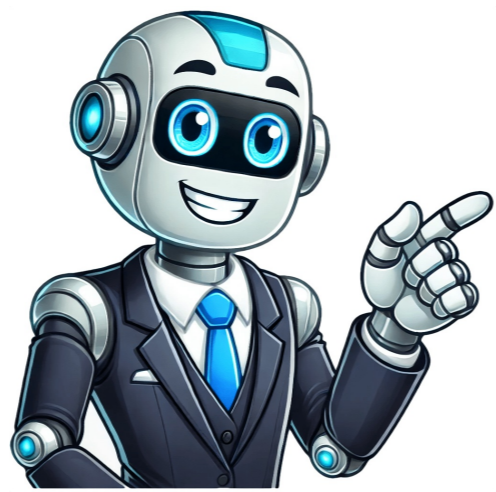


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Hha practice test and answers

1. Reinforce a dressing. 2. Apply a hot pack. 3. Give an enema 4. Administer medication. 5. Change a sterile dressing. 6. Assist with change of a colostomy bag. 7. Give a rectal suppository. 8. Give a tubal feeding. 9. Give insulin. 10. Cut Nails. 11. As a home health aide, you A. work alone B. work as part of the health care team C. may become the leader of the health care team D. will never get any further training after orientation. 12. When you work in the home, you will be E. responsible for making decisions without any help F. working under the supervision of a professional supervisor G. away from your office and have no way to contact your employer H. responsible for calling the physician with information. 13. As home health aide, it is your responsibility to A. plan the client's care B. do only the tasks that the registered nurse or therapist assigns to you C. try to do your best, but not ask for any help D. compare assignments with your co-workers. 14. In the home, it is important to be a good listener. 15. Always tell the patient what you are going to do before starting a procedure. 16. You only communicate through words. 17. Which of the following is important in communicating with people A. courtesy B. tact C. listening D. all of the above. 18. Body language is A. a way of communicating feelings by using the body, facial expressions and the eyes B. only used by clients to tell their doctors what is causing them problems C. only used by persons who are deaf and mute D. the newest dance craze. 19. Aide care for a conscious patient should be preceded by A. asking the patient for his permission to go ahead with the procedure B. telling the patient you would like to have his cooperation C. giving an explanation of what is going to be done D. explanation to the patient that the doctor ordered this done. 20. 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. 21. A patient accuses a home health aide of stealing five dollars. The aide has not taken the patient's money, but the patient does not believe this. What should the aide do A. Ask the other aides who care for the patient if they took the five dollars B. Ask the patient why the aide is being accused C. Offer to give the patient five dollars D. Notify the agency supervisor. 22. If you do not chart a task that you do for a patient, legally, it was not done T. False F. True 23. If the patient has a new area of skin _____. 1. A rapid pulse and shortness of breath in a patient usually indicates the patient is excited and does not need to be reported to the nurse. should be worn when handling items soiled by body fluids. _____. 38. The catheter drainage bag must be lower than the bladder, but not on the floor.CHOOSE ONE CORRECT ANSWER FOR EACH QUESTION BELOW AND CIRCLE THE CORRESPONDING LETTER.39. During a visit, you need to wash your hands after removing gloves:A. before you give physical care to the patient.B. after you pet the dog.C. before you leave the patient's home.D. all of the above.40. In what situation should gloves be used?A. The patient is vomiting.B. The patient has been incontinent of stool.C. The patient has drainage wound.D. All of the above.VI. BODY FUNCTIONS AND CHANGESMark the following true or false. T=True F=False _____. 41. Diarrhea can cause dehydration and other serious complications and should be reported. _____. 42. If a person complains of pain, it is important to have the patient describe the pain and then report it to the nurse and record it in your notes. _____. 43. It's normal for most people to complain of pressure, swelling, or bloating in their ankles, feet, stomach or legs.CHOOSE ONE CORRECT ANSWER FOR EACH QUESTION BELOW AND CIRCLE THE CORRESPONDING LETTER44. If you notice the patient's catheter is not draining, the first thing you should do is:A. call your supervisor.B. empty the drainage bag.C. check the tubing to see if it is kinked.D. do nothing, this is the nurse's problem.45. Which of the following is not recommended for promoting good daily bowel habits:A. plenty of water.B. laxatives.C. exercise.D. well balanced meals.46. The patient's pulse has been between 90 and 110 beats per minute since his first aide visit. Now you find it to be 58 beats per minute. What should you do next?A. Tell the patient he must be getting better.B. Wait 15 minutes and take the pulse again.C. Inform the supervisor right away.D. Just record the pulse in the normal way.47. 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.VII. MAINTAINANCE OF A CLEAN, SAFE ENVIRONMENTMark the following true or false. T=True F=False? _____. 48. A bedside call bell needs to be available so the bed bound patient can summon assistance. _____. 49. Bedrails should never be used to secure vest restraints. _____. 