

Name: _____

Date: _____

Please write out the meaning of the abbreviation in the space provided.

AG= _____

q= _____

BMI= _____

d= _____

Wt= _____

ht= _____

Q3h= _____

bid= _____

Vs= _____

qid= _____

Prn= _____

hs= _____

Tpr= _____

AM= _____

UTI= _____

PM= _____

U/A= _____

X= _____

URI= _____

prn= _____

STAT= _____

oz= _____

SOB= _____

O2= _____

CVA= _____

po= _____

ASA= _____

MI= _____

Tsp= _____

Tbsp= _____

NPO= _____

gr= _____

Mg= _____

GM, gm = _____

Mcg= _____

mL= _____

Cc= _____

_____ cc = _____ mL

I&O _____

Abbreviations and symbols

q. (Q) = every

d. = day

h.= hour

q3h= every 3 hours

bid= twice a day

tid= three times a day

qid= four times a day

hs (HS) hour of sleep (bedtime)

prn= as needed, or as necessary

AM= morning

PM= afternoon

X=times

oz. = ounces

o= orally

ASA= aspirin

MOM= milk of magnesia

tsp= teaspoon

Tbsp= Tablespoon

gr= grains

mg= milligrams

GM, gm= grams

ml= milliliter

cc=cubic centimeter

1cc=1mL

I&O= input and output

NPO= nothing by mouth

MI= myocardial infarction

CVA= cerebral vascular accident aka stroke

SOB= shortness of breath

O2= oxygen sat

STAT= at once/now

U/A= urinalysis

URI= upper respiratory infection

UTI= urinary tract infection

tpr= temperature, pulse and respiration

vs= vital signs

wt= weight

ht= height

BMI= body mass index

AG= abdominal girth

mcg=microgram

Basic Health and Medications Test

Complete this test before scheduling with the nurse. Please mark your answers on the answer sheet at the back of this booklet.

1. Temperature measures
 - a) the force of blood inside the artery
 - b) the number of breaths a person takes in one minute
 - c) the amount of heat in a person's body
 - d) indirect measure of heart rate

2. Pulse measures
 - a) the force of blood inside the artery
 - b) the number of breaths a person takes in one minute
 - c) the amount of heat in a person's body
 - d) indirect measure of heart rate

3. Respirations measure
 - a) the force of blood inside the artery
 - b) the number of breaths a person takes in one minute
 - c) the amount of heat in a person's body
 - d) indirect measure of heart rate

4. Blood pressure measures
 - a) the force of blood inside the artery
 - b) the number of breaths a person takes in one minute
 - c) the amount of heat in a person's body
 - d) indirect measure of heart rate

5. The normal range for oral temperature is
 - a) 94 to 97 degrees Fahrenheit
 - b) 95 to 98 degrees Fahrenheit
 - c) 96 to 99 degrees Fahrenheit
 - d) 97 to 100 degrees Fahrenheit
 - e) 98 to 101 degrees Fahrenheit

6. The normal range for axillary temperature is
 - a) 94 to 97 degrees Fahrenheit
 - b) 95 to 98 degrees Fahrenheit
 - c) 96 to 99 degrees Fahrenheit
 - d) 97 to 100 degrees Fahrenheit
 - e) 98 to 101 degrees Fahrenheit

7. A normal adult pulse is
- 12 to 28 beats per minute
 - 60 to 100 beats per minute
 - 50 to 80 beats per minute
 - 90 to 150 beats per minute
8. A normal adult respiratory rate is
- 12 to 28 breaths per minute
 - 50 to 100 breaths per minute
 - 60 to 90 breaths per minute
 - 90 to 150 breaths per minute
9. An acceptable adult range for systolic blood pressure is
- 12 to 28
 - 50 to 100
 - 60 to 90
 - 90 to 140
10. An acceptable adult range for diastolic blood pressure is
- 12 to 28
 - 40 to 100
 - 60 to 90
 - 90 to 150
11. The most common location to measure pulse is
- Radial artery
 - Carotid artery
 - Brachial artery
 - Pedal pulse
12. It is acceptable to use your thumb to measure a pulse.
TRUE / FALSE
13. A single respiration is equal to
- One breath in
 - One breath out
 - One breath in and one breath out
 - One breath in or one breath out

14. For healthy adults, the least common type of temperature measurement is
- a) oral
 - b) axillary
 - c) rectal
 - d) tympanic
15. The correct method for measuring a pulse at the radial artery is
- a) Place your palm over the person's wrist
 - b) Place your thumb over the artery
 - c) Grasp the person's wrist in your hand
 - d) Place 2 or 3 fingers over the artery
16. Respirations should be measured by placing a hand on the chest or stomach.
TRUE / FALSE
17. A person with a seizure disorder can control his/her seizure activity.
TRUE / FALSE
18. Seizures are caused by
- a) Abnormal electrical activity in the brain
 - b) Stroke
 - c) Attention-seeking behavior
 - d) Mental illness
19. Which of the following is included in the correct first aid for a tonic-clonic seizure?
- a) Immediately give something to drink
 - b) Immediately begin rescue breathing
 - c) Hold the person down
 - d) Remove objects from the area that may cause injury
20. You should never put an object in a person's mouth during seizure activity.
TRUE / FALSE
21. A person having an absence seizure may appear to be ignoring you.
TRUE / FALSE
22. Anaphylactic shock is always a medical emergency.
TRUE / FALSE
23. Only people with known allergies can experience anaphylactic shock.
TRUE / FALSE

