

MODULIS 4: Klausimai

(šiuo metu mokymosi turinys pasiekiamas tik anglų kalba)

I. Lesson

1. What regulations must be kept during the use of assisting devices?

- a. Health regulations
- b. The helper's attitude has to meet the requirements of the healthy and safe working conditions
- c. Decontamination and safety standards

2. What aspects do we have to follow when placing a bed?

- a. It is important to place it next to the wall and it's height is appropriate
- b. It has to be easily accessible, easily walked around, and has to be at the appropriate height
- c. It has to be far away from the windows and regularly air the room, so the room stays fresh

3. What shall we do to make the home environment suitable for home care and help the patient with independent living.

II. Lesson

1. What is ISO?

- a. The organization dealing with health standards
- b. International Standard Organization
- c. It is dealing with the national standards

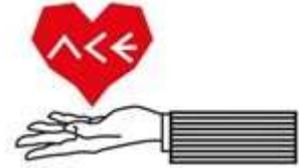
2. What is an ISO code?

- a. The date when the device was prescribed, and ISO serial number
- b. The multi-level code, which indicates the device location of the ISO system
- c. The product, device manufacturing multi-level code

III. Lesson:

1. Who is giving advice about the necessity and application of the device?

- a. Everyone in the caring team has to be asked



- b. The doctor or the physiotherapist
- c. Only the specialist

IV. Lesson:

1. What is the appropriate maintenance of the manual wheelchair?

- a. It is important to change the wheels annually
- b. it is important to take the chair to service every half year
- c. Regular inspection of the tires, correct operation of the brakes and their easy handling

2. At what pressure do we use the tires of the moped, and what is the minimum tread depth?

- a. 2-2,5 bar and minimum 2 mm
- b. 5-6 bar and minimum 1,5 mm
- c. 1-2 bar and minimum 1 mm

3. What do we have to pay attention when repairing assisting devices?

- a. Validity of warranty
- b. Is there warranty for the device and what does it entitle
- c. Was the device used as intended

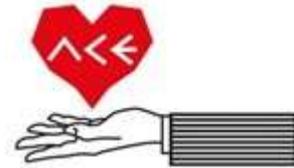
V. Lesson

1. What is the definition of the Assisting Devices for Personal Mobility?

- a. Products of personal mobility are devices which help movements or moving during carrying, transportation, transfer, transport, manually or with electric propelling.
- b. If an injury, impairment or loss function happens, the system's deficiencies, dysfunctions, need to be replaced, with the assisting devices of personal movement the person can be self-sufficient again and can live an active life.
- c. The rehabilitation and medical devices that enable the maneuvers, movements and devices assisting walking .

2. What is the purpose of wearing the orthosis?

- a. To restore function
- b. To protect the joints



- c. To create an external sustainment

3. What is the purpose of the roller sole design?

- a. Replaces individual joint movement, relieve certain areas, the elastic base design replaces muscle strength.
- b. To compensate limb length difference and to correct the abnormal movements
- c. Correct abnormal movements and elivate foot pads.

VI. Lesson

1. What devices are adjustable from these?

- a. Walking sticks
- b. Elbow crutch
- c. Underarm crutch

2. How do we teach the use of the elbow crutch correctly?

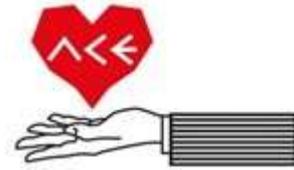
- a. The elbow crutch is always put forward with the intact hand, then we step forward with the affected, damaged leg.
- b. The elbow crutch is always put forward with the damaged hand, then we step with the intact leg.
- c. The elbow crutch is always put forward with the damaged hand, then then we step forward with the affected, damaged leg.
- d. The elbow crutch is always put forward with the intact hand then we step with the intact leg.

3. After accidental injury (waist, hips, lower limb fracture, dislocation, sprain, surgical intervention), and in case of gait uncertainty which is the recommended aid?

