Module Two:  When Pressure Persists: Prevention of Pressure Ulcers for Those at Risk

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

Participant Pre-Test

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

Example:
This is a test.  

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

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

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

Example:
This is a test.  T  F

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