

Module 44: Maintaining Health and Wellness

Lesson 1: Feedback Exercises

1. Health is _____ than the absence of illness. It includes both _____ and _____ well-being.
2. Staying healthy is affected by many factors, including:
 - a. _____ consuming the right vitamins, minerals, and other nutrients.
 - b. Strong social _____
 - c. Frequent and regular _____
 - d. _____ and infection control
 - e. _____ management practices
 - f. _____ care. Prevention and treatment.
 - g. _____ policies and practices (i.e vaccines)
3. Why are observations by direct support professionals so important when supporting health outcomes for individuals with cognitive disabilities?
4. Which staff are most likely to be the first ones who will notice changes in health status?
5. List the four senses you will use to assess the signs and symptoms of an illness or injury, and one way in which they are used.
 - a.
 - b.
 - c.
 - d.
6. What is the most important question to ask yourself when you suspect that a person may not be feeling well?
7. Which of the following observations of signs and symptoms of illness by direct support staff are examples of a descriptive language, communication that is precise and leaves little or no room for interpretation?

- a. John's temperature was 101.6 degrees this morning. It was 98.6 when I checked it last night at 10 pm when he complained that his throat was sore. I gave him 2 Tylenol and the temperature is now normal and he said his throat feels better.
 - b. Terry didn't eat supper or breakfast. We had oatmeal for breakfast and that is his favorite. His temperature is normal. John said that he heard him go to the bathroom several times during the night. I asked Terry what was wrong and he pointed to his abdomen and said "Hurts."
 - c. Tom looks tired. He is just not himself today. Susan said she noticed it yesterday too. We think he is depressed.
 - d. David has a cold. Everyone else has one and now he got it also.
 - e. John threw up 4 times after supper. He slept all night without waking and ate some toast for breakfast. That was two hours ago and he has kept it down.
 - f. Elaine is pulling at her ear. I just noticed it this afternoon. I don't think she was doing it this morning. I asked her if it hurt and she didn't answer me. Her temperature is normal.
 - g. Susan has the flu.
8. Practice using descriptive language and rewrite the following staff reports.
- a. Darren fell and I think he hurt his ankle.
 - b. Jeffery has a poor appetite.
 - c. Teresa was sure upset at work today. Watch out.
 - d. Harold has that bug that everyone else had last week.
9. What are four strategies for supporting individuals with developmental disabilities to participate in their health care appointments?
- a.
 - b.
 - c.

10. What are five responsibilities of direct support professionals in assisting individuals with needed therapies and adaptive equipment or orthotics?
- a.
 - b.
 - c.
 - d.
 - e.

Lesson 2: Feedback Exercises

1. For each body system, indicate the major organs and the primary function:

- a. Respiratory/Circulatory System

Major organs:

Primary function:

- b. Gastrointestinal System

Major organs:

Primary function:

- c. Genitourinary System

Major organs:

Primary function:

- d. Nervous System

Major organs:

Primary function:

- e. Muscular/Skeletal System

Major organs:

Primary function:

- f. Skin and Sensory Organs

Major organs:

Primary function:

2. Describe normal breathing:
3. If a person has a runny nose or nasal congestion, what questions should you find the answers for to include in your description of symptoms?
4. If a person has a cough, what characteristics should you describe to give the agency nurse the information he/she needs to provide or seek treatment?
5. List 5 symptoms combined with nasal congestion, sore throat or cough that might signal something more serious?
 - a.
 - b.
 - c.
 - d.
 - e.
6. List 5 symptoms of a severe allergic reaction/anaphylactic shock that signal a medical emergency:
 - a.
 - b.
 - c.
 - d.
 - e.
7. _____ is swelling caused by excess fluid trapped in body tissues. It can affect any part of the body. Direct support professions should report whether or not the swollen area remains _____ when pressed with the thumb.

8. Get immediate medical care if you have _____ pain that does not go away, crushing pain or pressure in the chest, or chest pain along with _____, sweating, dizziness or shortness of _____.
9. List four indicators of stroke as recommended by the American Red Cross:
 - a.
 - b.
 - c.
 - d.
10. What action should you take if you see signs that could indicate stroke?
11. List 3 signs/symptoms that may indicate possible head injury:
 - a.
 - b.
 - c.
12. What mouth and tooth symptoms should be reported to the nurse?
 - a.
 - b.
 - c.
13. If a person has heartburn, what characteristics should you describe to give the agency nurse the information he/she needs to provide or seek treatment?
14. Under what circumstances is nausea considered serious?
15. _____ is generally defined as loose, watery stools that occur more than three times in one day and are accompanied by a sense of urgency.
16. _____ are distended veins in the rectum and can be caused by constipation or straining.

17. _____ is a state of confusion accompanied by agitation and hallucinations (hearing, seeing, smelling, or feeling things that are not observed by others)?
18. The average adult has a daily intake of fluids equal to _____ quarts and eliminates about the same amount.
19. What are three signs of a urinary tract infection?
 - a.
 - b.
 - c.
20. What type of vaginal discharge should be reported?
21. _____ means that your body does not have as much water and fluids as it should.
22. What physical symptoms might indicate dehydration?
 - a.
 - b.
 - c.
 - d.
23. What conditions place a person at risk of dehydration?
24. How can one determine whether the person's injury is a sprain or fracture?
25. What are signs and symptoms of a possible fracture?
 - a.
 - b.
 - c.
 - d.
26. Frequently the faster a symptom becomes a problem the more _____ the problem.
27. A _____ wound doesn't usually cause excessive bleeding. Often the wound seems to close almost instantly. But this type of wound can be dangerous because of the risk of _____.

