

Pressure Injury Pre-Training Knowledge Check - Carer

This short knowledge check will help us understand your current understanding of pressure injury prevention and management before the upcoming online and face-to-face training. The results will guide us in tailoring the training to focus on areas where support is most needed. The survey will be repeated after the training to measure how well the learning has been retained and to evaluate the effectiveness of the program.

1. If you see a red area on a resident's skin, what is the first thing you should do?

- ☐ Check if it "blanches" (turns white) when pressed
- ☐ Rub it to see if the colour returns to normal
- ☐ Wait until tomorrow to see if it goes away.
- ☐ Apply a thick layer of moisturizer.

2. Where is a "hidden" spot you should check for pressure injuries during hygiene?

- ☐ The tip of the nose.
- ☐ The shins.
- ☐ The palms of the hands.
- ☐ Behind the ears (from oxygen tubing)

3. When moving a resident up in bed, why do we use a slide sheet?

- ☐ To make the bed look neater.
- ☐ To prevent "shear" (skin dragging/tearing).
- ☐ To help the resident sleep faster.
- ☐ Because it's quieter than moving them by hand.

4. Which resident is at the HIGHEST risk for a pressure injury?

- ☐ A resident who walks to the dining room every day.
- ☐ A resident who eats all their meals.
- ☐ A resident who is bed-bound and cannot move themselves.
- ☐ A resident who is younger than 70.

5. How does "moisture" (from sweat or incontinence) affect the skin?

- ☐ It makes the skin tougher.
- ☐ It helps the skin stay cool.
- ☐ It has no effect on skin health.
- ☐ It softens the skin, making it easier to break or tear.

6. Why is poor nutrition a risk factor for pressure injuries?

- ☐ The body doesn't have the "building blocks" (like protein) to keep skin strong.
- ☐ It makes the resident sleep more.
- ☐ It makes the resident's clothes fit tighter.
- ☐ It causes the resident to be more active.

7. What is "Shear"?

- ☐ When the skin stays stuck to the bed but the bone moves down.
- ☐ Cutting a resident's hair.
- ☐ A type of wound dressing.
- ☐ The name of a pressure-relieving mattress.

8. A resident refuses to turn. What should you say?

- ☐ "You have to do it because the RN said so."
- ☐ "Let's try a small shift to take the pressure off your tailbone so your skin stays healthy."
- ☐ "Fine, but it's your fault if you get a sore."
- ☐ Nothing, just walk away.

9. When helping a resident with a meal, how does this help their wound?

- ☐ It keeps them occupied.
- ☐ It doesn't help at all.
- ☐ It prevents them from moving too much.
- ☐ Good protein and hydration intake help the "inside" heal the "outside."

10. If a resident complains of "burning" or "tingling" over their tailbone, you should:

- ☐ Give them an ice pack and see what happens.
- ☐ Report it to the RN immediately as a sign of pressure.
- ☐ Tell them it's just old age.
- ☐ Ask them to sit still.

11. What is the best time to check a resident's skin?

- ☐ During every hygiene change, shower, or dressing assistance.
- ☐ Only on Mondays.
- ☐ Only when the resident asks.
- ☐ Once a month during weighing.

12. "Heel floating" means:

- ☐ Putting the resident's feet in a footbath.
- ☐ Letting the feet hang off the end of the bed frame.
- ☐ Putting two pairs of socks on the resident.
- ☐ Using a pillow to ensure the heels do not touch the mattress at all.

13. A "Medical Device" pressure injury could be caused by:

- ☐ Tight stockings (TEDS) or oxygen masks.
- ☐ A television remote
- ☐ A dining room chair.
- ☐ A walking stick held in the hand.

14. Why should we involve the resident in their own care?

- ☐ So they do all the work.
- ☐ Because the law says we have to.
- ☐ They are more likely to follow the "turning clock" if they understand why it matters.
- ☐ It makes the shift go faster.

15. If a red spot does NOT turn white when I press it, I could come back the next day to check it again.

- ☐ True
- ☐ False

16. Friction happens when skin rubs against a surface, like sheets.

- ☐ True
- ☐ False

17. Pressure injuries always appear from the outermost part of skin-epidermis.

- ☐ True
- ☐ False

18. If a resident is in pain, they are more likely to move and prevent their own PIs.

- ☐ True
- ☐ False

19. It is the Care Staff's job to report any changes in skin colour or texture.

☐ True

☐ False

20. Barrier creams should be applied in a very thick, "cake-like" layer.

☐ True

☐ False

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