

9

Body Systems and Related Conditions

1. Describe the integumentary system and related conditions

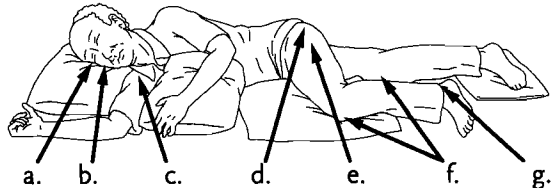
Fill in the Blank

1. The largest organ and system in the body is the _____.
2. Skin prevents _____ to internal organs.
3. Skin also prevents the loss of too much _____, which is essential to life.
4. The skin is also a _____ organ that feels heat, cold, pain, touch, and pressure.
5. Blood vessels _____, or widen, when the outside temperature is too high.
6. Blood vessels _____, or narrow, when the outside temperature is too cold.

Labeling

For each position shown, list the areas at risk for skin breakdown.

Lateral Position

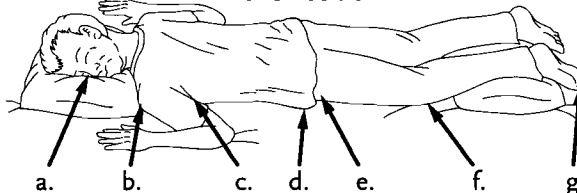


7. Lateral Position

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

- f. _____
- g. _____

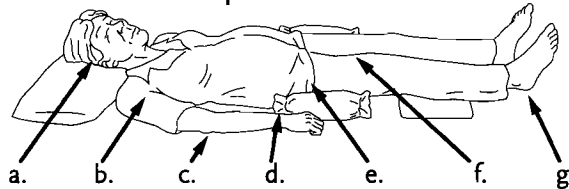
Prone Position



8. Prone Position

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

Supine Position



9. Supine Position

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

True or False

10. ____ With a stage 1 pressure injury, skin is intact but may be red or a different color than the surrounding area.
11. ____ Pressure injuries usually occur in areas of the body where bone lies close to the skin.
12. ____ Another name for pressure injuries is decubitus ulcers.
13. ____ Common sites for pressure injuries are the chest, nose, and hands.
14. ____ A contusion is a type of open wound.
15. ____ An open wound has skin that is not intact.
16. ____ Stasis dermatitis occurs due to a buildup of fluid in the lower legs and ankles.

2. Describe the musculoskeletal system and related conditions**True or False**

1. ____ The body is shaped by muscles, bones, ligaments, tendons, and cartilage.
2. ____ The human body has 215 bones.
3. ____ Bones protect the body's organs.
4. ____ Two bones meet at a joint.
5. ____ Muscles provide movement of body parts.
6. ____ Range of motion exercises help prevent problems related to immobility.
7. ____ Atrophy occurs when the muscle weakens, decreases in size, and wastes away.

Multiple Choice

8. Arthritis is a general term referring to ____ of the joints.
 - (A) Immobility
 - (B) Inflammation
 - (C) Redness
 - (D) Stiffness

Name: _____

9. Pain and stiffness of osteoarthritis may increase with
 - (A) Hot weather
 - (B) Cold weather
 - (C) An active lifestyle
 - (D) Intake of fluids
10. Arthritis is generally treated with
 - (A) Botox
 - (B) Plastic surgery
 - (C) Deep breathing exercises
 - (D) Anti-inflammatory medications
11. What happens to the body when a person suffers from an autoimmune illness?
 - (A) The circulatory system stops functioning and blood backs up into the heart.
 - (B) The immune system attacks diseased tissue in the body.
 - (C) The immune system attacks normal tissue in the body.
 - (D) The integumentary system becomes diseased.
12. Rheumatoid arthritis affects the ____ joints first.
 - (A) Smaller
 - (B) Larger
 - (C) Elbow
 - (D) There is no typical progression.

