Helping Patients with Personal Hygiene

1) The first and most important rule to remember when assisting patients with mouth care, personal hygiene and skin care and elimination is:
   a) Always wash your hands and wear disposable gloves.
   b) Always make sure the patient's privacy is protected.
   c) Always document what you have done.
   d) Always try and get the patient to assist with his/her care.

2) Which of the following can affect a patient’s oral health?
   a) Male gender and high blood pressure.
   b) The use of certain medications and advanced age.
   c) Ethnic status and female gender.
   d) None of the above.

3) Before assisting a patient with mouth care you should check:
   a) The patient’s blood pressure.
   b) To determine the patient’s level of orientation.
   c) The patient’s pulse and temperature.
   d) To see if the patient is NPO or on aspiration precautions.

4) What do the letters NPO stand for?
   a) No fluids allowed.
   b) No solid food allowed.
   c) Nothing by mouth.
   d) Nothing after midnight.

5) When cleaning dentures you must always remember to:
   a) Clean them over a soft surface so that if dropped they will not break.
   b) Never use toothpaste as this can damage the dentures.
   c) Always clean for the dentures for at least 10 minutes or longer.
   d) Only use warm water to clean the dentures.

6) Which of the following are age-related changes in the skin?
   a) The skin gets thicker and stronger.
   b) The skin becomes weaker and subcutaneous tissue is lost.
   c) The sweat glands and the oil producing glands become more active.
   d) The blood vessels become stronger and more numerous.
7) Skin care should begin with:
   a) Checking the patient’s vital signs.
   b) Determining if the patient is NPO.
   c) Inspecting and palpating the skin.
   d) Determining the patient’s orientation.

8) When performing skin care for a patient has diabetes you should carefully assess:
   a) The back of the head, the hips, and the elbows.
   b) The knees, the hands, and the hips.
   c) The shoulders, the feet, and the back of the head.
   d) The ankles, the feet, and the nail beds around the toes.

9) True or false:Trimming the toenails is routine part of skin care.
   a) True
   b) False

10) When helping the patient with elimination you should always:
    a) Measure and record the output.
    b) Wear a face mask and gloves.
    c) Have the patient wash his/her hands.
    d) Have another CNA assist you.