28. What symptom of infection is considered a medical emergency?
29. Why are individuals with cognitive disabilities at increased risk of injury due to burns?
 - a.
 - b.
 - c.
30. _____ are caused by rapid muscle contraction and relaxation, and are the body's way of generating heat when it feels that it is cold.
31. What are possible signs of frostbite?
32. If a person has a rash, what characteristics should you describe to the nurse to the information he/she needs to provide or seek treatment?
33. What changes in the skin need to be reported?
34. What are some nonverbal signs and physical signs that a person might be experiencing ear pain or other problems with the ear?
35. _____ is the number one cause of blindness in the United States.
36. What eye conditions require immediate medical attention?

True and False

- _____ 1. Common allergies include insect bites or stings, medications, certain foods, pollen, and latex.
- _____ 2. All heart attacks are sudden and intense.
- _____ 3. Call for emergency medical help if you observe a seizure in someone who has not been diagnosed with a seizure disorder.
- _____ 4. If a person faints and is not fully recovered within five minutes, contact emergency personnel or 911.
- _____ 5. A person who does not have a bowel movement every day is constipated.
- _____ 6. A change of two pounds in a month is considered significant and cause for concern in a healthy adult.
- _____ 7. A person's report of pain should always be taken seriously.
- _____ 8. Treat every possible fracture as a fracture until proven otherwise.

- _____9. Normal body temperature is 98.6 degrees for everyone.
- _____10. Direct support professionals need not report changes in moles as long as the person is not experiencing pain

Lesson 3: Feedback Exercises

1. If any of the following occur, you should seek immediate medical assistance:
 - a. _____ excessively and uncontrollably
 - b. _____ that is obstructed or that has stopped
 - c. _____ stopping
 - d. Loss of _____ (unrelated to a typical seizure activity for that person or isolated fainting episode)
 - e. Severe _____ from an accident
 - f. Uncontrollable behavior that is a _____ to the individual or others
 - g. Deep _____
 - h. Persistent _____ in abdomen
 - i. Vomiting and passing _____
 - j. Head/neck/back _____
 - k. Symptoms of _____
 - l. Broken _____ protruding through the skin
 - m. Sudden severe _____
 - n. Slurred _____
2. Whenever you have questions regarding the health of an individual, which two persons should you contact?
 - a.
 - b.
3. List two ways in which you can identify that someone with a disability is experiencing pain.
 - a.
 - b.

4. If any of these emergency or nonemergency situations meet the definition of a _____ as described in the North Dakota abuse, neglect, and exploitation policy (DDD-PI-006), your agency is responsible for implementing risk management and contacting your regional _____ representative
5. What problems might occur if complaints of pain are ignored because staff think they are attention seeking behavior?
6. What should be done if it is believed that an individual is using medical complaints as attention seeking behavior? State what action the team should take and the action required of the direct support professional.

Lesson 4: Feedback Exercises

1. List the four components of the infectious process
 - a.
 - b.
 - c.
 - d.
2. What are the three general environments where an organism might live and thrive?
 - a.
 - b.
 - c.
3. List 3 ways an organism can leave the host organism to continue the infectious process.
 - a.
 - b.
 - c.
4. What is the primary goal of infection control practices?
5. List 3 methods of prevention for stopping the infectious disease chain.
 - a.
 - b.
 - c.
6. The most important technique for infection control is thorough and frequent _____.
7. Hand washing should occur for at least (How long) _____ minutes being sure to apply friction to all surfaces of the hands.

8. Standard precautions recommend using protective barriers when exposure to _____ is anticipated.
- a.
 - b.
 - c.
 - d.
 - e.
 - f.
9. List standard precautions.
- a.
 - b.
 - c.
 - d.
10. List the 3 main forms of protective barriers and personal protective equipment to utilize when you anticipate contact with blood or body fluids.
- a.
 - b.
 - c.
11. List the five step procedure to be used when disinfecting and cleaning a food contact surface contaminated with body fluids.
- a.
 - b.
 - c.
 - d.
 - e.
12. What is the purpose of a vaccine?
13. Who are the two parties that should be immediately notified if you come in contact with a persons' blood or body fluids?

14. What is the second goal of infection control procedures?

15. List the recommended procedures for accidental exposure to blood or body fluids in the following areas:
 - a. Exposure to eyes, nose or mouth

 - b. Exposure by a needle stick or through a break in the skin:

16. In addition to the standard precautions what additional procedures are recommended to prevent the spread of MRSA?

True or False

1. T F For the invading organism to continue the infectious process, it must have a means of escape.
2. T F AIDS is spread through blood or specific body fluids.
3. T F A person's ability to fight invading organisms can depend on his or her emotional health, as well as their physical health.
4. T F If you wear gloves, hand washing is not necessary.
5. T F Standard precautions were established to decrease the possibility of exposure to blood-borne pathogens from individuals who are known to be infected.
6. T F The two main blood-borne pathogens are hemophilia and sickle cell anemia.
7. T F Standard precautions apply only to body fluids that are blood or blood stained.
8. T F Standard precautions are intended to supplement, not replace, routine infection control practices.
9. T F Vinyl, latex gloves must be changed between person to person contact, and should never be washed for reuse.
10. T F When using hand sanitizers, use enough rub to require at least 15 seconds to dry.
11. T F Whenever the person's hands are visibly soiled, hand sanitizer should be used for proper hand hygiene.
12. T F While MRSA is resistant to common antibiotics, this infection does still respond to certain medications.
13. T F Proper hand hygiene is the key to preventing the spread of MRSA.