

Applicant Name: _____

Date: _____

Score: _____

To move forward with the onboarding process, you must score 80% or higher.

Observation

1. While bathing the patient the PCA has an opportunity to:
 - A) Talk about your personal life.
 - B) Watch Tv
 - C) Visit with the family.
 - D) Observe the skin condition, mobility, and movement of the patient
2. You notice a client is eating much less than normal over the past few meals. What should you do?
 - A) Give the client a lot of fatty foods
 - B) Notify the agency that the client has been eating less
 - C) Call the client's family

Hair Care and Shaving

1. When shaving a client, you should have the client sitting in an upright position if possible.
 - A) True
 - B) False
2. Disposal razors and straight razors are the best to use when shaving.
 - A) True
 - B) False
3. When combing a client's hair, it is recommended that you part the hair in four sections, then comb from the end then the routh.
 - A) True
 - B) False

Confidentiality

1. On your way to the store, you ran into your client's neighbor Ms. P, who stated that she is short ten dollars to pay for her groceries and it was ok to use your client's card to pay for it because he owes her.
 - A) Sure, I do not think he would mind at all
 - B) I do apologies Ms. P, but I am unable to use his card with his permission
 - C) Just hand her the card.

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- D) Pay her from your pocket then ask the client to reimburse you.
2. You should always share information about your client with anyone who asks.
- A) True
 - B) False
3. Which of the following items are considered confidential?
- A) The client appliances.
 - B) The client's diagnosis
 - C) A and B only
 - D) None of the above.

ADL'S

1. Define ADL:
- A) Accurate Daily Log
 - B) Activities of Daily Living
 - C) Active Disability List
2. Which of the following are examples of an ADL?
- A) Bathing
 - B) Ambulation
 - C) A and B
3. It is ok to leave a client home while the client is in the shower.
- A) True
 - B) False
4. Define IADL:
- A) Instrumental Activities of Daily Living
 - B) Independent Agency of Disabled Living
 - C) Independent Activities of Daily Living
5. Which of the following is an example of an IADL?
- A) Housing
 - B) Cooking
 - C) Assistance with the phone
 - D) all the above

Independent Living

1. Which of the following is the goal of a home health agency?
 - A) Provide necessary services for individuals to live as independently as possible
 - B) Emphasize how illnesses can restrict the daily lives of residents
 - C) Restrict clients from helping in their own care
2. Why is it important to allow clients to care for themselves as much as possible?
 - A) It results in less work for the direct care staff persons
 - B) Independent residents do not need as many visitors
 - C) A support plan is updated as new information about a resident becomes available, allowing them to maintain as much independence as possible

RECOGNIZING EMERGENCIES AND CLIENT CHANGES

1. Your patient who is awake and alert, begins to complain of heaviness in the chest and nausea. You should:
 - A) Do nothing and see if the pain subsides.
 - B) Begin CPR
 - C) Call your supervisor immediately and follow instructions given by the supervisor
 - D) Give them some heart medicine you know he used to take
2. Which of the following is **NOT** an indication of a change in a client's health?
 - A) Difficulty speaking
 - B) Weight loss
 - C) Being more active
 - D) none of the above
3. If your patient falls while you are in the home, you should not do which of the following:
 - A) If excessive bleeding occurs, apply a pressure dressing with a clean cloth or sterile cloth
 - B) Move the patient to the bed to make them more comfortable
 - C) Watch for the symptoms of shock - paleness, skin cold and clammy, weakness, nausea, etc....
 - D) Call your supervisor immediately

Infection Control, Precautions and Hand washing

1. We do not have to wear PPE (Personal Protective Equipment) when providing care.
 - A) True
 - B) False
2. Proper hand washing procedures can prevent the spread of illnesses.
 - A) True
 - B) False

Score _____

3. When handling dirty linens and clothing it is best to:
- A) Put the dirty linens and clothing on the floor
 - B) Shake the linens and clothing before washing them
 - C) Place dirty linens and clothing in clothes hamper or plastic bag until they can be washed
4. If you wear gloves you do not have to wash your hands.
- A) True
 - B) False
5. The five hand washing steps are.
- A) Wet, leave, scrub, rinse, dry
 - B) Wash, lather, soak, rub, dry
 - C) Wet, lather, scrub, rinse, dry
 - D) Wash, leave, soak, rub, dry
6. It is recommended that one should be washing their hands for at least 20 seconds?
- A) True
 - B) False

SELF-MED. ADMINISTRATION

1. It is okay for a PCA to give a client insulin to the body.
- A) True
 - B) False
2. Caregivers can take medication out of a bottle and put it in a med-minder
- A) True
 - B) False
3. If a client complains of pain, you should
- A) Do nothing and tell the client that the pain will go away after taking a nap.
 - B) Call 911
 - C) Tell your supervisor if the pain persists and seems like a change of condition
 - D) Call the neighbor.