True or False

13. ____ Muscular dystrophy (MD) is an inherited disease that causes gradual wasting away of the muscles.
14. ____ Most forms of MD become apparent in middle adulthood.
15. ____ Many forms of MD are very slow to progress.
16. ____ On average, a person who has amyotrophic lateral sclerosis (ALS) lives another 20 years after diagnosis.
17. ____ Having brittle bones due to osteoporosis means that bones become stronger and healthier.

3. Describe the nervous system and related conditions**Multiple Choice**

1. The nervous system
 - (A) Gives the body shape and structure
 - (B) Controls and coordinates body function
 - (C) Is the largest organ in the body
 - (D) Pumps blood through the blood vessels to the cells
2. The basic unit of the nervous system is the
 - (A) Neuron
 - (B) Message
 - (C) Brain
 - (D) Spinal cord
3. The two main parts of the nervous system are
 - (A) Cardiovascular system and integumentary system
 - (B) Neurons and receptors
 - (C) The body and the brain
 - (D) Central nervous system and peripheral nervous system
4. The central nervous system (CNS) is made up of
 - (A) The brain and spinal cord
 - (B) Muscles and bones
 - (C) Neurons and receptors
 - (D) The heart and lungs
5. The peripheral nervous system (PNS) deals with the outer part of the body via the
 - (A) Brain
 - (B) Cerebrum
 - (C) Nerves
 - (D) Right hemisphere
9. ____ When helping with transfers or ambulation, the home health aide (HHA) should stand on the client's stronger side.
10. ____ The HHA should always use a transfer belt for safety when helping a client who has had a stroke with transfers.
11. ____ The HHA should refer to the side that has been affected by stroke as the "bad" side so that clients will understand which side the HHA is talking about.
12. ____ Gestures and facial expressions are important in communicating with a client who has had a stroke.
13. ____ Clients who suffer confusion or memory loss due to a stroke may feel more secure if the HHA establishes a routine of care.
14. ____ Clients with a loss of sensation could easily burn themselves.
15. ____ Food should always be placed in the unaffected, or stronger, side of the mouth.
16. ____ When assisting with dressing a client who has had a stroke, the HHA should dress the stronger side first.

Short Answer

Read each of the following scenarios about caring for someone recovering from a CVA (stroke) and answer the questions.

17. Kate, a home health aide, is getting ready to prepare lunch for Mr. Manhas, who is recovering from a stroke. Mr. Manhas has difficulty communicating and also suffers from confusion. "Let's see," Kate says. "For lunch we can have soup, sandwiches, some leftover casserole, or I can make a salad. Now, what would you like to eat?" What is wrong with the way Kate is communicating with Mr. Manhas?

True or False

Mark each of the following statements regarding CVA (stroke) with either a T for true or an F for false.

6. ____ Clients with paralysis or loss of movement will not need physical therapy.
7. ____ Range of motion exercises strengthen muscles and keep joints mobile.
8. ____ Leg exercises improve circulation.

Name: _____

18. Mr. Manhas's wife comes home after running some errands and asks how her husband is doing. As she and Kate walk into the kitchen where Mr. Manhas is sitting, Kate says, "Mr. Manhas is having trouble today with his eating. Just look at him. He's spilled all over himself." What is wrong with what Kate has just said?

19. Kate notices that Mr. Manhas seems to be having trouble saying words clearly. He is beginning to get frustrated because he cannot tell Kate what he wants. Kate decides to ask only yes or no questions, so she tells Mr. Manhas, "If you find it too difficult to speak right now, why don't you try nodding your head for 'yes' and shaking your head for 'no'?" What is Kate doing right?

True or False

Mark each of the following statements regarding Parkinson's disease with either a T for true or an F for false.

20. _____ Parkinson's disease puts a person at a high risk for falls.
21. _____ Parkinson's disease causes a shuffling gait and a mask-like facial expression.
22. _____ Pill-rolling is something that people with Parkinson's disease must do before taking their medication.
23. _____ Clients with Parkinson's disease should be discouraged from performing their own care to save their energy.

