



Health Care Technician Test

1. It is important to provide a patient with adequate space and the opportunity for involvement in large-motor activities to allow for a patient's pacing and wandering tendencies.
 - a. True
 - b. False

2. A Certified Nursing Assistant notices a sign in a patient's room that says the patient is NPO. What does the sign mean?
 - a. The patient is violent and extreme care should be taken.
 - b. The patient is suicidal and should not be left alone.
 - c. The patient does not want to be disturbed.
 - d. The patient cannot take anything by mouth.

3. Person-centered planning encourages individuals to focus on:
 - a. Critical deficits that limit an individual's opportunities.
 - b. Needs of the family and community to be better interventions.
 - c. An individual as a whole with unique needs and preferences.
 - d. All of the above.

4. Which of the following is a major complication that could result from local heat application?
 - a. Frost Bite
 - b. Bleeding
 - c. Burns
 - d. Infection

5. According to the Developmental Disabilities Assistance and Bill of Rights Act of 1990, a developmental disability can be caused by a condition that is first evident:
 - a. By birth or shortly after
 - b. Before the age of 22
 - c. At age 15 or younger
 - d. At any age

6. Three of the basic principles of positive interaction are: keep interactions calm, pleasant, and reassuring; maintain the patient's self-esteem; simplify the verbal message and accompany words with tactile and visual cues.
 - a. True
 - b. False



7. If 30 milliliters equals one (1) ounce, how many milliliters are there in eight (8) ounces?
 - a. 120 ml
 - b. 180 ml
 - c. 240 ml
 - d. 300 ml

8. Individuals suffering from dementia have a reduced awareness of others. Accordingly, they are never able to perceive when a staff member might be feeling angry, tired, or uninterested.
 - a. True
 - b. False

9. Which of the following is an effective method that can be utilized to learn about a person's culture?
 - a. Offering unexpected assistance.
 - b. Sharing stories that reflect values or beliefs.
 - c. Visiting pleasantly without any other agenda.
 - d. All of the above.

10. People suffering from Alzheimer's disease may experience diminished long-term memory. They also might have diminished ability to reason.
 - a. True
 - b. False

11. A patient's oral temperature returns a reading of 98.8 degrees F. (37.1 degrees C.) Which of the following statements is correct?
 - a. The reading results are above normal limits
 - b. The reading results are below normal limits
 - c. The reading results are within normal limits

12. When communicating, a significant part of a message which must be considered is conveyed nonverbally, (i.e. through body language, facial expression, and tone of voice) not necessarily through the actual spoken word.
 - a. True
 - b. False

13. Which of the following is the most basic principle of "Risk Management"?
 - a. Prevention is the number one priority.
 - b. If an individual has slipped on a spill, wipe it up.
 - c. Observe and report



14. A patient is scheduled for an early morning procedure and should be NPO after midnight. Around 1:30 a.m. you notice the patient drinking water. As a Certified Nursing Assistant, what action should you take?
 - a. Do nothing. Water is perfectly ok to drink before a procedure.
 - b. Ask the patient if they would like something to eat.
 - c. Inform that nurse caring for the patient that the patient has been drinking water.

15. Stress can have a negative impact on a person's ability to solve complex problems, thereby making it difficult to resolve a stressful situation.
 - a. True
 - b. False

16. Residential services for individuals with developmental disabilities might include:
 - a. Assisting individuals with learning home-making and personal care skills.
 - b. Assisting individuals with special needs such as medical or behavioral needs.
 - c. Assisting individuals with getting involved in social and recreational activities.
 - d. All of the above.

17. An appropriate food for a patient on a clear liquid diet is:
 - a. Chicken broth
 - b. Tomato Juice
 - c. Skim milk
 - d. Carrot Juice

18. To help keep a patient functioning at a maximum level, it is unnecessary for a caregiver to determine the patient's true functioning level .
 - a. True
 - b. False

19. Individuals with developmental disabilities are capable of learning and growing.
 - a. True
 - b. False

20. Most dementia patients are unaffected by background noises or glare. This statement is mostly:
 - a. True
 - b. False

21. Many dementia patients are unable to perform activities involving several steps based on memory of previous steps.
 - a. True
 - b. False



22. You are working with a 90-yr-old patient with a history of paralysis. As the patient attempts to feed himself, you notice some liquid is spilling out from the paralyzed side of his mouth. The patient is becoming increasingly upset. In order to help the patient with this problem, a Certified Nursing Assistant should:
- Demonstrate to the patient how to drink on the unaffected side of their mouth.
 - Administer the liquids into the patient's mouth using a large syringe.
 - Add spoonfuls of liquids as far back into the patient's mouth as is tolerated.
23. When a patient appears to have lost interest in an activity, it means they are not enjoying the activity and wish to stop it. You should not try to reengage the patient under these circumstances.
- True
 - False
24. Which of the following is the best method to communicate with a patient who appears alert and oriented?
- Listen carefully to the patient.
 - Use complex medical terminology.
 - Avoid communicating with patients.
25. The use of basic colors, signs, and simple symbols to provide directional cues are beneficial when working with dementia patients.
- True
 - False
26. A Certified Nursing Assistant is walking down the hallway when she smells smoke coming from an elevator. What should she do first?
- Nothing. Focus on assigned duties.
 - Attempt to locate the source of the smoke
 - Take the elevator to the lobby and exit the building
 - Locate and pull the closest fire alarm
27. You observe a dementia patient who is pacing and appears agitated. That patient may need to go to the bathroom, but be unable to identify the sensation.
- True
 - False



