

**(Please do not write on this exam Sheet) Answer sheet will be provided**

**VINTAGE HEALTHCARE SERVICES, INC**

**COMPETENCY EXAMINATION FOR HOME HEALTH AIDE**

- **Circle the correct answer on the answer sheet provided for each question completely.**
  - **If you make a mistake, erase completely the answer you wish to change.**
  - **You have 90 minutes to complete this final exam.**
  - **Hand the completed question paper to the Office Personnel.**
1. What is the most important thing a nurse aide can do to prevent the spread of germs?
    - a. Wash own hands before and after touching each resident.
    - b. Keep resident's clean and dirty items separately.
    - c. Avoid placing soiled linens on the floor.
    - d. Keep the resident's surroundings clean.
  
  2. What is usually the first sign of developing a pressure sore?
    - a. Wetness
    - b. Redness
    - c. Pain
    - d. Blister
  
  3. What does ambulate with assist mean?
    - a. Walk with resident twice a day.
    - b. The resident can use a wheelchair.
    - c. Take the resident's blood pressure.
    - d. The resident can walk with help.
  
  4. After explaining the use of the nurse call signal to a hard hearing resident, the nurse aide is not sure that the resident understood. How can this be checked?
    - a. Ask the resident if the explanation was understood.
    - b. Have the resident write what was said.
    - c. Have the resident nod or shake the head.
    - d. Have the resident repeat what was said.
  
  5. A resident is slow in dressing. The nurse aide should
    - a. Rush the resident telling "I have another resident to take care of"
    - b. Allow the resident to do it alone.
    - c. Dress the resident
    - d. Gather the items she would wear and allow her to do it alone.
  
  6. When applying elastic stockings, how the resident be positioned
    - a. Sitting on the edge of the bed
    - b. Standing at the side of the bed
    - c. Lying down in bed
    - d. Sitting in a wheelchair
  
  7. An activity that helps a resident who has stiff finger joints is
    - a. Allowing him to beat the drum daily

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- b. Squeezing a soft rubber ball daily
  - c. Allow him to stay in bed all day
  - d. Wrap stiff fingers with ace bandage
8. A resident drank 2 ounces of coffee, 4 ounces of water, and 4 ounces of tomato juice. How many cc of fluid did the resident drink?
- a. 10
  - b. 32
  - c. 300
  - d. 600
9. When preparing a lift, which of the following demonstrates a good body mechanics?
- a. Keep feet together
  - b. Stand with feet apart
  - c. Stand far away from the object
  - d. Use the back muscles to lift
10. Which of the following is not a nurse aide's responsibility in caring for a resident with an indwelling catheter?
- a. Help to prevent infection
  - b. Inserting the catheter
  - c. Providing perineal care
  - d. Observing and recording output
11. Which of the following is a basic safety rule to use when walking with a resident?
- a. Have the resident use a shuffling, sliding gait
  - b. Allow the resident to use the handrail
  - c. Hold the resident by his shirt
  - d. Hold the resident by his pants waistband
12. A resident says, "Please feed me. My arthritis hurts so badly to cut the meat." What would be the best action by the nurse aide to encourage independence in eating?
- a. Have the dietary department puree the resident's food
  - b. Cut the meat and proceed to assist the resident to eat
  - c. Insist that the resident eat the meal without help
  - d. Cut the meat and urge the resident to use the special eating utensil
13. Which of the following is not used to decrease pressure on the skin?
- a. Eggcrate pads
  - b. Sheepskin
  - c. Incontinent pads
  - d. Foot cradle
14. AIDS is a disease transmitted by
- a. Using dishes and utensils in common
  - b. Coughing, sneezing, and touching
  - c. Sexual contact or sharing needles and syringes
  - d. Routine care given by health care givers
15. If a resident is recovering from a broken leg and has a cast, what should the nurse aide do?

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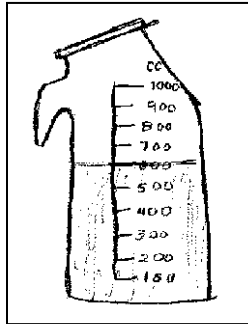
- a. Check the color of the toes and report the changes
- b. Rinse the cast daily to prevent odor
- c. Scratch off scaly skin
- d. Scratch the inside of the cast with a pen

16. When approaching a resident with Alzheimer's disease, the nurse aide should

- a. Speak loudly to the resident's ear
- b. Speak in an angry tone
- c. Correct the resident if he talks nonsense
- d. Speak calmly and use simple words

17. The urinal below contains how many cc of urine?

- a. 600cc
- b. 700cc
- c. 800cc
- d. 750cc



18. Electrical equipment should be touched when your hands are

- a. Wet
- b. Dirty
- c. Dry
- d. Chapped

19. The abbreviation T.I.D. means

- a. Once a day
- b. Two times a day
- c. Three times a day
- d. Four times a day

20. Which can be used to relieve dry skin?

- a. Alcohol
- b. Powder
- c. Corn starch
- d. Bath oil

21. A job description contains all of the following except

- a. Job summary
- b. Qualifications
- c. Responsibility
- d. Restrictions on your diet

