

Course Exercises for CMA Training Program

This document contains exercises that students can use to help learn the material in the CMA Training Presentation.

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Section 2

Match the following legal terms.

Purposeful mistreatment that causes physical, mental, or emotional injury to someone	Fraud
Creating false records that lie about care or treatment received by residents.	Malpractice
Actions, or the failure to act or provide the proper care for a resident resulting in an unintended injury.	Diversion
The same as theft, taking something that belongs to a resident.	Neglect
Injury occurring to a person through professional misconduct such as being careless or not having the right skills to do the job	Abuse

Section 3

Write the name of the form of medication beside each picture.





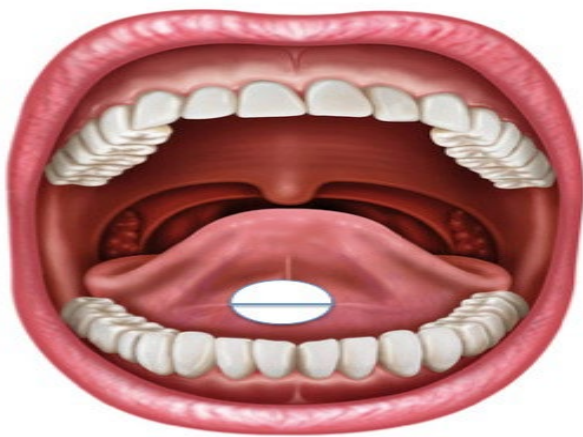






















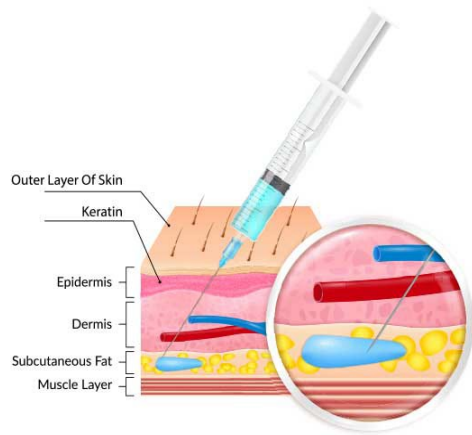












Section 3

Match the following terms and definitions. Write the letter of the matching term to the left side of the definitions.

The branch of medicine that studies the uses and effects of drugs	A. Excretion
How the drug exits the body	B. Absorption
A solid, liquid, or gas dissolved in a liquid	C. Drops
An extract, usually of plant material dissolved in alcohol	D. Syrup
Coated with a thin film to mask an undesirable taste for easier swallowing	E. Caplet
Oblong or oval and have a smoother finish so they are easier to swallow	F. Tablet
Designed to be chewed and dissolved with saliva	G. Sublingual
These are to be placed between the cheek and the gums	H. Film Coated
Releases bubbles of carbon dioxide gas when dropped in a liquid to dissolve quickly	I. Chewable
How the drug moves from the bloodstream to the tissues of the body	J. Metabolism
A very small amount of liquid given by a dropper	K. Solution
A liquid mixture containing drug particles	L. Elixir
Formed by pressing powdered ingredients tightly together to make a hard pill	M. Lozenge
Placed under the tongue to dissolve and absorb through the lining of the mouth for rapid release	N. Capsule
Related to lozenges and may have a hard candy or gummy consistency	O. Buccal
The effect of a drug on a specific person	P. Therapeutic Effect
How the drug is broken down by the body as time passes	Q. Distribution
A liquid pushed through the air in tiny drops	R. Suspension
A clear, thin-flavored liquid, often containing alcohol	S. Syrup
Made of a hard or soft gelatin that breaks apart or dissolves in the stomach	T. Enteric Coated
How the drug moves from where it is administered to the bloodstream	U. Pharmacology
A medication in a solution of sugar or other sweetener, and water with or without flavor	V. Spray
A liquid mixture containing drug particles that are not completely dissolved, it must be shaken before administration	W. Tincture
Covered in a film that protects them from stomach acids	X. Effervescent
Similar to texture of hard candy with medicine in it	Y. Troche

Section 3

Match the following terms and definitions or abbreviations. Write the letter of the matching term or abbreviation to the left side of the definitions.

Thinner creams, may contain medicine	A. Pastes
Thick and stiff medicines mixed in a non-greasy base	B. Ointments
Thinner and often contain soothing or moisturizing ingredients in addition to any medication	C. Patches
Fairly thick and greasy, providing protective and lubricating effects	D. Lotions
Contains a semi-solid or liquid form of medication that is absorbed through the skin and then enters the bloodstream when applied to the skin	E. Suppositories
Mixed with a waxy substance and pressed into a small round or cone shape, so that they can be inserted and dissolved	F. Liniments
Semi-solid or liquid typically prepared with oil and contain pain-relieving medications to be rubbed on the skin	G. Creams
Three times daily	H. a.c.
At once, immediately	I. b.i.d.
By mouth	K. DNR
No known allergies	L. FSBS
Before meals	M. Dx
As desires	N. t.i.d.
Apical pulse	O. P.r.n.
Cardiopulmonary resuscitation	P. PO
Finger stick blood sugar	Q. p.c.
Two times daily	R. H2O
Do not resuscitate	S. Ad lib
diagnosis	T. NPO
hour	U. NKA
As necessary	V. AP
Nothing by mouth	W. O2
After meals	X. SOB
Oxygen	Y. CPR
Shortness of breath	Z. STAT
water	AA. hr

Section 3

Match the following terms and definitions. Write the letter of the matching term to the left side of the definitions.

