

## 2<sup>nd</sup> QUARTER IN-SERVICE TEST

1. **You are visiting a client and during bathing assistance notice dark bruise marks on the forearms. *What should you do?***
  - a) Scold them for being so clumsy.
  - b) Question them on what happened and promise not to tell anyone.
  - c) Report your suspicions to Adult Protective Services and supervisor.
2. **The client requested to assist him with his medication. As a Home Care Aide, which medication assistance is your responsibility?**
  - a) Determine the dosage of cough medicine to be given.
  - b) Draw up necessary units of insulin into a syringe.
  - c) Read the instructions on the medication bottle for the client and help open it for them.
  - d) Break a pill in half that is not scored.
3. **You are visiting a regular client and noted change(s) that should be report to the supervisor immediately. Which should be reported immediately? Select all that apply.**
  - a) Client appears more confused and weaker than usual.
  - b) Client appears more isolated and withdrawn than usual.
  - c) Client is very excited and states “I have some great news to share with you!”
  - d) During assistance with shower, you noted new unexplained bruises on arms and back.
4. **A form of restraint and seclusion of a client include all of the following, EXCEPT:**
  - a) Holding down a person in bed or a wheelchair using a belt or chains.
  - b) Having a “baby gate” at top of the stairs due to safety reasons for a client with dementia.
  - c) Keeping a person in their room with a door open, but the person is not allowed to leave.
5. **If you suspect abuse, neglect or observe seclusion and restraint in the household – report it immediately to your supervisor and Adult Protective Services.**

True or False
6. **You are carrying for your client at their home and received a notification on your smartphone from local authorities to evacuate to a safe area due to a tornado. *You should:***
  - a) Refuse to leave. Most “emergencies” don’t turn out to be a big deal.
  - b) Wait to see if the situation worsened, then decide.
  - c) Follow the advice of local authorities to ensure you and your client is safe.
  - d) Call your neighbor and see what she thinks you should do.
7. **A client suddenly complains of severe pain in the chest that radiates down the arm. The client is sweating heavily. *The HCA should:***
  - a) Call 911 immediately. Notify supervisor once ambulance arrives.
  - b) Massage the patient’s chest and apply warm compress to arm and chest.
  - c) Place the patient in a side lying position.
8. **When assisting a client to transfer from a wheelchair to bed, *you should:***
  - a) Bend at the waist.
  - b) Bend at the knees.
  - c) Always use a mechanical lift.
9. **If a resident has a weekend arm due to a stroke, when dressing *you should:***
  - a) Put the sleeve on the strong side first.
  - b) Put the sleeve on the weak side first.

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**10. A client is bedbound. In order to move the client from bed to a chair a mechanical Hoyer lift is needed. As a caregiver at European Services, you can do the following:**

- a) Use the Hoyer lift on your own to transfer the client.
- b) Assist a family member in using the Hoyer lift.
- c) Refused to use the Hoyer lift as improper use by may result in injury and/or death.

**11. When assisting with dressing, the caregiver can apply support stockings if they do not require a physician prescription.**

True or False

**12. Your client uses a nasal canula to breath oxygen at home. You can do all of the following, EXCEPT:**

- a) Adjust the oxygen concentration delivered to client as per their request.
- b) Ensure wires are tucked away to prevent tripping or falling.
- c) Adjust the nasal canula (take it off and put it back on) when performing hygiene care during shower.

**13. An elderly male client is occasionally incontinent. What should the HCA do?**

- a) Give him fluids with meals only.
- b) Put him in diapers.
- c) Encourage him to go to the bathroom at least every two hours.

**14. The HCA should respect the religious beliefs and practices of a client even if different from their own. Which of these guidelines is appropriate?**

- a) Client's rights to religious beliefs should be treated with respect at all times.
- b) Client should be told not to discuss their beliefs as they are wrong.
- c) Caregiver should pretend to have the same beliefs that client has.

**15. What is the definition of person-centered care?**

- a) Providing care that is respectful of and responsive to individual preferences, needs and values.
- b) Care centered around the disability and illness.
- c) Family delegates what care is to be given to the client who is able to verbalize own needs.

**16. Your client does not wear her dentures when she sleeps. How should the dentures be stored?**

- a) In a denture cup covered with water or denture solutions.
- b) Wrapped in a gauze pad under the mattress.
- c) Wrapped in a wet washcloth.

**17. The number one way to prevent the spread of infection is proper hand hygiene.**

True or False

**18. Your client has refused assistance with bathing for the last three weeks. How do you react?**

- a) Explain that it is on the Service Plan and they are required to have bathing.
- b) Sign off as though you have helped them complete the bathing task, because they seem clean enough to you.
- c) Encourage them to let you assist with this task. If they still refuse, make sure it is documented and speak with your supervisor.