic
36. Blood pressure measurements are recorded as
(A) Rhythms
(B) Fractions
(C) Decimals
(D) Equations
37. Which measurement of blood pressure is always higher than the other?
(A) Systolic
(B) Dystemic
(C) Diastolic
(D) Systemic

Short Answer

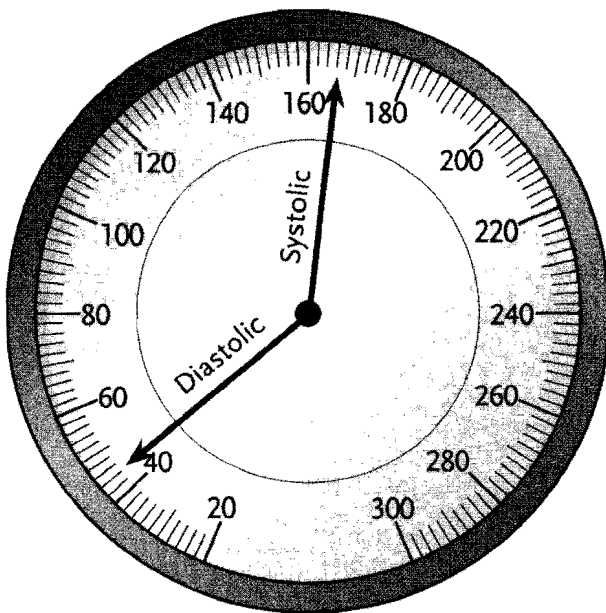
For each of the gauges shown below, record the blood pressure shown and answer the question.



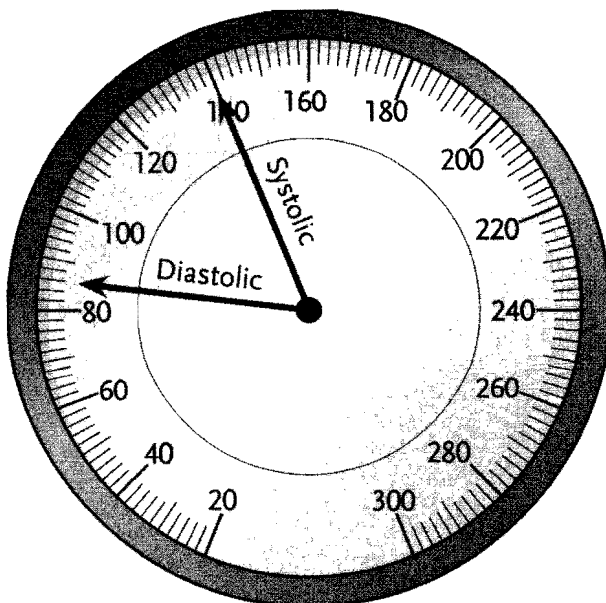
38. _____
Is this reading within normal range?



39. _____
Is this reading within normal range?



40. _____
Is this reading within normal range?



41. _____
Is this reading within normal range?

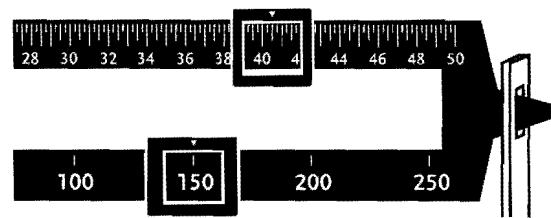
Short Answer

42. If a client complains of pain, what questions should the home health aide ask to get the most accurate information?

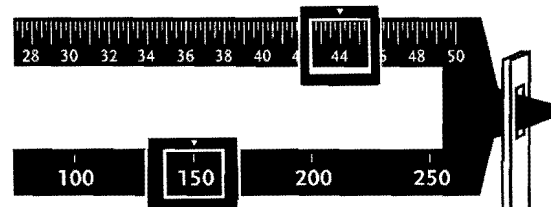
Name: _____

Short Answer

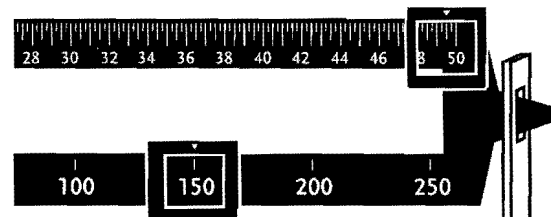
Looking at each of the readings shown below, determine each client's weight for questions 43 to 46 and height for questions 47 to 50.



