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## Question: 1

Which of the following is an indication for surgical debridement?

- A. Dry, eschar-covered wound
- B. Stable, well-vascularized wound bed
- C. Minimal necrotic tissue present
- D. Suspected osteomyelitis

Answer: D

Explanation: Suspected osteomyelitis is an indication for surgical debridement. Surgical debridement is often necessary when there is deep-seated infection, such as osteomyelitis or deep tissue infection, where removal of infected tissue is required for effective treatment. A dry, eschar-covered wound may benefit from other forms of debridement, such as autolytic or enzymatic, to promote the breakdown of the eschar. A stable, well-vascularized wound bed with minimal necrotic tissue may not require surgical debridement.

## Question: 2

Which of the following interventions is most appropriate for managing a neuropathic foot ulcer in a patient with diabetes?

- A. Offloading with total contact casting
- B. Hyperbaric oxygen therapy
- C. Callus reduction
- D. Chemical cauterization

Answer: A

Explanation: Offloading with total contact casting is the most appropriate intervention for managing a neuropathic foot ulcer in a patient with diabetes.

Total contact casting helps distribute weight evenly across the foot, reducing pressure on the ulcer and promoting healing. It also provides immobilization and protection to the foot, allowing for optimal wound healing. Hyperbaric oxygen therapy is commonly used for specific indications such as non-healing diabetic foot ulcers with evidence of ischemia or infection. Callus reduction is important for preventing the formation of new ulcers but may not directly address the management of an existing ulcer. Chemical cauterization is not typically used for neuropathic foot ulcers.

### **Question: 3**

Which of the following is an indication for debridement?

- A. Healthy granulation tissue
- B. Necrotic tissue with no signs of infection
- C. Minimal exudate and intact epithelium
- D. Wound showing signs of early epithelialization

Answer: B

Explanation: Necrotic tissue with no signs of infection is an indication for debridement. Debridement is the process of removing non-viable tissue from a wound to promote healing. Necrotic tissue can impair wound healing and serve as a potential source of infection. Debridement helps create a clean wound bed, allowing for the growth of healthy granulation tissue. Healthy granulation tissue, minimal exudate with intact epithelium, and a wound showing signs of early epithelialization do not require debridement, as they indicate a progressing healing process.

### **Question: 4**

Which of the following factors can affect wound healing?

- A. Environmental temperature
- B. Gender
- C. Blood type
- D. Medications

Answer: D

Explanation: Medications can affect wound healing. Certain medications, such as corticosteroids and immunosuppressants, can impair the normal healing process by suppressing the immune response or inhibiting collagen synthesis. Other factors, such as nutrition, comorbidities, age, and pain, can also influence wound healing. Environmental temperature, gender, and blood type do not have a direct impact on the wound healing process.

**Question: 5**

Which of the following is a type of compression therapy?

- A. Dynamic compression therapy
- B. Hyperbaric compression therapy
- C. Static compression therapy
- D. Chemical compression therapy

Answer: C

Explanation: Static compression therapy is a type of compression therapy used in wound care. Static compression involves the application of a constant, evenly distributed pressure to the affected area using bandages or compression garments. It helps improve venous return, reduce edema, and promote wound healing. Dynamic compression therapy, hyperbaric compression therapy, and chemical compression therapy are not recognized types of compression therapy.

Which of the following is an example of a biologic debridement modality?

- A. Autolytic debridement
- B. Surgical debridement
- C. Mechanical debridement
- D. Enzymatic debridement

Answer: D

Explanation: Enzymatic debridement is an example of a biologic debridement modality. Enzymatic debridement involves the application of topical agents that contain enzymes to selectively break down and remove necrotic tissue. Autolytic debridement relies on the body's own enzymes and moisture to break down necrotic tissue. Surgical debridement is a manual removal of necrotic tissue. Mechanical debridement involves the use of physical force or irrigation to remove necrotic tissue.

### Question: 6

Which of the following is a contraindication for compression therapy?

- A. Venous insufficiency
- B. Arterial insufficiency
- C. Lymphedema
- D. Diabetic foot ulcer

Answer: B

Explanation: Arterial insufficiency is a contraindication for compression therapy. Compression therapy involves applying external pressure to the affected area to improve venous return and reduce edema. However, in arterial insufficiency, the blood flow to the affected area is already compromised. Applying compression in this situation can further impede arterial blood flow,



leading to tissue ischemia and potential complications. Venous insufficiency, lymphedema, and diabetic foot ulcers are conditions where compression therapy is commonly indicated to manage edema and promote wound healing.

**Question: 7**

Which of the following is a primary goal of wound bed preparation?

- A. Moisture balance
- B. Periwound skin protection
- C. Dead space filling
- D. Wound edge optimization

Answer: D

Explanation: The primary goal of wound bed preparation is wound edge optimization. Wound edge optimization involves creating an environment that promotes healing by removing non-viable tissue, controlling exudate, and protecting the periwound skin. It aims to establish a healthy wound edge to support epithelialization and wound closure. While moisture balance, periwound skin protection, and dead space filling are important aspects of wound care, wound edge optimization takes precedence in ensuring proper wound healing.

**Question: 8**

Which of the following is a characteristic of an ideal wound dressing for a highly exuding wound?

