

# Home Health Aide Competency Test

## DIRECTIONS:

This test contains questions about the home health aide's role in caring for clients at home. In taking the test, it is important for you to do the following:

1. Read each question carefully.
2. Choose the ONE correct answer for the question.
3. Circle the letter, A, B, C, or D that precedes the answer you have chosen for each question

Your score will be the number of questions you answer correctly in the time allowed.  
You will have 60 minutes to take this test.

→ Write on answer sheet only!

QUESTIONS ON THIS TEST COVER THE FOLLOWING AREAS

1. Communication Skills
2. Observation and Reporting
3. Client Rights and Client Safety
4. Diet, Nutrition and Fluid Intake
5. Elements of Body Functioning
6. Physical, Emotional and Developmental Needs
7. Emergency
8. Infection Control

1. Clients sometimes express religious beliefs with which the home health aide does not agree. In dealing with these situations, which of these understandings should the aide use as a guide?
  - A. Clients have a right to their own beliefs, which should be respected.
  - B. Clients should be told not to discuss their beliefs with aides.
  - C. Aides should explain their beliefs to clients.
  - D. Aides should pretend to have the same beliefs that clients have.
2. Mrs. Wayne, a home health aide, leaves the home of Mr. Davis, a terminally ill client. A neighbor stops her and says, Mr. Davis is very sick, isn't he? I hear he is near death." What is it best for Mrs. Wayne to say?
  - A. "Yes, Mr. Davis is very ill."
  - B. "How do you know Mr. Davis is so sick?"
  - C. "I'm sorry, I can't discuss Mr. Davis."
  - D. "Mr. Davis is doing as well as can be expected."
3. Miss Ferris, a home health aide, is assigned to care for Mr. Conway. Miss Ferris notices that she feels very angry when she is with Mr. Conway. What should Miss Ferris do because she feels this way?
  - A. Tell Mr. Conway how she is feeling.
  - B. Find out if other aides have felt this way.
  - C. Try to pretend that Mr. Conway is someone she likes.
  - D. Talk with the agency supervisor about the situation.
4. A client accuses a home health aide of stealing five dollars. The aide has not taken the client's money, but the client does not believe this. What should the aide do?
  - A. Ask the other aides who care for the client if they took the five dollars.
  - B. Ask the client why the aide is being accused.
  - C. Offer to give the client five dollars.
  - D. Notify the agency supervisor.
5. Which of these actions is the home health aide permitted to take in relation to drug administration?
  - A. Recording and reporting the client's reaction to the medication.
  - B. Giving nonprescription medications whenever the client asks for them.
  - C. Adjusting the dosage of medications given to the client.
  - D. Adjusting the times medications are given to fit into the client's activities scheduled.

6. One morning shortly after the home health aide arrives, Mr. Walsh says, "I have had cramping pains in the calf of my right leg for the last two hours. In addition to reporting this complaint to the agency supervisor, what is the best way for the aide to write this on the chart?"
- A. "Complains of pain."
  - B. "Right leg hurts."
  - C. "States he has had cramping pains in the calf of his right leg for 2 hours."**
  - D. "Says he has leg cramps."
7. When a client complains of pain, what should the home health aide do first?
- A. Ask the client to describe the pain.
  - B. Call the client's doctor.
  - C. Offer the client some warm tea.
  - D. Change the client's position.
8. The home health aide should be sure to take which of these actions when caring for a newborn baby?
- A. Support the baby's head and neck when picking the baby up.**
  - B. Clean the inside of the baby's ears with cotton swabs.
  - C. Use petroleum jelly to keep the area around the baby's navel moist.
  - D. Hold the baby only at feeding and bathing times.
9. A client is receiving oxygen through a nasal tube. What safety precautions should the home health aide take?
- A. Keep the television set at least 5 feet from the oxygen tank.
  - B. Do not permit the client to drink soda.
  - C. Allow no smoking in the client's room.
  - D. Do not use any lotions that contain oil in the client's care.
10. What is the main reason for covering your mouth or nose when coughing or sneezing?
- A. To prevent the escape of bad odors.
  - B. To prevent the spread of germs.**
  - C. To avoid injury to the lining of the nose and mouth.
  - D. To avoid getting clothing dirty.
11. Signs of infection should be reported to the nursing supervisor. Which of the following would **not** be considered a sign of infection?
- a. Elevated Temperature
  - b. Increased appetite**
  - c. Redness or swelling of an area
  - d. Pain