Fill in the Blank

Fill in the blanks for each of the following statements regarding multiple sclerosis (MS).

24. For a person who has MS, nerves cannot send _____ to and from the brain in a normal way.
25. Symptoms of MS include _____ vision, fatigue, tremors, poor balance, and difficulty walking.
26. The HHA should offer _____ periods as necessary for clients with MS.
27. The HHA should give clients plenty of time to _____ because people with MS often have trouble forming their thoughts.
28. _____ can worsen the effects of MS, so the HHA should remain calm and listen to clients when they want to talk.

True or False

Mark each of the following statements regarding head and spinal cord injuries with either a T for true or an F for false.

29. _____ The effects of a spinal cord injury depend on the location of the injury and the force of impact.

30. ____ The lower the injury on the spinal cord, the greater the loss of function will be.
31. ____ Quadriplegia is a loss of function of the lower body and legs.
32. ____ Rehabilitation is of little help for people who have had spinal cord injuries.
33. ____ Clients with head or spinal cord injuries will need emotional support as well as physical help.
34. ____ People with spinal cord injuries may not feel burns because of loss of sensation.
35. ____ The HHA should help clients change positions at least every two hours to prevent pressure injuries.
36. ____ Clients with spinal cord injuries should drink very little fluid to prevent urinary tract infections.

Short Answer

Answer the following question regarding amputation in the space provided.

37. What is phantom limb pain?

Multiple Choice

Circle the letter of the answer that best completes the statement or answers the question regarding hearing impairment.

38. To best communicate with a client who has a hearing impairment, the HHA should
- (A) Use short sentences and simple words
 - (B) Shout words slowly
 - (C) Approach the client from behind
 - (D) Raise the pitch of her voice

39. If a client is difficult to understand, the HHA should
- (A) Pretend to understand the client so as not to hurt his feelings
 - (B) Mouth the words in an exaggerated way so that the client will mimic that behavior next time
 - (C) Ask the client to repeat what he said, and then tell the client what the HHA thinks she heard
 - (D) Ask the client to shout

Matching

For each of the following terms regarding vision impairment, write the letter of the correct definition from the list below. Use each letter only once.

40. ____ Cataract
41. ____ Farsightedness (hyperopia)
42. ____ Glaucoma
43. ____ Nearsightedness (myopia)
- (A) Condition that causes increased pressure in the eye and may cause blindness
 - (B) The ability to see objects in the distance better than objects nearby
 - (C) Condition that causes cloudiness of the lens of the eye, which can cause loss of vision
 - (D) The ability to see objects that are nearby better than objects in the distance

4. Describe the circulatory system and related conditions**Multiple Choice**

1. The two lower chambers of the heart are called
- (A) Veins
 - (B) Cells
 - (C) Ventricles
 - (D) Pericardia

2. What functions as the pump of the circulatory system?
 - (A) Heart
 - (B) Lungs
 - (C) Lymph
 - (D) Blood
3. What occurs during the resting phase, or diastole?
 - (A) Ventricles pump blood through the blood vessels.
 - (B) The heart begins beating rapidly until the next contraction.
 - (C) Circulation stops.
 - (D) The chambers fill with blood.
4. Which of the following is one of the functions that the circulatory system performs?
 - (A) Senses and interprets information from the environment
 - (B) Supplies food, oxygen, and hormones to cells
 - (C) Adds waste products to the cells
 - (D) Processes carbohydrates and proteins to meet the body's energy needs

Matching

Use each letter only once.

5. ____ Angina pectoris
 6. ____ Atherosclerosis
 7. ____ Congestive heart failure
 8. ____ Diuretic
 9. ____ Hypertension
 10. ____ Myocardial infarction
 11. ____ Nitroglycerin
- (A) Condition in which the heart fails to pump effectively, causing blood to back up into the lungs or the legs, feet, or abdomen
 - (B) Medical term for high blood pressure
 - (C) Chest pain, pressure, or discomfort
 - (D) Medication that relaxes the walls of the coronary arteries, allowing them to open and get more blood to the heart

Name: _____

- (E) Condition in which blood flow to the heart muscle is blocked and the muscle cells die
- (F) Medications that reduce fluid in the body
- (G) Hardening and narrowing of the blood vessels

5. Describe the respiratory system and related conditions

Fill in the Blank

1. Respiration is the body taking in _____ and removing _____.
2. Respiration involves breathing in, or _____, and breathing out, or _____.
3. The _____ accomplish the process of respiration.

