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Question: 1

Which of the following is an example of a food that is high in protein?

- A. Egg
- B. Banana
- C. Cabbage
- D. Bread

Answer: A

Explanation:

An example of a food that is high in protein is an egg. Other high-protein foods include meat products, soy products (such as tofu), and nuts. Beans are high in protein, but they are also high in carbohydrates. All vegetables and fruits are high in carbohydrates, but they also contain vitamins, minerals, and fiber that are essential for nutrition. Bread and desserts are especially high in carbohydrates, and many have little nutritional value.

Question: 2

If, when assisting a patient to undress, the nurse aide notes bruising and behavior that suggest a patient may be a victim of abuse, what should the nurse aide do?

- A. Ask the patient about it
- B. Stay quiet because there is no proof
- C. Report the concerns to the nurse
- D. Provide the patient with the number of an abuse hotline

Answer: C

Explanation:

If, when assisting a patient to undress, the nursing aide notes bruising and behavior that suggest the patient may be a victim of abuse, the nursing aide should report the concerns to the nurse. The nurse can then follow up with an examination and interview and offer assistance to the patient if it appears warranted, although many abuse victims deny that they are being abused.

Question: 3

If planning to use a mechanical lift to move a patient who weighs more than 500 pounds, what is the first thing the nurse aide should do?

- A. Get assistance from another staff member

- B. Ensure that the equipment is in good repair
- C. Explain the procedure to the patient
- D. Check the weight limit for the equipment

Answer: D

Explanation:

If planning to use a mechanical lift to move a patient who weighs 500 pounds (morbidly obese), the first thing the nurse aide should do is to check the weight limit for the equipment. Most standard lifts can support weight up to 450 pounds, but bariatric equipment that can support 500-1,000 pounds may be necessary for patients who are extremely heavy. If the mechanical lift cannot support the weight, the patient may fall and be injured. The nurse aide should never operate a lift alone; therefore, getting assistance from another staff member is also important once the appropriate lift is obtained.

Question: 4

Which food should a patient on a low-sodium diet avoid?

- A. Egg
- B. Salami
- C. Orange
- D. Spinach

Answer: B

Explanation:

A patient on a low-sodium diet should avoid foods that are high in salt (sodium chloride), such as salami. All processed meats (bologna, hot dogs, corned beef, pastrami) are high in sodium. Low-sodium foods include virtually all fruits and vegetables. Most lean meats are low in sodium. The patient should avoid foods with added salt, such as many canned foods and frozen prepared meals, and should avoid the sauces that sometimes come with frozen vegetables.

Question: 5

Which of the following is true for contact precautions?

- A. Gloves are worn for all contact with the patient and the immediate environment
- B. The patient's bed must be separated from another patient's bed by at least 6 feet
- C. The patient's privacy curtain has to be closed only during procedures
- D. The same personal protective equipment (PPE) may be used if caring for two patients in the same room

Answer: A

Explanation:

For contact precautions, gloves are worn for all contact with the patient and the immediate environment. Contact precautions are used for infections that are spread by touch, such as *Clostridium difficile*. A gown is required for direct contact with the patient or potentially contaminated environmental surfaces, such as the bed and bedside stand. PPE should not be reused or used with more than one patient, even if the patient is in the same room.

Question: 6

What site is used to check the pulse of a 1-year-old child?

- A. Temporal
- B. Radial
- C. Brachial
- D. Apical

Answer: D

Explanation:

Although the radial artery in the wrist is the site most often used to measure the pulse rate, for children younger than 2 years of age, the apical site is used, auscultating the rate with a stethoscope. The pulse is auscultated at the fourth intercostal space, left midclavicular line (the midpoint of the left side of the chest). In adults, the apical pulse is auscultated at the fifth intercostal space.

Question: 7

After helping a patient onto the toilet, what should be done next?

- A. Watch until the patient finishes
- B. Allow the patient privacy
- C. Stay close but turn away from the patient
- D. Cover the patient's lap with a drape

Answer: B

Explanation:

After helping a patient onto the toilet, it's important to allow the patient privacy. If safe to do so, the nurse aide should wait outside of the bathroom and close the door while making sure the patient has access to a call bell and staying close at hand to be available for when the patient has finished toileting. If the patient is using a commode, the patient should be placed behind curtains or a screen so they cannot be seen if someone opens the door to the room.

Question: 8

When collecting a stool specimen from a patient, what part of the stool should be collected?

- A. Any part of the stool
- B. Any abnormal-appearing part of the stool
- C. The middle of the stool and any blood, mucus, or abnormality
- D. The end of the stool and any blood, mucus, or abnormality

Answer: C

Explanation:

When collecting a stool specimen from a patient, the specimen should be taken from the middle of the stool and from any area with blood, mucus, or other abnormality. The nurse aide should place the specimen pan on the back of the toilet/commode so that the front part of the toilet is free. The nurse should caution the patient to try to avoid urinating into the specimen container. The patient may urinate first before the specimen container is placed if comfortable doing so. To collect the specimen, a tongue blade or spoon attached to a stool specimen container lid is used.

Question: 9

If a patient is to use a cane because of weakness in the left leg, how should the cane be held?

- A. With the tip 12-15 inches to the side of the foot
- B. In either hand that is comfortable
- C. In the left hand
- D. In the right hand

Answer: D

Explanation:

If a patient is to use a cane because of weakness in the left leg, the patient should hold the cane in the right hand. When the patient is standing in neutral position, the elbow should be bent at approximately a 150 angle so that the arm can straighten when the cane is advanced. The cane is usually placed approximately 6-10 inches beside the foot because the patient's gait will not be stable if the cane is held too far to the side.

Question: 10

If the nurse aide notes that a coworker has spilled water in the hallway when delivering it to a patient, which of the following should the nurse aide do?

- A. Wait until the coworker comes back out and tell the person
- B. Wipe up the spilled water
- C. Call housekeeping to wipe up the water
- D. Tell the nurse that there is spilled water in the hallway

Answer: B

Explanation:

If the nurse aide notes that a coworker has spilled water in the hallway when delivering it to a patient the nurse aide should wipe up the spilled water as soon as possible because it poses an immediate safety risk to others walking in the hallway. As a team member, the nurse aide should be willing to help out other members of the staff without worrying about whose responsibility the problem is.



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