

Feedback Exercise Lesson 1

1. When assessing vital signs DSPs should know:
the _____ of each vital sign;
the _____ for each person;
the vital sign readings from the _____; and
the person's _____, _____, and _____.
2. Measuring the _____ is a simple method of learning something about how the circulatory system is working.
3. Describe where to place your fingers when taking a radial pulse.
4. What is the normal adult pulse rate?
5. Describe why respiration should be counted without the person's awareness.
6. What is the average rate of respiration for adults?
7. Explain the conventional definition of fever.
8. The normal range for: **oral** temperature is _____; **rectal** temperature is _____; **temporal artery** temperature is _____; and **axillary** temperature is _____.
9. Explain the difference between systolic and diastolic blood pressure readings.
10. Why is it so important to monitor intake and output for people with certain medical conditions?
11. When measuring fluid intake, DSPs must note the difference between the amount the person _____ and the amount he/ she _____.
12. When recording fluid output, every time the person uses the _____, _____, or _____, the urine and other liquids must be measured.

13. Who determines when it is appropriate to use an oral thermometer?
14. When monitoring vital signs, DSPs need to know the normal rates for people the same age, as well as the _____ rate for the person.
All variations should be reported according to agency policy.
15. Name three types of electronic thermometers and where the temperature is taken using each one.

Feedback Exercise Lesson 2

1. List the four senses you will use to assess the signs and symptoms of an illness or injury, and name one way in which each is used for identification:
 - a.
 - b.
 - c.
 - d.
2. List five signs and symptoms of respiratory and circulatory problems:
 - a.
 - b.
 - c.
 - d.
 - e.
3. Describe three signs that might indicate that a person has a fever:
 - a.
 - b.
 - c.
4. Name three signs that might indicate that the person is suffering from a sore throat:
 - a.
 - b.
 - c.
5. List five signs/symptoms associated with the gastrointestinal system not functioning properly:
 - a.
 - b.
 - c.
 - d.
 - e.

6. Describe behavioral indicators and physical signs for the following health conditions:
 - a. Constipation
 - b. Dehydration
 - c. Toothache
7. List five signs/symptoms to note for problems in the genitourinary system:
 - a.
 - b.
 - c.
 - d.
 - e.
8. Signs/symptoms associated with the nervous system not functioning properly that should be noted by a staff member include:
 - a. _____.
 - b. _____. Could be displayed by signs of unsteadiness.
 - c. Headache. Could be displayed as _____, _____, _____.
 - d. _____. Could be displayed by difficulty falling asleep or waking too early.
 - e. Change in the level of _____.
 - f. _____.
 - g. _____.
 - i. _____.
9. Describe three indicators of a sprain or fracture:
 - a.
 - b.
 - c.
10. Describe behavioral indicators and physical signs for the following health conditions:
 - a. Earache
 - b. Frostbite
 - c. Infection

11. List four signs and symptoms to report related to the appearance of the individual's eyes:
 - a.
 - b.
 - c.
 - d.
12. List three situations in which DSPs should seek immediate medical assistance:
 - a.
 - b.
 - c.
13. Whenever you have questions regarding the health of an individual receiving service, whom should you contact in your agency?
 - a.
 - b.
14. List two ways in which you can identify that someone is experiencing pain, other than verbal reports:
 - a.
 - b.

Feedback Exercise Lesson 3

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 three 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 four methods of prevention for stopping the infectious disease chain.
 - a.
 - b.
 - c.
 - d.
6. The most important technique for infection control is thorough and frequent _____.
7. Hand washing should occur for at least (how long) _____, being sure to apply friction to all surfaces of the hands.

8. Standard Precautions apply to
 - a.
 - b.
 - c.
 - d.
9. List four of the five general standard precautions.
 - a.
 - b.
 - c.
 - d.
10. List the three main forms of protective barriers to utilize when you anticipate contact with blood or body fluids.
 - a.
 - b.
 - c.
11. What are the two blood-borne pathogens that people are most concerned with today?
 - a.
 - b.
12. List the four step procedure to be used when disinfecting and cleaning a contaminated surface.
 - a.
 - b.
 - c.
 - d.
13. What is the purpose of a vaccine?

14. Who are the two parties that should be immediately notified if you come in contact with a person's blood or body fluids?
 - a.
 - b.
15. What is the second goal of infection control procedures?
16. 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:

Feedback Exercise Lesson 4

1. List five reasons for changing a person's position often.
 - a.
 - b.
 - c.
 - d.
 - e.
2. Describe three considerations for proper positioning.
 - a.
 - b.
 - c.
3. List three techniques to gain cooperation of the individual who needs assistance with transfers and positioning.
 - a.
 - b.
 - c.
4. List the five guidelines to consider when getting ready to lift or transfer a person.
 - a.
 - b.
 - c.
 - d.
 - e.
5. Describe good body mechanics for transfers.
6. List five rules to follow when assisting with ambulation.
 - a.
 - b.
 - c.
 - d.
 - e.