24. Anaphylactic shock can be caused by all of the following, EXCEPT
- Medications
 - Bee stings
 - Being startled
 - Foods
25. If you observed the signs of anaphylactic shock, you should
- Call your supervisor immediately
 - Call the nurse at primary care immediately
 - call 9-1-1 (emergency medical services) immediately
 - wait to see what happens
26. Communicable diseases are caused by
- Close contact with other people
 - Bacteria, fungi, viruses, and parasites
 - Cold weather, rain, or humidity
 - All of the above
27. The most important step in preventing transmission of disease is
- Rest and exercise
 - Proper hand washing
 - Wearing gowns and masks
 - Medications
 - Nutrition
28. Proper hand washing includes
- Consistent friction
 - Rinsing under running water
 - Washing for at least 20 seconds
 - All of the above
29. A carrier is a person who is ill but cannot transmit the disease to others.
TRUE / FALSE
30. A carrier always exhibits all of the signs and symptoms of disease.
TRUE / FALSE
31. How many links in the Chain of Infection must be broken to cause disease transmission?
- One
 - Two
 - Three
 - Four

32. All bacteria are harmful to humans.
TRUE / FALSE
33. In the Chain of Infection, “mode of escape” means
- a) Bacterium, virus, fungus, or parasite
 - b) Person who is infected
 - c) Way by which the infection leaves the storage site
 - d) The way a germ enters a new victim
34. In the Chain of Infection, which of the following would be a reservoir?
- a) Cold virus
 - b) Touching hand to mouth
 - c) Contaminated floors/countertops
 - d) Fatigue
35. In the Chain of Infection, which of the following would be a “mode of transfer”?
- a) Animals
 - b) Water
 - c) Sneezing
 - d) Bed linens
36. If day program staff notices signs or symptoms of a communicable disease, they should
- a) Make a note to check again later
 - b) Notify residential staff immediately
 - c) Wait for the person to complain of illness
 - d) Record observations in a behavior chart
37. Lice can be spread via indirect contact with hats, hairbrushes, etc.
TRUE / FALSE
38. A person infected with pinworms can reinfect himself/herself.
TRUE / FALSE
39. Hand washing may be the only precaution necessary when exposure to blood or body fluids is not likely.
TRUE / FALSE
40. You should never recap, bend or break a used needle.
TRUE / FALSE
41. You are required to notify your employer of a significant exposure to blood or body fluids.
TRUE / FALSE

42. Which of the following are risk factors for HIV?
- a) Administering oral medications
 - b) Unprotected sexual contact
 - c) Shaking hands
 - d) Sharing/reusing needles
 - e) Both B and D
43. What is the correct relationship between HIV and AIDS?
- a) HIV is caused by AIDS
 - b) AIDS is the treatment for HIV
 - c) HIV is the virus that causes AIDS
 - d) HIV is a test for the AIDS virus
44. All of the following are means of transmitting Hepatitis B Virus (HBV) EXCEPT
- a) Exposure of cuts or abrasions to infected blood or body fluids
 - b) Reusing tattoo needles on multiple people
 - c) Exposure to an uncovered cough
 - d) Unprotected sexual activity
45. The carrier state for HBV is more common among institutionalized people than in the general population.
TRUE / FALSE
46. Recover from Hepatitis B infection results in lifelong immunity to reinfection.
TRUE / FALSE
47. The incidence of tuberculosis is increasing in the United States.
TRUE / FALSE
48. Tuberculosis is transmitted via
- a) touching an infected person
 - b) using universal precautions
 - c) breathing droplets produced by an infected person
 - d) breathing deeply during a damp night
49. The incubation of communicable diseases
- a) is always 7 to 10 days
 - b) refers to the time after a person has recovered from illness
 - c) refers to the duration of illness
 - d) varies from several hours to several years

50. All of the following are uses of medications EXCEPT
- a) prevent symptoms
 - b) universal precautions
 - c) treatment of disease
 - d) relief of pain
51. Persons in the community residential setting do NOT need a written order for over-the-counter medications.
TRUE / FALSE
52. Effects of drug abuse include all of the following EXCEPT
- a) enhanced intelligence
 - b) physical dependence
 - c) psychological dependence
 - d) functional impairment
53. Physical dependence means
- a) the person experiences withdrawal symptoms without the drug
 - b) an emotional need for the drug-induced feeling
 - c) the body cannot function normally without the drug
54. Psychological dependence means
- a) the person experiences withdrawal symptoms without the drug
 - b) an emotional need for the drug-induced feeling
 - c) the body cannot function normally without the drug
55. Functional impairment means
- a) the person experiences withdrawal symptoms without the drug
 - b) an emotional need for the drug-induced feeling
 - c) the body cannot function normally without the drug
56. If a person refuses medication you should
- a) report the situation and document it
 - b) hide the medication in a favorite food
 - c) get other staff to assist in forcing the medication
 - d) tell the person it is candy

