

Perianesthesia Nursing Care Post-Test

Book 6: Geriatrics, Special Needs, Cultural Competence, and The Obese Patient

Please print all information clearly and sign the verification statement.

Name _____
(Please enter legal name above)

Birth date (required)

Format: 01/03/1999

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Where do you work? (example: HCMC, MVAHCS, etc.)

Hospital _____ Unit _____

*Email Address _____

*TCHP hospitals must use work email address.

*I verify that I have read this home study and have completed the post-test and evaluation.
By checking this box, I am submitting my electronic signature to this statement.*

Section 1: Geriatrics

- 1) How does the heart of a geriatric patient respond to exercise to maintain cardiac output?
 - a) It increases heart rate to maintain cardiac output
 - b) It will dilate to increase the amount of blood it pumps out

- 2) The geriatric patient is NOT at increased risk for:
 - a) Bruising
 - b) Difficult venipuncture
 - c) Orthostatic hypotension
 - d) Increased venous stasis
 - e) Decreased cardiac output at rest

- 3) Which of the following is NOT a common neurological change with aging?
 - a) Difficulty understanding instructions and conversation
 - b) Impaired ability to maintain body temperature during cold exposure
 - c) Transient periods of visual agnosia
 - d) Decreased number of nerve cells

- 4) Which of the following is false about geriatric patients?
 - a) They have a harder time taking a deep breath
 - b) Vital capacity slowing increases with age
 - c) Coughing and gag reflexes are harder to stimulate
 - d) Replacing dentures can help the patient maintain their airway

- 5) Which statement about medications and geriatric patients is false?
 - a) Decreased blood flow to the gastrointestinal tract decreases motility and absorption of medications
 - b) Patients often have increased salivation which can contribute to nausea and vomiting with their medications
 - c) It is important to check with the anesthesia provider about certain medications such as beta blockers, pain medications, and medications for chronic diseases such as Parkinson's, COPD, diabetes, etc.

Section 2: Special Needs

- 6) List 2 things that should be part of the preoperative assessment when there is a special needs situation

Match the appropriate perianesthesia accommodation to the special needs situations below (each item used once):

- | | | |
|----------|------------------------------|--|
| 1) _____ | Visual impairment | A. Face the patient when speaking |
| 2) _____ | Hearing impairment | B. Wait until the patient is sedated in the OR to perform the IV insertion |
| 3) _____ | All special needs situations | C. Move patient to a quieter area |
| 4) _____ | Cognitive deficit | D. Return assistive devices as soon as possible, encourage family or caregivers to be at the patient's bedside |

- 11) Which type(s) of patients may not be able to effectively communicate pain, discomfort, nausea or breathing difficulty?

- 12) Why should a special arm bracelet be placed on a Myasthenia gravis patient?

Section 3: Cultural Competence

- 13) True or False? Cultural competence has a single, integrated definition that addresses diverse values and behaviors.
- 14) True or False? Cultural competence mandates that organizations must have the ability to value diversity and similarities among all peoples.

Match the accommodations that can be made in the perianesthesia setting to a specific patient's cultural, religious, or personal preferences.*

- | | | |
|-----------|--------------------------------|---|
| 15) _____ | Latin Americans | A. Avoid dietary caffeine, meat, and shellfish |
| 16) _____ | Asian American | B. Do not use first names—this is reserved for family and close friends |
| 17) _____ | 7 th Day Adventists | C. Ask the patient's preferences for their care |
| 18) _____ | All | D. Avoid touching the patient's face or head |

*Note that these are generalizations and not inherent to a specific group

- 19) Which of the following is a generalized belief, value, or type of pain expression for an Asian American?
- a) Tend to view illness as God's punishment
 - b) Very important to see or have the removed body tissue after surgery
 - c) Discomfort is openly expressed

Section 4: the Obese Patient

20) Morbid obesity is defined as:

- a) BMI more than 40
- b) Greater than 40 lbs. overweight
- c) Waist circumference more than 40
- d) Death caused by being overweight

21) The term bariatric refers to:

- a) A field of medicine that studies obesity
- b) A patient who has taken barium in x-ray
- c) The study and care of patients who are morbidly obese.
- d) Both A & C

- 22) Obesity increases the risk of morbidity from all of the following *except*:
- a) Type-2 diabetes
 - b) Osteoarthritis
 - c) Bunions
 - d) Coronary artery disease
- 23) Which statement about management of the obese patients is false?
- a) All obese patients require prophylaxis for DVT early on
 - b) The bariatric patient will have increased respiratory resistance and work of breathing
 - c) Obese patients are good candidates for those learning intubation techniques.
- 24) Which statement about airway management in the obese patients is false?
- a) Bagging by mask may be difficult
 - b) A tracheostomy will make it much easier to manage the patient's airway
 - c) Obstructive sleep apnea is a common problem
- 25) Which statement about medications in the obese patient is false?
- a) Obese patients who have had anesthesia are at risk for re sedation
 - b) Opioids and sedatives should be titrated to the desired effect
 - c) Dosing is always done in mg/kg

Expiration date: The last day that post tests will be accepted for this edition is **December 31, 2022**—your envelope must be postmarked on or before that day.

Evaluation: Perianesthesia Nursing Care

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Please complete the evaluation form below by selecting the answer that best fits your evaluation of this educational activity. Completion of this form is required to successfully complete the activity and be awarded contact hours.

| At the end of this home study program, I am able to: | Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree |
|--|---|
| 1. Describe normal changes that occur with aging and how they affect the elderly perioperative patient. | |
| 2. Describe the effects of arteriosclerosis on the major systems. | |
| 3. Identify nursing implications for the elderly perioperative patient. | |
| 4. Define disability. | |
| 5. Identify special considerations in the interviewing process. | |
| 6. Describe communication techniques to use in given special needs situations. | |
| 7. Describe adjustments that can be made in the delivery of perioperative care to accommodate the special needs of patients with disabilities. | |
| 8. Define transcultural nursing and cultural competence. | |
| 9. Identify a transcultural nursing model that could be used to guide practice. | |
| 10. Describe one or more accommodations that can be made in the perianesthesia setting that honors the patient's cultural, religious, or personal preferences. | |
| 11. Define the terms overweight, obese and morbidly obese. | |
| 12. Identify health conditions common to those who are overweight. | |
| 13. Describe nursing interventions specific to the obese patient. | |
| 14. Identify common bariatric surgical procedures. | |

| The following were disclosed in writing prior to, or at the start of, this educational activity (please refer to pages 2 and 3 of the booklet and the beginning pages of each section). | YES or NO |
|--|--------------------------|
| 1. Notice of requirements for successful completion including the purpose and objectives | |
| 2. Conflict of interest | |
| 3. Disclosure of relevant financial relationships and mechanism to identify and resolve conflicts of interest | |
| 4. Sponsorship or commercial support | |
| 5. Non-endorsement of products | |
| 6. Off-label use | |
| 7. Expiration Date for Awarding Contact Hours | |
| 8. Did you, as a participant, notice any bias in this educational activity that was not previously disclosed? <i>If yes, please describe the nature of the bias:</i> | |

9. How long did it take you to read this home study and complete the post test and evaluation:
 _____hours and _____minutes.

10. Did you feel that the number of contact hours offered for this educational activity was appropriate for the amount of time you spent on it?
 ___ Yes
 ___ No, more contact hours should have been offered
 ___ No, fewer contact hours should have been offered.