7. Describe precautions for wheelchair use in the following situations.
 - a. Starting and stopping
 - b. Opening doors
 - c. Inclines and ramps
 - d. Up curbs
 - e. Down curbs
8. Describe proper positioning for a person who will be transported in a wheelchair.

Feedback Exercise Lesson 5

1. Describe the importance of personal hygiene.
2. Explain how staff can encourage independence when assisting with activities of daily living and personal hygiene routines.
3. Describe the correct procedure for cleansing the eyes and ears.
4. List three precautions to minimize dry skin problems associated with bathing.
 - a.
 - b.
 - c.
5. List two precautions for avoiding falls during a tub or shower bath.
 - a.
 - b.
6. Describe proper nail care.
7. Explain how plaque promotes tooth decay and gum disease.
8. List the main components of oral hygiene.
9. List five guidelines which may be helpful in gaining cooperation when assisting individuals with personal hygiene or medical needs.
 - a.
 - b.
 - c.
 - d.
 - e.

10. Describe three approaches to use when a person refuses to cooperate with personal hygiene activities, medical therapies, or medication schedules.
 - a.
 - b.
 - c.
11. What are DSPs' responsibilities if the person continues to refuse?

Feedback Exercise Lesson 6

1. Define good nutrition.
2. Explain the MyPlate visual.
3. List the five food groups and the recommended range of servings from each group.
4. Fill in the blanks for 10 tips for a healthy plate .
 - a. Balance _____.
 - b. Enjoy your food but eat _____.
 - c. Avoid oversized _____.
 - d. Eat _____ vegetables, fruits, whole grains, and fat-free or 1% milk.
 - e. Make _____ your plate fruits and vegetables.
 - f. Switch to fat-free or low-fat _____.
 - g. Make half your grains _____ grains.
 - h. Compare _____ in foods.
 - i. Drink _____ instead of sugary drinks.
5. What kinds of protein are recommended?
6. Eating _____ may cause you to eat too much.
7. Why are whole or cut-up fruit better choices than juice?
8. Describe how to keep fruits safe.
9. What color vegetables are the richest sources of vitamins and minerals?
10. (Frozen/canned) vegetables are as nutritious as fresh veggies.

11. What should you look for on the label of canned vegetables?
12. Select products that name a whole-grain ingredient ____ on the list.
13. What terms indicate a whole grain:

____ multi-grain	____ wild rice
____ stone-ground	____ seven-grain
____ cracked wheat	____ bran
____ brown rice	____ oatmeal
____ whole-grain corn meal	____ 100% wheat
14. Good sources of fiber provide ____ to ____ of the Daily Value; excellent sources contain ____ or more.
15. Nuts and seeds are a concentrated source of _____, so eat small portions.
16. It is important to ____ the food sources from each food group.
17. Ground beef should be at least ____% lean.
18. Older children, teens, and adults need ____ cups of milk a day.
19. Why are special diets selected?
20. Pureed foods should be blended _____.
21. What foods are best for fat-restricted and or cholesterol-restricted diets?
22. What foods are generally restricted on low-sodium diets?
23. Why do people on a diabetic diet need to eat meals and snacks at the same time each day?

24. What foods provide dietary fiber?
25. What is the best way to avoid problematic foods for food allergies?
26. List three of the factors which can affect nutritional status of people with disabilities.
 - a.
 - b.
 - c.
27. Describe methods to use at meal time which will promote a relaxed healthy eating experience.
28. Explain the importance of hand hygiene.
29. What temperatures are safe for foods?
30. What causes most foodborne disease outbreaks?

Feedback Exercise Lesson 7

1. List three of the guiding principles of health care.
 - a.
 - b.
 - c.
2. List three patient rights.
 - a.
 - b.
 - c.
3. Who is a specialist and why would one become involved in patient care?
4. Describe what you can do to prepare a person for a medical test.
5. If you are unsure of an instruction or term used by the doctor during an appointment, what should you do?
6. Match the specialist with the body system/s they deal with.

Specialist	Body System
_____ 1. Psychiatrist	A. Heart
_____ 2. Neurologist	B. Skin
_____ 3. Cardiologist	C. Lungs/Chest
_____ 4. Dermatologist	D. Bones/Tendons
_____ 5. Pulmonary Specialist	E. Nervous System

Feedback Questions Lesson 8:

1. Give an example of abuse.
2. Give an example of neglect.
3. Define exploitation.
4. What is due process?
5. What is equal protection?
6. What is least restrictive alternative?
7. The ADA protects people with disabilities in which areas?
8. What is protected by HIPAA?
9. What is a caretaker?