

**Breaking the Fall Cycle**  
**Test**  
**Certified Nursing Assistants**

1. The majority of hip fractures in long term care facilities occur as a result of a fall.
  - a. True
  - b. False
2. Caregivers have an increased 'fear of injury' when residents at fall risk are wearing hip protectors.
  - a. True
  - b. False
3. Resident most suitable for a hip protector includes those who are unsteady and have a history of osteoporosis or brittle bones.
  - a. True
  - b. False
4. In those residents with repeated falls, cushioned floor mats may be used to prevent injurious falls (i.e., high density foam in the mat absorbs the impact if a resident falls).
  - a. True
  - b. False
5. Fall alarms prevent falls.
  - a. True
  - b. False
6. Fall mats are used in areas where a resident could be injured from a fall on a hard floor such as the side of a bed, by a toilet or in front of a chair.
  - a. True
  - b. False
7. Fall alarms are designed to warn nursing caregivers that residents, who shouldn't be leaving the bed, chair or wheelchair, or toilet unassisted, are doing so.
  - a. True
  - b. False
8. Residents requiring toileting assistance are especially at high fall risk and may benefit from a fall alarm.
  - a. True
  - b. False
9. All residents at fall risk should be given a fall alarm.
  - a. True
  - b. False
10. Alarms may serve as an alternative to nurse call bells in residents who are unable to use their call bell because of cognitive and/or physical impairments.
  - a. True
  - b. False

## Breaking the Fall Cycle Evaluation

As a result of this program I am able to:	5 Totally without difficulty	4 More so than not	3 Somewhat	2 Barely	1 Not at all
<ul style="list-style-type: none"> <li>• Identify specific criteria and resident risk factors for the use of fall alarms.</li> <li>• Describe the different types of fall alarms available.</li> <li>• Describe those residents most likely to benefit from wearing a hip protector.</li> </ul>					

### Evaluation of Overall Program

	Yes	No
I learned new facts from this program		
I can apply what I learned to my work		
This was a well-taught program		
I would like more programs like this one		

**Comments:**

This program was supported by a grant from

