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Clean, Safe, and Healthy Environments

1. Describe how housekeeping affects physical and psychological well-being

Short Answer

1. What are some reasons that home health aides should maintain orderly, clean households for their clients?

2. List qualities needed to manage a home and describe general housekeeping guidelines

True or False

1. _____ The HHA's primary responsibility is to clean the client's kitchen.
2. _____ The HHA should expect that all members of the household will be able to help with housekeeping.
3. _____ The HHA will need to be flexible with regard to household maintenance.
4. _____ Vacuuming is not part of an HHA's duties.

5. _____ Using proper body mechanics when performing housekeeping activities helps prevent injury.
6. _____ It is important for HHAs to be sensitive to each client's customs and beliefs.
7. _____ The HHA will need to use cleaning materials and methods that are approved by clients and their families.
8. _____ The HHA should clean up and straighten up after every activity.
9. _____ One HHA responsibility is observing for infestation of insects and animals.

3. Describe cleaning products and equipment

True or False

1. _____ All-purpose cleaners can be used on several types of surfaces.
2. _____ For really dirty surfaces, it is best to use a mixture of bleach and ammonia.
3. _____ Abrasive cleaners are used mostly for bathing clients.
4. _____ A sponge is generally used to soften and remove soil on washable surfaces.
5. _____ Vacuum cleaner bags should be checked frequently.
6. _____ Some cleaning products can cause burns.
7. _____ Lemon juice is an example of an environmentally friendly cleaning solution.
8. _____ White vinegar mixed with water can be used to clean glass.

9. _____ Baking soda is a type of toxic abrasive scouring powder.

4. Describe proper cleaning methods for living areas, kitchens, bathrooms, and storage areas

Multiple Choice

1. Examples of essential items that should be kept close by the client include
 - (A) Eyeglasses
 - (B) Potato chips
 - (C) Nail polish
 - (D) Cosmetics
2. Falls and accidents in the home are frequently caused by
 - (A) Contaminated counters
 - (B) Wet floors
 - (C) Full trash containers
 - (D) Leftover food scraps
3. In the kitchen, diseases may be transmitted by
 - (A) Soap
 - (B) Medications
 - (C) Contaminated food surfaces
 - (D) Bleach
4. Unless the client has allergies, it is a good idea for the home health aide to dust this frequently:
 - (A) Five times a week
 - (B) Once a week
 - (C) Once every two months
 - (D) Twice a month
5. In order to remove odors, the home health aide can use
 - (A) Flour
 - (B) Baking soda
 - (C) Sugar
 - (D) Baking powder
6. Dishes may be sterilized by
 - (A) Using a dishwasher
 - (B) Using cold water
 - (C) Using an oven cleaner
 - (D) Drying them with a dish towel
7. How often should the home health aide dispose of garbage?
 - (A) Daily
 - (B) Weekly
 - (C) Monthly
 - (D) Every two weeks
8. Basic bathroom hygiene includes
 - (A) Washing from dirty areas to clean areas
 - (B) Placing soiled towels on the bathroom sink
 - (C) Cleaning the tub and shower after each use
 - (D) Leaving toothbrushes in the sink
9. Instead of glass cleaner, the home health aide can mix water and _____ to clean glass.
 - (A) Wine
 - (B) Vinegar
 - (C) Apple juice
 - (D) Spray starch
10. In what environments do mold and mildew grow best?
 - (A) In cold areas
 - (B) In dry places
 - (C) In warm, moist places
 - (D) In windy areas
11. Floors and rugs should be vacuumed at least
 - (A) Once a month
 - (B) Twice a week
 - (C) Once a week
 - (D) Once a day
12. Which of the following materials is commonly recycled?
 - (A) Wood
 - (B) Plastic
 - (C) Polyester
 - (D) Marble
13. A nontoxic solution that can be used to remove grease on surfaces is:
 - (A) Acetone solution
 - (B) Ammonia solution
 - (C) Bleach solution
 - (D) Lemon juice solution

5. Describe how to prepare a cleaning schedule

Short Answer

Create a sample cleaning schedule for an immobile client.

Immediately:

Daily:

Weekly:

Monthly:

Less often:

6. List special housekeeping procedures to use when infection is present

Fill in the Blank

1. _____ any surfaces that come into contact with body fluids, such as _____, urinals, and toilets.
2. Frequently remove _____ containing used tissues.
3. Keep any _____ of urine, stool, or sputum in double bags away from food.
4. _____ dishes and utensils should be used for the client.
5. Wash dishes in hot, soapy water with _____, and rinse in _____ water.
6. _____ the client's bathroom daily.

7. Explain how to do laundry and care for clothes

Crossword

Across

3. Washing cycle used for sturdy permanent press items and cottons
4. Chemical that whitens clothing and removes stains
5. Substance used to dilute bleach
6. Delicate fabric requires _____ time in the dryer.
7. Washing cycle used for delicate items

- Down

1. Type of bleach used on washable fabrics; most effective in hot water
2. Parts of a shirt that are ironed first, after collars, cuffs, and garment facings
5. The safest water temperature for most garments
6. Cleaned every time the dryer is used

3. ____ Dirty laundry should be shaken to remove dirt before putting it in the washing machine.
4. ____ The home health aide should keep the client's laundry separate from other family members' laundry.
5. ____ Dirty laundry should remain in the client's room as long as possible so as to avoid contamination of the rest of the house.
6. ____ Agency-approved disinfectants should be used in loads of laundry.

9. List guidelines for teaching housekeeping skills to clients' family members

Scenario

Read the following scenario and decide how to respond.

Dave, a home health aide, is explaining to Mrs. Crawford's family how to protect against infectious diseases when doing the laundry and cleaning the kitchen. He has written a long list of instructions, and when he is done explaining, two family members still seem confused about some key points. How should Dave respond in this situation?

[illegible]

8. List special laundry precautions to use when infection is present

True or False

1. ____ It is best to use cold water when doing laundry for a client who has an infectious disease.
2. ____ The home health aide should wear gloves when doing the laundry for a client who has an infectious disease.

10. Discuss the importance of sleep and explain why careful bedmaking is important

Multiple Choice

- 1. Why is it important for home health aides to change bed linens often?
 - (A) To get clients out of their beds and moving around
 - (B) To rotate clean sheets evenly
 - (C) To keep skills up-to-date
 - (D) To prevent infection and to promote comfort
- 2. When removing dirty linen, the HHA should
 - (A) Fold it so that the soiled area is outside
 - (B) Roll it so that the soiled area is inside
 - (C) Gather it in a bunch
 - (D) Shake it to remove particles
- 3. A bed made with the bedspread and blankets in place is called a(n)
 - (A) Open bed
 - (B) Stretcher bed
 - (C) Closed bed
 - (D) Completed bed

11. Identify hazardous household materials

Short Answer

Identify five hazardous household materials.
