

Chapter 10: Principles and Practices of Rehabilitation

1. The nurse is providing care for an older adult man whose diagnosis of dementia has recently led to urinary incontinence. When planning this patient's care, what intervention should the nurse avoid?

- A) Scheduled toileting
- B) Indwelling catheter
- C) External condom catheter
- D) Incontinence pads

Ans: B

Feedback:

Indwelling catheters are avoided if at all possible because of the high incidence of urinary tract infections with their use. Intermittent self-catheterization is an appropriate alternative for managing reflex incontinence, urinary retention, and overflow incontinence related to an overdistended bladder. External catheters (condom catheters) and leg bags to collect spontaneous voiding are useful for male patients with reflex or total incontinence. Incontinence pads should be used as a last resort because they only manage, rather than solve, the incontinence.

2. You are the nurse caring for a female patient who developed a pressure ulcer as a result of decreased mobility. The nurse on the shift before you has provided patient teaching about pressure ulcers and healing promotion. You assess that the patient has understood the teaching by observing what?

- A) Patient performs range-of-motion exercises.
- B) Patient avoids placing her body weight on the healing site.
- C) Patient elevates her body parts that are susceptible to edema.
- D) Patient demonstrates the technique for massaging the wound site.

Ans: B

Feedback:

The major goals of pressure ulcer treatment may include relief of pressure, improved mobility, improved sensory perception, improved tissue perfusion, improved nutritional status, minimized friction and shear forces, dry surfaces in contact with skin, and healing of pressure ulcer, if present. The other options do not demonstrate the achievement of the goal of the patient teaching.