- A. Non-adherent to the wound bed
- B. Occlusive and impermeable to moisture
- C. High absorbency capacity
- D. Promotes autolytic debridement

Answer: C

Explanation: In the case of a highly exuding wound, an ideal wound dressing should have a high absorbency capacity. This allows the dressing to effectively manage the excess exudate and maintain a moist wound environment, which is conducive to wound healing. Non-adherence to the wound bed is beneficial to minimize trauma during dressing changes, but it may not directly address the issue of excessive exudate. Occlusive and impermeable dressings are typically used for wounds with minimal exudate or as a barrier protection, but they may not be suitable for highly exuding wounds. Promoting autolytic debridement is a desirable characteristic of a wound dressing, but it may not be the primary concern for a highly exuding wound.

**Question: 9**

Which of the following topical therapies is commonly used for infected wounds?

- A. Hydrogel dressing
- B. Silver-impregnated dressing
- C. Alginate dressing
- D. Silicone foam dressing

Answer: B

Explanation: Silver-impregnated dressings are commonly used for infected wounds. Silver has antimicrobial properties and can help reduce bacterial load in the wound. It is effective against a broad spectrum of bacteria and can help prevent or manage wound infections. Hydrogel dressings are more appropriate for dry or minimally exuding wounds. Alginate dressings are absorbent and can help manage exudate, but they do not have the same antimicrobial properties as silver dressings. Silicone foam dressings are primarily used for moderate-to-

heavy exuding wounds and may not specifically target wound infection.

**Question: 10**

Which of the following factors is known to impair wound healing?

- A. Adequate nutrition
- B. Young age
- C. Absence of comorbidities
- D. Chronic use of corticosteroids

Answer: D

Explanation: Chronic use of corticosteroids is known to impair wound healing. Corticosteroids can have immunosuppressive effects, leading to decreased inflammation and delayed wound healing. Adequate nutrition, young age, and absence of comorbidities are generally favorable for wound healing and promote optimal tissue repair.

**Question: 11**

Which of the following is an example of a topical therapy used in wound care?

- A. Total contact casting
- B. Offloading
- C. Hyperbaric oxygen therapy
- D. Antimicrobial dressing

Answer: D

Explanation: Antimicrobial dressing is an example of a topical therapy used in wound care. Antimicrobial dressings contain agents that help reduce bacterial colonization and infection in the wound bed. They provide a moist environment



conducive to wound healing while preventing bacterial growth. Total contact casting, offloading, and hyperbaric oxygen therapy are not topical therapies but rather interventions used in wound care for different purposes, such as pressure redistribution and enhancing oxygen supply.

### **Question: 12**

Which of the following debridement modalities is considered a conservative sharp debridement?

- A. Surgical debridement
- B. Autolytic debridement
- C. Mechanical debridement
- D. Enzymatic debridement

Answer: C

Explanation: Mechanical debridement is considered a conservative sharp debridement. It involves the use of tools or techniques such as wet-to-dry dressings, wound irrigation, or scrubbing with a gauze pad to mechanically remove necrotic tissue. Surgical debridement involves the use of a scalpel or other sharp instrument by a healthcare professional to surgically remove necrotic tissue. Autolytic debridement utilizes the body's own enzymes and moisture to break down necrotic tissue over time. Enzymatic debridement involves the application of topical enzymes to the wound to selectively break down necrotic tissue.

### **Question: 13**

Which of the following is a contraindication for compression therapy in the management of venous leg ulcers?

- A. Peripheral arterial disease

- B. Lymphedema
- C. Deep vein thrombosis
- D. Cellulitis

Answer: A

Explanation: Peripheral arterial disease is a contraindication for compression therapy in the management of venous leg ulcers. Compression therapy involves applying external pressure to the leg to improve venous return and reduce edema. However, in the presence of peripheral arterial disease, the arterial circulation may be compromised, and applying compression can further restrict the blood flow, potentially causing ischemia and tissue damage. Lymphedema, deep vein thrombosis, and cellulitis are conditions that may require adjustments or precautions in the application of compression therapy, but they are not absolute contraindications.

### Question: 14

Which of the following is a characteristic of dynamic compression therapy?

- A. It involves the use of compression bandages
- B. It requires the patient to be in a supine position
- C. It is contraindicated in patients with peripheral arterial disease
- D. It provides continuous and consistent pressure

Answer: A

Explanation: Dynamic compression therapy involves the use of compression bandages. It utilizes an intermittent or cyclical application of pressure to the limb, promoting venous return and reducing edema. The patient's position can vary depending on the treatment, and it is not limited to a supine position. Dynamic compression therapy is generally safe for patients with peripheral arterial disease, although caution should be exercised and the pressure levels

should be adjusted accordingly. Continuous and consistent pressure is a characteristic of static compression therapy, not dynamic compression therapy.

**Question: 15**

Which of the following interventions is used to manage pressure ulcers?

- A. Offloading
- B. Callus reduction
- C. Protective footwear
- D. Chemical cauterization

Answer: A

Explanation: Offloading is an intervention used to manage pressure ulcers. Offloading involves reducing or eliminating pressure on the affected area to promote healing and prevent further tissue damage. It can be achieved through various methods, such as using specialized cushions, mattresses, or braces, and repositioning the patient regularly. Callus reduction, protective footwear, and chemical cauterization are not specific interventions for managing pressure ulcers.

**Question: 16**

When selecting an appropriate debridement modality, which of the following factors should be considered?

- A. Patient's age
- B. Wound size
- C. Nutritional status
- D. Pain level

Answer: B

Explanation: When selecting an appropriate debridement modality, wound size should be considered. Different debridement modalities have varying effectiveness and limitations based on the size and characteristics of the wound. Factors such as patient's age, nutritional status, and pain level may influence the overall management of the wound but may not be the primary determining factors in selecting a debridement modality.



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