# Answers to Questions in the Workbook, Chapter 6, Those We Care For

**Activity A MATCHING**

* 1. **c**
  2. **a**
  3. **b**

**Activity B FILL IN THE BLANKS**

**1.** chronic

**2.** terminal

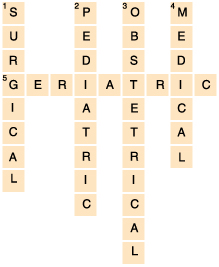
**3.** acute

**Activity C MULTIPLE CHOICE**

**1. d.** All of the above

**2. b.** Asthma

**Activity D CROSSWORD**



**Activity E MATCHING**

1. **d**
2. **e**
3. **a**
4. **b**
5. **c**

**Activity F MULTIPLE CHOICE**

**1. a.** A child begins to walk at 8 months and talk at 12 months.

**2. a.** Changes in the height and weight of a person

**3. a.** An adolescent questions the moral teachings of their parents.

**Activity G SHORT ANSWER**

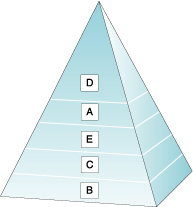
**1.** A 7-year-old who does not prefer the company of older children has not matured emotionally, but their growth certainly has progressed more than their age. Every person progresses through the stages of growth and development at their own pace.

**2.** As a person grows and ages, the physical and psychological changes that occur affect the type of care the person needs, and the way in which we communicate with them. Becoming familiar with the various stages of growth and development, and the tasks commonly associated with these stages, will help you to become a more able caregiver.

**Activity H MATCHING**

1. **f**
2. **d**
3. **b**
4. **a**
5. **g**
6. **e**
7. **c**

**Activity I REORDER WITH EXAMPLES OF EACH**



Examples of how a nursing assistant may be able to help a patient or resident meet each level of these needs:

Physiologic needs:

* By assisting with meals
* By helping a patient or resident in toileting
* By ambulating and providing a relaxing environment in which to sleep

Safety and security needs:

* By following the procedure for handwashing to prevent the spread of infection
* By making sure that the resident has their walker close at hand in order to protect a resident who is at risk for falling
* By explaining procedures for tests or treatments to patients or residents and answering questions promptly, helps to relieve much anxiety of being in an unfamiliar place

Love and belonging needs:

* By taking an interest in a patient or resident and showing respect for the person’s specific likes and dislikes, helps to meet that person’s need to feel loved, accepted, and appreciated by others
* A smile, a kind word, or a gentle touch goes a long way toward making someone feel loved, appreciated

Self-esteem needs:

* By providing for privacy when it is necessary to expose a patient’s or resident’s body
* By allowing people to wear their own clothing (as opposed to a hospital gown) whenever possible
* By assisting people with basic grooming

Self-actualization needs:

* By helping a person to set small, realistic goals for a positive outcome such as taking one step (for a person who has had a stroke), delivering a healthy baby (for a pregnant woman), or returning home (for a person who has broken a hip)

**Activity J FILL IN THE BLANKS**

**1.** Heterosexual individuals

**2.** Gay or straight individuals

**3.** Bisexual individuals

**4.** Transgender individuals

**Activity K MULTIPLE CHOICE**

**1. d.** Physiologic need

**2. a.** A gentle touch

**3. c.** Acceptance

**4. d.** Fear

**5. d.** Tell the resident kindly, yet firmly, that you are not going to do what they are asking you to do

**6. d.** All of the above.

**Activity L SHORT ANSWER**

**1.** Before Mrs. Amico meets her need for self-actualization, she would have met her physiologic needs such as being able to have her meals or being able to independently handle her toileting. Then she would have to meet her safety and security needs by always finding a walker close at hand, and her love and belonging needs and self-esteem needs by obtaining privacy when it would be necessary for a clothing change or bathing, by being able to wear her own clothing whenever possible, or by being able to manage her basic grooming. Finally, she has realized her self-actualization need by learning to walk up the stairs or by learning how to safely get in and out of the bathtub.

**2.** If you find a resident masturbating in a public room, take the person to their room and provide for safety and privacy. This is one way that you can help patients and residents to fulfill their need to be thought of as sexual beings.

**Activity M SHORT ANSWER**

Answers will vary.

**Activity N SHORT ANSWER**

**1.** In the first instance of Mr. Pyne’s illness you must have given him proper information about his illness or condition, and educated him about the steps that can be taken to treat or resolve the condition. You then must have provided him with the information he needs to make a conscientious decision concerning his own health. Mr. Pyne must make these decisions according to his own personal values and sense of what is best for himself, as an individual. You have allowed him to make decisions concerning his quality of life in order to provide holistic care. You must now respect his decision related to maintaining his quality of life.

**Activity O SHORT ANSWER**

**1.** Since Mr. Simon is a resident in a long-term care facility, he has had to move from a home he loved. He must have worked hard and raised a family. Even though, logically because of his arthritis, you know it makes sense for him to move to a place where there is always someone around to take care of him, he has had to give up his home and the company of his children since they live far away, and they may seldom visit him. He may be feeling sad and lonely and these feelings could be causing him to act the way he is acting. Also, his chronic pain may be contributing to his behavior.

**Activity P SHORT ANSWER**

* 1. *Each student will have different entries depending on the families they report.*
  2. Families may:

Feel that health care workers will not care for the family member as well as they did.

Feel guilty, especially if the person must enter a long-term care facility.

Have difficulty giving up the caregiver role.

Feel helpless and that the situation is out of their control.

Second-guess care you are providing

**Activity Q FIND THE WORDS IN THE GRID**