- a. Walking sticks
- b. Elbow crutch
- c. Underarm crutch

VII. Lesson

1. How do we teach the correct use of the walking frame?



- a. By lifting it forward - not too far - then after putting it down we step forward while relying on the frame
- b. We lift the frame and the damaged leg and after we put down the damaged leg and the frame we step with the intact leg.
- c. By lifting it forward – a bit far - then after putting it down we step forward while relying on the frame

2. List the parts and accessories of the rollator! (min 3)

3. When do we especially recommend the use of the walking frame?

- a. When the joints of the lower limbs have degenerative pain, inflammation, paralysis
- b. Degenerative spine disease
- c. Weakness and pain in old age

VIII. Lesson

1. What aspects do we have to consider when choosing a wheelchair?

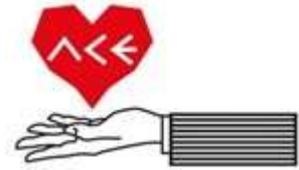
- a. movement skills zgáskészséget
- b. physique
- c. planned lifestyle

2. What kind of wheelchair is suitable for people after stroke, having unilateral paralysis?

- a. active wheelchair
- b. wheelchair for sports
- c. single-side manually propelled wheelchair

3. Which wheelchairs can be characterized by lighter weight, removable wheels, lower backrest, smaller size front wheels, making them easier to turn?

- a. sports wheelchair
- b. active wheelchair



- c. electrically powered wheelchair

IX. Lesson

1. What are the two main groups of electronically powered wheelchairs?

- a. Indoor and outdoor wheelchairs
- b. Front wheel drive, rear wheel drive
- c. Leather and canvas seated

2. What category is the outdoor electronically powered wheelchair?

- a. vehicle
- b. means of transport
- c. medical device assisting walking

3. How does the user control the electronically powered wheelchair?

- a. manually
- b. with a controll unit
- c. manually with a controll unit

X. Lesson

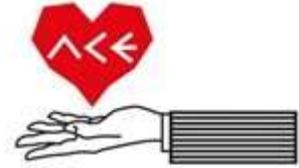
1. What are the two main types of the moped?

- a. 3 and 4 wheel
- b. with and without stick holder
- c. faster and slower type

2. What type of trasport is the moped intended?

- a. indoor use
- b. outdoor, street use
- c. both

3. For who is the moped intended?



- a. The device is suitable for users who no longer can cover longer distances on the street, however, when reaching the desired spot, they stand up and walk on short-term with sticks.
- b. To use it only one hand is needed, therefore it is recommended when the upper and the lower limbs are affected.
- c. These devices are designed for those with definitive locomotor disabilities, the user is unable to walk longer distances with other assistive devices on their own and are not able to use a manual wheelchair due to upper extremity involvement.

XI. Lesson:

1. What does the term transfer mean?

- a. type of assistive device
- b. displacement, moving from one place to another
- c. journey in the city

2. What are the criteria of choosing the devices assisting transfer?

1. _____

2. _____

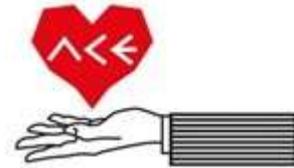
3. Enumerate 3 devices assisting transfer!

- _____
- _____

XII. Lesson

1. What are the advantages of the mobile hoists?

- 1.
- 2.
- 3.



2. In what positions do the mobile hoists move the patients?

3. Which pieces are not part of the mobile hoist?

slings, fixed seat, knee support, assisting motor to move forward, foot support, handrails,

XIII. Lesson

1. What are the advantages of the stationary hoists compared to the mobile hoists?

2. From what points of view is the stationary hoist useful for the staff?

- a. protection of their own health
- b. fastness
- c. no need for learning usage beforehand

3. Can hoists fixed to the ceiling comprise more places? Write examples!

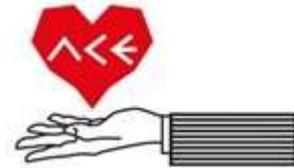
XIV. Lesson

1. Which scales are used before choosing the devices assisting self-sufficiency?

2. Why is it important to assist self-sufficiency?

- a. to maintain independence
- b. to make better self made food than catering
- c. to make more healthier self made food than catering

3. Enumerate 5 tools assisting in making food and 3 assisting in eating food!



XV. Lesson

1. Which statement is true?

- a. Growing old does not affect the daily activities.
- b. Processes concerning old age often make the execution of daily activities difficult.

