Participant Post-Test

Circle T if the statement is True, F if the statement is false

Example:
This is a test. 

1. A pressure ulcer is any redness or break in the skin caused by too much pressure on the skin for too long a period of time. T F
2. You should massage the skin where it is tight over bones. T F
3. Adequate protein and fluids are necessary to prevent pressure ulcers. T F
4. You should report any breaks or reddened areas on the skin. T F
5. As we age, our skin becomes drier, thinner, and more fragile. T F
6. Raising the head of the bed above 30 degrees will reduce the risk of pressure ulcers. T F
7. Residents who get out of bed can not develop pressure ulcers. T F
8. It is easier to prevent a pressure ulcer than to heal it T F
9. Shearing occurs when skin is pulled sideways until it breaks. T F
10. A pressure ulcer may develop in just 2 hours. T F

Thank you. Please return to instructor.
Module Two: When Pressure Persists: Prevention of Pressure Ulcers for Those at Risk

Your ID ____________ Today’s Date _ _/ _ _/ _ _

Participant Post-Test: Instructor’s KEY
Correct answers are in Circled bold italic

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