Multiple Choice

4. Clients with chronic obstructive pulmonary disease (COPD) have difficulty with
 - (A) Breathing
 - (B) Urination
 - (C) Losing weight
 - (D) Vision
5. For a person with COPD, a common fear is
 - (A) Constipation
 - (B) Incontinence
 - (C) Not being able to breathe
 - (D) Heart attack
6. The best position for a client with COPD is
 - (A) Lying flat on his back
 - (B) Sitting upright
 - (C) Lying on his stomach
 - (D) Lying on his side
7. Part of the home health aide's role in caring for a client with COPD includes
 - (A) Being calm and supportive
 - (B) Adjusting oxygen levels
 - (C) Making changes in the client's diet
 - (D) Doing everything for the client as much as possible

8. Emphysema usually develops as a result of
 - (A) Cigarette smoking
 - (B) Alcohol use
 - (C) Radiation therapy
 - (D) Excessive weight loss
9. Chronic bronchitis and emphysema are grouped under
 - (A) Chronic obstructive pulmonary disease, or COPD
 - (B) Muscular dystrophy, or MD
 - (C) Hypertension, or HTN
 - (D) Coronary artery disease, or CAD

6. Describe the urinary system and related conditions

Short Answer

1. List two vital functions of the urinary system.

2. What is one reason why women are more likely than men to have urinary tract infections?

3. In which direction should clients wipe after elimination to help avoid a urinary tract infection (UTI)?

Multiple Choice

4. Which of the following statements is true of urinary incontinence?
 - (A) It is a normal part of getting older.
 - (B) It is a risk factor for pressure injuries.
 - (C) Drinking plenty of fluids makes the problem worse.
 - (D) It is treated by using inhalers and doing deep breathing exercises.
5. Clients who are _____ are more likely to have urinary incontinence.
 - (A) Bedbound
 - (B) Active
 - (C) Vegetarians
 - (D) Strong
6. What can clients do to help prevent urinary tract infections?
 - (A) Limit their fluid intake
 - (B) Increase their fluid intake
 - (C) Increase their fiber intake
 - (D) Avoid cleaning the perineal area

7. Describe the gastrointestinal system and related conditions

Crossword

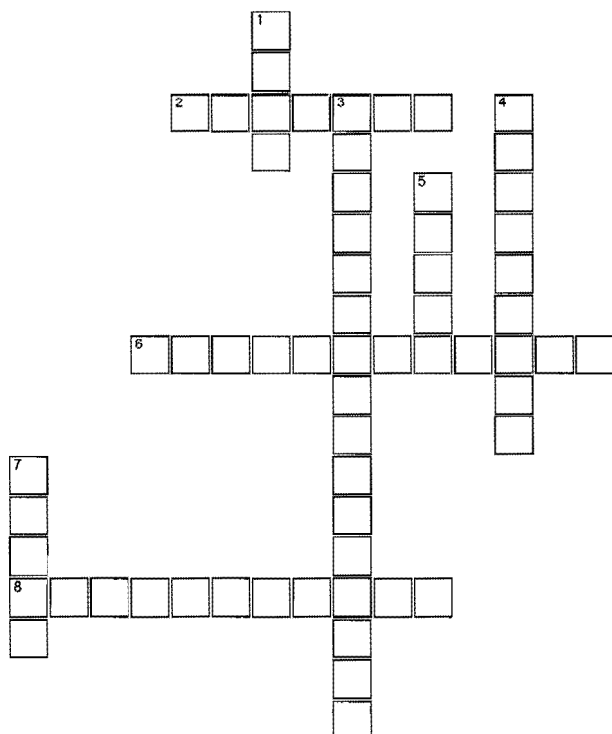
Across

2. Position that the body should be in during sleep if the client has heartburn or gastroesophageal reflux disease
6. Disorder that occurs from decreased fluid intake, poor diet, inactivity, medications, aging, certain diseases, or ignoring the urge to eliminate
8. Process of expelling solid wastes made up of the waste products of food that are not absorbed into the cells

