

MODULE 2 TEST: POINTERS TO REVIEW

- Falls is the most common accident in all settings.
- Major causes of fire in a home or long-term care facility are: Unsafe smoking, Cooking accidents, Faulty electrical equipment.
- Fire drills are done routinely to promote fire safety among staff and clients.
- Review R-A-C-E acronym for fire safety
- Pathogen needs to grow are: water, nourishment, and oxygen
- Microorganisms grow best in an environment that is warm and dark.
- The client with an infection may have:
 - Fever, nausea, vomiting, rash
 - Pain or tenderness, redness, sores on mucous membranes
 - Fatigue, loss of appetite, swelling
- Preventing the spread of germs include: Use a damp cloth to dust furniture, use appropriate PPE as required, and clean from the cleanest to the dirtiest.
- Autoclave (Steam under pressure): still the best procedure to sterilize equipment.
- Strangulation is the most common hazard of a bed rail.
- Standard precautions are used for all clients and residents, it stresses frequent hand washing and requires gloves, masks and gowns.
- Making sure the resident is kept as quiet as possible is NOT needed in isolation procedure.
- Review use of gloves: used when touching body fluids and providing hygiene care.
- Respiratory infections are the most common infections that occur within health care settings.
- Occupational Health and Safety Act: The Act which primarily directs regulations pertaining to health and safety in the workplace.
- Examples of staff included in OH&S Act: Personal Support Workers and Supervisors in long-term care facilities and Housekeeping staff in hospitals
- As a support worker, your responsibility includes:
 - Following the employer's directions
 - Report to the supervisor any Personal Support Worker who is not following rules/policy
- Your supervisor is responsible for ensuring your safety, warning you of possible dangers to your health, and providing you with accessibility to written information about the law.
- Review what WHMIS stands for.

- The purpose of WHMIS is to provide information on the safe use and potential health risks of hazardous materials in your workplace.
- Review WHMIS logo for: explosive material; poison and infectious; corrosive material; compressed gas
- As a support worker, you should NOT recommend a substance to a client.
- Toxic are substances that will cause poisoning.
- A person with a spinal cord injury should be log rolled in one unit.
- Review Restraints; Types of restraints.
- Masks prevent the spread of microbes from oral or mouth area.
- Leg muscles should be used for lifting.
- For a broad base of support, feet should be 30 cm apart
- When using your body for lifting heavy objects, you should avoid twisting motion.
- For safety, always ensure that the walker has stable rubber feet.
- Prolonged bed rest is one of the common cause of muscle atrophy (thinning of muscles).
- Examples of walking aids include canes, walkers and braces are used for ambulation.
- Falls prevention includes: making sure the client footwear is nonskid, placing the call bell within client's reach and keeping the bed in the lowest position.
- Roll Guards can prevent a client from rolling out of bed.

Exam Format: Define terms

- **“Transfer”** means: Moving a client from one place to another when the client can bear their own body weight.
 - **“Reposition”** means: Changing the position of the client but not changing their location.
 - **“Mechanical Lift”** means: Moving a client who is unable to weight bear from one place to another using a mechanical device with two staff assisting.
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- Range-of-motion: The extent to which a joint can be moved without causing pain
 - Active range-of- motion: Done **by** the resident.
 - Passive range-of-motion: Done **for** the resident
 - Assistive equipment: Devices which are designed to compensate for disability
 - Flexion: Bending a joint
 - Extension: Straightening an arm or leg
 - Abduction: Moving an arm or leg **away** from the center of the body.

- Adduction: Moving an arm or leg **toward** the center of the body.
 - Ambulation: Walking or moving about in an upright position
 - Review: Prone position, Semi-Fowler's position, Supine position.
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- Risk for infections include: (remember at least 4)
 - Age
 - Open wound
 - Confusion
 - Diabetes
 - Continual exposure to staff and visitor
 - Poor circulation
 - Requires assistance for toileting
 - Lives in a large population
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- Long bones bear the weight of the body and short bones allow skill and ease in movement.
- A ball and socket joint allow movement in all directions.
- Muscles which are attached to bones are **voluntary**.
- Some muscles in the body are constantly contracted.
- When muscles relax, they **DO NOT** burn food for energy.
- Shivering is a form of rapid muscle contractions by which the body produces heat.
- Nerves are easily damaged, but **DOES NOT** heal very quickly.
- Body **alignment** is the way body segments are aligned with one another.
- Good body mechanics help protect you and your clients from injury.
- Use large muscles of hips and thighs when lifting a heavy object.
- Objects are kept **closer** from the body when lifting, moving or carrying them.
- You should face the direction in which you are working to prevent unnecessary twisting.
- If help is needed to move a resident, ask a co-worker to help before you begin the procedure.
- A turning sheet should extend from the resident's **head to feet**.
- A client is moved to the side of the bed before being turned to the side-lying position.
- Logrolling is rolling the person in **one unit**.
- A "**sling**" is part of a mechanical lifting device (Hoyer Lift).
- When transferring a client, position yourself on the client's **stronger** side.

All the best on your exam!