Routine Practices Quiz

Circle the correct response. Answers appear at the end of the quiz.

1. Infectious agents are:
   a) Human beings
   b) Persons who are not immune to disease
   c) Bacteria, fungi, viruses, parasites
   d) Animals or objects

2. Infectious agents, reservoirs, means of transmission are links in the Chain of Infection.
   a) True
   b) False

3. Which one of the following is an example of direct contact?
   a) Drinking contaminated water
   b) Coughing or sneezing
   c) A bite from a disease-carrying insect
   d) Shaking hands with an infected or colonized person

4. Hand hygiene is the most important way to prevent the spread of germs.
   a) True
   b) False

5. Alcohol-based hand rub may be used instead of soap and water when hands are not visibly soiled.
   a) True
   b) False

6. Which one of the following statements about hand hygiene is correct?
   a) Hand hygiene must be performed only if hands are visibly soiled
   b) Careful use of gloves means that hand hygiene is not needed
   c) Caregivers who regularly wash their hands well do not need to wear gloves for contact with blood and body fluids
   d) Hand hygiene must be performed each time gloves are removed

7. There is no need to perform hand hygiene after using a tissue for coughing or sneezing.
   a) True
   b) False

8. When washing hands, which of the following is important to remember?
   a) Wash with hottest water possible
   b) The focus of good hand washing is the palms
   c) Turn faucet off after disposing of your paper towel
   d) Lather and rub hands together for 15 seconds

9. Which of the following statements is true about the use of alcohol-based hand rubs?
   a) Hand rub should be used when hands are visibly soiled
   b) Apply a large amount of product into dry palms
   c) Rinse product off with warm water after 15 seconds
   d) Rub hands until dry before performing another task
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10. Artificial nails, gel nails or extenders are not permitted for staff who have patient contact.
   a) True
   b) False

11. When using Routine Practices with any patient, client or resident, the choice of which Personal Protective Equipment (PPE) to use is based on an assessment of risk related to:
   a) the likelihood and amount of exposure to contamination
   b) the likely route of transmission of an infectious agent
   c) the health status of the care provider
   d) a & b

12. Use of gowns and gloves is required at all times when caring for clients/patients/residents.
   a) True
   b) False

13. Which one of the following statements about the use of gowns is correct?
   a) Cuffs on gowns should be folded back to prevent contaminating them
   b) It is acceptable to wear the same gown several times
   c) It is recommended to shake gowns gently before placing them in the laundry
   d) Gowns should be worn to protect skin and clothing during care that may create body fluid splashes.

14. Respiratory Etiquette, Hand Hygiene, and Personal Protective Equipment (PPE) are all included in Routine Practices.
   a) True
   b) False

15. Personal care supplies, for example, lotions, creams, razors may safely be shared between clients/patients/residents.
   a) True
   b) False

16. Persons responsible for cleaning soiled equipment should wear PPE suited to the task.
   a) True
   b) False

17. List 4 activities that require caregivers to perform hand hygiene.
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

2.
Routine Practices Quiz

Answer Key

1. c (pg. 4)
2. a (pg. 4)
3. d (pg. 6)
4. a (pg. 8)
5. a (pg. 8)
6. d (pg. 9)
7. b (pg. 15)
8. d (pg. 10)
9. d (pg. 11)
10. a (pg. 8)
11. d (pg. 11)
12. b (pg. 12)
13. d (pg. 12)
14. a (pg. 8)
15. b (pg. 16)
16. a (pg. 16)
17. Any 4 of the following could be listed: (pg. 9)
   - before initial contact with a patient, client, resident or their environment
   - before handling dressings or touching open wounds
   - before performing an aseptic/invasive procedure
   - before preparing and administering medications
   - before preparing, handling or serving food
   - when you think that your hands may be soiled
   - between contact with another patient, client or resident.
   - between procedures on the same client, patient or resident when soiling of hands is likely
   - after contact with a patient, client, resident or their body fluids or their environment.
   - after contact with contaminated items
   - after removal of gloves
   - after touching mucous membranes/using a tissue
   - prior to eating food
   - after using the bathroom
   - before and after shifts and breaks