Sorrentino: Mosby’s Textbook for Nursing Assistants, 9th Edition

Chapter 30: Exercise and Activity

Student Assignment

Date: ______________ Name: _____________________________

COMPLETION

1. List two complications of bedrest affecting the gastrointestinal system.
   a. ______________________________________________________
   b. ______________________________________________________

2. A contracture is __________________________________________.
The contracted muscle is _______________________________________.

3. ________________________________________________________ is a decrease in size or wasting away of muscle.

4. What is the purpose of a hip abduction wedge?
   __________________________________________________________________________
   __________________________________________________________________________

5. Hand rolls and hand grips prevent contractures of the __________, _________________, and _________________.

6. Why are bed cradles used?
   __________________________________________________________________________
   __________________________________________________________________________

7. The movement of a joint to the extent possible without causing pain is ________________.

8. Identify the joint movements described below.
   a. Bending a body part
   __________________________________________________________________________
   b. Turning the joint upward
   __________________________________________________________________________
   c. Bending the foot down at the ankle
   __________________________________________________________________________
   d. Turning the joint inward
   __________________________________________________________________________
   e. Moving a body part away from the mid-line of the body
   __________________________________________________________________________
9. You have performed active-assistive range-of-motion exercises to a person’s knees. What information do you need to report and record?
   a. ______________________________________________________________________
   b. ______________________________________________________________________
   c. ______________________________________________________________________
   d. ______________________________________________________________________
   e. ______________________________________________________________________

10. List and describe the range-of-motion exercises performed to the forearm.
    a. ______________________________________________________________________
       ______________________________________________________________________
    b. ______________________________________________________________________
       ______________________________________________________________________

11. Before helping the person with ambulation, what information do you need from the nurse and the care plan?
    a. ______________________________________________________________________
    b. ______________________________________________________________________
    c. ______________________________________________________________________
    d. ______________________________________________________________________
    e. ______________________________________________________________________
    f. ______________________________________________________________________
    g. ______________________________________________________________________

12. When are crutches used?
    ______________________________________________________________________

13. A cane is held on the ______________________________ side of the body.

14. __________________________ support weak body parts, prevent or correct deformities, or prevent joint movement.

15. OBRA requires activity programs for nursing center residents. A good activity program improves ________________________________.