

1st Nurse Registry

Nursing Assistant/Home Health Aide Competency Test

PART I

The Aging Process

Questions

Please place a check mark under either the “normal” or “abnormal” column for the CHANGES which an older person experiences.

<u>CHARACTERISTIC</u>	<u>NORMAL</u>	<u>ABNORMAL</u>
1. Senility		
2. Dry skin		
3. Increased sensitivity (heat/cold)		
4. Loss of muscle strength		
5. Loss of appetite		
6. Bones become light and brittle		
7. Needs more light to see well		
8. Needs TV turned UP slightly		
9. Feels people are talking behind their back		
10. No longer learns new things		
11. Becomes very forgetful		
12. No longer as smart as before		
13. Personality becomes very different		
14. Cannot handle stress well		
15. Spends time talking about “Good old days”		

16. Feels life is no longer worth living
17. Spends excessive amounts of time in bed
18. Talks about committing suicide
19. Changes from neat to sloppy and careless
20. Loss of interest in sex

PART II

Personal Care

Questions

There are five rules for safe lifting. See how many you can think of.

a) _____

b) _____

c) _____

d) _____

e) _____

2. When lifting a large weight, an individual should use the strength of his/her _____, not their _____.

3. To prepare a wheelchair for either a one-person or two-person lift, you should:

a) _____

b) _____

c) _____

d) _____

4. Describe the procedures for the following transfers:

a) Rising with a walker _____

b) Sitting with a walker _____

c) Rising with a cane _____

d) Sitting with a cane _____

5. To prepare an area for bed bathing, you need to do the following:

a) _____

b) _____

c) _____

6. Why is it important to encourage participation from the person receiving a bed bath?

7. List the safety steps that should be followed whenever assisting an elderly individual with a tub bath, shower or self-bathing.

a) _____

b) _____

c) _____

8. Steps to follow when assisting an elderly individual in or out of a tub or shower are:

a) _____

b) _____

c) _____

9. List four steps in removing dentures from a person's mouth.

a) _____

b) _____

c) _____

d) _____

10. Describe the method used for caring for dry brittle hair and/or scalp.

11. List four areas of the body that need special attention during skin care.

a) _____

b) _____

c) _____

d) _____

12. Fill in the blanks in these guidelines for helping a person with a one-sided disability get dressed.

a) Always place the _____ arm or leg into the clothing first.

b) _____ the opening of clothing when putting it on a person's weak arm or leg.

c) Always support the person's _____ arm or leg.

d) Remove the person's _____ arm or leg last from clothing.

13. List some of the effects of incontinence:

a) _____

b) _____

c) _____

14. Describe three ways to teach a person to control bladder functions.

a) _____

b) _____

c) _____

PART III

Workplace Safety

Questions

Place a check mark in either the True or False column.

<i>STATEMENT</i>	TRUE	FALSE
1. Falls are a leading cause of death for persons over 65.		
2. All fire extinguishers are the same.		
3. Your skin is the first line of defence against germs.		
4. A fire extinguisher will last for 3 minutes.		
5. Exhaustion can reduce your tolerance to germs.		
6. Balance for the elderly takes practice.		
7. Lift with your back, not your legs.		
8. When using a fire extinguisher you should start at the top of the fire and work your way down.		
9. When lifting a heavy load you should keep your legs together and lift with your leg muscles.		
10. If doing several chores, leave the cleanest for last so as to reduce the spread of germs.		
11. The WHMIS classification for biohazardous infectious material is the one we are most concerned with as caregivers.		
12. Exhaustion is one of the least common complaints among workers, especially women.		
13. Always look an animal straight in the eye.		