2. Does it have an awareness-raising nature if old people's dressing and other habits change? What could be behind this?

3. Enumerate 5 tools assisting dressing!

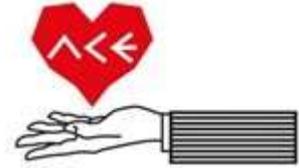
XVI. Lesson

1. What changes in old age make it necessary to use devices assisting bathing, washing?

- a. decline in physical power
- b. excessive consciousness
- c. diabetes
- d. uncertain stability
- e. perception problems
- f. incontinence

2. Enumerate 2 assistive device preventing the loss of balance!

3. Enumerate devices assisting bathing!



XVII. Lesson

1. During assisting the use of the toilet what fundamental human needs have to be considered?

- a. intimacy,
- b. mood,
- c. hygiene,
- d. reducing vulnerability,
- e. the need for social relationships

2. What are the two main types of catheters?

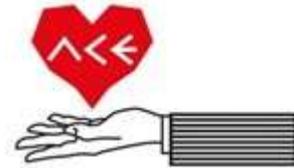
3. Which hygienic device ensures the helper's protection when assisting the use of the toilet?

XVIII. Lesson

1. Write down a concrete situation based on a picture in Lesson XVIII, where a device assisting in daily activities is increasing self-sufficiency.

2. Write examples for devices assisting leisure activities!

3. Write examples for devices assisting in twisting movements in the kitchen!



XIX. Lesson

1. Which devices assist in self medication? (min 2 examples)

2. Which aspect is not important in self medication?

- a, To make the person as independent as possible
- b, To liberate the assisting staff from a task
- c, To store the medicine at the right temperature

3. To which walking assisting device is it possible to attach a carrying assisting appliance? (2 examples)

XX. Lesson

During ageing what changes occur in the locomotor system? (osteoporosis, bones become brittle, decline of physical power)

By what means can we protect bones and joints? (b)

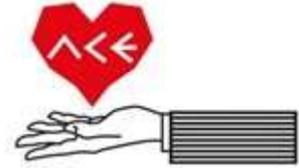
- a. plastic splints
- b. foam pads attachable to the body
- c. harnesses

What can anti-slip mats be used for, based on the pictures?

XXI. Lesson

What criteria has the appropriate bed have to meet? (comfort, safety, high level of patient care)

It ensures: 1. _____



2. _____

3. _____

Which functions of the adjustable bed and how do they help the staff?
(changing height, makes attendance easier)

Which functions of the adjustable bed and how do they help the patient? (head- and foot part elevation is assisting self-sufficiency)

XXII. Lesson

With Long-term bedridden immobile patients, what endangering problems can occur because of the constant pressure? (decubitus)

With which techniques can we prevent and manage the emergence of pressure ulcers? (b)

- a. bedsheets with aloe vera
- b. antidecubitus- mattress
- c. special bandaging

Complete the sentence! (air)

In the event of having decubitus, healing is assisted by the mechanically or electronically facilitated flow of in the special mattress.

XXIII. Lesson

1. What does the term positioning mean? (a)

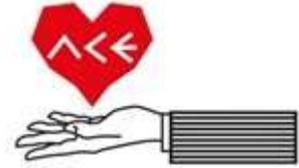
- a. arranging the position of the body
- b. sub-superordination relationship
- c. body perception

2. How can we reduce the amount of pressure per given skin surface? (turning)

3. Which devices assist the keeping of the proper position? (cushions, foam wedges, bed extensions)

1. _____

2. _____



3. _____

XXIV. Lesson

1. **Apart from long-term bedridden immobile situations, which positions can cause the emergence of decubitus, on which bodypart?** (sitting, buttocks)

