

It is All About the Foot (Part 4): *Hair, Skin and Nails*

CEU Program Quiz

(Fill out answer sheet on page 3 and Payment Information on last page.)

1) The skin is the largest organ of the body, and has different properties depending on its location.

- a) True
- b) False

2) Name the three basic tissue structures of the skin:

- a) _____
- b) _____
- c) _____

3) Skin is resilient and elastic in its normal state, residing in a state of homeostasis to provide protection from the outside world. With Macerated skin it exaggerates the skins sells causing what to happen:

- a) To become thick on the plantar surface
- b) Creates a 'horny' layer of dead skin cells
- c) It becomes more porous, thus susceptible to bacterial invasion
- d) Holds the hair follicles in place

4) List the five categories skin disorders can be classified as:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

5) Hyperkeratosis is the result of over stimulation of the *stratum corneum* resulting in *hyperthropy*.

- a) True
- b) False

6) Tensile stress is applied during ambulation as the _____ ligaments and fascia stretch during weight bearing.

- a) Spring
- b) Plantar
- c) Posteriortibultalor
- d) Dorsal

7) For outside protection, the hair, sweat and oil glands help to protect to keep it cool and moisturized. With age and other health compromises, what group of people are more likely to suffer from dry skin, cracks and fissures, thus increasing their likelihood of bacterial infections?

- a) Arthritic
- b) Burn victims
- c) Diabetics
- d) Circulatory diseases

8) The nail matrix is highly vascularized; with innervation in each nail has two separate branches of dorsal and plantar nerves. When anesthetizing nails for avulsions, what must be done?

- a) You must treat the dorsal nerves with anesthetic
- b) You must treat the plantar nerves with anesthetic
- c) You must treat both planar and dorsal nerves with anesthetic
- d) You do not need to use any anesthetic on either the dorsal or plantar nerves

9) The skin, hair and nails are indicative of the general health of an individual.

- a) True
- b) False

10) What is the leading cause of nail problems in diabetics that can lead to infection and lower limb amputation?

- a) Dropping heavy objects on the nail
- b) Poor vascularization
- c) Fungal infections
- d) Poor nail trimming

-end of "It is All About the Foot (Part 4): Hair, Skin and Nails" quiz

(Fill out Answer Sheet on page 3 and Payment Information on last page.)

Name of the person seeking CE Credit: _____

Credential Number: _____ Date Completed: _____

It is All About the Foot (Part 4): Hair, Skin and Nails

CEU Program Quiz

(Answer list)

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

Payment Information

Name:
(CE Credit is \$15.00 per person for PFA Members, and \$25.00 for non-members)

Company Name:

Address:

City: _____ **State/Prov:** _____ **Zip/Postal:** _____

Phone: _____ **Fax:** _____

Email: _____

Method of Payment:

Check or money order, made payable to PFA, is enclosed in the amount of: \$ _____

I authorize the PFA to charge: \$ _____ to my:

Visa: **Master Card:** **American Express:** **Discover:**

Credit Card #: _____ **Expiration Date:** _____

Name on card: _____

Signature: _____

Fax to PFA at (888) 563-0945, or **Mail** to PFA, 1610 East Forsyth Street, Suite D, Americus, GA, 31709