Documentation/ Falls

1. When reporting a change in your patient's pulse, temperature, or respiration, you need to specify all the following **except**:
- A) Method of measuring body temperature (oral, rectal, axillary)
 - B) The exact time the temperature, pulse and respirations were taken
 - C) Any other complaints the patient may be expressing (pain, stress, etc.)

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- D) Why you were late getting to the client's house
2. Poor light in a client's room put them at a high risk of falling.
- A) True
 - B) False
3. When reporting or recording information it is important to:
- A) Report and record exactly how you feel about the situation
 - B) Report and record exactly what you see
 - C) Report and record what the family feels is wrong
4. Some medications can contribute to a person falling.
- A) True
 - B) False

Recognizing Abuse/Neglect

1. A staff person locks a client in his room against his will because he will not take his prescribed medication. This prohibited technique is an example of _____.
- A) Praise
 - B) A chemical restraint
 - C) Abuse
2. Disruptive behavior by clients should result in discipline by the PCA.
- A) True
 - B) False
3. Refusing to prepare food for a client is not elderly abuse.
- A) True
 - B) False

Communication and Difficult Behaviors

1. Which of the following is a barrier to communication?
- A) Being hard of hear
 - B) Having poor vision
 - C) Unable to smell
 - D) A and B only

2. Which of the following would be an example of an aggressive behavior?
- A) Mr. T falls down the stairwell after losing his footing on a step.
 - B) Mr. T lies to her friend about drinking his can of soda and not replacing it
 - C) Mr. T rips out pages in a family album after a relative cancel a visit
3. Tamara was very upset. She started throwing her dishware and silverware in the dining area. Which of the following should a caregiver do first?
- A) Try to remove anyone else in the room to ensure their safety
 - B) Leave the area
 - C) Document the behavior in your shift notes
4. Which is a good communication skill?
- A) Interrupting
 - B) Shouting
 - C) Maintaining eye contact
 - D) Turning away

Transfers/Safety

1. Before transferring a patient from the bed to a wheelchair, it is always necessary to lock the wheelchair breaks.
- A) True
 - B) False
- 2 It is important to follow the care plan regarding what type of assistance to provide a client while he/she is walking.
- A) True
 - B) False
- 3.If a client falls and cannot get up, do not lift him/her. Call 911 and stay with the client until help arrives.
- A) True
 - B) False

Personal Grooming/Personal care

- 1) Oral care is important to do daily even if they client wears dentures:
- A) True
 - B) False
- 2) When should you clean John's dentures?
- A) Before performing mouth care or cleaning

Score _____

- B) After performing mouth care or cleaning
- C) Every 2 hours
- D) Before and after each meal

3) A red spot over the patient's hip joint:

- A) Might develop into a bed sore
- B) Is a normal sign of old age
- C) Should be treated with a heat lamp

4) When putting a shirt on someone with one-sided weakness or limited mobility, you should always dress the affected side first.

- A) True
- B) False

Bowel/bladder control

1. Mr. E catheter bag contains a very large amount of dark red urine. You should:

- A) Encourage her to drink more fluids
- B) Empty the bag
- C) Call your supervisor immediately and await further instruction

2. What is the most common cause of urinary incontinence in an elderly patient?

- A) Functional
- B) Infection
- C) Drugs
- D) Dementia

3. When a client is bed bound, how often should you check to make sure they are clean and dry?

- A) Two hours or more frequently depending on the client
- B) Every four hours
- C) Never
- D) Once a day

Meal Preparation/Feeding

1. What is the best way to find out if a resident has a health restricted diet?

- A) Watch what the client eats
- B) Check the client's care plan

Score _____

- C) Ask the client's friends/family
2. What should you do when cutting food for a client who needs assistance?
- A) Cut the food into small pieces
 - B) Prevent the client from trying to cut their own food
 - C) Explain to the client they must make a different food choice
3. A PCA is responsible for preparing food for his/her client. What is the PCA most important food safety precaution?
- A) Ensure that the food is cold
 - B) Using low fat cooking oils in place of butter
 - C) Proper hand washing before handling any food

Please answer the following question.

1. $12 * 42 =$ _____

2. $686 / 4 - 8 =$ _____

3. What would you do if your client told you to leave and that you are not needed today?

Score _____