Down

1. Abbreviation for gastroesophageal reflux disease
3. Another name for the digestive system
4. The process of preparing food physically and chemically so that it can be absorbed into the cells

5. Artificial opening through the abdomen to which waste is diverted
7. Adding this into the diet may help treat hemorrhoids



Multiple Choice

9. When a client has gastroesophageal reflux disease, it is best for the client not to lie down until at least _____ hours after eating.
 - (A) 2
 - (B) 3
 - (C) 4
 - (D) 8
10. Surgical treatment for ulcerative colitis may include a
 - (A) Liver transplant
 - (B) Colostomy
 - (C) Heart bypass
 - (D) Gastric sleeve

8. Describe the endocrine system and related conditions

Fill in the Blank

1. The endocrine system is made up of _____ in different areas of the body.

2. Chemical substances created by the body that control numerous body functions are called _____.
3. One function of the endocrine system is to regulate levels of phosphate and _____.

Multiple Choice

4. Diabetes is a condition in which the pancreas does not produce enough or properly use
 - (A) Insulin
 - (B) Glucose
 - (C) Growth hormones
 - (D) Adrenaline
5. Sugars collecting in the blood cause problems with
 - (A) Breathing
 - (B) Circulation
 - (C) Pain level
 - (D) Ambulation
6. Type 1 diabetes
 - (A) Continues throughout a person's life
 - (B) Is most common in the elderly
 - (C) Is first treated with surgery
 - (D) Does not require a change of diet
7. Changes in the circulatory system from diabetes can cause
 - (A) Hair loss
 - (B) Heart attack and stroke
 - (C) Multiple sclerosis
 - (D) COPD
8. The most common form of diabetes is
 - (A) Insulin reaction
 - (B) Gestational diabetes
 - (C) Type 1 diabetes
 - (D) Type 2 diabetes
9. Poor circulation and impaired wound healing may result in
 - (A) Urinary tract infections
 - (B) Cancer
 - (C) Leg and foot ulcers
 - (D) An autoimmune disease

10. Gangrene can lead to
 - (A) Loss of bowel control
 - (B) Peripheral vascular disease
 - (C) Congestive heart failure
 - (D) Amputation
 11. What condition occurs when a person's blood glucose level is above normal but not high enough for a diagnosis of type 2 diabetes?
 - (A) Gestational diabetes
 - (B) Type 1 diabetes
 - (C) Prediabetes
 - (D) Hyperglycemia
 12. Careful _____ care is especially important for people with diabetes.
 - (A) Foot
 - (B) Hair
 - (C) Facial
 - (D) Mouth
 13. Diabetes can lead to the following complication:
 - (A) Insulin reaction
 - (B) Mastectomy
 - (C) Cancer
 - (D) Arthritis
 14. What type of shoe material is best for people who have diabetes because the material helps prevent a buildup of moisture?
 - (A) Plastic
 - (B) Cotton
 - (C) Rubber
 - (D) Metal
 15. For a client who has diabetes, where should lotion not be applied?
 - (A) Upper arms
 - (B) Lower back
 - (C) Back of the legs
 - (D) Between the toes
 16. The meal plan for a client with diabetes may involve
 - (A) Counting carbohydrates
 - (B) Eating more sugary items
 - (C) Fasting for long periods to get blood glucose levels near normal
 - (D) Eating fatty foods to gain weight
 17. Which of the following is true of a home health aide's responsibilities for a client who has diabetes?
 - (A) The HHA may need to inject insulin at regular times.
 - (B) The HHA may assist with the client's exercise program.
 - (C) The HHA will create the meal plan for the client.
 - (D) The HHA needs to cut the client's toenails when giving foot care.
 18. What is another name for hypoglycemia?
 - (A) Sugar coma
 - (B) Diabetic ketoacidosis
 - (C) Insulin reaction
 - (D) Diabetes
 19. What is a common symptom of hypothyroidism?
 - (A) Rapid heartbeat
 - (B) Weight gain
 - (C) High blood pressure
 - (D) Bulging eyes
- 9. Describe the reproductive system and related conditions**
- Multiple Choice**
1. The reproductive system allows humans to
 - (A) Move and speak
 - (B) Create human life
 - (C) Think logically
 - (D) Fight disease
 2. The male and female sex glands are called the
 - (A) Glands
 - (B) Ureters
 - (C) Gonads
 - (D) Urethras
 3. Vaginitis may be caused by bacteria, protozoa, or
 - (A) Hypertrophy
 - (B) Lymph
 - (C) Fungus
 - (D) Discharge

