

# Care CEUs

## Back To The Basics of Resident Care

1. A health care professional has questions on how to best move a resident to the side of a bed. Which of the following informational points of interest should be communicated to the health care professional?

- A. The health care professional should face the bed and position his or her feet so that one foot is about 4 inches in front of the other foot.
  - B. The health care professional should face the bed and position his or her feet so that one foot is about 12 inches in front of the other foot.
  - C. When moving a resident, avoid communicating with the resident in any way.
  - D. When moving a resident, always bend forward from the lower back.
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2. A health care professional is attempting to help a resident walk. The resident sits on the edge of the bed and becomes dizzy. Over the course of the next two minutes, the resident's dizziness gets worse, and the resident experiences shortness of breath. Which of the following options best represents the recommended next step for the health care professional?

- A. Help the resident immediately stand up.
  - B. Help the resident stand up after one minute.
  - C. Help the resident move to a chair.
  - D. Help the resident to lie back down.
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3. A health care professional is determining a resident's tympanic temperature. The resident is in a bed, and the resident is lucid, and is able to move with relative ease. How should the health care professional proceed when taking a tympanic temperature?

- A. Instruct the resident to stand.
  - B. Instruct the resident to get out of bed, and sit in a chair.
  - C. Position the resident so he or she is lying on his or her back, with one leg on top of the other.
  - D. Position the resident in Fowler's position.
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4. A health care professional has questions on how to best determine a resident's radial pulse. Which of the following informational points of interest should be communicated to the health care professional?

- A. If the resident is in bed, make the resident stand up, and then proceed to determine the resident's radial pulse.

- B. If the resident is in bed, position the resident in Fowler's position.**
  - C. If the resident is in a chair, instruct the resident to stand up.**
  - D. If the resident is in a chair, instruct the resident to lie in bed.**
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**5. A health care professional is determining a resident's blood pressure. The resident is sitting in a chair. How should the health care professional proceed?**

- A. Instruct the resident to lie in bed.**
  - B. Instruct the resident to stand up.**
  - C. Instruct the resident to sit with both feet flat on the floor.**
  - D. Instruct the resident to elevate both feet.**
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**6. A health care professional is applying basic life support to a resident. The health care professional determines that the resident is not breathing normally, and does not have a pulse. Which of the following options best represents the recommended next step for the health care professional?**

- A. Monitor the resident**
  - B. Administer epinephrine**
  - C. Provide rescue breathing and administer epinephrine**
  - D. Start CPR**
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**7. A health care professional encounters a resident that may be experiencing an opioid-associated emergency. Which of the following options best represents the recommended first step for a health care professional to take during an opioid-associated emergency?**

- A. Determine if the individual is breathing normally**
  - B. Start CPR**
  - C. Utilize an AED**
  - D. Administer naloxone every 15 minutes until the individual is lucid**
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**8. A health care professional is helping a resident walk. The resident starts to fall. Which of the following options best represents the recommended first step for a health care professional to take when a resident starts to fall?**

- A. When the resident starts to fall, the health care professional should hold the resident's head.**
- B. When the resident starts to fall, the health care professional should put his or her arms around the resident's waist or under the resident's arms, and hug the resident's torso close to his or her body.**
- C. When the resident starts to fall, the health care professional should place his or her front leg behind the resident.**

**D. When the resident starts to fall, the health care professional should place his or her front leg between the resident's legs.**

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**9. Which of the following statements regarding a bloodborne pathogen exposure incident is most accurate?**

- A. When an employee reports a bloodborne pathogen exposure incident, the report permits the employer to arrange for the immediate medical evaluation of the employee.**
  - B. When an employee reports a bloodborne pathogen exposure incident, the report does not permit the employer to arrange for the immediate medical evaluation of the employee.**
  - C. When an employee experiences a bloodborne pathogen exposure incident, the employer must make a confidential medical evaluation within 60 days of the incident.**
  - D. When an employee experiences a bloodborne pathogen exposure incident, the employer must make a confidential medical evaluation within 90 days of the incident.**
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**10. A health care administrator is developing an educational lecture focused on anticoagulant medications. Which of the following informational points of interest should be included in the health care administrator's lecture?**

- A. An INR should only be used to adjust a male patient's warfarin therapy.**
  - B. An INR should only be used to adjust a female patient's warfarin therapy.**
  - C. When heparin is administered intravenously and continuously, health care professionals should not use programmable pumps.**
  - D. When heparin is administered intravenously and continuously, health care professionals should use programmable pumps in order to provide consistent and accurate dosing.**
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