50. Smoking in bed is fine for anyone who is not confused.CHOOSE ONE CORRECT ANSWER FOR EACH QUESTION BELOW AND CIRCLE THE CORRESPONDING LETTER51. Part of your duties as a home health aide are to assure safe home environment. This includes:A. proper infection control with good hand washing B. electrical and fire safety C. moving things which may cause the patient to fall D. all of the above.52. A patient is receiving oxygen through a nasal cannula. What safety precautions should the home health aide take?A. the oxygen tank should be kept at least five feet away from any television sets.B. patients should not drink soda.c. smoking is not allowed in the patient's room.d. no lotions containing oil are to be used in the patient's room.VIII. EMERGENCY PROCEDUREStrue or false answers for questions 53-55:53. true54. true55. falseCHOOSE ONE CORRECT ANSWER FOR EACH QUESTION BELOW AND CIRCLE THE CORRESPONDING LETTER56. before applying first aid for choking, find out if the patient can speak or cough.A. if the patient's pulse rate is over 80.B. if the patient can swallow clear fluids.C. if the patient can speak or cough.D. what medications the patient has taken in the past 24 hours.57. call 911 and leave the patient to determine if CPR is needed. A. call for family assistance and continue with the bath.B. leave the patient and call 911.C. lower the patient to the floor, call for the family to call 911, determine if CPR is needed and initiate it if indicated.D. tell the family to stay with the patient while you call 911 and the supervisor.58. bleeding requires knowledge of pressure points.A. health stroke.B. burns.C. food poisoning.D. bleeding.59. the home health aide must have the emergency medical squad's telephone number next to the phone.A. the patient's clergyman.B. the drugstore.C. the emergency medical squad.D. the next-door neighbor.IX. HUMAN DEVELOPMENT61. it is not all right to use any item in the home without asking as long as it is for the patient's personal care, and you may not use the telephone in the patient's home without asking permission.T=True F=False _____. 60. every patient is different and has unique needs and wants.63. "i am sorry, but i cannot discuss mrs. collier."A. "mrs. collier is doing as well as can be expected."B. "i am sorry, but i cannot discuss mrs. collier."C. "yes, it's too bad, but she's very ill."D. "how did you know about mrs. collier and her illness?"64. elderly people can learn new things.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.65. the general goal of care for disabled individuals is to promote maximum self-care and independence within their limits.c. 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 original abilities. The home health aide should respect Mrs. Amos's decision not to eat yet and remind her that she can indicate when she wants to eat. The aide should also inform Mrs. Amos about the importance of having lunch at her usual time. Appropriate actions for the home health aide include: * Not insisting that Mrs. Amos eat at a specific time (A) * Respecting Mrs. Amos's decision and allowing her to indicate when she wants to eat * Informing Mrs. Amos about the importance of having lunch at her usual time The correct answer is B. Observations are crucial when working with infants and young children due to their inability to communicate effectively. Infants and young children rely heavily on caregivers for their basic needs, making it essential for home health aides to be attentive and observant in their care. This knowledge allows home health aides to provide more effective support and address any potential issues before they become significant problems. Key aspects of proper patient care include: * Keeping patients covered during bedbaths except for the area being washed (True) * Massaging bony prominences to prevent skin breakdown by increasing blood supply (True) * Washing using a front-to-back motion when giving peri-care after a bowel movement to prevent fecal material from spreading (True) A patient's oral health is vital, as bacteria in the mouth can cause tooth decay and gum infections. When caring for an elderly male patient who occasionally wets his trousers, home health aides should: * Avoid embarrassing or stigmatizing the patient * Provide emotional support and reassurance * Encourage the patient to take responsibility for their actions The correct answer is A. When giving foot care to a patient with diabetes, home health aides may perform the following actions: * Cleaning under toenails * Soaking the patient's feet in warm water for more than 5 minutes * Applying lotion after drying the patient's feet However, cutting toenails should not be done by untrained individuals, and proper foot care should involve consulting with a healthcare professional. 79. A patient who has slid down in bed needs assistance to move back up. To start, the patient should:A. raise himself on his elbows.B. separate his legs widely.C. arch his back.D. flex his knees and push with his heels. 