

**Chapter 01: The Nursing Assistant Working in Long-Term Care**  
**Kostelnick: Mosby's Textbook for Long-Term Care Nursing Assistants, 8th Edition**

**MULTIPLE CHOICE**

1. Not relying on or requiring care from others is:
  - a. deconditioning.
  - b. independence.
  - c. self-care.
  - d. hospice.

ANS: B                      PTS: 1                      REF: 1

2. An acute illness is a(n):
  - a. sudden illness from which a person should recover.
  - b. ongoing illness for which there is no known cure.
  - c. illness that is slow or gradual in onset.
  - d. illness for which there is no reasonable expectation of recovery.

ANS: A                      PTS: 1                      REF: 1

3. An ongoing illness that is slow or gradual in onset and for which there is no known cure is a(n) \_\_\_\_\_ illness.
  - a. acute
  - b. chronic
  - c. terminal
  - d. physical

ANS: B                      PTS: 1                      REF: 1

4. A nursing task is:
  - a. a nursing care pattern focusing on jobs.
  - b. a nursing care pattern in which an RN is responsible for the person's total care.
  - c. care or a function that can be delegated to nursing assistants.
  - d. a service that is moved from departments to the bedside.

ANS: C                      PTS: 1                      REF: 2

5. The duty or obligation to perform some act or function is known as:
  - a. accountability.
  - b. responsibility.
  - c. delegation.
  - d. patient-focused care.

ANS: B                      PTS: 1                      REF: 2

6. Persons living in long-term care centers are called:
  - a. patients.
  - b. tenants.
  - c. residents.
  - d. individuals.

ANS: C                      PTS: 1                      REF: 2

7. Persons receiving care on assisted living units are called:
- tenants.
  - clients or customers.
  - patients.
  - residents.

ANS: A                      PTS: 1                      REF: 2

8. Who is responsible for the entire nursing staff in a nursing center organization?
- Nurse manager
  - Charge nurse
  - Staff nurse
  - Director of nursing

ANS: D                      PTS: 1                      REF: 4

9. An assisted living facility:
- provides 2 to 3 meals a day and housekeeping and laundry services.
  - is for persons with terminal illnesses.
  - provides complex ongoing rehabilitation.
  - is for persons with chronic mental illness.

ANS: A                      PTS: 1                      REF: 2

10. Which of the following individuals give basic nursing care under the supervision of a licensed nurse?
- Nurse practitioners
  - Social workers
  - Nursing assistants
  - Clinical laboratory technologists

ANS: C                      PTS: 1                      REF: 5

11. By law, nursing centers must have a medical director, known as which member of the health care team?
- Doctor
  - Director of nursing
  - Charge nurse
  - Hospital administrator

ANS: A                      PTS: 1                      REF: 4

12. Which health team members assess, make nursing diagnoses, plan, implement, and evaluate nursing care?
- Physicians
  - RNs
  - LPNs
  - Nursing assistants

ANS: B                      PTS: 1                      REF: 4

13. You are part of the:
- a. health team and the nursing team.
  - b. board of trustees.
  - c. case management team.
  - d. prospective payment system.

ANS: A                      PTS: 1                      REF: 4

14. LPNs/LVNs are supervised by licensed:
- a. physicians, dentists, and RNs
  - b. physical therapists and occupational therapists
  - c. agency administrators
  - d. social workers, pharmacists, and RNs

ANS: A                      PTS: 1                      REF: 5

15. Which health team member is responsible for diagnosing and treating diseases and injuries?
- a. Physician
  - b. Nurse practitioner
  - c. RN
  - d. Physician's assistant

ANS: A                      PTS: 1                      REF: 6

16. Which health team member assesses and plans for the nutritional needs of residents?
- a. RN
  - b. Dietitian
  - c. Pharmacist
  - d. Physician

ANS: B                      PTS: 1                      REF: 5

17. Which health team member helps residents and families with social, emotional, and environmental issues affecting illness and recovery?
- a. Speech-language pathologist
  - b. Podiatrist
  - c. Activities director
  - d. Social worker

ANS: D                      PTS: 1                      REF: 6

18. A hospice is a:
- a. skilled nursing facility.
  - b. home health care agency.
  - c. health care program for persons who present dangers to themselves or others.
  - d. health care agency or program for persons who are terminally ill.

ANS: D                      PTS: 1                      REF: 1

19. A federal health insurance program for persons 65 years of age and older, or for younger people with certain disabilities is:

- a. private insurance.
- b. group insurance.
- c. an HMO.
- d. Medicare.

ANS: D                      PTS: 1                      REF: 1

20. Medicaid is a:
- a. preferred provider organization.
  - b. private insurance plan purchased by individuals.
  - c. federal health insurance program for persons with disabilities.
  - d. health care payment program sponsored by the federal government and operated by the states.

ANS: D                      PTS: 1                      REF: 1

21. The overall goal of the interdisciplinary team is to:
- a. provide quality resident care.
  - b. carry out the physician's orders.
  - c. develop care plans for residents.
  - d. follow center policies and procedures.

ANS: A                      PTS: 1                      REF: 5

22. What must a nursing center have to operate and provide care?
- a. A certificate
  - b. Accreditation
  - c. Policies and procedures
  - d. A license

ANS: D                      PTS: 1                      REF: 7

23. Accreditation for nursing centers is:
- a. a voluntary process that signals quality and excellence.
  - b. required to receive Medicare and Medicaid funds.
  - c. a federal requirement for a nursing center to operate.
  - d. a process required by preferred providers.

