

Name: \_\_\_\_\_

### **Assists to Ambulate Using Gait Belt**

**Multiple Choice. Choose the correct answer.**

1. When a nursing assistant helps a resident ambulate, the NA is
  - (A) Repositioning the resident in a wheelchair
  - (B) Walking with the resident
  - (C) Turning the resident over in bed
  - (D) Placing the resident in an ambulance
2. A nursing assistant should use a gait belt to
  - (A) Assist with walking when the resident is much larger than the nursing assistant
  - (B) Prop the resident up while in a chair
  - (C) Stop the resident from wandering
  - (D) Ensure safety when assisting a resident to walk
3. Allowing the resident to sit on the edge of the bed with her feet on the floor before standing
  - (A) Makes the resident more likely to fall forward
  - (B) Helps the resident establish balance and determine if she is dizzy
  - (C) Can be done only when the resident cannot bear weight on her legs
  - (D) Makes it more difficult to help the resident to her feet because momentum is lost
4. What kind of shoes should a resident wear for ambulation?
  - (A) Sturdy, nonskid shoes with fasteners
  - (B) Flat, smooth-soled shoes
  - (C) Extra-wide shoes
  - (D) Flip-flops or open toed sandals
5. When ambulating a resident, a nursing assistant should
  - (A) Set the pace for the resident to give her more exercise
  - (B) Walk behind the resident with both hands on the gait belt
  - (C) Walk behind the resident on her weaker side with one hand on the gait belt
  - (D) Walk with her arm completely around the resident's waist, grasping the gait belt
6. Transfer belts should be removed
  - (A) When the resident is changing for bed
  - (B) If the resident seems steady enough during ambulation
  - (C) By unbuckling and tugging firmly until it is off
  - (D) Slowly and gently to avoid bruising the resident's skin

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7. When assisting a resident to ambulate with a cane, the nursing assistant should direct the resident to move the cane about six inches \_\_\_\_\_

- (A) In front of her weaker leg
- (B) Behind her weaker leg
- (C) Away from the side of her weaker foot
- (D) In front of her stronger leg