

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.