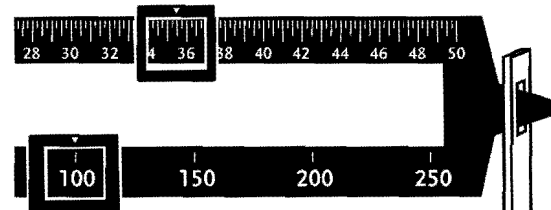
43. _____



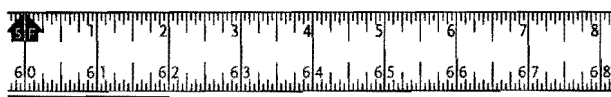
44. _____



45. _____



46. _____



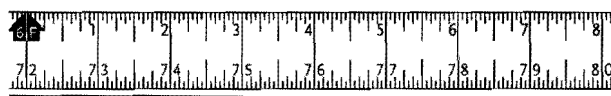
47. _____



48. _____



49. _____



50. _____

2. List three types of specimens that may be collected from a client

Matching

Use each letter only once.

1. _____ Clean-catch specimen
2. _____ Hat
3. _____ Routine urine specimen
4. _____ Specimen
5. _____ Sputum specimen
6. _____ Stool specimen
- (A) Collection container put into the toilet bowl to collect and measure stool and urine
- (B) Urine and toilet paper should not be included with this specimen
- (C) A sample that is used for analysis in order to try to make a diagnosis
- (D) Urine sample collected any time the client voids
- (E) Excludes the first and last urine voided from the sample
- (F) A specimen of thick mucus that is best collected in the early morning

3. Describe the importance of fluid balance and explain intake and output (I&O)

True or False

1. _____ Fluids come in the form of liquids a person drinks, as well as semiliquid foods such as soup or gelatin.
2. _____ The fluid a person consumes is called intake or input.
3. _____ All the body's fluid output is in the form of urine.
4. _____ Fluid balance means taking in and eliminating equal amounts of fluid.
5. _____ Most people need to consciously monitor their fluid balance.

Conversions

6. A general recommendation for daily fluid intake for a healthy person is 64 ounces (oz).
How many milliliters (mL) is this?
_____ mL
How many cups is this?
_____ cups
7. Mrs. Wyant drinks half of a glass of orange juice. The glass holds about 1 cup of liquid.
How many milliliters of orange juice did Mrs. Wyant drink?
_____ mL
8. Mr. Ramirez just ate some chocolate pudding from a 6-ounce container. The leftover pudding is measured and is about 35 mL.
How many milliliters of pudding did Mr. Ramirez eat?
_____ mL
9. Ms. Sumiko has a bowl of soup for lunch. The soup bowl holds about 1½ cups of liquid.
How many milliliters (mL) is this?
_____ mL
Ms. Sumiko finishes most of her soup, but leaves about 25 mL.

How many mL of soup did Ms. Sumiko eat?

_____ mL

Short Answer

10. List three guidelines that a home health aide should follow when a client vomits.

4. Describe the guidelines for catheter care

Matching

Use each letter only once.

1. _____ Catheter
 2. _____ Condom catheter
 3. _____ Indwelling catheter
 4. _____ Straight catheter
 5. _____ Urinary catheter
- (A) Urinary catheter that has an attachment that fits onto the penis
- (B) Urinary catheter that is removed immediately after urine is drained
- (C) Thin tube used to drain urine from the bladder
- (D) Urinary catheter that remains inside the bladder for a period of time
- (E) Thin tube inserted into the body that is used to drain or inject fluids

True or False

6. _____ The drainage bag for a urinary catheter must always be kept lower than the bladder or hips.

Name: _____

7. _____ For clients who have urinary catheters, daily care of the genital area is important to avoid infection.
8. _____ The home health aide is responsible for removing a urinary catheter once the doctor says it is no longer needed.
9. _____ When cleaning the area near the catheter, the home health aide should use a clean area of the washcloth for each stroke.