12. Which of these signs may be an early warning sign of cancer?
- ☒ A. Difficulty in bending a joint.
  - ☐ B. A sore that does not heal.
  - ☐ C. A sudden increase in weight.
  - ☐ D. A loss of hearing.
13. Which of these statements describes good body mechanics?
- ☐ A. Carry heavy objects as far away from the body as possible.
  - ☒ B. Bend the knees when lifting an object off the floor or when kneeling to pick up objects.
  - ☐ C. Bend over at the waist when lifting an object from the floor.
  - ☐ D. Lift rather than push a heavy object.
14. If a home health aide has bad breath or body odors, who is LEAST likely to be aware of it?
- ☐ A. The client.
  - ☐ B. The client's visitors.
  - ☐ C. The nurse.
  - ☐ D. The aide.
15. Which of these substances could be used to put out a fire in pan of bacon fat?
- ☐ A. Sugar.
  - ☐ B. Vinegar.
  - ☐ C. Baking soda.
  - ☐ D. Water.
16. Good sources of protein are:
- ☐ A. Green salad and cooked greens.
  - ☐ B. Potatoes and noodles.
  - ☐ C. Apples and Oranges.
  - ☒ D. Beans, peanut butter and eggs.
17. Milk is a good source of calcium. Which of these foods is also high in calcium?
- ☒ A. Cheese.
  - ☐ B. Bananas.
  - ☐ C. Orange juice.
  - ☐ D. Raisins.
18. Which would be the better choice for a client on a low salt diet?
- ☐ A. Chicken Noodle soup and a hot dog
  - ☐ B. Ham sandwich, pickles and chips.
  - ☒ C. Turkey sandwich, fruit and jell-O
  - ☐ D. Chili, crackers and peanut butter/jelly sandwich

19. What is the advantage of fiber in the diet?
- A. Helps build strong bones and teeth.
  - B. Is used to make red blood cells.
  - ☒ C. Helps prevent constipation
  - D. Helps regulate the body's fluid balance.
20. You can measure respiration accurately by:
- A. Counting each rise and fall of the chest as one respiration.
  - B. Counting each rise and fall of the chest separately
  - C. Count the number of breaths for 60 seconds and multiply by two.
  - D. Telling the client what you are doing
21. Which temperature is considered MOST accurate?
- A. Oral
  - B. Axillary
  - ☒ C. Groin
  - D. Rectal
22. When taking a client's temperature by mouth (orally), which of the following temperature readings should be reported to the nursing supervisor?
- A. 97.6
  - B. 98.6
  - ☒ C. 100.2
  - D. 99.5
23. Why is the thumb NOT used for taking a client's pulse?
- ☒ A. The flat part of the thumb is less sensitive than the flat parts of other fingertips.
  - B. The thumb can place too much pressure on the client's pulse.
  - C. The thumb's pulse may be felt instead of the client's pulse.
  - D. The thumb's tip is in a more awkward position than the other fingertips.
24. Why is it important that a client have good mouth care?
- ☒ A. Bacteria in the mouth can cause tooth decay and gum infections.
  - B. The saliva in the mouth is the source of stomach juices.
  - C. Poor oral hygiene causes more saliva to be made.
  - D. Poor oral hygiene interferes with the sense of smell.
25. A client's circulation is generally improved when the client's:
- A. Clothing is kept free of dirt.
  - ☒ B. Liquid intake is increased.
  - C. Room temperature is kept around 70.0 F. (21.1 C)
  - D. Activity is increased.

26. The home health aide is helping Mrs. Elden with her bed bath. Mrs. Elden prefers to wash her genital and rectal areas herself. Which of these measures should the aide take?
- A. Have Mrs. Elden use cold water only in washing her genitals.
  - B. Have Mrs. Elden use no soap when washing her rectal area.
  - ☒ C. Remind Mrs. Elden to wash from the vaginal area toward the rectal area.
  - D. Remind Mrs. Elden not to wash in between the labia of her genitals.
27. When caring for a client who is on bed rest; what should the aide do to prevent bedsores?
- A. Keep the top sheets well tucked in.
  - B. Keep the bottom sheet free of wrinkles.
  - ☒ C. Use only sheets that are 100% cotton on the client's bed.
  - D. Use only woolen blankets to cover the client.
28. A client who has been on bed rest is too weak to get up in a chair. The home health aide helps the client to sit on the edge of the bed. The client says, "I am dizzy." What should the aide do?
- A. Rub the client's feet.
  - B. Help the client to a standing position and see if the dizziness goes away.
  - C. Put a cool compress on the client's head.
  - ☒ D. Support the client in sitting position and wait a minute or so to see if the dizziness goes away.
29. Pressure ulcers are most likely to develop:
- A. as a side effect of medications
  - B. As a result of the aging process
  - C. On bony prominences (areas where bones are near the skin)
  - D. On clients who are ambulatory.
30. Which of these statements about the elderly is true?
- A. They cannot change.
  - B. They can learn new things.
  - C. They want to become dependent on others.
  - ☒ D. They do not enjoy meeting new people.
31. The ability to make observations is even more important when working with infants and young children than it is when working with adults. The chief reason for this is that infants and young children:
- A. Do not like to be-told what to do.
  - B. Are usually sicker than adults.
  - ☒ C. Enjoy human contact more than adults do.
  - D. Cannot explain how they feel.

