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**Medical**

# AAMA-CMA

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**Question: 86**

As you assist a Hispanic client during her meal time, which food selections do you expect to be incorporated into a diet that would represent culturally sensitive care?

- A. Beans and tortillas.
- B. Cheese and olive oils.
- C. Vegetables and rice.
- D. Red meat and potatoes.

**Answer: A**

Food preferences for Hispanic clients often include beans and tortillas. These foods are a staple in many Hispanic diets.

**Question: 87**

After emptying urine from the bedpan of a client whose urinary output is being monitored, what should you do next?

- A. Wash hands thoroughly.
- B. Apply a clean pair of gloves.
- C. Report the amount of urine to the nurse.
- D. Document the amount and characteristic of urine in the chart.

**Answer: A**

After any procedure is completed, the medical assistant must wash her hands to prevent transmission of microorganism. The application of gloves is only necessary if the medical assistant must attend to another item of personal care before documenting urinary output; even so, hands should be washed first. Crucial information is reported to the nurse, not routine intake and output.

**Question: 88**

Which muscle is responsible for unlocking the kneecap while walking?

- A. Fibularis brevis
- B. Plantaris
- C. Biceps femoris
- D. Sartorius

**Answer: B**

The muscle responsible for unlocking the knee while walking is the plantaris muscle. It also assists in plantarflexion of the ankle and flexion of the knee. It is often used as a source for tendons when grafting is necessary.

**Question: 89**

The physician has ordered to bladder training for a client with an indwelling catheter. The goal of bladder training is to

- A. Remove the catheter.
- B. Allow the person to walk to the bathroom.
- C. Gain control of urination.
- D. Void every 3 to 4 hours.

**Answer: C**

Bladder training programs help some persons with urinary incontinence. Control of urination is the goal. Bladder control promotes comfort and quality of life. You assist with bladder training as directed by the nurse and the care plan.

**Question: 90**

Which of the following measure(s) is /are included in the care plan of clients with fecal incontinence? I. Help with elimination after meals and every 2 to 3 hours. II. Provide good skin care after every elimination. III. Assist the nurse in the insertion of a suppository as ordered by the physician. IV. Apply of incontinence products. V. Eliminate foods that are gas-forming (cabbage, cauliflower, radish, beans, onions, and cucumbers).

- A. II and IV

- B. I, II, IV, and V
- C. All of the above.
- D. II only

**Answer: B**

Fecal incontinence is the inability to control the passage of feces and gas through the anus. The client may need bowel training, help with elimination after meals and every 2 to 3 hours, incontinence products to keep garments and linens clean, good skin care, and avoidance of gas-forming foods.

**Question: 91**

Which of the following interventions promotes client safety?

- A. Asses the client's ability to ambulate and transfer from a bed to a chair.
- B. Demonstrate the signal system to the client.
- C. Check to see that the client is wearing his identification band.
- D. All of the above.

**Answer: D**

Safety is a basic need. You must protect clients from harm. Safety measures include: The client is checked often. Frequent checks are made on clients with poor judgment or memory. The client is taught how to use the signal light. The signal light is always within the person's reach.

**Question: 92**

Which of the following factors contributes to constipation?

- A. Excessive exercise
- B. High fiber diet
- C. No regular daily time for defecation
- D. Microbes in food and water

**Answer: C**

Constipation is the passage of a hard, dry stool. The patient usually strains to have a bowel movement. Common causes include a low-fiber diet, ignoring the urge to defecate, not having a regular daily time for defecation, decreased fluid intake, inactivity, drugs, aging, and certain diseases. Microbes in food and water are attributed to diarrhea.

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