Medication in a patch applied to the skin allowing for slow, continuous absorption of the drug for hours or days.	A. Nebulization Route
The name of the medicine that comes from the active ingredient, usually the longer name	B. Nasal Route
Allows for the drug to be aerosolized so that it can reach the lungs	C. Sublingual Route
Medication in the form of drops administered to the ear	D. Inhalation Route
Medications administered to the eyes	E. Generic Name
The drug is placed under the tongue	F. Rectal Route
Allows small droplets of medication to be inhaled through the mouth to reach the lungs	G. Topical Route
The drug is placed between the gums and cheek	H. Vaginal Route
Usually the shorter name of a medicine, also known as the trade name	I. Intradermal Route
Injection given just under the outer layer of the skin	J. Transdermal Route
Injection given under the skin in the fat layer	K. Oral Route
Tiny droplets of medication in spray form delivered to the nose and breathed in	L. Intravenous Route
Medications that may be inserted into the vagina	M. Buccal Route
The most commonly used route of administration	N. Otic Route
Injection given in the muscle	O. Brand Name
Injection made straight into the person's vein	P. Ocular Route
Medication in suppository form inserted into the anus	Q. Intramuscular Route
Medications in the form of ointments, creams, lotions, or gels applied to the skin	R. Subcutaneous Route

Section 5

1. The doctor orders 2 teaspoons of cough syrup to be given to a resident. How many milliliters will you give? _____
2. A resident has an order that states she can have one ounce of Pepto Bismol as needed for indigestion. How many tablespoons would that be? _____
3. The doctor says the resident can have 15 c.c.'s of Mylanta for indigestion. How many milliliters can the resident have? _____
4. You are keeping up with a resident's fluid intake, she drank $\frac{1}{2}$ pint carton of milk at breakfast, how many milliliters of milk is this? _____
5. The doctor ordered 2 tablespoons of laxative to be administered to the resident. How many ounces can she have? _____
How many teaspoons can she have? _____
6. The doctor ordered $\frac{1}{2}$ teaspoon of Dilantin for a resident-how many c.c.'s is this? _____
How many milliliters is this? _____
7. The doctor ordered 1 tablespoon of laxative to be given to the resident. How many milliliters will you give the resident? _____
8. The doctor ordered $\frac{1}{2}$ tablespoon of cough syrup to be given to the resident, how many c.c.'s will you give the resident? _____

Section 9

Have the group practice preparing medications utilizing the following pretend orders:

For Patient 1:

- Give 1 orange 81mg tic-tac before meals by mouth daily for cardiac protection.
- Give 1 blue skittle 25mg by mouth daily for hypertension. Hold if diastolic b/p <60
- Give 1 red m and m (multivitamin) for nutritional support.
- Give 2 tablespoons of apple juice daily for constipation.
- Give 1 vaginal suppository daily x 3 days for yeast infection. (simulated)

For Patient 2:

- Give 1 tablespoon of orange juice daily for constipation.
- Give 1 white tic-tac by mouth daily as needed for pain.
- Give 1 purple skittle daily for acid reflux by mouth before meals.
- Give 1 yellow m and m with food for arthritis.
- Give 2 puffs Advair inhaler every am for COPD. (simulated)

For Patient 3:

- Give 1 tablespoon of apple juice mixed with a full glass of water by mouth daily for constipation.
- Give 1 yellow skittle by mouth daily for atrial fibrillation. Hold if pulse <60.
- Give 1 white tic tac by mouth daily for hypertension.
- Give 1 green m and m by mouth daily for chronic kidney disease.
- Instill 2 drops of artificial tears in each eye daily.

For Patient 4:

- Give 1 teaspoon of apple juice for cough twice daily by mouth.
- Give 1 red m and m (multivitamin) by mouth daily for nutritional support.
- Give 1 white tic-tac daily by mouth for congestive heart failure. Report weight gain greater than 5 pounds in 1 week.
- Give 1 green skittle by mouth daily for Parkinson's disease.
- Instill 1 vial of albuterol via nebulizer 4 times daily. (simulated)

For Patient 5:

- Give 1 orange tic tac daily by mouth for cardiac protection.
- Give 1 purple skittle by mouth before meals for acid reflux.
- Give 1 yellow m and m by mouth for atrial fibrillation. Hold if pulse <60.
- Give 3 teaspoons of apple juice by mouth daily for constipation.
- Apply 1 icy hot patch for pain daily.