80. Before helping a patient into or out of a wheelchair, which actions are necessary?A. Have the brakes unlocked and leave the foot pieces down.B. Lock the brakes and fold the foot pieces up.C. Have the brake unlocked and the foot pieces up.D. Lock the brakes and leave the foot pieces down. 81. When assisting a patient to walk with their walker, you should:A. clear a pathway and remove all safety hazards.B. stay close to the patient's side.C. stand on the other side of the room.D. A and B. 82. A patient who has been on bed rest is getting up in a chair but feels dizzy. What should the aide do?A. Rub the patient's feet.B. Help the patient to a standing position and see if the dizziness goes away.C. Put a cool compress on the patient's head.D. Support the patient in a sitting position and wait a minute or so. 83. A patient who has had a stroke has a right-sided weakness and can walk with some assistance. It is best for the home health aide to assist the patient by walking:A. directly in front of the patient.B. directly in back of the patient.C. on the patient's left side.D. on the patient's right side. 84. Mr. Stone, 76 years old, needs help with bathing and has a Foley catheter. He has difficulty walking and uses a wheelchair. When helping him from bed to chair, which action is essential?A. Place the foot supports of the wheelchair so that he can step up on them.B. Have a blanket draped in the wheelchair.C. Have the brakes on the wheelchair in a locked position.D. Place a pillow on the seat of the wheelchair. XII. NORMAL RANGE OF MOTION 85. True or False: Passive range of motion exercises are for the prevention of contractures in patients with paralyzed limbs. 86. True or False: During range of motion exercises, if you feel resistance or the patient complains of pain, you should continue anyway. 87. True or False: It's best to have a pillow between the legs of a patient with a new hip replacement. 88. To prevent bedsores in the elderly, one should:A. change the patient's position every two hours if they are unable to do so themselves.B. get the patient out of bed if they are allowed to do so.C. ensure adequate nutrition with special emphasis on protein intake.D. all of the above. 89. When caring for a newborn baby, the home health aide should be sure to take which action?A. Support the baby's head and neck when picking the baby up.B. Clean the inside of the baby's ears with cotton. 1. Using petroleum jelly to keep the area around the baby's naval moist and holding the baby only at feeding and bathing times are given. 2. Correct answer: D. Lift rather than push a heavy object 3. To prevent bedsores, using only sheets that are 100% cotton on the patient's bed is recommended. 4. Correct answer: C. Use only woolen blankets to cover the patient 5. True: During exercise, all joints should be moved in all directions 6. False: Soy sauce is not good to spice up a low salt diet 7. False: A regular diet is not necessarily well balanced with no restrictions. 8. False: Bread and potatoes are not a good source of protein. 9. Correct answer: C. broth, tea and jello 10. True: Foods on a liquid diet would include broth, tea, and jello 11. False: Foods that are high in vitamin C do not include liver, beef, and chicken. 12. Correct answer: A. 90cc 13. Correct answer: A. Vegetable broth is highest in protein 14. Correct answer: Cheese 15. True: When patients do not have enough fluids, they may develop swelling 16. Correct answer: when the patient has drank the fluids 17. False: Patients on low salt diets are usually allowed to have canned soups. 18. Correct answer: A. Hard cheeses are usually allowed 19. True: Patients sometimes express religious beliefs with which the home health aide does not agree, and respecting patients' own beliefs should be used as a guide Aides must empathize with patients by sharing their own beliefs and values with them. They should not pretend to have the same beliefs as patients but rather genuinely connect with them. The study aims to educate home health aides on essential caregiving principles, skills, and personal strengths to excel in real-world scenarios. It covers topics such as bathing, dressing, oral hygiene, communication, infection control, meal planning, mobility, confidentiality, and spotting health red flags. Work together with experts to achieve common objectives for clients by respecting each other's contributions. Through collaboration, you can offer well-rounded support that addresses all aspects of a client's needs. Team Collaboration Tips from Docstity emphasize the importance of unity and shared goals. Effective emergency response involves swift actions in case of accidents or sudden illnesses. Familiarize yourself with established procedures, keep essential supplies readily available, and conduct regular drills to stay alert. Preparation and confidence are key factors in managing crises effectively, as highlighted by Emergency Protocols from SpringHills. Understanding patient rights, obtaining informed consent, and maintaining professional boundaries ensure that you operate within the bounds of law and ethics. Stay updated on changes, ask questions when needed, and prioritize your client's well-being above all else. Integrity and compassion are fundamental in delivering high-quality care, as explained by Ethics & Law Overview from Docstity.