

## Pressure Ulcers eCourse: Module 4 – Quiz II

1. When are good times to do a skin inspection of a patient or resident?
  - a. Bathing
  - b. Meal times
  - c. Dressing
  - d. Assisting
  - e. Sleeping
  
2. For patients who are in a sitting position, where should you check for signs of developing pressure ulcers?
  - a. Occiput
  - b. Sacrum
  - c. Heels
  - d. Ischial tuberosities
  - e. Coccyx
  - f. Trochanter
  
3. Dressing status should be documented at every shift.  
  
True    False
  
4. What techniques are useful to identify patients and resident at risk for pressure ulcer development and to remind staff to apply preventive protocols?
  - a. Appropriate documentation
  - b. Sticker on chart
  - c. Sign on the door
  - d. Photographs
  - e. Posters
  
5. What should nurses document regarding skin assessments of at-risk patients?
  - a. Evidence of assessment
  - b. Any risks
  - c. Pressure ulcers
  - d. Plan of care

6. Documentation should take place prior to any transition from one health care setting to another.

True    False

7. What is the recommended number of calories for patients under stress with pressure ulcers?

- a. 20 – 25 calories/kg body weight
- b. 30 – 35 calories/kg body weight
- c. 40 – 45 calories/kg body weight
- d. 50 – 55 calories/kg body weight

8. Severe protein deficiency renders soft tissue less susceptible to breakdown when exposed to local pressure.

True    False

9. The repositioning time frame is determined by the patient's:

- a. Tissue tolerance
- b. Level of activity / mobility
- c. General medical condition
- d. Condition of the skin

10. There is a decreased resistance to infection with low protein levels because of the effect on the immune system.

True    False    T

11. Consequences of failure to reposition a patient include:

- a. Ongoing ischemia
- b. Tissue damage
- c. Depleted blood flow
- d. Reduced oxygen supply
- e. Discomfort and pain

12. When repositioning a patient, the 90-degree side-by-side-lying position is the best.

True    False

13. Cushioning devices and pillows should be placed between a patient's legs / ankles and other bony prominences to:

- a. Maintain body alignment
- b. Reduce risk of incontinence
- c. Inform staff of pressure ulcer risks
- d. Prevent bony prominences from touching surfaces

14. Pressure redistribution is the ability of a support surface to distribute the load over the contact areas of the human body.

True    False

15. Moisture from incontinence may be a precursor to pressure ulcer development by:

- a. Reperfusion of tissues
- b. Macerating the skin
- c. Increasing friction
- d. Increasing the temperature

16. The most common types of urinary incontinence are:

- a. Stress
- b. Urge
- c. Overflow
- d. Confidence

17. It is not necessary to keep a written schedule for turning and repositioning.

True    False

18. Perineal skin damage caused by incontinence occurs in what proportion of hospitalized patients?
- a. 10 percent or less
  - b. About 25 percent
  - c. About 30 percent
  - d. About 45 percent
  - e. More than 50 percent
19. Failure to reposition will result in depleted blood flow that will enhance the removal of waste products from the wound.
- True     False
20. Which of the following can be used to treat incontinence?
- a. Easily removed clothing
  - b. Physiotherapy
  - c. Improved access to toilets
  - d. Walking aids
  - e. Assistance to access toilets
21. To maintain the best barrier possible against skin damage, the skin should be kept:
- a. Clean
  - b. Dry
  - c. Indurated
  - d. Well moisturized
22. Diapers should be used with incontinent patients and residents.
- True     False
23. Why is keeping skin supplies near the patient's bedside a good idea?
- a. Reminder to provide skin care
  - b. Let's patient do it themselves
  - c. Reduces nurse's workload
  - d. Shows you care

## Answers to Module 4 – Quiz II

- Q1 a,c,d
- Q2 d,e
- Q3 True
- Q4 b,c
- Q5 a,b,c,d
- Q6 True
- Q7 b
- Q8 False – Protein deficiency makes soft tissue MORE susceptible to breakdown.
- Q9 a,b,c,d
- Q10 True
- Q11 a,b,c,d,e
- Q12 False – This position exerts intense pressure on the trochanter; instead use the 30-degree lateral position alternatively with the supine position.
- Q13 a,d
- Q14 True
- Q15 b,c
- Q16 a,b,c
- Q17 False – Documenting repositioning activities will inform staff when it was last done.
- Q18 c
- Q19 False – Depleted blood flow will REDUCE the removal of waste products.
- Q20 a,b,c,d,e
- Q21 a,b,d
- Q22 False – Diapers should be avoided since they hold urine and fecal matter close to the skin; instead use moisture control pads that provide quick-drying surfaces for the skin.
- Q23 a,c