5. Explain the benefits of warm and cold applications

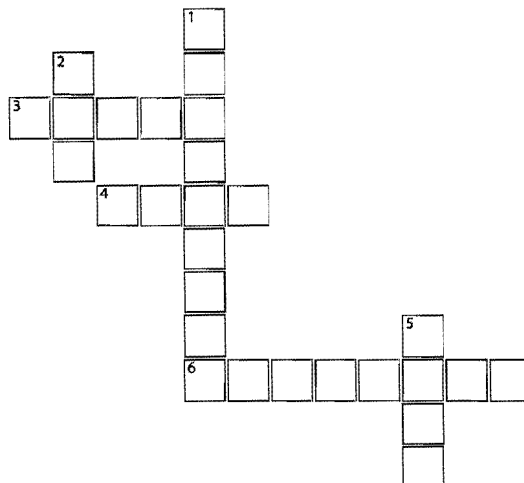
Crossword

Across

3. Cold applications can bring this down
4. Type of application that helps stop bleeding
6. A warm soak of the perineal area to clean perineal wounds and reduce pain

Down

1. A condition that could cause a person to be unable to feel or notice damage occurring from a warm or cold application
2. Numbness, pain, blisters, and skin that is this color should be reported to the supervisor
5. Type of application that increases blood flow to an injured area



Multiple Choice

7. Which of the following is a type of dry warm application?
 - (A) Cold compress
 - (B) Warm tub bath
 - (C) Warm soak
 - (D) Disposable warm pack
8. A benefit of heat is that it
 - (A) Increases blood flow to the affected area
 - (B) Decreases oxygen to the tissues
 - (C) Brings down high fevers
 - (D) Causes numbness in the affected area
9. Which of the following is a type of moist cold application?
 - (A) Warm sitz bath
 - (B) Warm compress
 - (C) Disposable cold pack
 - (D) Ice pack
10. What is the proper water temperature when making a warm compress?
 - (A) No higher than 95 degrees Fahrenheit
 - (B) No higher than 105 degrees Fahrenheit
 - (C) No higher than 120 degrees Fahrenheit
 - (D) No higher than 125 degrees Fahrenheit

6. Explain how to apply nonsterile dressings

Short Answer

What is the difference between sterile and nonsterile dressings?

7. Describe the purpose of elastic stockings and how to apply them

Multiple Choice

1. Why are elastic (compression) stockings ordered for some clients?
 - (A) They help prevent diabetes.
 - (B) They help prevent anemia.
 - (C) They help prevent blood clots.
 - (D) They help prevent chronic obstructive pulmonary disease.
2. The best time to apply elastic stockings is
 - (A) In the evening, before the client goes to bed
 - (B) In the morning, before the client gets out of bed
 - (C) In the early afternoon, before the client gets back in bed to rest
 - (D) In the late morning, before the client has lunch
3. Where should the heel of the stocking be after the stocking is applied?
 - (A) Over the client's toes
 - (B) Over the client's heel
 - (C) Over the client's lower calf
 - (D) Over the client's shin

8. Define *ostomy* and list care guidelines

True or False

1. ____ An ostomy is the surgical creation of an opening from an area inside the body to the outside.
2. ____ The artificial opening in the abdomen through which stool is eliminated is called a stoma.
3. ____ Clients who have ileostomies will need to restrict their fluid intake.
4. ____ The home health aide should wear gloves when providing ostomy care.

Short Answer

5. Why might a client be embarrassed by his ostomy?

Multiple Choice

6. How often should an ostomy pouch be emptied and cleaned or replaced?
- (A) Once a day
 - (B) Every hour
 - (C) Whenever stool is eliminated
 - (D) Before a client gets out of bed for the day
7. What could cause a food blockage in a client who has an ileostomy?
- (A) Too much liquid
 - (B) A large amount of high-fiber food
 - (C) Skin irritation
 - (D) Using skin barriers around the stoma

9. Describe how to assist with an elastic bandage**Multiple Choice**

1. Elastic bandages are also known as
- (A) Nonsterile bandages
 - (B) Plastic bandages
 - (C) Liquid bandages
 - (D) Aseptic bandages
2. One purpose of an elastic bandage is to
- (A) Elevate a cast
 - (B) Hold a dressing in place
 - (C) Cover a pressure injury
 - (D) Help with ambulation

3. Elastic bandages should be applied snugly enough to control _____ and prevent movement of _____.
- (A) Temperature, the client
 - (B) Bleeding, dressings
 - (C) Elevation, dressings
 - (D) Movement, the client
4. How soon should the home health aide check on a client after applying a bandage?
- (A) 60 minutes
 - (B) 30 minutes
 - (C) 2 hours
 - (D) 10 minutes