32. In communicating with a client who is hard of hearing, the aide should
- A. Stand directly in front of the client so he/she can hear you speak
  - B. Speak in higher pitched tones
  - C. Shout into the client's ear
  - D. Whisper
33. The telephone numbers of all of the following are important to a client. Which number must the home health aide have next to the telephone?
- A. The client's clergyman.
  - B. The drugstore.
  - C. 9 1 1
  - D. The next-door neighbor.
34. When working with persons who are disabled, the general goal of care is to:
- A. Provide constant supervision.
  - B. Provide total care.
  - C. Promote maximum self-care and independence within the limits of the person's ability.
  - D. Promote the complete return of the person's abilities.
35. In which of these cases may cold applications cause injury to a client?
- A. When the client has poor circulation.
  - B. When the client has an elevated temperature.
  - C. When there is swelling present.
  - D. When there is bleeding present.
36. If a client is to have a fluid intake record kept, the right time to record the client's fluids is:
- A. When the fluids are served to the client.
  - B. After they finish drinking the fluids.
  - C. Every 2 hours.
  - D. After each meal.
37. An elderly male client occasionally wets his trousers. What should the home health aide do?
- A. Give him fluids with his meals only.
  - B. Avoid giving him coffee and tea.
  - C. Tell him that if he urinates on himself he will have to be put in diapers.
  - D. Encourage him to go to the bathroom at least every two hours.



38. A client's prescription for heart pills has recently been changed. The home health aide should notify the agency supervisor immediately if the client makes which of these comments?

- A. "The pills are very expensive."
- B. "These pills are a different shape from the pills I used to take."
- ☒ C. "I have a rash on my stomach since I've been taking these pills."
- D. "I can't take these pills unless I have really cold water to drink."

39. Any change in the condition of a client's skin should be

- ☒ A. Reported to the nursing supervisor
- B. Treated by rubbing with lotion.
- C. Covered with a bandage.
- D. Reported to the doctor.

40. In giving foot care to a client who has diabetes, the home health aide should NOT take which of these actions?

- A. Clean under the toenails.
- B. Cut the toenails.
- ☒ C. Soak the client's feet for more than 5 minutes in a basin of warm water.
- D. Put lotion on the client's feet after drying them.

41. Mrs. Rand, who has diabetes and takes insulin regularly, tells the home health aide that she feels very nervous and jittery. What should the aide do immediately?

- A. Take her temperature.
- B. Find out when she has her next doctor's appointment.
- C. Have her lie down in bed.
- D. Give her a glass of orange juice.

42. A client has had a stroke and has a right-sided weakness. The client can walk with a little assistance. It is best for the home health aide to assist the client by walking in which of these positions?

- A. Directly in front of the client.
- B. Directly in back of the client.
- C. On the client's left side.
- ☒ D. On the client's right side.

43. Physical therapy is started for a client. Which of these statements about range of motion exercises is true?

- A. It is important to support the body parts above and below the joints when they are moved during exercises.
- B. If a client cannot talk, do not explain the exercises to the client
- ☒ C. During exercises, all joints should be moved in all directions
- D. When the client does not assist when the joint is moved through its range of motion, the exercise is called active exercise

44. Mr. Nelson is to use a rigid walker (walker that does not have wheels) when he walks. When he uses the walker, the home health aide should be sure that Mr. Nelson:
- A. Moves both feet forward together while leaning on the walker
  - B. Lifts the walker and moves it forward
  - C. Does not bend his elbows.
  - D. Does not place any weight on his hands while leaning on the walker.
45. The home health aide is taking care of a terminally ill client who is unconscious. Which of these measures should the aide take?
- A. Keep the client's room dimly lit.
  - B. Give the client only clear liquids to drink
  - C. Explain to the client what you are doing
  - D. Support the client in a sitting position.
46. A home health aide is assigned to a family in which the mother, Mrs. Roth, has recently been discharged from a mental health unit. It is essential for the aide to notify the agency supervisor if Mrs. Roth makes which of these comments?
- A. "I overslept today because I forgot to set my alarm clock."
  - B. "This morning I couldn't remember my neighbor's first name."
  - C. "I'm as hungry as a bear."
  - D. "Even, though I shut the radio off, I still hear a voice telling me what to do."
47. For which of these emergencies is knowledge of pressure points essential?
- A. Bleeding.
  - B. Burns.
  - C. Food poisoning.
  - D. Heat stroke
48. A client suddenly complains of intense, squeezing pain in the chest that goes down the arm. The client is sweating profusely. The home health aide should:
- A. Massage the client's chest and arm.
  - B. Telephone for emergency help immediately
  - C. Place the client in a side-lying position.
  - D. Apply warm compresses to the client's chest.
49. If a client stops breathing, what should be done first?
- A. Remove any materials from the client's mouth or nose.
  - B. Place the client's legs higher than the client's chest.
  - C. Try to stimulate the client's pain sensation by pinching the client's arm.
  - D. Apply even, firm pressure to the client's neck veins.

