Unit 1
1. Feeding Assistants cannot assist residents with a history of aspiration or difficulty swallowing.
   a. TRUE
   b. FALSE

2. Feeding Assistants can assist with other ‘Activities of Daily Living’ (ADL) care such as bathing and toileting.
   a. TRUE
   b. FALSE

3. Which of these are signs of dehydration?
   a. Dry, cracked lips
   b. Fatigue
   c. Confusion
   d. A & C
   e. A, B, & C

4. List two outcomes of poor nutrition in older adults.
   a. ___________________________________________________________
   b. ___________________________________________________________

5. List three risk factors for poor nutrition in long-term care residents.
   a. ___________________________________________________________
   b. ___________________________________________________________
   c. ___________________________________________________________

Unit 2
6. Which of the following is a thin liquid?
   a. Juice
   b. Broth
   c. Ice Cream
   d. All of the Above

7. Name the three types of modified texture diets
   a. ______________________________
   b. ______________________________
   c. ______________________________

8. Which of these is not a prescribed liquid consistency?
   a. Spoon-thick
   b. Yogurt-thick
   c. Honey-thick
   d. Nectar- thick
APPENDIX A: WRITTEN EVALUATION

9. Why would physical or occupational therapist recommend the use of adaptive equipment?
________________________________________________________________________________________
________________________________________________________________________________________

Unit 3
10. A resident’s upper body (torso and head) should be at a _________ degree angle when eating.

11. What is the size of a manageable bite?
   a. 2 Tablespoons
   b. 3 Teaspoons
   c. ½ - 1 Teaspoon
   d. 1 Tablespoon

12. Staff should greet the resident by name and orient them to the meal prior to providing feeding assistance.
   a. TRUE
   b. FALSE

13. Staff should never stand over a resident while providing physical feeding assistance.
   a. TRUE
   b. FALSE

14. Which of these is not a technique to encourage voluntary swallowing?
   a. Offering all solid food before offering fluids
   b. Check if the resident’s mouth is clear before continuing the meal
   c. Touch resident’s lip with something cool or offer fluids first
   d. Provide fluids regularly between bites

Unit 4
15. List three barriers to good, clear communication.
   a. _________________________________________________________________
   b. _________________________________________________________________
   c. _________________________________________________________________

16. An active listener should frequently interrupt the resident.
   a. TRUE
   b. FALSE

17. ____________________________ is a group of symptoms affecting a person’s memory. Ability to think/ reason, and social abilities to the point it interferes with the person’s functioning.
18. Eye contact, smiling, and posture are all examples of:
   a. Non-verbal communication
   b. Unclear communication
   c. Sensitive communication
   d. Verbal communication

19. Which is not a communication strategy used for a resident with hearing impairment?
   a. Speak slowly and clearly
   b. Keep conversations short and direct to a single topic
   c. Face the resident
   d. Speak at your loudest voice

20. In the FOCUS acronym for communicating with residents with dementia, the “U” stands for:
   a. Unable to communicate
   b. Unstick
   c. Unmet need
   d. Utilitarian communication

Unit 5

21. A challenging or difficult behavior is often the result of a resident’s unmet need.
   a. TRUE
   b. FALSE

22. It is appropriate to argue with a resident or lose your temper when he/ she displays a difficult behavior.
   a. TRUE
   b. FALSE

23. Which of the following is not a general principle for responding to challenging behaviors?
   a. Remove the source of the resident’s frustration
   b. Walk away from the resident
   c. Acknowledge the resident’s fear or frustration
   d. Use positive body language

24. List two strategies to handle a resident when they are pacing during mealtime.
   a. ________________________________________________
   b. ________________________________________________

Unit 6

25. List three signs of abuse and neglect.
   a. ________________________________________________
   b. ________________________________________________
   c. ________________________________________________
26. Humiliation would be considered what type of abuse?
   a. Verbal
   b. Mental
   c. Physical
   d. Sexual

27. Suspected abuse should be reported to ____________________________.

28. Feeding Assistants play an important role in maintaining resident’s dignity and rights.
   a. TRUE
   b. FALSE

Unit 7
29. List four signs and symptoms of dysphagia.
   a. ____________________________
   b. ____________________________
   c. ____________________________
   d. ____________________________

30. ____________________________ occurs when food or fluid enters the lungs instead of the stomach, which could lead to serious adverse effects including pneumonia.

31. If staff notice a resident having difficulty swallowing or experiencing a change in status (STOP AND WATCH), who should be notified?
   a. Facility administrator
   b. Charge Nurse
   c. CNA
   d. MDS Nurse

32. Which of the following is not a sign or symptom of aspiration?
   a. Wet sounding voice
   b. Gurgling
   c. Inability to speak
   d. Constant coughing/ clearing of throat

Unit 8
33. Foods and fluids travel through the ______________________ to reach the stomach. Air travels through the ______________________ to the lungs. Choking occurs when the ______________________ obstructed.

34. Risk factors for choking include:
   a. Poor chewing ability
   b. Talking or laughing while eating
   c. Poor fitting dentures
   d. All of the Above
APPENDIX A: WRITTEN EVALUATION

35. List four signs of choking:
   a.  
   b.  
   c.  
   d.  

36. When a resident is choking, the Feeding Assistant should:
   a. Attempt to give the resident fluids
   b. Call a nurse for help
   c. Hit the resident on the back
   d. Raise the resident’s arms above his/ her head.

37. List three methods for preventing infection control.
   a.  
   b.  
   c.  

38. The proper method for carrying cups includes holding the cup by the rim.
   a. TRUE
   b. FALSE

39. Staff should wash their hands:
   a. Before assisting a resident
   b. After eating, drinking or smoking
   c. After assisting a resident
   d. All of the Above

40. To check a resident’s food for appropriate temperature, staff should:
   a. Hold their hand above the plate
   b. Touch resident’s food
   c. Look for steam rising from the plate
   d. A & C