

## ANNUAL HEALTH CONDITIONS TRAINING

I have read through the presentations on Asthma, Bloodborne Pathogens, Diabetes, and Severe Allergies:

\_\_\_\_\_  
Employee name

\_\_\_\_\_  
Date

Circle or write in the correct answer.

### ASTHMA

1. During an asthma attack what happens in the lungs?
  - a. The lining of the airways swell
  - b. Muscles around the airways tighten
  - c. Mucus clogs the tiny airways
  - d. A and B
  - e. All of the above
2. Which of the following measures would be recommended ways to reduce asthma triggers at school?
  - a. Keeping children with asthma indoors during extremely cold weather
  - b. Using duct tape to seal off any openings to the outside during high pollen season
  - c. Do not bring cleaning materials, air fresheners or candles from home into the classroom
  - d. Prohibit children with asthma from participating in all physical activities.
  - e. A and C
3. Symptoms of an asthma attack include:
  - a. Incessant coughing
  - b. Wheezing while breathing in or out
  - c. Complaint of chest tightness
  - d. Nasal flaring
  - e. All of the above
4. If you notice a student has symptoms that might indicate an asthma attack what would you do?
  - a. Send the student to the school office immediately so he/she doesn't disrupt any other student's learning
  - b. Encourage the student to sit up, relax and take slow breaths
  - c. Ignore the symptoms until they become severe
  - d. Have the student use his/her inhaler if available
  - e. A and B
  - f. B and D
5. When should you call 911?
  - a. As soon as the child requests his/her inhaler
  - b. The child is extremely anxious and you see them using neck muscles to breath or grunting at the end of each breath
  - c. The child's lips or nail beds turn gray/blue or pale
  - d. B and C
  - e. All of the above
6. Technique is not important when using an inhaler. The medication will help the child in any case.
  - a. True
  - b. False

### BLOODBORNE PATHOGENS

1. When should you report a workplace exposure to blood or body fluids?
  - a. Within one month.
  - b. It isn't necessary to report an exposure if you know the other person who was involved.
  - c. As soon as possible but within 24 hours.
  - d. Sometime before the end of the school year.

2. If you are exposed to potentially infectious materials on the job you may request a vaccine for....
  - a. Tuberculosis
  - b. Malaria
  - c. Hepatitis B
  - d. Hepatitis C
3. Which of the following would be considered a blood borne pathogen exposure incident?
  - a. Blood contact on intact skin.
  - b. Blood splashed into the eyes.
  - c. Blood splashed onto personal clothing.
  - d. Cleaning up after a student vomits in the classroom.
4. Which of the following is **not** an example of a PPE?
  - a. Paper towel
  - b. Gloves
  - c. Plastic bag
  - d. Tongs
5. You just finished caring for a bleeding student. Prioritize (1 – 4) what you should do next.
  - \_\_\_\_\_ Wash your hands.
  - \_\_\_\_\_ Carefully remove your gloves.
  - \_\_\_\_\_ Give your co-worker a high-five and pat yourself on the back.
  - \_\_\_\_\_ Dispose of your gloves properly.
6. How long should you stand at the sink and wash your hand and which song should you sing (aloud or silently) to help you remember?
  - a. Kum Ba Ya (six verses) – 3 minutes 22 seconds
  - b. Stairway to Heaven – 8 minutes 17 seconds
  - c. The ABC song – 15 seconds
  - d. The Schoolteacher Stampede – 1 minute

## DIABETES

1. If you notice a student with diabetes has symptoms such as shakiness or confusion, during P.E. or recess, what would you do?
  - a. Let the student finish the activity.
  - b. Send the student to the office alone.
  - c. Give the student a "quick sugar source" such as juice or hard candy and notify the school office immediately.
  - d. Have the student sit down and rest.
2. What does school staff need to take on a field trip for a diabetic student?
  - a. Emergency Action Plan
  - b. Diabetic supplies
  - c. Quick Sugar source and snacks
  - d. Cell phone
  - e. All of the above and anything else listed on the Emergency Action Plan.
3. A diabetic student lets you know they feel "low" but they do not want anyone to go with them when they test their blood sugar. What do you do?
  - a. Insist that another student accompany the student or the student may choose to test in the classroom.
  - b. Let the student go alone to test.
  - c. Have the student stay in the classroom and not test.
4. Name three quick sugar sources that you could choose from to treat a suspected "low" blood sugar episode.
  - a. Diet soda, milk, chocolate candy bar.
  - b. Lifesavers, juice, glucose tablets.
  - c. Beef jerky, cheese stick, yogurt.
5. If a diabetic student tests or acts "low" and is unable to swallow, what would you do?
  - a. Force a quick sugar source into their mouth.

- b. Call 9-1-1 now and follow the Emergency Action Plan.
- c. Have the student rest for 15 minutes.

### SEVERE ALLERGIES

1. When should 9-1-1 be called?
  - a. After parent arrives at school
  - b. Immediately if there is suspected exposure to an allergen
  - c. When child starts showing signs and symptoms
  - d. Anytime epinephrine has been injected
2. Where on the body should the epinephrine be injected?
  - a. Arm
  - b. Stomach
  - c. Outer, upper thigh
  - d. None of the above
3. Anaphylaxis always occurs immediately with exposure to an allergen?  
TRUE or FALSE
4. Epinephrine is a medication ordered by a physician for a specific student and supplied by the parent?  
TRUE or FALSE
5. Epinephrine must be injected promptly when treating anaphylaxis?  
TRUE or FALSE
6. What are the signs and symptoms of anaphylaxis?
  - a. Widespread hives
  - b. Hacking cough
  - c. Trouble breathing
  - d. Upset stomach/Vomiting
  - e. All of the above
7. A student may frequently deny the need of epinephrine?  
TRUE or FALSE
8. What needs to accompany a student on a field trip?
  - a. Emergency medication
  - b. Emergency care plan
  - c. Cell phone or access to other communication method
  - d. All of the above

**RETURN THE COMPLETED POST TEST TO THE SCHOOL NURSE'S BOX WHEN YOU HAVE FINISHED ALL FOUR (4) TRAININGS.**