



Community Name: _____ Team Member Name: _____

CNA ADL Quiz for the “BETTY” Bonus*

***Score of 100% needed to be eligible for bonus drawing**

1. True or False (circle one): BETTY stands for Bed Mobility, Eating, Transfers, Toileting, Yes!
2. True or False (circle one): Documentation of care is important because it helps with care planning, identifying changes, measuring quality, and ensuring billing and staffing accuracy.
3. True or False (circle one): If the resident needs one person assistance for bed mobility, and you complete that documentation, then later in the shift needs 2 person assistance for bed mobility, it is NOT important to document again.
4. True or False (circle one): Extensive Assistance includes all weight-bearing assistance, whether that help is a just a little or a whole lot!
5. Activities of Daily Living (ADL) Documentation should include which of the following? (circle one)
 - a. How the resident usually performs
 - b. What the resident can do, if they tried
 - c. The MOST assistance the resident needed during the shift
6. Bed mobility includes which of the following? (circle one)
 - a. Rolling side to side
 - b. Scooting up and down
 - c. Moving from sitting edge of bed (EOB) to lying and lying to sitting EOB
 - d. All of the above is included in bed mobility
7. During Bed Mobility, providing lift assistance for one leg counts as which of the following? (circle one)
 - a. Supervision
 - b. Limited Assistance
 - c. Extensive Assistance
 - d. Total Dependence
8. During Transfers, providing a “Min Assist” boost to help someone lift from sitting to standing counts as which option? (circle one)
 - a. Supervision
 - b. Limited Assistance
 - c. Extensive Assistance
 - d. Total Dependence

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9. During Toileting, if the resident is independent except for needing assistance to pull up or down their clothing, the correct coding will be which option? (circle one)
- Supervision
 - Limited Assistance
 - Extensive Assistance
 - Total Dependence
10. During Toileting, if the resident is independent except needing help with wiping/cleaning after toileting or incontinence, it will count as which option? (circle one)
- Supervision
 - Limited Assistance
 - Extensive Assistance
 - Total Dependence
11. During Eating, if the resident needs a touch or physical cue to refocus on eating after becoming tired or distracted, it will count as which option? (circle one)
- Supervision
 - Limited Assistance
 - Extensive Assistance
 - Total Dependence
12. During Eating, if the resident needs just one bite fed to them due to fatigue or distraction, it will count as which option? (circle one)
- Supervision
 - Limited Assistance
 - Extensive Assistance
 - Total Dependence
13. Locomotion on unit includes which of the following options? (circle one)
- Moving around the room at a wheel chair level
 - Moving around the room walking with a walker
 - Moving down the hall from the room toward the dining room
 - All the above
14. Limited Assistance includes which of the following options? (circle one)
- A small lift if it is easy to do
 - A touch to cue or guide
 - Verbal cues with no touching
 - All the above