

4th Quarter In-service Training 2017

Topics are:

Family dynamics

Body mechanics and normal range of motion, transfer techniques and positioning,
Recognizing changes in bodily functions that should be reported to the supervisor

1. **Serious back, shoulder, and neck injuries occur as a result of poor lifting and transferring habits. Which of the following is CORRECT to reduce the strain in your back and the possibilities of injuries?**

- A. When lifting and transferring, the most important consideration is safety for yourself and the client.
- B. Maintain the correct posture. Keep your back straight and knees bent.
- C. Never twist when lifting, transferring, or reaching
- D. All of the above

2. **Whenever you handle, move, or transfer a client, you must**

- A. Always communicate to your client what you are doing.
- B. Provide for privacy.
- C. Use pillow for support
- D. Wear non-skid footwear.

3. **TRUE OR FALSE**

PULLING is easier than PUSHING because your own weight adds to the force.

4. **TRUE OR FALSE**

If you are transferring a client who had a stroke you should put the wheelchair near his weaker side

5. **TRUE OR FALSE**

When encountering with different types of families, regardless of each family's history, it is important to accept them for who they are – and to treat them with patience, professionalism, and respect

6. **TRUE OR FALSE**

Keep objects close to your body when you lift, move, or carry them

8. **TRUE OR FALSE**

Any abnormal observation in your client's condition must be reported to your Supervisor immediately.

9. **What signs and symptoms that must be reported to your Supervisor immediately?**

- A. Falls
- B. Chest pain
- C. Severe headache
- D. High fever
- F. Loss of consciousness
- E. All of the above