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## Unit 2: Show What You Know!

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

<input type="checkbox"/> Their arms at their sides	<input type="checkbox"/> Move footrests to side
<input type="checkbox"/> Count to 3	<input type="checkbox"/> Patient's feet flat on floor
<input type="checkbox"/> Apply gait belt-4 fingers	<input type="checkbox"/> Put shoes on patient
<input type="checkbox"/> Call the doctor	<input type="checkbox"/> 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

# Cna Printable Study Guide

**Arturo Cuomo**



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