2. **With what kind of mechanism does the appropriate seat cushions protect the tissues?** (even weight distribution, keeping up good circulation, eliminating ischemia, prevention of pressure ulcers)

3. **What is the name of the assistive product intended to eliminate the effects of long-term sitting?** (antidecubitus pillow)

- a. seat cover
- b. massage pillow
- c. antidecubitus pillow

XXV. Lesson

1. **To what furniture is it worth to put extenders?** (chairs, beds)

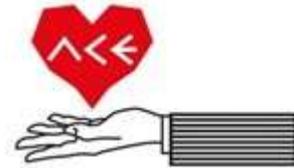
1. _____

2. _____

2. **In what ways does the elevated sitting and lying furnitures assist the everyday lives of the elderly?** (they assist in standing up and sitting down)

3. **In what ways can we make the transport accident-free for elderly people in their home environment?** (a,d,)

- a. portable ramps
- b. parquet



- c. stairs gradually increasing
- d. fixed ramp

XXVI. Lesson

1. Which two statements are true? (c,d)

- a. During aging muscle mass and body weight is decreasing, therefore movements are easier.
- b. Older people can stand up and use the stairs mainly depending on the strength of their legs.
- c. Going up and down the stairs requires great concentration.
- d. With holding on to bars, the movements of the elderly become more stable and safer in their home environment.

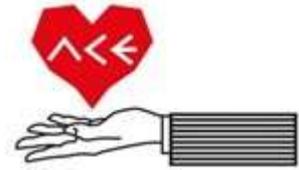
2. Enumerate 4 spots in an apartment, where a handrails should be placed! (beside the bed, beside toilet, beside bathing tub, beside stairs)

- 1. _____
- 2. _____
- 3. _____
- 4. _____

3. What are the two types of handrails, grab bars? (fixed and removable)

- 1. _____
- 2. _____

XXVII. Lesson



1. **Why is it hard to use the stairs in old age? Write 3 possible answers!** (it needs multiple concentration, decreased muscle strength, uncertain stability, dangerous)

1. _____
2. _____
3. _____

2. **What assisting solutions are possible if the person can use the stairs but it is very difficult? Write 2 answers based on the pictures!** (halved stairs, anti slip-strips)

1. _____
2. _____

3. **With what kind of device can we assist a patient who is unable to use the stairs alone?**

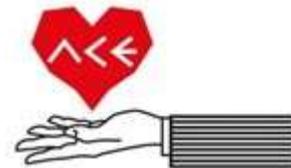
- a. hydraulic lift
- b. indoor and outdoor stairlifts
- c. special slide

XXVIII. Lesson

1. **What is the frequent main cause of unilateral paralysis in older people?** (brain injury, stroke)

2. **Between which two factors do we have to find balance when choosing the right raising technique?**(a,d)

- a. higher self-sufficiency according to the capabilities
- b. more complete service
- c. everything should be done alone
- d. to get the assistance needed



3. **Write 2 examples for the area of use for built in raising techniques!** (toilet, bath tub)

1. _____

2. _____

XXIX. Lesson

1. **Why is it important even for older people to use the computer?** (to gain information, to keep up relationships, administration)

2. **Write 3 techniques which help the visually impaired people using the computer!** (speech programs, Braille-displays, larger font size, screen magnification programs)

1. _____

2. _____

3. _____

3. **How can we elicit the use of the manual mouse in the event of an upper limb impairment?** (eye mouse, head mouse)

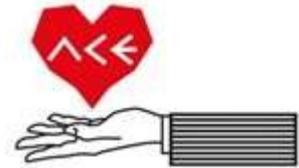
XXX. Lesson

1. **List three areas of health promotion in older age!** (exercise, taking medication, mental health)

1. _____

2. _____

3. _____



2. Why is it important to consult a specialist when doing exercises, training at home? (appropriate use of tools, avoid overload and injury)

1. _____
2. _____
3. _____

3. What are the benefits of daily exercise? (prevention of cardiovascular disorders, metabolic processes be kept in balance and keeping fit)

1. _____
2. _____
3. _____