**COMPETENCY TEST FOR CERTIFIED NURSE AIDES**

**Please Read**

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| The purpose of this test is to enable this Agency to determine your competency to perform Nurse Aide duties. It is NOT a Nurse Aide certification tool. It will be used by the Agency as one of the factors to assess your suitability for employment or continued employment with this Agency as a Nurse Aide. To pass this test, you will need to score at least 80% or correctly answer 40 of the 50 questions. Good Luck! |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Which of the following activities is a CNA permitted to perform?
2. take telephone orders from a doctor
3. assist client with transferring, repositioning and walking
4. give medications
5. perform procedures that require sterile techniques
6. When documenting information in a client’s file, which of the following is correct?
7. chart procedures before they are completed
8. cross out incorrect information and initial the correction
9. use an eraser for corrections to keep notations neat
10. document an observation that a Team Member saw
11. A client’s risk of injury can be reduced by:
12. decreased vision
13. use of medication
14. decreased awareness
15. wearing anti-slip foot-ware
16. When applying a transfer belt onto a client, a CNA should:
17. have the client stand up first
18. apply the belt directly over the client’s clothing
19. place the belt around the client’s chest
20. ensure the belt is tight, even if it makes breathing difficult
21. Which of the following is considered a "healthy" type of grief for a dying client to experience:
22. complicated grief
23. anticipatory grief
24. unresolved grief
25. inhibited grief
26. A client asks to read a CNA's notes after she has written them. What should a CNA do?
27. Advise him the notes are only for the agency workers who are involved in his care.
28. Advise him the notes are only to be viewed by agency & community resources. involved in his care
29. Advise him that she and the Supervisor are the only ones permitted to see the notes.
30. Allow him to read the notes.
31. Which would a CNA not do when trying to get a senior to eat properly?
32. serve three large meals a day
33. serve snacks between meals
34. flavor the food with herbs and spices
35. serve food which the senior enjoys
36. Which of the following is a safe way to handle food?
37. Thaw food in the refrigerator.
38. Ensure meat is cooked enough by smelling it.
39. Use the same cutting board for meat, & vegetables.
40. Leave cooked food out of refrigerator overnight.
41. Which of the following does not cause urinary incontinence?
42. underwear that is too tight
43. urinary tract infection
44. certain medications
45. conditions of nervous system
46. Constipation may be caused by:

a. too much fiber in a diet

b. too little fiber in a diet

c. drinking too much water

d. certain medications

1. What does a CNA not usually document after observing a stool specimen?
2. amount in each bowel movement
3. color of feces
4. consistency & shape of feces
5. temperature of feces
6. Immobility can cause a number of problems for a client. Which of the following is an emotional consequence of immobility?
7. depression
8. delirium
9. diversion
10. dementia
11. When caring for clients with indwelling catheters, a CNA does not:
12. Ensure urine is draining freely into the drainage bag;
13. Tape catheter to the inside of the thigh
14. Clean catheter and give peri-care weekly
15. Document the color & amount of urine in collection bag
16. When assisting a client with his medication a CNA does not?
17. Loosen and remove container lids.
18. Count out the required number of tablets & give them to client.
19. Watch client while he pours medication into spoon/hand or cup.
20. Bring prefilled syringes to client, according to the care plan.
21. An example of a blood-borne disease is:

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| 1. Hepatitis B 2. Mumps 3. Pneumonia 4. Measles |  |  |

1. A CNA is with a client, who starts to fall. The CNA should:
   * 1. Try to stop the fall by grabbing hold of his arms.
     2. Allow him to fall and hope he lands safely.
     3. Ease him gently to the floor, as the CNA bends her knees & straightens back
     4. Lower him slowly to the floor, as CNA leans over from the waist.

