

Choice and Preference Toileting Assistance (CAPTA) Course Quiz

Please help us evaluate the distance learning project on incontinence management by completing this quiz. Please fax the completed quiz to Principal Investigator Anna Rahman at (513) 529-1476 or mail it to her at Miami University, Scripps Gerontology Center, Upham Hall, Room 396, Oxford, OH 45056-1879. If you have any questions, please contact Ms. Rahman at rahmanan@muohio.edu or (513) 258-4421. Thank you.

Name: _____

Instructions: Check the best answer.

1. In order to stay dry, incontinent residents need toileting assistance how often within a 12-hour period?

- a. 1-2 times
- b. 3-4 times
- c. 5-6 times
- d. 7-8 times

2. On average, how often is toileting assistance usually offered during the daytime to incontinent nursing home residents?

- a. Less than once during the day
- b. 1-2 times
- c. 3-4 times
- d. 5-6 times

3. Which of the following has been shown to significantly improve continence?

- a. Scheduled toileting
- b. Prompted voiding
- c. Habit training
- d. Use of diapers

4. Prompted voiding works by:

- a. Encouraging residents to ask for toileting assistance.
- b. Offering toileting assistance every two hours during the daytime.
- c. Heightening residents' awareness of their continence status.
- d. All of the above.

5. A resident's responsiveness to prompted voiding can best be determined based on a:

- a. Functional performance test
- b. Cognitive performance test
- c. Brief trial of prompted voiding
- d. Any one of the above tests or trials

6. Residents who prove responsive to prompted voiding will use the toilet appropriately:

- a. ___ Less than a third of the time
- b. ___ About half the time
- c. ___ More than two-thirds of the time
- d. ___ Always

7. Which of the following strategies can make it more feasible for facilities to provide prompted voiding?

- a. ___ Forego offering prompted voiding at nighttime
- b. ___ Integrate prompted voiding with interventions that enhance residents' mobility
- c. ___ Reduce the number of daytime hours during which prompted voiding is offered
- d. ___ All of the above

8. If your facility fails to monitor its prompted voiding program, then:

- a. ___ Federal surveyors may cite your facility.
- b. ___ Nurse aides may stop implementing the prompted voiding protocol consistently.
- c. ___ Residents will lose their ability to use the toilet appropriately.
- d. ___ All of the above.

9. The purpose of a control chart is to:

- a. ___ Compare a resident's preferences for toileting assistance to the amount of toileting assistance actually provided.
- b. ___ Compare the number of times a resident toileted appropriately to the number of times the resident was asked to toilet.
- c. ___ Compare the percentage of residents found wet at any given time to the percentage who should be wet if the prompted voiding program is working as expected.
- d. ___ Compare the incidence of incontinence in a given facility to the incontinence incidence in all other nursing homes.

10. Sharing the results of wet checks with your nurse aides can:

- a. ___ Elicit their suggestions for resolving any problems that may arise in the prompted voiding program.
- b. ___ Help aides see a tangible connection between the work they do and the well-being of residents.
- c. ___ Motivate the aides to consistently implement the prompted voiding protocol.
- d. ___ All of the above.