22. Nursing assistants can

- a. Give medications

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- b. Take telephone orders from the doctor
  - c. Take vital signs
  - d. Performs procedure that requires sterile technique
23. Nursing assistants cannot
- a. Diagnose
  - b. Prescribe treatment
  - c. Ignore an order that is within the scope of nursing assistant
  - d. All of the above
24. What should the nurse aide do if the level of urine in the urinary catheter bag has stayed the same for several hours?
- a. Raise the bag above the resident's hips
  - b. Irrigate the catheter with water
  - c. Place the catheter bag on the floor
  - d. Notify the charge nurse
25. Because low blood sugar can be serious danger to resident's with diabetes, the nurse aide should
- a. Give them candy if they don't eat well
  - b. Ask families to bring in extra snacks
  - c. Suggest that overweight resident's eat less to lose weight
  - d. Report any meals or snacks not eaten
26. When a resident is placed in a chair by the bedside, the nurse aide should always remember
- a. To check on the resident every 5 minutes
  - b. To fill up the water pitcher
  - c. To protect the resident with a seat belt
  - d. To put a call signal within reach
27. You can reduce odors in a person's room in all of the following ways EXCEPT
- a. Emptying and washing bedpans and emesis basins promptly
  - b. Using room deodorizers
  - c. Opening the windows
  - d. Practicing good personal hygiene
28. The following rules apply when making a bed EXCEPT
- a. Never shake the linens
  - b. Hold the dirty linens away from your body so they do not touch your uniform
  - c. Practice the rules for medical asepsis
  - d. Bring enough linens to the room
29. When should morning care be done?
- a. 0900
  - b. 1600
  - c. After dinner
  - d. Before breakfast
30. You have just put Mrs. Jones into a tub bath. It should last no longer than
- a. 30 minutes

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- b. 60 minutes
  - c. 5 minutes
  - d. 20 minutes
31. Why is wearing makeup important to some women?
- a. It can improve one's body image and self esteem
  - b. To hide blemishes
  - c. It makes a person feel older
  - d. It is routine for all women
32. The substance in a diet that may cause a body to retain water is
- a. Calcium
  - b. Protein
  - c. Pepper
  - d. Salt
33. After placing a resident to the bedpan, what should you do next?
- a. Stay with him
  - b. Turn on the TV
  - c. Leave the resident alone
  - d. Place the call light within in reach
  - e.
34. When straining Mrs. Doe's urine, you discover s stone. All of the following is done EXCEPT
- a. Placing the gauze or strainer in the specimen container
  - b. Labeling the container correctly and placing it where directed
  - c. Report your observations to the nurse
  - d. Report your observations to the doctor
35. When preparing an enema, you should
- a. Use 10000ml of water
  - b. Use 100ml of water
  - c. Use 1000ml of water
  - d. Use 10 ml of water
36. When you are giving the enema to a resident, what is the BEST position?
- a. The right side
  - b. The left side
  - c. The supine position
  - d. The prone position
37. Low salt diet is ordered for a resident with
- a. Heart disease
  - b. Liver disease
  - c. Blood disease
  - d. Liver disease
38. The normal respiratory rate for an adult is
- a. 32

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- b. 13
  - c. 4
  - d. 20
39. Mrs. Martinez was instructed to use the cane. You instruct her to hold the cane on her
- a. Left side
  - b. Right Side
  - c. Weak side
  - d. Strong side
40. A bedside commode is a
- a. Small scale
  - b. Writing table
  - c. Portable toilet
  - d. Storage box
41. The highest temperature for a tub bath should be
- a. 84 degrees
  - b. 100 degrees
  - c. 105 degrees
  - d. 130 degrees
42. A condition in which the body has less than the normal amount of water is
- a. Dermis
  - b. Edema
  - c. Dehydration
  - d. Diabetes
43. The proper way to care for long, tangled hair is to
- a. Comb all at once
  - b. Leave the tangles in
  - c. Comb one section at a time
  - d. Cut the tangles part of the hair
44. If the assignment for a resident is to encourage fluids, what must the nurse aide to remember to do
- a. Give only water to drink
  - b. Remove the water pitcher from the room
  - c. Remove all solid foods from the tray
  - d. Give variety of fluids often
45. A nurse aide does not close the door during the resident's bath. Which resident right did the aide violate?
- a. Choice
  - b. Confidentiality
  - c. Privacy
  - d. Communication
46. Elastic stockings are used to prevent

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- a. Circulation
  - b. Blood clot
  - c. Dry skin
  - d. Restlessness
47. Which is used to feel for a pulse during CPR?
- a. The Apical Pulse
  - b. The Brachial Pulse
  - c. The Carotid Pulse
  - d. The Dorsalis Pedis Pulse
48. You are performing adult CPR alone. Which is *False*?
- a. Give 2 breathes after every 30 compressions
  - b. Check for a pulse after 2 minute
  - c. Give 1 breath after every fifth compression
  - d. Call for help
49. Mr. Adams has paralysis of both legs. Activities of daily living are:
- a. Done by him to the extent possible
  - b. Done by the nursing assistant
  - c. Postponed until he regains use of his legs
  - d. Supervised by the physical therapist
50. Circle the changes in the skeletal system that are considered age-related
- a. Fractures
  - b. Rheumatoid Arthritis
  - c. Loss of bone mass
  - d. Scoliosis