

Your name:



Part A

Please tick the correct TRUE or FALSE ANSWER.

Example: A care plan should evolve over time to incorporate changes in the resident's needs.

True False

1. When measuring a person's temperature from the ear, you should make sure their head is facing away from you.
True False
2. When you want to measure a person's pulse and they are sitting you should bend their lower arm across their abdomen.
True False
3. According to the program, a thread pulse beats fast all the time.
True False
4. When taking a person's respiration rate, only results above the acceptable range should be reported.
True False
5. A full respiratory cycle is breathing in twice before breathing out.
True False
6. Manual handling risks should always be checked before performing observations on an older person.
True False
7. If the resident has just applied cream to their legs, it's necessary to wait for the cream to soak in before applying compression stockings.
True False

8. Compression stockings should not be rolled down because they can form a tight band around the legs.

True False



PART B

Select the **MOST CORRECT** answer from the options below each question.

Example: Person centred care planning should consider these needs of the older person:

- A. Physical and medical
- B. Medical and psychological
- C. Social and spiritual
- D. Physical, medical, psychological, social and spiritual

1. Why should you look at an older person's notes before taking their pulse?

- A. To determine what the pulse will be that day
- B. To confirm their usual pulse rate
- C. Because there is an individual formula for every person
- D. None of the other answers

2. According to the program what should you look for before taking a person's temperature, pulse and respiration rate?

- A. Signs of weight gain
- B. Signs of constipation, weight gain or loss of appetite
- C. Signs of increased temperature pulse or respiration
- D. Signs of allergy to any type of thermometer

3. According to the program which of the following can be used to describe a person's pulse?

- A. Strong
- B. Cool
- C. Lengthy
- D. All of the other answers

4. According to the program which of the following is an acceptable range of pulse?
- A. 40 - 50
 - B. 20 - 160
 - C. 60 - 100
 - D. 100 - 120
5. What is a full respiratory cycle?
- A. One breath in
 - B. One breath out
 - C. One breath in and two breaths out
 - D. One breath in and one breath out
6. Which of the following personal protective equipment items were used in the program during measuring temperature?
- A. Gloves
 - B. Apron
 - C. Goggles
 - D. None of the other answers
7. Why should you make sure the test strips container is sealed when performing a urinalysis?
- A. The test strips are moisture sensitive
 - B. Test strips become cytotoxic if the container is unsealed
 - C. Test strips are not moisture sensitive
 - D. None of the other answers
8. Which of the following needs to be checked before applying compression stockings:
- A. The colour
 - B. That they are the correct size
 - C. The manufacturer's warranty
 - D. None of the other answers

9. Which of the following protective equipment was/were used when performing a urinalysis in the program?

- A. Apron
- B. Gloves
- C. Goggles
- D. All of the other answers

10. Why should compression stockings not be pulled from the top?

- A. To avoid over stretching
- B. To avoid causing a rash
- C. To avoid causing muscle cramps
- D. All of the other answers



PART C

Select the **MOST CORRECT** word or phrase to complete the sentence.

Example: Order the steps involved when taking someone's pulse.

Sit down next to them and explain what you are going to do.	_____1_____
Document the pulse rate, rhythm and strength of the beats.	_____3_____
Find the pulse and every time you feel a beat against your fingers count.	_____2_____

1. According to the program, when you measure a person's temperature from their ear, in what order should this be performed?

- A. Check for wax or blockages _____
- B. Remove any hearing aids _____
- C. Check for any broken skin in the ear canal _____

2. According to the program, when you are measuring a person's pulse the order which these steps should be performed are:

- A. Place the tips of your index and middle fingers over the grooves along the radial _____
- B. Feel the kind of pulse the person has _____
- C. Make sure your thumb is not touching the person _____

3. According to the program, order the steps on how a urinalysis should be performed:

- A. Hold the strip horizontally below the bottle so urine does not drip _____
- B. Tap the strip to remove excess urine _____
- C. Immerse the strip in the urine sample _____

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Engage. Inform. Inspire.™

Clinical Skills for Care Staff: Temperature, Pulse and Respiration, Compression Stockings and Urinalysis

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