
Unit 2: Show What You Know!

1. Which of the following actions must be taken before transferring a patient into a wheelchair (mark all that apply)

☐ Their arms at their sides	☐ Move footrests to side
☐ Count to 3	☐ Patient's feet flat on floor
☐ Apply gait belt-4 fingers	☐ Put shoes on patient
☐ Call the doctor	☐ Lock wheelchair wheels
2. Which of the following is NOT a Range of Motion exercise?
 - a. Flexion/extension
 - b. Supine
 - c. Abduction/adduction
 - d. Rotation
3. Which of the following demonstrates proper body mechanics?
 - a. Stand in front of the patient
 - b. Keep your feet together
 - c. Stand beside the patient at an oblique angle
 - d. Bend at the waist
4. Which of the following describes the purpose of range of motion exercises performed by CNAs?
 - a. To maintain the current level of ability
 - b. To determine pain threshold
 - c. To regain function in an weakened extremity
 - d. To provide busy work for no purpose
5. Which statement is true regarding energy conservation among elderly patients?
 - a. All people maintain a steady energy level throughout their lifespan
 - b. Energy levels increase as you age, so elderly patients often have more energy than younger ones
 - c. Energy levels do not impact care at all
 - d. Energy levels generally decrease as you age
6. Which of the following is true regarding slipper socks in a clinical environment?
 - a. Slipper socks do not prevent all hazards
 - b. Slipper socks prevent bacterial contamination from entering the bed
 - c. Slipper socks are preferred over shoes in a clinical setting
 - d. Slipper socks prevent injury by sharp objects
7. How do you know that a gait belt has been applied properly?
 - a. You can fit a closed fist between the belt and the patient
 - b. You can fit 4 fingers, but no more, between the belt and the patient
 - c. The patient says it's tight enough
 - d. The patient has difficulty taking a deep breath
8. You are assigned to transfer a patient from bed to wheelchair when the patient refuses. What is an appropriate action?
 - a. Tell the patient to do it himself then
 - b. Ask the patient's daughter to reason with him
 - c. Tell the doctor that he needs more medication
 - d. Notify the nurse
9. When lifting an extremity, which of the following is an important principle?
 - a. Lift from below with a flat palm
 - b. Lift from above with a claw-like grip
 - c. Always use one hand to lift an extremity
 - d. Never support the joints to prevent injury
10. Which of the following is true regarding skills timing and the exam?
 - a. All skills have the same performance time
 - b. You will be given extra time for handwashing and transition time
 - c. It is an automatic failure if you run out of time
 - d. Timing is not graded on the state exam

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