**CAT 4**

**Morning Class October Intake**

**Trainee Name:**

**Registration Number:**

**Time 40min**

**Instructions:** Please read all questions carefully and make sure you understand it before answering the questions

**MCQ`s**

1. In order to communicate well you should?
2. Give facts and be specific

b. Give long descriptions

c. Use terms with many meanings

d. Use unfamiliar terms

1. To communicate delegated tasks to you the care giver, the nurse uses
2. The minimum data set
3. An assignment sheet
4. The care plan
5. Care conferences
6. Barriers to effective communication include
7. Speaking clearly and slowly
8. Appearing very busy
9. Listening clearly to the elder
10. Maintaining eye contact
11. The 3 main symptoms of diabetes are?
12. Frequent urination, frequent thirst and feelings of hunger and fatigue
13. Blurred vision, fatigue and anxiety
14. Weight gain, tingling and dry skin
15. Weight loss frequent urination and night sweats
16. What is the most common type of Dementia?
17. Bipolar Disorder
18. Schizophrenia
19. Alzheimer`s disease
20. Depression
21. Ms Maina is showing signs of anxiety by repeatedly using the call light and is irritable with you when you respond. What is your best cause of action
22. Give Ms Maina some choices and control over her care
23. Tell Ms Maina that you have other sick people to take care of
24. Take Ms Maina`s call light away or unplug it
25. Tell the nurse that Ms Maina doesn`t like you and request to be reassigned
26. Mr Raph is a resident at your long-term facility. He has been diagnosed with Depression. The best way for you to help Mr Raph is to
27. Spend time with him, listening or sitting quietly
28. Listen to his troubles or concerns, being very sympathetic and agreeable with his perceptions
29. Avoid spending much time with him because it doesn’t seem to help him
30. Remind him of all the things he should be grateful for
31. The normal aging process is **BEST** defined as the time when
32. People are over 65 years of age
33. People become dependent and child like
34. Normal body functions and senses decline
35. Alzheimer`s disease begins
36. The following are signs that the elder under your care is mentally well, which is one **NOT**?
37. The elder smiles and laughs frequently
38. The elder enjoys the company of others
39. The elder sleeps a lot
40. The elder has hobbies and interests
41. When you empathize with the elder in your care you are
42. Feeling pity for them
43. Letting them stay in bed
44. Helping them cheer up
45. Putting yourself in their place

**Short Answer Questions**

1. What is Diabetes?(1 mks)
2. List the risk factors of developing diabetes ? (4mks)
3. Give 4 examples of mental health disorders? (4mks)
4. What are the 4 classic signs of dementia? (3mks)
5. Name 6 types of communication?( 6mks)
6. State and explain the stages of grief (6mks)
7. Name the 6 rights of drug administration? (6 mks)

**True or False**

1. You should inspect the person`s skin every time you provide care (1mk)
2. A person has poor circulation in the legs and feet, you can trim the persons toe nails (1mk)
3. Perineal care is the care given to females only (1mk)

**Total Marks 43**