

## Heel pressure ulcers

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

**1. In the past, pressure ulcers were also known as:**

- a) Venous leg ulcers
- b) Decubitus ulcers
- c) Diabetic foot ulcers
- d) Duodenal ulcers

**2. Which of the following is a potential consequence of serious infection secondary to pressure ulcers?**

- a) Peripheral vascular disease
- b) Coma
- c) Blood transfusion
- d) Amputation

**3. Pressure ulcers are categorised according to:**

- a) Extent of bruising
- b) Odour and skin type
- c) Depth and severity
- d) Bleeding risk

**4. Which of the following pressure ulcer categories is described as 'intact skin with a localised area of non-blanching erythema'?**

- a) Category 1
- b) Category 4
- c) Unstageable pressure ulcer
- d) Suspected deep tissue injury

**5. The heel is often reported as the second most common site for the development of pressure ulcers after which other area?**

- a) Buttocks
- b) Knees
- c) Elbows
- d) Sacrum

**6. What is the approximate width of the layer of subcutaneous tissue at the back of the heel?**

- a) One inch
- b) 5mm
- c) 3.8mm
- d) 1.5cm

**7. Which of the following causal factors can directly increase the vulnerability of the heel to pressure damage?**

- a) Immobility
- b) Skin status
- c) Suboptimal tissue perfusion
- d) All of the above

**8. Friction can be described as:**

- a) The effect of the bones and the skin moving in opposite directions
- b) The mechanical force exerted when a patient is moved across a coarse surface such as bed linen
- c) The effect of compression caused by dressings and bandaging
- d) The pressure exerted by fixed medical devices such as tubes and catheters

**9. Ageing has been found to increase the risk of pressure ulcers due to:**

- a) Loss of melatonin in the skin
- b) Weakening bone strength
- c) Thinning of the epidermis
- d) Reduced eyesight

**10. Strategies that can be used to prevent heel pressure ulcers include:**

- a) Optimal handling and moving technique
- b) Regular repositioning
- c) The use of medical devices such as mattresses, cushions and dressings
- d) All of the above

### How to complete this quiz

This multiple-choice quiz will help you to test your knowledge. It comprises ten questions that are broadly linked to the CPD article. There is one correct answer to each question.

» You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.

» You might like to read the article before trying the questions.

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**Further multiple-choice quizzes are available at [rcni.com/cpd/test-your-knowledge](http://rcni.com/cpd/test-your-knowledge)**

*This multiple-choice quiz was compiled by Jason Beckford-Ball*

*The answers to this multiple-choice quiz are:*

6. c 7. d 8. b 9. c 10. d  
1. b 2. d 3. c 4. a 5. d

This activity has taken me \_\_\_ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent  Good  Satisfactory  Unsatisfactory  Poor

As a result of this I intend to: \_\_\_\_\_