50. Before trying first aid measures for a client who is choking on food or some other object stuck in the airway, what should the home health aide find out?

- A. Does the client have a pulse rate over 70?
- B. Can the client swallow clear fluids?
- C. Has the client taken any sedatives within the last hour?
- ☒ D. Can the client speak or cough?

**The next 3 questions are about Mr. Stone.**

Mr. Stone is 76 years old, he needs help with bathing, and he has a Foley catheter in place. He has great difficulty walking and uses a wheelchair. He is on a low-salt diet.

51. The home health aide is to give Mr. Stone a bed bath. To be sure the water is not too hot what should you, the aide, do?

- A. Ask Mr. Stone to place his hand in the basin to test the water temperature.
- B. Use half hot water and half cold water to ensure the proper water temperature.
- ☒ C. Test the water temperature on your inner wrist.
- D. Allow the basin of water to stand for one-half hour so that it reaches room temperature.

52. When helping Mr. Stone from the bed to the wheelchair, which of these actions is essential?

- ☒ A. Have the brakes on the wheelchair in a locked position.
- B. Place the foot supports of the wheel chair so that he can step up on them.
- C. Have a blanket draped in the wheelchair.
- D. Place a pillow on the seat of the wheelchair.

53. Mr. Stone's Foley catheter is attached to a drainage bag. The drainage bag should always be kept:

- A. At the level of his bladder
- ☒ B. Below the level of his bladder.
- C. 12 inches above the level of his bladder.
- D. 3 feet above the level of his bladder.

**The next 7 questions are about Mrs. Amos.**

A home health aide is assigned to assist in taking care of Mrs. Amos, an 87-year-old woman who is a widow and lives alone. Mrs. Amos needs help with bathing, dressing, making meals, and cleaning her apartment.

54. Mrs. Amos says, "I hate not being able to take care of myself." To show Mrs. Amos that the home health aide understands her feelings, what should the aide say?

- A. "You shouldn't feel that way."
- B. "You should like being taken care of."
- ☒ C. "It is hard to have someone help you when you are used to taking care of yourself."
- D. "You make me unhappy when you talk like that."

55. Which of the following does not encourage clear and effective communication with Mrs. Amos?
- A. Listening attentively to what she has to say.
  - B. Talking to Mrs. Amos about your personal life
  - ☒ C. Asking her questions about herself
  - D. Speaking clearly to Mrs. Amos.
56. Mrs. Amos wears dentures. Which statement is not part of routine denture care?
- A. Dentures should be stored in sterile container when not worn.
  - B. Observe condition of client's mouth and report findings.
  - C. Wear gloves when cleansing dentures.
  - ☒ D. Remove dentures and brush with cool water and toothpaste
57. The home health aide encourages Mrs. Amos to assist with meal planning, to choose the clothing she is to wear, and in general to plan her daily schedule. Why is this a good approach?
- A. It keeps Mrs. Amos from complaining.
  - B. It lessens the aide's work load.
  - C. It shows Mrs. Amos how much she needs the aide's help.
  - ☒ D. It helps Mrs. Amos maintain a sense of control over her life.
58. It is Mrs. Amos's usual time for lunch, but she says she is not hungry yet. This is the first time that Mrs. Amos has made this type of statement. What should the home health aide do?
- A. Insist that Mrs. Amos eat at this time.
  - ☒ B. Tell Mrs. Amos to let the aide know when she wants to eat, and remind her that it is important that she have lunch.
  - C. Tell Mrs. Amos that if she does not eat by herself, she will have to be fed.
  - D. Tell Mrs. Amos that it took a lot of time to prepare the food and that she should eat it while it is fresh.
59. Mrs. Amos has not had a bowel movement for three days. She has always given herself an enema if she does not have a bowel movement for that long a time. Mrs. Amos asks the home health aide to give her an enema. What should the aide do?
- A. Give Mrs. Amos an enema.
  - B. Tell Mrs. Amos to wait another day.
  - C. Suggest that Mrs. Amos take a laxative first.
  - ☒ D. Contact the agency supervisor to discuss the situation.
60. When the basic psychological and physical needs of a person such as Mrs. Amos are met, that person will feel:
- A. Aggressive.
  - B. Discouraged.
  - ☒ C. A sense of well-being.
  - D. A sense of insecurity.