

CARE-A-VAN COMPETENCY TEST

Employees & Contractors must score 85% or Higher

Name: _____ Date: _____

Start Time: _____ End Time: _____

Employee ID Number: 395- _____

Select the ONE (1) MOST ACCURATE answer.

1. AIDS can be spread by:
 - a. sexual contact
 - b. clean drug needles
 - c. shaking hands
 - d. mothers kissing their children

2. In order for a fire to continue to burn, these three components are needed:
 - a. paper, tinder, and wood
 - b. kindling, coal, and logs
 - c. fuel, oxygen, and flame
 - d. matches, gasoline, and firewood

3. When speaking to a person with a hearing loss:
 - a. speak in a very loud voice
 - b. use long complicated sentences
 - c. face the client and speak clearly
 - d. turn the radio volume up while talking to the client

4. Fiber is important in the diet because it:
 - a. helps build strong bones and teeth
 - b. is used to make red blood cells
 - c. provide the body with quick energy
 - d. helps prevent constipation

5. Homemaker duties include which of the following:
 - a. helping a client with a bath
 - b. taking a client's blood to the lab
 - c. accepting money for a job well done
 - d. telling family members to buy new furniture for the client

6. An example of 'elder abuse' could be:
 - a. reading the newspaper to them

CARE-A-VAN COMPETENCY TEST

- b. neglecting to care for them
- c. kissing them goodbye
- d. holding their hands
7. The best way to promote good communication with clients is by:
- a. telling them your opinions frequently
- b. listening, and allowing them to speak and express their feelings
- c. telling them that everything will be fine, and that their doctor knows best
- d. changing the subject if they begin to talk about death.
8. Your client dropped a cup of hot coffee and burned his foot and ankle. You should:
- a. run cool water over his foot and ankle
- b. put butter on his foot and ankle
- c. put his foot in a bucket of ice
- d. call 911
9. What should you do when feeding the dependent client?
- a. tell the client if the food on the spoon is hot or cold
- b. feed the client quickly so the food doesn't get cold
- c. mix all the food together so they get all of the nutrients
- d. feed the client while he is lying down
10. The **MOST** important precaution to remember in order to prevent or spread disease is:
- a. empty trash cans daily
- b. dust the living rooms daily
- c. clean closets weekly
- d. wash hands frequently
11. Which is a signal of a heart attack?
- a. chest pain
- b. headache
- c. pain in the legs
- d. lower back pain
12. A Homemaker could improve the use of time and energy by doing which of the following:
- a. standing up to do all tasks
- b. assembling all equipment needed before beginning a task
- c. stalling before beginning a task
- d. skipping meals so she can finish the day early
13. The science of foods and how they affect health is:
- a. psychology
- b. pediatrics
- c. geriatrics

CARE-A-VAN COMPETENCY TEST

d. nutrition

14. It is important to clean the bathroom thoroughly because bacteria grow best where it is:

- a. cold and wet
- b. hot and windy
- c. warm and moist
- d. cool and dry

15. Pressure sores are prevented by keeping the client:

- a. clean
- b. in one position
- c. in a wet bed
- d. in a wrinkled bed

16. Which of the following illustrates good body posture when working?

- a. stand with feet comfortably apart, with one foot forward
- b. wear high-heeled shoes
- c. keep the knees locked straight
- d. carry heavy objects away from the body

17. Which of the following risk factors for heart disease can you change?

- a. age
- b. sex
- c. family history
- d. cigarette smoking

18. When picking up any heavy object, you should:

- a. bend at the waist, keeping your legs straight
- b. bend at the waist, rounding your shoulders
- c. bend at the knees, keeping your back straight
- d. bend at the knees and the waist

19. Which action is CORRECT when bathing an individual?

- a. use water heated to 150 degrees F.
- b. uncover the client to make it easier
- c. don't rinse the skin so it will go faster
- d. wash the genital area from front to back

20. If oral hygiene is not done:

- a. pressure sores may occur
- b. contractures may develop
- c. gum disease may develop
- d. a podiatrist may be necessary

CARE-A-VAN COMPETENCY TEST

21. Since elderly people cannot always feel changes in temperature, it is important to:
- a. always use cold bath water
 - b. increase the temperature in the water heater
 - c. serve very hot foods
 - d. caution clients to check the temperature of their bath water
22. After providing oral care to your client, which of the following should be reported:
- a. pleasant mouth odor
 - b. bleeding or sores in the mouth
 - c. white, even teeth
 - d. pink, moist tongue
23. Basic steps to follow for successful laundering results include which of the following:
- a. washing dark clothing and whites together
 - b. always using the hot water
 - c. knowing each make of washing machine and how they work
 - d. pre-treating stains before washing
24. A back rub may be given:
- a. after changing the client's position in bed
 - b. to relax a very restless client
 - c. before a client goes to sleep for the night
 - d. all of the above
25. If you think your client is having a stroke you should:
- a. call 911
 - b. give her something to eat
 - c. do abdominal thrusts
 - d. encourage her to vomit
26. If your client is having a seizure, you should:
- a. put a spoon between the teeth
 - b. protect him from hurting himself by moving things out of the way
 - c. try to make him sit down and hold him still
 - d. try to make him lie down and hold him still

