PRESSURE SORES

1) Which of these is the correct definition of a pressure sore?
   a) An open wound caused by trauma.
   b) An open wound caused by an infection.
   c) An open wound caused by a high fever.
   d) An open wound caused by prolonged immobility.

2) Which of the following are considered to be the two basic causes of pressure sores?
   a) Excessive blood flow to the tissues and immobility
   b) Decreased blood flow to the tissues and immobility.
   c) Excessive blood flow to the tissues and bacterial infection.
   d) Decreased blood flow to the tissues and bacterial infection.

3) Three specific causes that contribute to the development of pressure sores are:
   a) Pressure, friction, shear force.
   b) Friction, shear force, infection.
   c) Pressure, malnutrition, fever
   d) Low blood pressure, poor circulation, friction.

4) Which of the following increases an individual’s risk for developing a pressure sore?
   a) Male gender, age, poor nutrition.
   b) Female gender, anemia, fecal/urinary incontinence.
   c) Age, fecal/urinary incontinence, lack of pain perception.
   d) Anemia, diabetes, high blood pressure.

5) A specific medical condition that increases the risk of developing pressure sores is:
   a) Diabetes.
   b) Hepatitis.
   c) Arthritis.
   d) Osteomyelitis.

6) Four areas of the body where pressure sores most commonly occur are the:
   a) Heels, hips, base of the spine, chest.
   b) Heels, hips, base of the spine, elbows.
   c) Hips, ankles, base of the spine, wrists.
   d) Fingertips, ankles, soles of the feet, hips.
7) Which of the following are complications caused by pressure sores?
   a) Fever, low blood pressure, cellulitis.
   b) Sepsis, cellulitis, anemia.
   c) Cellulitis, nerve damage, bone and joint infections.
   d) Sepsis, bone and joint infections, cellulitis.

8) Three techniques that can be used to prevent pressure sores from occurring are:
   a) Antibiotics, dry skin, position changes.
   b) Padding, dry skin, massage therapy.
   c) Position changes, dry skin, padding.
   d) Debridement, wound cleaning, position changes.

9) The maximum amount of time a patient should be allowed in one position is:
   a) Two hours.
   b) Three hours.
   c) Four hours.
   d) Five hours.

10) Specific treatment for Stage III and Stage IV pressure sores is ordered by:
    a) A physician or a physical therapist.
    b) A physician or a wound care nurse.
    c) An occupational therapist or a wound care nurse.
    d) A physician or a social worker.