4. Which of the following is a type of contact that can cause a sexually-transmitted infection (STI)?
- (A) Holding hands with an infected person
 - (B) Having sexual intercourse with an infected person
 - (C) Hugging an infected person
 - (D) Dining with an infected person

True or False

5. ____ Gonorrhea is easier to detect in men than in women.
6. ____ Genital herpes can be cured with antibiotics.
7. ____ Syphilis is caused by bacteria.
8. ____ Symptoms of chlamydia include yellow or white discharge from the penis or vagina and a burning sensation during urination.
9. ____ STIs can be transmitted by contact of the mouth with the genitals of an infected person.
10. ____ There is a vaccine available for human papillomavirus (HPV).
11. ____ Genital warts are a sign of genital HPV infection.

10. Describe the immune and lymphatic systems and related conditions**Short Answer**

1. What is the difference between nonspecific immunity and specific immunity?

Name: _____

2. What two systems are related to the lymphatic system?

3. How is lymph fluid circulated?

True or False

4. ____ Human immunodeficiency virus (HIV) can only be transmitted through sexual contact.
5. ____ The first stage of HIV infection involves symptoms similar to flu.
6. ____ There is no known cure for acquired immunodeficiency syndrome (AIDS).
7. ____ AIDS dementia complex occurs in the early stages of AIDS.
8. ____ There is a vaccine that can prevent a person from getting AIDS.

Multiple Choice

9. Care for a person who has HIV or AIDS should focus on
- (A) Helping to find a cure for HIV
 - (B) Preventing visits from friends and family so as not to infect them
 - (C) Providing relief of symptoms and preventing infection
 - (D) Letting the person know that his life choices caused this disease
10. If a client with AIDS has a poor appetite, the HHA should
- (A) Give the client an appetite stimulant
 - (B) Serve familiar and favorite foods
 - (C) Let the client know that if he does not eat, he might die
 - (D) Discuss this with the client's family to see what they recommend doing

11. It is very important to follow safety guidelines when preparing food for the client who has AIDS because
 - (A) Foodborne illnesses can cause death
 - (B) The home health aide might become infected with HIV
 - (C) The home health aide might infect family members with HIV
 - (D) It is not important to follow safety guidelines regarding food preparation
12. Clients who have AIDS and have infections of the mouth and esophagus may need to eat food that is
 - (A) Spicy
 - (B) Low in acid
 - (C) Dry
 - (D) Very hot
13. Someone who has nausea and vomiting should
 - (A) Eat mostly dairy products
 - (B) Eat high-fat foods
 - (C) Drink liquids and eat salty foods
 - (D) Reduce liquid intake
14. Fluids are important for clients who have diarrhea because
 - (A) Diarrhea rapidly depletes the body of fluids
 - (B) Diarrhea can be prevented by drinking a lot of fluids
 - (C) Diarrhea is an infection that can be flushed out by fluids
 - (D) Diarrhea can make a client's throat dry
15. The following is helpful in dealing with neuropathy (numbness, tingling, and pain in the feet):
 - (A) Wrapping the feet in bandages
 - (B) Wearing tight shoes
 - (C) Using a bed cradle
 - (D) Tucking in bed sheets over the feet tightly

Short Answer

Mark an X beside the American Cancer Society's warning signs of cancer.

