

RQC-4 Learning Collaborative Session 2 Pre-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. Have dementia or Alzheimer's.
 - f. Have severe or profound intellectual or developmental disability.
 - g. 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.

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.

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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.
 - f. None 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...
 - 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.

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12. What signs and symptoms of UTI should be reported to the primary care physician as soon as possible when noticed?
- Frequent small amounts of urine.
 - Cloudy foul-smelling urine.
 - Pulling or touching of their perineal area more than usual.
 - Increased agitation or discomfort while receiving perineal care.
 - Pain during urination.
 - All of the above.
13. What important details should be included when documenting about perineal care?
- The date and time care was done.
 - The condition of the skin.
 - A description of the urine or stool.
 - How the individual responded to the care.
 - All of the above.
14. Providing perineal care as soon as possible after incontinence (stool or urine) is important to...
- Lower risk of skin breakdown.
 - Lower risk of a UTI.
 - Promote the comfort and dignity of the individual.
 - A & B.
 - All of the above.
15. Providing perineal care to dependent individuals is important because...
- They will never get another UTI again.
 - It reduces the risk of a UTI.
 - It moves bacteria away from the urethra before it can enter the body.
 - None of the above.
 - B & C.