

SKILLS REFRESHER

LET'S TEST OUR CAREGIVER'S KNOWLEDGE!

Providing the best care to our residents is an ongoing busy task, take this short quiz and test your skills knowledge! (*answers on back*)

NAME

DATE

Please choose the best answer:

- It is common practice to reposition a bedridden resident every:
 - 30 minutes
 - Every hour
 - Two (2) hours
 - 5-6 hours
- Common areas for pressure ulcers to develop are:
 - Buttocks, hips and heels
 - Forehead, chest and neck
 - Fingers, elbows and nose
 - Buttocks, ears and toes
- ADL is an acronym for:
 - Advancement in Daily Living
 - Activity of Daily Living
 - Advanced Definition of Living
 - Activity Defined Loss
- The most appropriate water temperature to bath a resident in is:
 - 98.6°F
 - 115°F
 - 105°F
 - 120°F
- When assisting a resident to transfer, you should:
 - Bend at the waist
 - Always use a mechanical lift
 - Always get assistance from another co-worker
 - Bend at the knees
- When bathing a resident, a caregiver should:
 - Leave the resident alone to promote self-care
 - Get each item needed as the resident asks for it
 - Use bath oil to moisturize the resident's skin
 - Make sure the room is warm enough before beginning
- During which of the following procedures must a caregiver always wear gloves?
 - Shaving a resident
 - Combing a resident's hair
 - Dressing a resident
 - Turning a resident
- When using a gait or transfer belt, the caregiver should:
 - Place it underneath the resident's clothing
 - Place it around the resident's shoulders
 - Place it around the resident's chest
 - Place it over the resident's clothing
- A caregiver can respond to sundowning by:
 - Adding more caffeine to the resident's diet
 - Setting a bedtime routine and keeping it
 - Restricting exercise during the day
 - Scheduling activities during this time
- Excessive and aimless walking may have serious effects on a resident's health. This may include:
 - Weight loss, dehydration and fatigue
 - Muscle atrophy
 - Improved communication skills
 - Weight gain and excessive thirst

Answers:

- | | |
|------|-------|
| 1. c | 6. d |
| 2. a | 7. a |
| 3. b | 8. d |
| 4. a | 9. b |
| 5. d | 10. a |

If you missed 0-2:

You are an Expert! Caregiving comes natural to you and you are always seeking learning opportunities! Healthcare is a natural career path for you. It may be time to explore what your next healthcare career step is, such as Nursing Assistant or Management, or speak to your supervisor about how to take on a leadership position!

If you missed 3-5:

You are a good caregiver but may need to brush up on your skills! Take advantage of in-service opportunities or simply go online a find free resources that can help you expand your knowledge. Visit our website academyforcaregiving.com/resources for free learning resources for caregivers.

If you missed 5 or more:

Life gets busy, we get it! The reality is that we have our resident's life in our hands and as caregivers, we have a responsibility to provide the best care possible. It may be time to schedule a time with your supervisor or charge nurse and get re-trained on your caregiving skills. Academy for Caregiving also offers caregiver and CNA certification courses that you can take and get your skills sharpened, call us if you have questions on whether this may be a good fit for you!

Have any questions? We're here for you!

Visit our website or call us today (520) 338-4402

Have you heard about Employer Wednesdays?

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www.academyforcaregiving.com