

## RQC-4 Learning Collaborative Session 2 Post-Quiz

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

Email Address: \_\_\_\_\_

### Learning Collaborative Session 2 Quiz:

1. Where is the perineal area located on the body?
  - a. Between the scapula and humerus.
  - b. Between the genitals and the anus.
  - c. Between the umbilicus and diaphragm.
  - d. Between the pubic bone and umbilicus.
  
2. Perineal care should be done for individuals who...
  - a. Are dependent on caregivers for all of their hygiene needs.
  - b. Have urine incontinence.
  - c. Have stool incontinence.
  - d. Have decreased, limited, or no use of their hands.
  - e. All of the above.
  
3. How often should incontinent individuals be checked for a soiled brief?
  - a. Every hour.
  - b. Every two hours.
  - c. Every half hour.
  - d. Every four hours.
  
4. What are the benefits of good perineal care for an individual?
  - a. It reduces skin breakdown from contact with urine and stool.
  - b. It reduces body odors.
  - c. It lowers risk of urinary tract infection (UTI).
  - d. A & C.
  - e. All of the above.
  
5. What supplies are needed to complete perineal care?
  - a. A basin with soap and water, a towel, disposable wipes.
  - b. Towels, a basin with warm water and soap, wipes, bed protectors, wash clothes.
  - c. Gloves, wash clothes, basin with warm water and soap, towels.
  - d. Bed protectors, wash clothes or wipes, a towel, gloves and a basin with warm soapy water.

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6. When performing perineal care you should...
  - a. Wash your hands and put on gloves.
  - b. Talk to the individual what you are about to do.
  - c. Be very gentle when washing the perineal area.
  - d. All of the above.
  
7. To assist the individual with perineal care the caregiver should:
  - a. Adjust the bed to a comfortable working height if possible.
  - b. Position the individual in bed with their knees bent.
  - c. Provide privacy by closing the door, curtains, blinds, etc.
  - d. A & C.
  - e. All of the above.
  
8. The first step in the process of perineal care is to...
  - a. Remove soiled bed protectors.
  - b. Remove the soiled brief wiping the perineal area from back to front.
  - c. Cleanse the perineal of any stool or urinary wiping from front to back with disposable wipes.
  - d. Place a fresh clean bed protector under the individual.
  
9. What direction should all perineal care be done to avoid bacterial contamination of the urinary tract?
  - a. Left to right.
  - b. Front to back.
  - c. Back to front.
  - d. Right to left.
  
10. When performing perineal care for females it is important to...
  - a. Spread the folds of the labia, use a different part of the wash cloth for each stroke from front to back.
  - b. Wash the area with warm soapy water, rinse with clean water, and blot dry with a towel from front to back.
  - c. Reposition the individual on their side as to not contaminate the perineal area when cleansing the rectal area.
  - d. All of the above.
  
11. When performing perineal care for males it is important to...

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- a. Retract the foreskin on the head of the penis if the male is uncircumcised.
  - b. Wipe in a circulator direction using a different part of the wash cloth for each stroke moving from the tip of the penis down away from the urethral opening.
  - c. Wash the area with warm soapy water, rinse with clean water and blot dry with a clean towel.
  - d. All of the above.
12. What signs and symptoms of UTI should be reported to the primary care physician as soon as possible when noticed?
- a. Frequent small amounts of urine.
  - b. Cloudy foul-smelling urine.
  - c. Pulling or touching of their perineal area more than usual.
  - d. Increased agitation or discomfort while receiving perineal care.
  - e. Pain during urination.
  - f. All of the above.
13. What important details should be included when documenting about perineal care?
- a. The date and time care was done.
  - b. The condition of the skin.
  - c. A description of the urine or stool.
  - d. How the individual responded to the care.
  - e. All of the above.
14. Providing perineal care as soon as possible after incontinence (stool or urine) is important to...
- a. Lower risk of skin breakdown.
  - b. Lower risk of a UTI.
  - c. Promote the comfort and dignity of the individual.
  - d. A & B.
  - e. All of the above.
15. Providing perineal care to dependent individuals is important because...
- a. They will never get another UTI again.
  - b. It reduces the risk of a UTI.
  - c. It moves bacteria away from the urethra before it can enter the body.
  - d. None of the above.
  - e. B & C.

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### Learning Collaborative Session 2 Evaluation:

1. Did you find this training helpful?
  - a. Yes
  - b. No
2. Was the information reviewed in this training applicable to your daily routine?
  - a. Yes
  - b. No
3. Did the speakers seem knowledgeable about the subject matter?
  - a. Yes
  - b. No
  - c. N/A
4. In your opinion, was the length of this training?
  - a. Too long
  - b. Too short
  - c. About right
5. What other training topics are you interested in learning more about?

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