

DETECTING THE SIGNS AND SYMPTOMS OF ILLNESS COMPETENCY EVALUATION

Name _____ Date _____ Score _____

Reviewed by _____ Date _____

Every answer is worth 1 point. This is a 100-point evaluation.

1. Fill in the blanks: (4 points)

Figuring out when someone is ill involves (A) _____ to people as they report symptoms of illness and (B) _____ them for additional signs of illness. It also involves (C) _____ these signs and symptoms of illness and (D) _____ medical or psychiatric treatment.

2. Identify whether each item is a symptom (A) or a sign (B) of illness: (6 points)

_____ Observed by another	_____ Complaints of pain
_____ Reported by the person who is ill	_____ Nausea
_____ Temperature	_____ Discharge

3. Match the person who is primarily responsible for each task: (3 points)

A. Physician	_____	Triaging Care
B. Direct Caregiver	_____	Diagnosis
C. Nurse Consultant	_____	Detection of initial signs and symptoms of illness

4. List your eight overall responsibilities (see statements in bold italics) in caring for someone who is ill: (8 points)

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____
- H. _____

5. List three emotional behaviors that may indicate illness: (3 points)

- A. _____ C. _____
B. _____

6. List three pain behaviors you have detected in an ill person: (3 points)

- A. _____ C. _____
B. _____

7. Match the terms with their definitions: (5 points)

- | | | |
|----------------|-------|---|
| A. Lethargic | _____ | Do not know who they are, who you are, where they are, what time of day it is |
| B. Confusion | _____ | Abnormal drowsiness |
| C. Disoriented | _____ | Unresponsive, no control over their bodies, unable to be awakened |
| D. Unconscious | _____ | Uncontrolled muscle movement |
| E. Seizure | _____ | Causes unusual behavior |

8. How many hours of sleep are necessary for an adult? (1 point)

- A. _____

9. Match the terms with the corresponding color definition: (3 points)

- | | | |
|-------------|-------|--------|
| A. Pale | _____ | Blue |
| B. Flushed | _____ | Pallor |
| C. Cyanotic | _____ | Red |

10. Describe three types of coughs: (3 points)

- A. _____ C. _____
B. _____

11. Put a check next to the correct set of six possible colors of phlegm: (1 point)

- _____ White, pink, yellow, clear, red, black
_____ Green, yellow, clear, white, red, brown

12. List the five descriptors about discharges that you should document: (5 points)

- A. _____ D. _____
B. _____ E. _____
C. _____

13. Fill in the blanks: (3 points)

If someone you are caring for vomits, you should note the (A) _____,
(B) _____ and (C) _____ of the vomit.

14. List four characteristics about urine that you should document: (4 points)

- A. _____ C. _____
B. _____ D. _____

15. What two items of information about stool should you document? (2 points)

- A. _____ B. _____

16. Match the terms with their definitions: (5 points)

- | | | |
|------------------|-------|---|
| A. Swelling | _____ | Uncontrolled shaking |
| B. Tremor | _____ | Swelling that leaves an indentation upon touching |
| C. Chills | _____ | Excessive fluid in an area of the body |
| D. Trembling | _____ | Fine, rhythmic shaking |
| E. Pitting edema | _____ | Shaking while feeling cold |

17. What are the four vital signs? (4 points)

- A. _____ C. _____
B. _____ D. _____

18. Identify whether each statement is true (T) or false (F): (6 points)

- _____ Normal body temperature ranges from 90°F to 99°F.
- _____ Sweating helps to cool the body.
- _____ Shivering helps to keep heat in the body.
- _____ Elderly people get chilled easily.
- _____ Hypothermia is a high body temperature.
- _____ A body temperature over 99.0°F is known as a fever.

19. Match the terms with their definitions: (9 points)

- | | | |
|----------------------------|-------|---|
| A. Pulse | _____ | 80-100 beats per minute |
| B. Pulse rate | _____ | 60-80 beats per minute |
| C. Pulse rhythm | _____ | Abnormally strong pulse beats |
| D. Pulse strength | _____ | Wave of blood propelled by the heart through the arteries |
| E. Palpitations | _____ | Over 100 beats per minute |
| F. Tachycardia | _____ | Less than 50-60 beats per minute |
| G. Bradycardia | _____ | How the beats are spaced apart |
| H. Normal adult pulse rate | _____ | How forcefully the pulse occurs |
| I. Normal child pulse rate | _____ | Number of beats per minute |

20. Fill in the blanks with the words listed below: (7 points)

- | | | |
|-------------------|----------|------------------|
| apnea | wheezing | hyperventilation |
| 20 to 40 | SOB | |
| labored breathing | 16 to 20 | |

- A. A high-pitched sound while exhaling is called _____.
- B. Difficulty breathing is called _____.
- C. Breathing rapidly is also known as _____.
- D. The abbreviation for shortness of breath is _____.
- E. The temporary stopping of breathing is called _____.
- F. The normal respiratory rate for adults is _____ breaths per minute.
- G. The normal respiratory rate for children is _____ breaths per minute.

21. Match the terms with their definitions: (7 points)

- | | | |
|--|-------|---|
| A. Blood pressure | _____ | Highest amount of arterial pressure |
| B. Systolic pressure | _____ | Is determined by cardiac output and ease of blood flow through the arteries |
| C. Prolonged high blood pressure | _____ | Lowest level of pressure; the relaxing time of the heart |
| D. Normal adult blood pressure | _____ | Hypertension: above 140/90 |
| E. Diastolic pressure | _____ | Hypotension: below 90/70 |
| F. Low blood pressure | _____ | 110/70 to 140/85 |
| G. Normal elderly adult blood pressure | _____ | 140/80 to 160/90 |

22. List two signs and symptoms of cancer: (2 points)

- A. _____ B. _____

23. List two signs and symptoms of infection: (2 points)

- A. _____ B. _____

24. List two signs and symptoms of shock: (2 points)

- A. _____ B. _____

25. Identify whether the statement is true (T) or false (F): (1 point)

_____ The nurse consultant, your supervisor, the ill person's family and the case manager all need to be notified of an unexpected serious illness.

26. Identify whether the statement is true (T) or false (F): (1 point)

_____ Your ability to detect and report signs and symptoms of illness can improve the quality of people's lives.

*Good job. You have completed your Competency Evaluation.
Please give it to your supervisor for scoring. ☐☐☐*