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1. A CNA is caring for a bed-ridden client who needs to be turned often. Since she is working alone, the CNA should not:
2. Adjust the height of the bed to avoid reaching, twisting or bending.
3. Lower bed rails on both sides of the bed.
4. Ensure turning sheet is under the client.
5. Move him in several small movements instead of one motion.
6. When dressing a client with an injured arm, a CNA should:
7. Decide what the client should wear.
8. Put clothing on the injured arm first.
9. Put clothing on the uninjured arm first.
10. Dress him herself so dressing does not take as long.
11. To be an active and effective Team Member a CNA would not:
12. provide input and offer opinions
13. try to solve problems
14. consult with other team players
15. be unwilling to compromise
16. When handling household waste, which of the following is not correct:
17. Place soiled bandages/disposable sheets and disposable gloves directly into waste containers.
18. Keep wastes in separate packaging during collection, storage and transportation.
19. Sort all wastes into correct categories at the spot where they are produced.
20. Wash hands for 15 seconds with soap and water after contact with waste.
21. Which of the following confidentiality practices is not okay?
22. The client’s personal information may be shared with others, as long as the client consents.
23. The client’s personal information may be shared with another Agency CNA who is not involved with his care.
24. The personal information of clients should be kept secure and private.
25. The client’s personal information should only be used for the purpose in which it is intended.
26. When bathing a client, which of the following activities would a CNA not do?
27. Ensure privacy and water is at comfortable temperature
28. Wash from the cleanest area to the dirtiest area
29. Wash from the dirtiest area to the cleanest area
30. Use soap first, followed by a through rinsing
31. A client is reacting to his illness by turning away from others. A CNA can help him through this withdrawal reaction by:
32. avoiding the client and allowing him to be alone
33. scheduling family activities along with care and rest periods
34. making decisions for him so he doesn’t have to bother
35. ignoring his being undressed and dishevelled appearance
36. What is most the most effective way to prevent a client’s skin from breaking down and decubitus ulcers from forming? :
37. change his position every 2 hours
38. change his position every 4 hours
39. allow knees to remain in contact with each other
40. allow his body to rest directly on the mattress
41. A client’s Care Plan states he is to do his range-of-motion exercises t.i.d. At what times during the day should these exercises be scheduled?
42. 10:00 am; 2:00 pm; 6:00 pm & 10:00 pm
43. 10:00 am & 3:30 pm
44. 9:00 am
45. 10:00 am; 2:00 pm & 7:00 pm
46. A number of measures can be used to determine if a non-verbal client is experiencing pain or discomfort. Which of the following behaviors does not suggest pain?
47. holding the affected body part
48. maintaining one position and refusing to move
49. restlessness, irritability, moaning
50. constant coughing

