Student Exercise

Complete the following short-answer questions.

1. List four age-related changes that occur in the integumentary system.
   a. 
   b. 
   c. 
   d. 

2. List the three purposes of skin care.
   a. 
   b. 
   c. 

3. List five observations you could make while giving skin care.
   a. 
   b. 
   c. 
   d. 
   e. 

4. What is the main cause of skin breakdown?

5. List four pressure areas.
   a. 
   b. 
   c. 
   d.
Mark the correct answer(s) with a check.

6. Which of the following describes a client prone to developing pressure ulcers?

___a. Independently ambulatory client.

___b. Thin and malnourished client.

___c. Paralyzed client.

___d. Incontinent client.

___e. Obese client.

7. What four observations should be made when caring for a client with a pressure ulcer?

   a.

   b.

   c.

   d.

Circle the letter that corresponds to the correct answer.

8. Which of the following is a necessary measure to prevent pressure ulcers?

   a. Elevate the head of bed to 60°.
   b. Promote friction on the client’s skin.
   c. Change the client’s position frequently.
   d. Avoid the use of pillows as an anti-pressure device.