

## Health Care Tools and Techniques

### QUIZ GAME - Questions and Answers

Q1. What is the first thing a nurse should do if they come upon an accident outside of their regular work environment?

A1. Assess that the scene is safe.

Q2. Name a procedure nurses must use regularly to help minimize infection?

A2. Wash your hands, put on gloves and/or use hand sanitizer.

Q3. What do nurses use to turn off the water faucet when they are done washing their hands?

A3. Paper towel.

Q4. Why do nurses and other medical professionals use tools to gather information about a patient?

A4. Tools can help extend our senses to gather more accurate data.

Q5. When a nurse is first assessing the patient's skin, what are two abnormal things they might be looking for?

A5. Color (blue) lips, nails or skin. Rash, bruise, or other skin breaks. Skin elasticity. Swelling and redness. Sweating. Pale skin. Dry skin.

Q6. When a nurse is first assessing a patient's mental alertness, what might be a question they would ask them?

A6. What is your name? What day is it? Where are you?

Q7. Name three body parts that make up the respiratory system.

A7. Nose, sinus, trachea, bronchi, lungs, larynx, pharynx, alveoli

Q8. What is the name of the tool most often used by nurses to detect heart and lung sounds?

A8. Stethoscope

Q9. What are two reasons someone's breathing might be abnormal?

A9. Foreign object in the airway. Congestion/Infection. Asthma or other respiratory illness. Anxiety or fear. Injury to the airway.

Q10. What tool is used to check the pupil reflex?

A10. Flashlight

- Q11. What pupil reaction is normal from the result of shining a bright light into the eye?  
A11. The pupil will contract (get smaller).
- Q12. What is the purpose of checking the pupil reflex?  
A12. Determines if the patient may have a brain injury or chemical imbalance that is affecting the neurologic system.
- Q13. What is the purpose of using a thermometer on a patient?  
A13. To see if their body temperature is elevated above a normal range.
- Q14. In healthy people, who would normally have a faster heart rate, a child or an adult?  
A14. A child.
- Q15. What causes the “lub dub” sound when we listen to a normally beating heart?  
A15. The blood moving through valves between chambers of the heart.
- Q16. Why should you use the fingers instead of the thumb when taking someone’s pulse?  
A16. The thumb has a detectable pulse and, with pressure, could complicate getting an accurate pulse rate.
- Q17. Name the body system that includes the heart, veins, arteries and capillaries.  
A17. Circulatory system
- Q18. How many lobes are in the left lung?  
A18. Two. The heart takes up the space where the third lobe is in the right lung.
- Q19. What is mucus for?  
A19. Catching small particles in the air like dust, pollen and particles of pollutants that can harm our lungs.
- Q20. What does the abbreviation “R.N.” stand for?  
A20. Registered Nurse