# Answers to Questions in the Workbook, Chapter 15, Positioning, Lifting, and Transferring Patients and Residents

**Activity A CHOOSE THE RIGHT ANSWER**

* 1. X
  2. X
  3. X
  4. X

**Activity B LIST THE FOLLOWING (any three of the following)**

Body system Complication

A. Integumentary system A. pressure ulcers, decreased blood flow

B. Musculoskeletal system B. Contractures, brittle bones, muscle weakness

C. Cardiovascular system C. Blood clots, reduced blood flow

D. Respiratory system D. Pneumonia, decreased respiratory effort, decreased oxygenation of blood

E. Urinary system E. Incontinence, urinary tract infections, reduced kidney function

F. Nervous system F. Lack of stimulation, anxiety, isolation

G. Digestive system G. Decreased appetite, constipation, incontinence

**Activity C SHORT ANSWER**

1. B

**Activity D IDENTIFY THE POSITION**

A. Sitting position

B. Prone position

C. Lateral position

D. Supine position

E. Fowler position

**Activity E MATCHING**

\_\_2\_\_ Supine

\_\_1\_\_ Semi-Fowler’s

\_\_5\_\_ Sims’

\_\_3\_\_ Lateral

\_\_4\_\_ High-Fowler’s

**Activity F LIST**

* + 1. pillows
    2. towels
    3. blankets

**Activity G TRUE OR FALSE**

1. T

2. T

3. F. Proper body alignment IS MOST comfortable for the patient or resident.

4. T

**Activity H SHORT ANSWER**

Safety considerations when transferring a person from a bed to a wheelchair include the following:

1. Use correct body mechanics.

2. Make sure the wheelchair is in good working order.

3. Make sure the bed is lowered to its lowest position and that the wheels are locked on both the bed and the wheelchair.

4. Plan the transfer.

5. Use necessary assistive devices.

6. Ask for assistance if needed.

**Activity I MULTIPLE CHOICE**

1. a. A transfer belt

**Activity J REARRANGE**

5

4

2

3

1

**Activity K REARRANGE**

4

1

3

2

6

5

**Activity L SHORT ANSWER**

When a person has been resting in bed, especially for a long time, sitting up and then standing causes blood to flow to the legs and away from the head. This can lead to dizziness and fainting. Dangling allows time for the heart and blood vessels to make up for the change in position. Blood flow is sent to the head, reducing the person’s risk of falling due to dizziness or loss of consciousness.

**Activity M CROSSWORD**

