

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Your Resident is Counting on You!**  
**What You Can Do to Prevent Pressure Ulcers**

## Pre-Post test Answer Key

Place an X in the box next to the correct answer

### General

- How often should you inspect your resident's skin? (Choose best answer)
  - Weekly
  - Only when asked by resident
  - Daily
  - When it's part of the care plan
- When should you look at your resident's skin? (Choose best answer)
  - every time you bathe a resident
  - before transferring to chair
  - every time you change a resident
  - a and c
- What should be used to clean soiled skin? (Choose best answer)
  - Soap with an antibacterial agent
  - gentle soap
  - only water
  - lotion



### Moisture

Moisture increases the risk for pressure ulcers

- What two sources of moisture increase the risk for pressure ulcers? (choose all that apply)
  - bathing
  - urine
  - laying on one side for more than two hours
  - sweat
- Which areas tend to be wet and you should use a moisture barrier on them? (choose all that apply)
  - behind knees
  - elbows
  - peri-area
  - buttocks

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6. How often should clothes, bedding, diapers and linen be changed? (Choose best answer)
- a. only at scheduled time.
  - b. As often as needed to keep resident dry.
  - c. When resident asks
  - d. Once daily

### Nutrition

7. What interventions could you take to increase or maintain resident's food intake? (choose all that apply)
- a. Help resident to eat and allow them enough time.
  - b. Get foods they like (within their diet).
  - c. Go get special carry out for the resident
  - d. Be sure to tell the nurse if a resident isn't eating well or is losing weight.

### Residents Who Don't Feel Pressure On Their Skin

Some residents can't feel pressure or pain normally, so they can be injured without knowing it. They need for you to help keep them safe.

8. What interventions would you use to keep these residents from having pressure on their skin? (choose all that apply)
- a. Check for anything that could be creating pressure on the skin.
  - b. Check for improperly fitting or tight diapers
  - c. Check medical devices such as catheters or oxygen cannulas.
  - d. Check to make sure residents clothing have elastic at pressure points.

### Mobility/Activity

9. Which of these activities can help to prevent pressure ulcers? (choose all that apply)
- a. mobility
  - b. changing positions
  - c. Reading a book couple of times a day
  - d. Reposition at least every 2 hours for bed-bound residents

### Friction & Shear

Ability to move without rubbing or dragging.

10. What can you do to decrease friction and shear to your resident's skin? (choose all that apply)
- a. Apply lotion to skin before moving
  - b. Use a lift sheet to avoid dragging the resident.
  - c. Place soft socks on feet.
  - d. Long sleeves or elbow protectors may be needed.