CARE-A-VAN COMPETENCY TEST

27. When working with an elderly client, it is important to remember that aging ALWAYS:
- a. limits the ability to walk
 - b. results in psychiatric problems
 - c. is a normal process
 - d. causes feelings of isolation
28. Before shaving a male client with a safety razor you should:
- a. apply a cold washcloth to his face
 - b. put talcum powder on his face
 - c. apply a warm washcloth to his face to soften the skin
 - d. apply after shave lotion
29. When assisting a client who is paralyzed on one side to dress:
- a. dress the paralyzed side first
 - b. dress the unparalyzed side first
 - c. discourage the client from helping
 - d. undress the paralyzed side first
30. When making a client's bed, soiled linen should be placed:
- a. on the floor
 - b. on top of clean linen
 - c. on the night stand
 - d. in a laundry bag or basket
31. If you become angry with a client, you should:
- a. not leave the room
 - b. take out your anger on your client
 - c. tell him you're upset and leave until you have your feelings under control
 - d. leave and slam the door on the way out
32. If your client has a sore on her leg, the best way to describe it accurately would be:
- a. "the client has a reddened area on her leg"
 - b. "the client has a reddened area about the size of a dime right below the left knee"
 - c. "the client has a small sore on the front of her left leg"
 - d. "the client needs to have a nurse look at the area on her left leg"
33. The following statement is true about bathing:
- a. bathing stimulates circulation
 - b. bathing reduces movement and exercise
 - c. bathing places germs on the skin

CARE-A-VAN COMPETENCY TEST

- d. bathing is always done daily
34. When you do catheter care for a client you should:
- a. use a disposable kit with an iodine solution
 - b. never allow client to help himself
 - c. wash from back to front since its easier
 - d. use plenty of soap and water
35. Which of the following observations about medications should be reported to the supervisor?
- a. client takes a medication with a big glass of water
 - b. client complains of nausea, vomiting and diarrhea
 - c. client is breaking tablets in half so they are easier to swallow
 - d. client is taking the right medication at the right time
36. The signs and symptoms of illness will probably be noticed first by the person who has the **most** contact with the client in the home. That person is the:
- a. nurse
 - b. social worker
 - c. homemaker
 - d. doctor
37. Your client wants to talk to you about her religion. What should you say to her?
- a. "You'll have to wait until your family arrives."
 - b. "I'm not allowed to discuss religion."
 - c. "Tell me more about what you believe."
 - d. "I don't believe in God."
38. Which of the following statements is TRUE?
- a. leftovers should be kept warm on the counter
 - b. dishes should be washed in cold water
 - c. any detergent can be used in a dishwasher
 - d. kitchen surfaces should be wiped clean as often as necessary
39. Your client is receiving oxygen. What safety precaution should you take?
- a. do not permit client to eat near the oxygen
 - b. do not allow smoking in client's room
 - c. put Vaseline under the client's nose
 - d. use an electric razor to shave client

CARE-A-VAN COMPETENCY TEST

40. A low-salt diet would usually include which of the following foods:
- a. regular canned soups
 - b. salted potato chips
 - c. processed cheese
 - d. fresh fruit
41. The drainage bag from a Foley catheter should always be kept:
- a. 2 feet above the level of the bladder
 - b. 12 inches above the level of the bladder
 - c. at the level of the bladder
 - d. below the level of the bladder
42. The supervisor must be consulted before the Homemaker may:
- a. make a bed
 - b. cut a client's toe nails
 - c. prepare a meal
 - d. start a load of laundry
43. When transferring the client from a bed to a chair, he should:
- a. be barefoot
 - b. wear socks
 - c. wear non-skid shoes or slippers
 - d. wear crocheted slippers
44. You can best avoid straining your back while providing care for the client in bed by:
- a. reaching across the bed to be closer to him
 - b. keeping arms and legs straight and bending your back
 - c. moving the client closer to you
 - d. keeping the bed in the lowest position
45. The **most** common cause of accidental deaths in the home is:
- a. cuts
 - b. falls
 - c. burns
 - d. drowning
46. If a client forgets to take his medication, you should:
- a. remind him
 - b. pour it for him
 - c. call his nurse
 - d. forget about it

CARE-A-VAN COMPETENCY TEST

47. How often should you change the position of a bedridden client?
- a. every half hour
 - b. it depends on the client's plan of care
 - c. every 3 hours
 - d. every 5 hours
48. What does normal urine look like?
- a. clear and pale yellow
 - b. clear and brown
 - c. cloudy and yellow
 - d. cloudy with particles in it
49. If a broiler pan catches on fire in the oven, the safest thing to do is to:
- a. throw flour on it
 - b. throw a cup of water in the oven
 - c. pull it out and set it on the floor
 - d. close the oven door and turn off the oven
50. When giving a client a bath:
- a. wash the client's entire body, then dry him
 - b. wash the client's hands, feet, face and neck only
 - c. wash and dry one area of the body at a time, starting with the face
 - d. wash face last so client doesn't get cold
51. Your sister learned from a friend that your new client is her friend's ex-boyfriend's mom and asks you why she needs your help. You:
- a. tell her everything you know about the client
 - b. show her your timesheet and tasks you performed
 - c. tell her you're sorry but you cannot say anything about any client
 - d. invite her to go with you to your next shift
52. If you become aware of an unsafe condition that creates an immediate threat to life or health of consumer, how soon should you report this to the agency?
- a. immediately
 - b. within a week
 - c. 72 hours
 - d. when you turn in your time slip
53. What state agency deals with elder abuse, neglect, and exploitation?
- a. Tax and Revenue
 - b. Adult Protective Services

CARE-A-VAN COMPETENCY TEST

- c. Land Management
- d. Homeland Security