

## **RESTORATIVE NURSING TEST QUESTIONS**

1. Which is not a major component of the nervous system?
  - a. brain
  - b. nerves
  - c. spinal cord
  - d. spine
2. Which of the following is a change that occurs normally with aging?
  - a. Pigment in the hair increases
  - b. Muscle mass increases
  - c. Hair and nail growth slows
  - d. Calcium loss from the nerve cells
3. Ligaments connect what together?
  - a. Muscles to muscles
  - b. Muscles to bones
  - c. Bones to bones
  - d. Skin to fat tissue
4. The Integumentary system is made up of what components?
  - a. Skin
  - b. Hair follicles
  - c. Oil glands
  - d. Sweat glands
  - e. All of the above
5. Hypertension is a normally occurring change that happens with aging.
  - a. True
  - b. False
6. The alveoli are part of which body system?
  - a. Lymphatic
  - b. Gastrointestinal
  - c. Respiratory
  - d. Cardiac
7. Digestion begins in the:
  - a. Esophagus
  - b. Stomach
  - c. Mouth
  - d. Intestines

8. Blood pressure is defined as:
- The pressure of the walls of the blood vessel against the heart during the contraction and relaxation phases of the heart beating.
  - The pressure of the blood against the walls of the heart that connect to the blood vessels leaving the heart during the contraction and relaxation phases of the heart beating.
  - The pressure of the blood vessels against the blood during the relaxation phases of the heart beat.
  - The pressure of the blood against the sides of the blood vessel walls during the contraction and relaxation phases of the heart beat.
9. Which of the following would be a change in the client's condition that the nurse aide would want to report to the charge nurse?
- Level of consciousness similar to baseline
  - Dementia client showing normal signs of confusion
  - Resident sleeping through the night
  - Shortness of breath in a client who normally breathes without difficulty
10. The nurse aide should administer nitroglycerine to the angina client during a period of chest pain that is unrelieved by rest.
- True
  - False
11. Which of the following is not a sign of a Myocardial Infarction?
- Sudden neurological deficit
  - Crushing chest pain
  - Diaphoresis
  - Anxiety or feeling of impending doom
12. Diabetic clients may not feel chest pain during a MI.
- True
  - False
13. Denial is a sign of a heart attack.
- True
  - False
14. Congestive Heart Failure is caused by:
- Right-sided pump failure
  - Left-sided pump failure
  - Both-sided pump failure
  - Any or all of the above
  - None of the above

15. You apply JOBST with the client in what position?
- a. Prone
  - b. Supine
  - c. Semi-Fowlers
  - d. Dangling Position
16. Shortness of breath is also known as:
- a. Apnea
  - b. Tachypnea
  - c. Bradypnea
  - d. Dyspnea
17. Which of the following would be a sign of Peripheral Vascular Disease?
- a. Sluggish or absent capillary refill
  - b. Feet warm to touch
  - c. Presence of pedal pulses
  - d. Normal skin color
18. Which of the following would not be considered a change in condition for the diabetic client?
- a. Irritability
  - b. Thirst
  - c. Hunger
  - d. Alertness
19. The nurse aide is vital in recognizing changes in client condition because he or she spend the most time with the client during am/pm care and ADLs.
- a. True
  - b. False
20. Which of the following are psychological benefits to the client involved in a restorative care program?
- a. Improved self-esteem
  - b. Feelings of emotional well-being
  - c. Hope and purpose
  - d. All of the above
  - e. None of the above
21. A short-term goal:
- a. Can usually be achieved over many months
  - b. Can usually be achieved over several days or weeks
  - c. Can usually be achieved immediately
  - d. Can never be achieved

22. The purpose of the Care Plan is:
- To identify client problems
  - To establish client goals
  - To plan interventions to achieve goals
  - To evaluate interventions and revise as needed
  - All of the above
23. When applying Hot/Cold therapy, the nurse aide should not:
- Check the temperature of the packs
  - Place covers between the packs and the client's skin
  - Leave the client once the client is sure the packs are comfortable
  - Leave the call bell within reach after leaving
24. Which of the following is a safety precaution that must be taken with paraffin treatments?
- Apply various coats of paraffin
  - Remove paraffin after it has cooled
  - Assist client to wash hands afterward
  - Only submerge client's hand in paraffin briefly and then remove
25. The purpose of a CPM is best defined as:
- Provide regular exercise to the leg to improve healing
  - Provide regular exercise to the leg to prevent stiffness and pain
  - Provide regular exercise to the leg to decrease swelling
  - Provide regular exercise to the leg to prevent DVTs
26. Circumduction of the shoulders is best described as what motion?
- Shrugging the shoulders
  - Windmill motion of the arms and shoulder girdle
  - Raising one shoulder and then the other
  - Bring arms up to touch the shoulder blade behind the back
27. Abduction is best defined as:
- Movement away from the body
  - Movement back toward the body
  - Turning motion
  - Straightening motion
28. The most effective way to prevent heel pressure is to:
- Apply heel cushion pads
  - Place a pillow between knees
  - Float the heels off the bed
  - Use a foot board

29. The purpose of the Walk-to-Dine program is:
- To increase opportunities for clients to ambulate
  - Help the staff get clients to the dining room quicker
  - To encourage all clients to eat in the dining room
  - To improve social interaction between nursing home residents
30. During a Progressive Self-Feeding Program:
- Large groups should be used
  - Clients should be encouraged to eat quickly to improve digestion
  - Clients should be fed by the staff and cuing and prompting should be kept to a minimum
  - Small groups or 1:1 should be used
31. The goal of Bowel and Bladder Re-Training is:
- To reduce money spent on incontinence pads
  - To decrease staff time spent changing incontinent clients
  - To make the client feel degraded when they are incontinent, so they will learn to have control
  - To teach the client to regain control over bowel and bladder function after the physical reason for incontinence has been ruled out by the physician
32. The client should be involved in goal setting during care plan meetings.
- True
  - False
33. The best response for the nurse aide trying to help a client dress is to:
- Allow the client ample time to complete tasks, even if it would be faster to perform the task yourself
  - Ask the client to hurry, because you have many other clients to get ready as well
  - Refuse to assist the client with what they are unable to do, because it is vital that they learn to do it independently
  - Step in and do the task yourself, rather than cuing and prompting the client
34. The best way for the nurse aide to get the client to cooperate and participate in restorative activities is to:
- Be respectful
  - Ask about client preferences
  - Be kind and caring
  - Make the experience fun
  - All of the above