



Metro 1 Home Healthcare Service, Inc.

Metro 1 HOME HEALTH AIDE

COMPETENCY TEST

1. Which of the following are considered the primary responsibility of a home health aide

- A. Assisting with ADCs and IADLs
- B. Performing any task requested by the client
- C. Administering medications as requested by client or family member

2. Which of the following are outside the scope of practice for a Home Health Aide

- A. Changing the plan of care
- B. Performing procedures requiring standard precautions
- C. Providing nutritional support
- D. Assisting clients with prescribed exercise

3. One of the ways a HHA can demonstrate good listening technique is to

- A. Finish the client's statement to show you understand
- B. Pretend to understand what a client is saying
- C. Restate the message in your own words

4. Non verbal communication includes

- A. Whispering
- B. Shouting
- C. Facial expression

5. Which of the following would be considered unethical practice

- A. Submitting duty sheets for visits not conducted
- B. Relating information given to you by the client to your supervisor
- C. Leaving the client alone while you take a break

6. Why is it important for the HHA change Bed linens often

- A. ATO get clients out of bed and moving around
- B. To rotate clean sheets
- C. To prevent infection and promote comfort



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8. When changing soiled linens which of the following PPE should be used to protect the HHA against exposure

- A. Gown or apron anti mask
- B. Gloves only
- C. Gloves and apron or gown

9. Standard Precautions requires which of the following

- A. Implementing isolation procedures for ail clients
- B. Practices to guard against fire in the home
- C. Practices which prevent the transmission of bacteria in all situations

10. When removing dirty linen from the client's bed, the HHA should

- A. Gather it in a bunch
- B. Shake it to remove particles
- C. Fold it so soiled are inside

11. Falls and accidents in the home are frequently caused by

- A. Hot Water
- B. Clean floors
- C. Wet Floors

12. Which of the following should a HHA do when performing oral care for a cancer patient

- A. Rinse the client's mouth with a commercial mouth wash
- B. Brush teeth with a soft bristle brush
- C. Use alcohol for any lesions



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14. Someone who has nausea and vomiting should

- A. Eat mostly Dairy products
- B. Eat High fat foods
- C. Fast food

15. In the kitchen diseases may be transmitted by

- A. Using hot water to clean
- B. Contaminated food surfaces
- C. Drying dishes with a towel

16. The most important precaution to be taken for the prevention of disease transmission is

- A. Wearing a gown, mask and goggles
- B. Hand washing
- C. Using cleaning fluids

17. The best solution for decontaminating washable surfaces in the home is

- A. Lysol followed by a cleanser
- B. Clorox and water 1:10
- C. Any ammonia solutions

18. Clients with Chronic obstructive Pulmonary Disorder (COPD) have difficulty with

- A. Breathing
- B. Losing weight
- C. Vision



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19. Which of the following is true of Urinary Incontinence
- A. It is a normal part of getting older
 - B. It is a risk factor for pressure ulcers
 - C. Drinking plenty of fluids makes the problem worse
20. The Home Health aide can best help elderly clients by
- A. Doing as much as possible for them
 - B. Encouraging them to make lists of things to remember
 - C. Reminding them every time they forget something
21. Pain and stiffness of osteoarthritis may increase with
- A. Hot weather
 - B. Cold weather
 - C. Activity
22. A disorder of the nervous system that alters personality and impairs the ability to think and remember is called
- A. Dementia
 - B. Glaucoma
 - C. Autoimmunity
23. Which of the following statements are true (Circle all that are true)
- A. Clients who suffer confusion or memory loss due to a stroke may feel more secure if the HHA establishes a routine for care.
 - B. Clients with a loss of sensation could easily burn themselves.
 - C. Range of Motion exercises can help prevent problems related to mobility
24. If a HHA suspects that a client is having a heart attack she. should call 911 and
- A. Give the client something cold to drink
 - B. Loosen clothing around the client's neck
 - C. Leave the client alone to rest



25. If a client faints at home the HHA should

- A. Help the client stand up immediately
- B. Lower the client to the floor
- C. Perform CPR immediately

26. To treat a minor burn the HHA should

- A. Use antibacterial ointment
- B. Use Ice water
- C. Use cool clean water

27. Which of the following would be considered a reportable incident

- A. A client complains of a headache
- B. Client falls but is ok after the fall
- C. A client refuses to have HHA shampoo her hair