ANS: A                      PTS: 1                      REF: 7

24. You have an important role in meeting standards and in the survey process. You must do which of the following?
- a. Avoid speaking with the surveyors.
  - b. Interview residents and families.
  - c. Defer any questions asked to the charge nurse.
  - d. Follow center policies and procedures.

ANS: D                      PTS: 1                      REF: 8

25. Surveys are done to see if the center meets set standards. Your role in the survey process involves which of the following?
- a. Having good work ethics
  - b. Making sure all staff meet state requirements

- c. Deciding if the center meets the standards
- d. Reviewing the nursing department budget

ANS: A                      PTS: 1                      REF: 7

26. Who of the following could act as the case manager in the long-term care setting?
- a. Registered nurse
  - b. Nursing assistant
  - c. Occupational therapy assistant
  - d. Medical physician

ANS: A                      PTS: 1                      REF: 5

27. What protects the public from persons practicing nursing without a license?
- a. OBRA
  - b. The Older Americans Act
  - c. A state's nurse practice act
  - d. Criminal law

ANS: C                      PTS: 1                      REF: 5

28. How many hours of instruction for nursing assistant training does OBRA require?
- a. At least 16
  - b. At least 32
  - c. At least 48
  - d. At least 75

ANS: D                      PTS: 1                      REF: 8

29. OBRA requires training and a competency evaluation for nursing assistants working in:
- a. day cares.
  - b. nursing centers.
  - c. hospices.
  - d. doctors' offices.

ANS: B                      PTS: 1                      REF: 9

30. The competency evaluation required by OBRA involves a:
- a. written test only.
  - b. skills test only.
  - c. written test and a skills test.
  - d. licensing examination.

ANS: C                      PTS: 1                      REF: 10

31. How many testing attempts does OBRA allow?
- a. 1
  - b. At least 2
  - c. At least 3
  - d. At least 4

ANS: C                      PTS: 1                      REF: 10

32. The nursing assistant registry includes information about:
- a. prior elementary education.
  - b. children.
  - c. marriages.
  - d. findings of abuse, neglect, or dishonest use of property.

ANS: D                      PTS: 1                      REF: 10

33. OBRA requires retraining and/or a new competency evaluation for persons who:
- a. have not worked as a nursing assistant for 24 months.
  - b. were found guilty of abuse or neglect.
  - c. were convicted of a crime.
  - d. did not have good performance evaluations.

ANS: A                      PTS: 1                      REF: 10

34. As a nursing assistant, you should:
- a. report changes in the person's condition to the nurse.
  - b. give drugs and insert tubes into body openings.
  - c. take verbal or telephone orders from doctors.
  - d. discuss the person's diagnosis with the family.

ANS: A                      PTS: 1                      REF: 10

35. A nurse asks you to perform a task that is beyond the legal limits of your role. You should:
- a. perform the task so that you do not lose your job.
  - b. politely refuse and explain why.
  - c. ignore the request.
  - d. think about it for a few days.

ANS: B                      PTS: 1                      REF: 11

36. Which of the following indicates what your employer expects you to do?
- a. Your job description
  - b. The state nurse practice act
  - c. OBRA
  - d. Code of ethics

ANS: A                      PTS: 1                      REF: 12

37. A nurse can delegate:
- a. responsibilities.
  - b. accountability.
  - c. the Five Rights of Delegation.
  - d. tasks.

ANS: D                      PTS: 1                      REF: 12

38. Which nursing team members cannot delegate?
- a. RNs
  - b. LPNs
  - c. LVNs
  - d. Nursing assistants

ANS: D                      PTS: 1                      REF: 12

39. Before a nurse delegates a task to you, the nurse must know which of the following?
- If the task fits into your schedule for the day.
  - If you are willing to perform the task.
  - What kind of degree the nurse has?
  - What tasks your state allows nursing assistants to perform?

ANS: D                      PTS: 1                      REF: 12

40. Certification of the nursing assistant is maintained at the \_\_\_\_\_ level.
- local
  - state
  - federal
  - community

ANS: B                      PTS: 1                      REF: 15

41. The duty or obligation to perform some act or function is:
- accountability.
  - responsibility.
  - defamation.
  - malpractice.

ANS: B                      PTS: 1                      REF: 9

42. Does a nurse have to delegate a task to you?
- Yes, if the task is in your job description.
  - Yes, if the nurse teaches you how to perform the task.
  - No. The nurse makes delegation decisions that are best for the person.
  - No. The nurse performs the task unless he or she is busy.

ANS: C                      PTS: 1                      REF: 12

43. The Five Rights of Delegation involve the:
- right task, the right circumstances, the right person, the right directions and communication, and the right supervision.
  - right law, the right job description, the right policies and procedures, and the right supervision.
  - right task, the right job description, the right person, the right training, and the right supervision.
  - right job description, the right task, the right person, the right directions and communication, and the right supervision.

ANS: A                      PTS: 1                      REF: 15

44. A nurse asks you to do a urinary catheterization. This involves sterile technique and inserting a tube into the person's bladder. The nurse gives you very clear instructions. What should you do?
- Perform the task. The nurse's directions were clear.
  - Perform the task if the nurse is available to answer questions.
  - Refuse the task. It is beyond the legal limits of your role.

d. Perform the task if another nursing assistant can help you.

ANS: C

PTS: 1

REF: 15

45. You can refuse to do a delegated task if:

- a. you are too busy.
- b. you do not like the task.
- c. it is the end of your shift and you are ready to go home.
- d. the task is not in your job description.

ANS: D

PTS: 1

REF: 16

#### **TRUE/FALSE**

1. Case managers are allowed to communicate with insurance companies.

ANS: T

PTS: 1

REF: 16