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| 1. A CNA finds her frail client wedged between the wall and his wheel-less bed. He is unresponsive. What should the CNA do? 2. Call for assistance. 3. Try to move the bed away from the wall. 4. Grab hold of his body and try to pull him out. 5. Place a blanket over him. 6. A client comes from a culture that believes bathing should only be done weekly. He is incontinent of both stool and urine and should be bathed daily.   How should a CNA handle this situation?   1. Bathe him daily, or more frequently, to deal with the incontinency. 2. Bathe him weekly, as he requests. 3. Suggest wash only “dirty areas”, as needed between regular weekly bath 4. Advise him to obtain another CNA. 5. Which of the following would a CNA not do to prevent transmitting germs? 6. Wear masks, eye protection &/or face shields during procedures that are likely to cause splashes. 7. Wash gloves thoroughly before re-using them. 8. Wash hands between tasks and procedures on the same client. 9. Wash hands after removing her gown. 10. A CNA is assisting a client to prepare for an appointment. He insists on wearing his favorite shirt, which is stained and frayed. What should the CNA do? 11. Let him wear the shirt. 12. Tell him he can’t wear it and remove it from his sight. 13. Phone the Supervisor for instructions 14. Insist that he wear a shirt that she chooses. 15. Which of the following is not an effective listening technique? 16. being able to understand gestures, words and behavior; 17. being unsympathetic and judgmental 18. being a good listener; 19. recognizing when to stop listening and when to start   providing suitable replies   1. A client hands his Nurse Aide $25.00 for “all the little extras” she does for him. What should the Nurse Aide do?    1. Accept the money but tell him it is a one-time only gift. 2. Thank him for the thought, but don’t accept the money. 3. Accept the money and donate it to charity. 4. Don’t accept the money and tell his family about the gesture. 5. Which of the following will help prevent germs from spreading? 6. going to work with an undiagnosed rash 7. keeping immunizations up-to-date 8. washing hands thoroughly at the beginning and end of shift 9. rubbing eyes with hands 10. A Nurse Aide observes a co-worker sneaking a drink of alcohol while on duty. As a Nurse Aide, what should her first step be? 11. Notify the supervisor. 12. Advise the co-worker that she saw her take a drink. 13. Follow her company’s policy for reporting suspected alcohol abuse. 14. Let other employees know that she saw her consume alcohol. 15. An individual, hired as a companion, is not permitted to: 16. Converse and play games with the client. 17. Help client to keep in touch with friends and the outside world. 18. Assist client with range of motion exercises. 19. Transport client to appointments, run errands and shop 20. Which of the following is not one of the vital signs? 21. Blood Pressure 22. Temperature 23. Pulse 24. Pain radiating down left arm 25. Which of the following methods would a CNA not use to share information about a client’s status with the other members of the Health Care Team? 26. progress notes 27. texting 28. shift change reports 29. follow-up reports 30. A client asks his Nurse Aide for the name and phone number of the Supervisor so he can complain about another Nurse Aide. What should a Nurse Aide do? 31. Try to find out what his complaint is. 32. Advise him the supervisor is not available. 33. Suggest he wait a day or so to see if he changes his mind. 34. Give him the Supervisor’s name and phone number. 35. The basics of good housekeeping do not include: 36. overlooking greasy or wet surfaces 37. keeping work areas neat and orderly 38. maintaining halls and floors free of slip and trip hazards 39. removing waste materials 40. A client starts vomiting while lying in bed. Which of the following would a Nurse Aide not do? 41. Lay him on his back in a flat position. 42. Turn his head & body over to one side. 43. Place a kidney basin under his chin. 44. Help him rinse out his mouth with water. 45. Which of the following signs or symptoms should a CNA be alert for if a client is wearing an anti-embolism stocking on one leg? 46. lack of feeling or tingling in the leg without the stocking 47. lack of feeling or tingling in the leg wearing the stocking 48. headaches and/or nausea 49. difficulty putting weight on the leg not wearing the stocking 50. Which of the following would a Nurse Aide not do when dealing with a difficult client? 51. Change whatever she can with herself. 52. Show an interest in him. 53. Let him know he us the one with a problem, 54. Find out why he is having a problem, 55. Aphasia often develops after a stroke or brain injury. What would a CNA not do, when trying to communicate with a client who has aphasia? 56. Use body language to interpret what the he is trying to say. 57. Advise him that she don’t understand what he is trying to say. 58. Be patient and give him enough time to try & communicate. 59. Stop trying to figure him out and go on to something else. 60. A client is very committed to his religion & likes to discuss his beliefs with his Nurse Aide. The Nurse Aide does not share his beliefs. How should a Nurse Aide help him? 61. Let him talk about his beliefs. 62. Let him talk, then tell him what her religious beliefs are. 63. Ask him to change the subject from religion. 64. Tell him she won’t come again if he talks about religion. 65. Rehabilitation begins with the prevention of: 66. frustration& anger 67. illness & injury 68. bowel & bladder problems 69. contractures & pressure sores |  |  |

1. When communicating with seniors who have dementia, a CNA should not:
2. Speak to them in a normal tone and volume of voice.
3. Ask more than one question at a time.
4. Keep eye contact and smile – avoid frowning.
5. Talk while she walks with those who pace back and forth
6. A doctor phones to report he has ordered a new medication for a client. He states it must be administered as soon as the pharmacy delivers it. The Nurse Aide is the only person with the client. There is no family locally & the client is unable to give the medication to himself. What should a Nurse Aide do?
7. Write the order down exactly as the doctor stated it.
8. Give the medication to the client as soon as it is delivered.
9. Put the medication on the counter and leave it for somebody else to deal with.
10. Contact the Supervisor.
11. A person who has an infection may exhibit one or more of a combination of symptoms. Which of the following symptoms does not suggest an infection is present?
12. redness, &, inflammation
13. discharge & fever
14. nausea, vomiting
15. low temperature
16. A client is temporarily paralyzed from the waist down. A CNA should provide support with his activities of daily living by:
17. doing all his ADLs for him
18. asking a male nurse to do all his ADLs for him
19. postponing any of his ADLs until he recovers
20. encouraging him to do as much of his self-care as possible
21. Which of the following statements about used sharp objects is not correct?
22. Sharp objects should not be recapped, bent, sheared or broken.
23. Sharp objects should be uncapped when they are carried.
24. Sharp objects should be discarded in puncture-proof containers.
25. Sharp objects should be picked up by mechanical means.