16. ____ Change in bowel or bladder function
17. ____ Difficulty breathing
18. ____ Dizziness

19. ____ Thickening or lump in a breast
20. ____ Memory loss
21. ____ Change in appearance of wart or mole
22. ____ Joint aches
23. ____ Nagging cough
24. ____ Indigestion or difficulty swallowing
25. ____ Nausea
26. ____ Sweet, fruity breath odor
27. ____ Sores that do not heal
28. ____ Unusual bleeding or discharge
29. ____ Headache

Multiple Choice

30. The key treatment for malignant tumors of the skin, breast, bladder, colon, rectum, stomach, and muscle is
 - (A) Surgery
 - (B) Homeopathic pills
 - (C) Radiation
 - (D) Hormone therapy
31. Nausea, vomiting, diarrhea, hair loss, and decreased resistance to infection are all side effects of which treatment?
 - (A) Surgery
 - (B) Chemotherapy
 - (C) Diet and exercise
 - (D) Herbal remedies
32. This treatment method uses medications to destroy cancer cells and limit the rate of cell growth:
 - (A) Surgery
 - (B) Chemotherapy
 - (C) Radiation
 - (D) Herbal remedies
33. This treatment method involves removing as much of the tumor as possible to prevent cancer from spreading:
 - (A) Surgery
 - (B) Chemotherapy
 - (C) Radiation
 - (D) Hormone therapy

34. This treatment method kills normal and abnormal cells in a limited area, sometimes causing skin to become sore, irritated, or burned:
- (A) Surgery
 - (B) Chemotherapy
 - (C) Radiation
 - (D) Immunotherapy
35. To help promote proper nutrition for a client with cancer, the home health aide should do the following:
- (A) Use metal utensils when serving meals
 - (B) Serve favorite foods that are high in nutrition
 - (C) Restrict nutritional supplements
 - (D) Serve foods with little nutritional content
36. If a client is experiencing pain, the home health aide should
- (A) Assist with comfort measures
 - (B) Let the client know that there is little the HHA can do
 - (C) Prescribe pain medication
 - (D) Give the client a shot of pain medication
37. When providing skin care, which of the following should the home health aide do?
- (A) Use lotion regularly on dry skin
 - (B) Remove markings that are used in radiation therapy
 - (C) Clean the client's face with soap
 - (D) Apply lotion to areas receiving radiation therapy
38. Which of the following should a home health aide do regarding oral care for a client with cancer?
- (A) Rinse the client's mouth with a type of commercial mouthwash
 - (B) Use a soft-bristled toothbrush to brush the client's teeth
 - (C) Use rubbing alcohol for any mouth sores the client has
 - (D) Avoid giving the client oral care
39. Which of the following should the home health aide do when communicating with a client who has cancer?
- (A) Insist that the client tell the HHA what he is going through
 - (B) Let the client know about any new medications that might help him
 - (C) If the client is worried, tell him, "Don't worry. It will all be fine."
 - (D) Listen to the client if he wishes to share his feelings
40. Mrs. Brady is a client who has cancer. She has a lot of visitors, and most of them call before they come over. One visitor has a habit of stopping by whenever she happens to be in the area, and today she has come at a very bad time for Mrs. Brady. What would be the best response by the HHA?
- (A) "Mrs. Brady enjoys your visits, but unfortunately this is not a good time for her. I'll certainly let her know you were here."
 - (B) "You should think about calling before you come over because Mrs. Brady is often busy when you come by."
 - (C) "Mrs. Brady does not like it when you drop in without calling first."
 - (D) "Mrs. Brady does not enjoy surprise guests."