

Your name:

Date:



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. If an older person or care home smells of urine there is something wrong.

True

False

2. While the bladder is filling, the detrusor muscle, the sphincter and pelvic floor muscles contract.

True

False

3. If the older person is experiencing pain when passing urine, the GP does not need to be informed because this is common in aged care.

True

False

4. A prostate specific antigen test (PSA) can help determine if dementia is the cause of incontinence.

True

False

5. Inadequate lighting can affect an older person's ability to get to the toilet at night.

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. Which of the following muscle/s contract during voiding?

- a) The sphincter
- b) The pelvic floor
- c) The detrusor
- d) All the above

2. According to the course, which of the following should be recorded in the bladder diary?

- a) Whether the person has a UTI or not
- b) The older person's thoughts
- c) The brand of continence aids used
- d) All the above

3. What does the 'Three Incontinence Questions Assessment' tool help to identify?

- a) Whether the person has a UTI or not
- b) Prostate cancer in men
- c) Whether a person suffers polyuria or not
- d) Situations when the person is most likely to leak urine

4. Why would the GP order a mid-stream urinalysis when results suggest a UTI?

- a) To determine the sensitivity of the culture
- b) To determine the type of catheter required
- c) To determine whether to operate or not
- d) None of the answers

5. According to the course, which of the following can cause overflow incontinence?

- a) Blockage or obstruction of the large intestine
- b) Blockage or obstruction to the bladder
- c) Blockage or obstruction of the kidneys
- d) None of the other answers



PART C

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

Example: A resident's.....signs such as temperature are also described as "obs" or "observations."

- a) life
- b) vital
- c) key

1. According to the course, the bladder is controlled by main parts.
 - a) Four
 - b) Six
 - c) Three

2. According to the course, assessments can help narrow down the continence problem the person is having.
 - a) Mental
 - b) General
 - c) Social

3. The Three Incontinence Assessment tool is also known as
 - a) 3CQ
 - b) 5IQ
 - c) 3IQ

4. If an older person leaks urine when coughing, then the stress cough test is
 - a) Negative
 - b) Positive
 - c) Neutral

5. According to the course, staff should pay attention to bowel charts because has an impact on all continence issues.
 - a) Excoriation
 - b) Constipation
 - c) Asphyxiation

DISCLAIMER:

Except where otherwise stated, scenarios depicted in this course are fictional and any resemblance to any person or event is purely coincidental. The information in this course has been prepared as general information only. It is not intended to provide legal, industrial or other specialist advice and should not be relied upon as such. All advice and information are professionally sourced and provided in good faith and, while all care has been taken, no legal liability or responsibility is accepted for any possible error. For direction concerning your particular circumstances, independent advice should be sought. Copyright 2016. The contents of these Learning Resources remain the property of ACC. They are for the exclusive use of current members of ACC; their use, distribution, and storage are subject to the terms and conditions laid out in Membership Agreements.