**CHAPTER REVIEW 11**

1. Correct body alignment helps the body achieve balance without causing muscle or joint strain. it allows the body to function at its highest level.
2. Your feet should always face the direction you are moving. This enables your body to move as one unit and keeps your back straight. Do not twist, as this increases the likelihood of an injury.
3. Begin in a squatting position and lift with your legs. Bend at the hips and knee, and use the strength of your leg muscles to stand and lift the object.
4. Lift with the large leg muscles to decrease stress on the back.
5. This decreases stress on the back.
6. They help prevent skin damage caused by shearing.
7. NA's must plan the move so that the stronger side moves first and the weaker side follows. It is difficult for the weaker arm and leg to bear enough weight for the transfer if they are moved first.
8. Backwards with the resident facing the top of the ramp, also going down backwards. The wheelchair could get away from you if the wheelchair goes down first.
9. Residents must be able to bear some weight on their legs.
10. D
11. B
12. A
13. B
14. C

**CHAPTER REVIEW 12**

1. Hygiene is practices to keep the body clean.  
   Grooming is practices to care for oneself, such as caring for fingernails and hair.
2. A. Allow the residents enough time to use the bathroom without rushing or interrupting them.  
   B. Assist with dressing as needed, but allow as much independence as possible.  
   C. Be patient while they perform care tasks.
3. Pressure ulcers.
4. 105°F
5. So that the temperature is comfortable for them.
6. This can cause the bath tub/shower to be slippery and can increase the risk of falls.
7. Every day
8. A. Helps relax tired, tense muscles.  
   B. Improves circulation
9. Using as little liquid as possible.
10. They may be able to still hear you and they deserve the same respect as any other resident.
11. Yes, because it is a part of Standard Precautions due to the risk of the exposure of blood.
12. If the resident uses oxygen.
13. The Affected side
14. B
15. A
16. B
17. D
18. A

**CHAPTER REVIEW 14**

1. 1. Elderly people produce less saliva, which affects eating and swallowing.  
   2. Medications have side effects on the digestive system that can interfere with appetite.  
   3. A decrease in physical activity and mobility can cause a lack of appetite and constipation.  
   4. The ability to smell and taste food and drink decreases as people age.  
   5. The inability to see well can affect the way food looks, decreasing interest in food.
2. Fruits and Vegetables
3. A. Beans  
   B. Peas  
   C. Soy Products (tofu, tempeh, veggie burgers)  
   D. Nuts  
   E. Seeds
4. Fat free (0%) or Low fat (1%)
5. The resident's name and information about special diets, allergies, likes and dislikes, as well as other dietary instructions.
6. NAS- No Added Salt
7. A clear liquid diet consists of fluids that a person can see through. A full diet includes all of the liquids served on a clear liquid diet with the addition of cream soups, milk, and ice cream.
8. Thickening liquids reduce coughing and the risk of choking.
9. Sitting in an upright position at 90°.
10. The NA should respect the resident's wishes.
11. Put your hand over the food to sense the heat.
12. The stronger (unaffected) side.
13. Use an imaginary clock.
14. A. Urine  
    B. Feces  
    C. Vomit  
    D. Wound drainage
15. 30
16. It lubricates the joints, It forms saliva and mucus, It delivers oxygen throughout the body.
17. A restrict fluids order means that the person is allowed to drink fluids, but must limit the amount of daily fluids.
18. B
19. A
20. C
21. B
22. C