

# Post-test: Keeping the Bariatric Patient's Skin Intact

## Complimentary Continuing Education Course

### Participant Information Form

Name:	Degree (RN, LPN, etc):	Date:
License # or SS#:	Name of Facility:	
Address:		
City:	State:	Zip:
Phone:	Fax:	E-mail:

**\*PLEASE NOTE: Full first name, last name, and e-mail address are REQUIRED to receive certificate. Please print legibly.**

### Course Information

#### Course Overview:

This educational program is designed to educate, through independent study, multidisciplinary clinicians on prevention and management of skin injuries in the bariatric patient.

#### Course Objectives:

Upon completion of this program, the participant should be able to:

1. Appreciate the significance of skin integrity issues of bariatric patient.
2. Differentiate between intertriginous dermatitis (ITD), pressure ulcers, and incontinence-associated dermatitis (IAD) in the bariatric patient.
3. List specific interventions for the prevention of intertriginous dermatitis (ITD), pressure ulcers, and incontinence-associated dermatitis (IAD) in the bariatric patient.
4. Name systemic changes healthcare facilities can implement to improve bariatric skin care.

#### Completion Time:

This educational program is accredited for a total of 1.0 contact hours.

#### Target Audience:

This accredited program is intended for nurses who treat patients with obesity.

#### Provider:

This educational program is provided by Matrix Medical Communications. Provider approved by the California Board of Registered Nursing, Provider Number 14887, for 1.0 contact hours.

#### Method of Participation:

Participants must read the designated article and take, submit, and pass the post-test by May 30, 2012. Participants must fill out the Participant Information Form, Answer Form, and Evaluation Form, answer at least 70 percent of the questions correctly, and mail the participant information/answer/evaluation forms to Matrix Medical Communications, Department of Continuing Education, 1595 Paoli Pike, Suite 103, West Chester, PA 19380. Participants also may fax the forms; Fax 484-266-0726. This is complimentary. Upon successful completion, a certificate of completion will be mailed to the participant.

#### About the Instructors:

Dr. Black is Associate Professor of Nursing, Department of Adult Health and Illness, University of Nebraska Medical Center, Omaha, Nebraska. Ms. Clark is Instructor of Nursing, Department of Adult Health and Illness, University of Nebraska Medical Center College of Nursing, Omaha, Nebraska

#### Provider Contact Information

To submit post-tests or for questions, please contact:  
Angela Hayes, Department of Continuing Education  
Matrix Medical Communications, 1595 Paoli Pike, Suite 103  
West Chester, PA 19380, toll free: 866-325-9907; fax: 484-266-0726;  
E-mail: ahayes@matrixmedcom.com

### Evaluation Form

1. Did the program meet the stated objectives?  yes  no
2. Was there any evidence of commercial bias?  yes  no
3. I have studied the article. This nursing activity was:  
 Extremely useful  Somewhat useful  Minimally useful
4. The overall quality of this activity was:  Excellent  Good  Fair
5. I feel this activity could be improved by:  
\_\_\_\_\_
6. Suggestions for future educational activities/overall comments:  
\_\_\_\_\_
7. I would recommend this nursing activity to my colleagues for study:  yes  no
8. How long did it take you to read the entire module and complete the posttest and evaluation form? \_\_\_\_\_
9. Do you anticipate making any changes to your patient-care practice as a result of this activity?  yes  no
10. Which educational formats do you prefer? Rank order of preference with 1 being the most preferred and 6 being the least preferred:  

___ Audio conference	___ Multimedia (online/CD-ROM)	___ Video Conference
___ Symposia	___ Printed enduring materials	___ Other: _____
11. Please indicate your willingness to participate in a follow-up survey to evaluate the impact of this nursing activity:  
 yes, I will participate  no, I will not participate.

# Post-test: Keeping the Bariatric Patient's Skin Intact

## Complimentary Continuing Education Course

**Instructions:** To obtain contact hours, complete the Participant Information Form (at left), record the best answer to each post-test question on the Answer Sheet (below), complete the evaluation form (at left), and mail or fax to: Matrix Medical Communications, Department of Continuing Education, 1595 Paoli Pike, Suite 103, West Chester, PA 19380 or fax 484-266-0726

Name: \_\_\_\_\_

### Answer Sheet—Completely fill in each circle for that answer.

- |  |   |
|--|---|
| 1. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 7. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D  |
| 2. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 8. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D  |
| 3. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 9. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C                          |
| 4. <input type="radio"/> A <input type="radio"/> B   | 10. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |
| 5. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 11. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |
| 6. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |   |

### Questions

- Inflammation of opposing skin surfaces within a skin fold is called:  
A. Incontinence-associated dermatitis  
B. Intertriginous dermatitis  
C. Microclimate  
D. Shear
- In order to relieve pressure on a patient's sacrum, a patient must be turned laterally to which angle?  
A. 30 degrees  
B. 40 degrees  
C. 45 degrees  
D. 90 degrees
- All of the following are interventions appropriate for incontinence-associated dermatitis except:  
A. Cleansing  
B. Moisturizing  
C. Application of skin protectant  
D. Application of a silicone dressing on the sacrum
- For the protection of the patient's skin, the sling for the overhead lifting device should remain underneath the patient after lifting.  
A. True  
B. False
- All of the following are characteristics of deep tissue injury except:  
A. Area of injury is dark purple  
B. Appears 24 hours after unrelieved pressure was exerted  
C. Always evolves into a full-thickness wound  
D. Skin is intact
- The heat and moisture at the interface between the patient's skin and the bed is called:  
A. Incontinence-associated dermatitis  
B. Shear  
C. Intertriginous dermatitis  
D. Microclimate
- Which of the following are the approximate parameters of the standard hospital bed?  
A. Width: 35 inches, weight capacity: 250 pounds  
B. Width: 35 inches, weight capacity: 350 pounds  
C. Width: 42 inches, weight capacity: 350 pounds  
D. Width: 45 inches, weight capacity: 400 pounds
- Standard of care requires dependent patients be turned:  
A. Every hour  
B. Every 2 hours  
C. Every 4 hours  
D. Once per shift
- When a patient's head of bed is elevated 45 degrees, gravity acts on the patient's torso, pulling it down the bed. The concept at work here that puts a patient's skin at risk is:  
A. Shear  
B. Microclimate  
C. Deep tissue injury
- Separation of layers of skin caused by shear from lifting or transferring is called:  
A. Pressure ulcer  
B. Skin tear  
C. Intertriginous dermatitis  
D. Incontinence-associated dermatitis
- Differentiating between incontinence-associated dermatitis and pressure ulcers includes assessing all of the following except:  
A. Presence of a bony prominence  
B. Presence of a medical device  
C. Degree of incontinence  
D. Open areas of skin



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