57. The most common route of medication administration is
- a) oral
 - b) elixir
 - c) vaginal
 - d) injection
 - e) topical
58. Contraindication means a reason or circumstance that makes using the medication inadvisable.
TRUE / FALSE
59. The doctor calls with an order for bed rest for one of the people in the home. You should
- a) ask the doctor to call the nurse with the order
 - b) ask the nurse to call the doctor for the order
 - c) repeat the order, ask any questions, and document
 - d) ignore the orders that you are not allowed to take by phone
60. The pharmacist may substitute a generic drug for a brand name drug if the doctor has not specified how the prescription is to be filled.
TRUE / FALSE
61. The direct care staff should assist the pharmacist in updating lists of all the medication a person takes.
TRUE / FALSE
62. The key to medication storage cabinets should be
- a) kept on the person assigned to give medications
 - b) given to all new employees following training
 - c) replaced with combination locks for security
 - d) hung where they are visible and in reach
63. All of the following are among the “five rights” of medication administration EXCEPT
- a) right time
 - b) right medication
 - c) right pharmacy
 - d) right route
 - e) right dose
64. After you have been giving the same medication to the same person for a long time, it is no longer necessary to check the five rights.
TRUE / FALSE

65. How many times must a medication be checked before it is given?
- a) once
 - b) twice
 - c) three times
 - d) four times
66. You may give a medication without a clear pharmacy label as long as the medication record is legible.
TRUE / FALSE
67. When you give Robin her oral medication, you see that she is struggling for breath and turning blue around the lips. You should
- a) give the medication; it may help
 - b) give the medication and then take care of her condition
 - c) do not give the medication; wait until she feels better
 - d) do not give the medication; treat this as an emergency
68. Medication that is to be disposed of should be documented in the person's record.
TRUE / FALSE
69. Which of the following is NOT required on a pharmacy label?
- a) diagnosis
 - b) directions
 - c) date filled
 - d) doctor's name
70. If the doctor decides to increase or decrease a medication before the medication has all been taken, he or she must
- a) wait until the original medication has all been taken
 - b) provide a new prescription for the medication
 - c) telephone the changes to direct care staff
 - d) let staff decide when to make the change
71. You should NOT give medication if
- a) the medication record is missing
 - b) the person exhibits a dramatic change in status
 - c) the person refuses the medication
 - d) the medication has an unusual odor or appearance
 - e) all of the above

72. The abbreviation PRN means

- a) at once
- b) as needed
- c) times
- d) bedtime

73. The abbreviation HS means

- a) at once
- b) as needed
- c) times
- d) bedtime

74. The abbreviation for three times a day is

- a) q3h
- b) QID
- c) BID
- d) TID

75. The abbreviation for twice a day is

- a) q3h
- b) BID
- c) QID
- d) TID

76. Please list the “five rights” of medication administration.

Basic Health and Medications Answer Sheet

Please mark your answers below and provide this sheet to the nurse at your appointment.

- | | | | |
|-----------|-----------|-----------|-----------|
| 1. _____ | 22. _____ | 43. _____ | 64. _____ |
| 2. _____ | 23. _____ | 44. _____ | 65. _____ |
| 3. _____ | 24. _____ | 45. _____ | 66. _____ |
| 4. _____ | 25. _____ | 46. _____ | 67. _____ |
| 5. _____ | 26. _____ | 47. _____ | 68. _____ |
| 6. _____ | 27. _____ | 48. _____ | 69. _____ |
| 7. _____ | 28. _____ | 49. _____ | 70. _____ |
| 8. _____ | 29. _____ | 50. _____ | 71. _____ |
| 9. _____ | 30. _____ | 51. _____ | 72. _____ |
| 10. _____ | 31. _____ | 52. _____ | 73. _____ |
| 11. _____ | 32. _____ | 53. _____ | 74. _____ |
| 12. _____ | 33. _____ | 54. _____ | 75. _____ |
| 13. _____ | 34. _____ | 55. _____ | 76. _____ |
| 14. _____ | 35. _____ | 56. _____ | 77. _____ |
| 15. _____ | 36. _____ | 57. _____ | 78. _____ |
| 16. _____ | 37. _____ | 58. _____ | 79. _____ |
| 17. _____ | 38. _____ | 59. _____ | 80. _____ |
| 18. _____ | 39. _____ | 60. _____ | |
| 19. _____ | 40. _____ | 61. _____ | |
| 20. _____ | 41. _____ | 62. _____ | |
| 21. _____ | 42. _____ | 63. _____ | |

