

KNOW THE ANSWERS TO THE FOLLOWING

1. What is orthostatic hypotension?
2. What is another name for plantar flexion?
3. What can a resident do on "strict bedrest"?
4. What can a resident do on "bedrest?"
5. Know the complications of bedrest
6. How do you prevent orthostatic hypotension?
7. Why do we use bed boards?
8. What do we use a foot board for?
9. What do we use a trochanter roll for?
10. Where do you put a hip abductor wedge?
11. What do we use a bed cradle for?
12. What do handgrips prevent?
13. Who does PROM?
14. Who does AROM?
15. Under what circumstances would you be allowed to do ROM to a neck?
16. What exercises are done to the shoulder?
17. What exercises are done to the forearm?
18. What exercises are done to the hip?
19. What exercises are done to the knee?
20. How do you flex a resident's toes?
21. How do you perform ROM exercises?
22. When assisting with ambulation, what devices help an unsteady resident?
23. How do you know how far to ambulation a resident?
24. What should a resident always wear when ambulating?
25. Where do you walk when ambulating a resident?
26. What moves 1st when using a walker?
27. What walking aid allows attachments?
28. What walking aid provides support for weak body parts?
29. What must you check for a resident wearing a brace?
30. What is a disability?
31. What is rehabilitation?
32. What is restoration?
33. What are common causes of disabilities?
34. What are the focuses for rehabilitation?
35. Do residents ever need both rehab & restoration?
36. What does disability affect?
37. What are the ADLs?
38. How will you know how to do bowel & bladder training?
39. Your resident has a wrist disability, what would you expect them to need?
40. Your resident has aphasia following a CVA. What will be helpful?
41. When in rehab, your resident needs to be reminded of this
42. When assisting with rehab, how will you know what to do?
43. Your resident has had both legs amputated, what care measures will you do and what will you not do?
44. When assisting with rehab, how will you protect your resident's rights?
45. Your resident takes a long time to dress themselves, what will you do?

46. You are getting frustrated with your resident's lack of progress. What should you do?
47. To better guide and direct your resident, what would be helpful for you to do?
48. Your resident is learning to use a new eating device. Where is the best place for the person to practice?
49. Why is privacy important during rehab?
50. Your resident is making slow progress and other CNAs are laughing about the person. What should you do?