

## APPENDIX A: WRITTEN EVALUATION

### Unit 1

1. Feeding Assistants cannot assist residents with a history of aspiration or difficulty swallowing.
  - a. TRUE
  - b. FALSE
  
2. Feeding Assistants can assist with other 'Activities of Daily Living' (ADL) care such as bathing and toileting.
  - a. TRUE
  - b. FALSE
  
3. Which of these are signs of dehydration?
  - a. Dry, cracked lips
  - b. Fatigue
  - c. Confusion
  - d. A & C
  - e. A, B, & C
  
4. List two outcomes of poor nutrition in older adults.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
5. List three risk factors for poor nutrition in long-term care residents.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

### Unit 2

6. Which of the following is a thin liquid?
  - a. Juice
  - b. Broth
  - c. Ice Cream
  - d. All of the Above
  
7. Name the three types of modified texture diets
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
8. Which of these is *not* a prescribed liquid consistency?
  - a. Spoon-thick
  - b. Yogurt-thick
  - c. Honey-thick
  - d. Nectar- thick

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9. Why would physical or occupational therapist recommend the use of adaptive equipment?

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Unit 3

10. A resident's upper body (torso and head) should be at a \_\_\_\_\_ degree angle when eating.
11. What is the size of a manageable bite?
- a. 2 Tablespoons
  - b. 3 Teaspoons
  - c. ½- 1 Teaspoon
  - d. 1 Tablespoon
12. Staff should greet the resident by name and orient them to the meal prior to providing feeding assistance.
- a. TRUE
  - b. FALSE
13. Staff should *never* stand over a resident while providing physical feeding assistance.
- a. TRUE
  - b. FALSE
14. Which of these is *not* a technique to encourage voluntary swallowing?
- a. Offering all solid food before offering fluids
  - b. Check if the resident's mouth is clear before continuing the meal
  - c. Touch resident's lip with something cool or offer fluids first
  - d. Provide fluids regularly between bites

Unit 4

15. List three barriers to good, clear communication.
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
16. An active listener should frequently interrupt the resident.
- a. TRUE
  - b. FALSE
17. \_\_\_\_\_ is a group of symptoms affecting a person's memory. Ability to think/ reason, and social abilities to the point it interferes with the person's functioning.

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18. Eye contact, smiling, and posture are all examples of:
- Non-verbal communication
  - Unclear communication
  - Sensitive communication
  - Verbal communication
19. Which is *not* a communication strategy used for a resident with hearing impairment?
- Speak slowly and clearly
  - Keep conversations short and direct to a single topic
  - Face the resident
  - Speak at your loudest voice
20. In the FOCUS acronym for communicating with residents with dementia, the “U” stands for:
- Unable to communicate
  - Unstick
  - Unmet need
  - Utilitarian communication

### Unit 5

21. A challenging or difficult behavior is often the result of a resident’s unmet need.
- TRUE
  - FALSE
22. It is appropriate to argue with a resident or lose your temper when he/ she displays a difficult behavior.
- TRUE
  - FALSE
23. Which of the following is *not* a general principle for responding to challenging behaviors?
- Remove the source of the resident’s frustration
  - Walk away from the resident
  - Acknowledge the resident’s fear or frustration
  - Use positive body language
24. List two strategies to handle a resident when they are pacing during mealtime.
- \_\_\_\_\_
  - \_\_\_\_\_

### Unit 6

25. List three signs of abuse and neglect.
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

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26. Humiliation would be considered what type of abuse?
- Verbal
  - Mental
  - Physical
  - Sexual
27. Suspected abuse should be reported to \_\_\_\_\_.
28. Feeding Assistants play an important role in maintaining resident's dignity and rights.
- TRUE
  - FALSE

### Unit 7

29. List four signs and symptoms of dysphagia.
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
30. \_\_\_\_\_ occurs when food or fluid enters the lungs instead of the stomach, which could lead to serious adverse effects including pneumonia.
31. If staff notice a resident having difficulty swallowing or experiencing a change in status (STOP AND WATCH), who should be notified?
- Facility administrator
  - Charge Nurse
  - CNA
  - MDS Nurse
32. Which of the following is *not* a sign or symptom of aspiration?
- Wet sounding voice
  - Gurgling
  - Inability to speak
  - Constant coughing/ clearing of throat

### Unit 8

33. Foods and fluids travel through the \_\_\_\_\_ to reach the stomach. Air travels through the \_\_\_\_\_ to the lungs. Choking occurs when the \_\_\_\_\_ obstructed.
34. Risk factors for choking include:
- Poor chewing ability
  - Talking or laughing while eating
  - Poor fitting dentures
  - All of the Above

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35. List four signs of choking:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

36. When a resident is choking, the Feeding Assistant should:

- a. Attempt to give the resident fluids
- b. Call a nurse for help
- c. Hit the resident on the back
- d. Raise the resident's arms above his/ her head.

### Unit 9

37. List three methods for preventing infection control.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

38. The proper method for carrying cups includes holding the cup by the rim.

- a. TRUE
- b. FALSE

39. Staff should wash their hands:

- a. Before assisting a resident
- b. After eating, drinking or smoking
- c. After assisting a resident
- d. All of the Above

40. To check a resident's food for appropriate temperature, staff should:

- a. Hold their hand above the plate
- b. Touch resident's food
- c. Look for steam rising from the plate
- d. A & C