28. A patient is provided four (4) ounces of orange juice and eight (8) ounces of water in separate glasses. The patient consumes all of the orange juice and one-half (1/2) of the water. How many milliliters of liquid did this patient drink? Note: 30 milliliters equals one (1) ounce
- 180 ml
 - 210 ml
 - 240 ml
 - 300 ml
29. Basic motor activities based on repeatedly taught habitual skills are more difficult than cognitive exercises for dementia patients.
- True
 - False
30. You are experiencing an especially busy day working as a Certified Nursing Assistant in a hospital unit. Which of the following situations should you respond to first?
- A patient who claims their food order is wrong.
 - A patient who says they are bleeding.
 - A co-worker who asked for help getting a patient into bed.
31. True or False: It is helpful to maximize and repeat sensory cues in the environment for dementia patients.
- True
 - False
32. An accurate respiratory rate is most likely to be obtained when:
- a patient is breathing slowly and deeply.
 - a patient is unaware that the respiration is being taken.
 - a patient is using abdominal breathing.
33. The most common form of dementia among older individuals is Alzheimer's disease.
- True
 - False
34. Which of the following is not part of a Certified Nursing Assistant's job when caring for a patient with arthritis?
- Giving the patient pain medication
 - Assisting the patient with walking
 - Scheduling and planning activities of daily living with the patient
 - Positioning the patient



35. An individual with dementia who has severe perceptual problems would likely have difficulty performing a complex, fine motor activity such as a puzzle or sewing.
- True
 - False
36. Tony is a patient who has been placed on a high calcium diet. Which of the following foods has the highest amount of calcium in an average serving and would be of most benefit to Tony?
- a bottle of water
 - a whole grapefruit
 - yellow cheese, whole milk, ice cream
37. A patient is about to be transported to a procedure. The transporter asks a Certified Nursing Assistant to connect a patient's nasal cannula to a portable oxygen tank and set it at three liters. How should the Certified Nursing Assistant respond?
- Attach and turn on the oxygen as was requested.
 - Do nothing. The patient won't need oxygen for such a short trip.
 - Politely tell the transporter that the request is beyond your scope of training and only the nurse can attach and turn on the oxygen.
38. Two of the symptoms of Alzheimer's disease are dementia and confusion.
- True
 - False
39. How many milliliters are there in twelve (12) ounces? Note: 30 milliliters equals one (1) ounce
- 300 ml
 - 315 ml
 - 330 ml
 - 360 ml
40. True or False: Individuals with dementia enjoy many of the same types of activities that adults with no impairments enjoy. However, normally these activities are best offered when simplified and divided into a few smaller, simple steps.
- True
 - False
41. Sarah is a Certified Nursing Assistant. A patient has just told her that they are hungry. Sarah is unfamiliar with this patient's diet. What should that Sarah do?
- Bring a snack to the patient.
 - She should provide the patient a menu and take the patient's order.
 - Ask the patient to wait until a nurse comes along to assist them.
 - Find the patient's nurse and ask about the patient's diet.



42. A patient is provided with an eight (8) ounce glass of apple juice. The patient consumes two thirds of the apple juice. How many milliliters of apple juice did the patient consume? Note: 30 milliliters equals one (1) ounce.
- 80 ml
 - 120 ml
 - 160 ml
 - 240ml
43. What should a Certified Nursing Assistant do to determine the proper temperature of the water for a bed bath?
- Have the patient test the temperature by dipping a finger in the water.
 - Dip a washcloth in the water and place it against their cheek.
 - Test the water at elbow level and no lower than the inner wrist.
44. As a Standard Precaution, a Certified Nursing Assistant should perform which of the following prior to handling a urine specimen?
- Sterilize the specimen cup.
 - Thoroughly clean the specimen cup with soap.
 - Put gloves on both hands and use care not to contaminate the specimen cup.
45. To ensure a patient provides a clean catch urine specimen, a Certified Nursing Assistant should instruct the patient:
- not to urinate for at least 2-3 hours before collecting the urine specimen.
 - to begin urinating for a few seconds, then start collecting the urine specimen.
 - to collect the urine specimen in the early morning hours prior to their normal time of awakening.
46. You conduct a blood sugar check of a 22 year old patient which yields a result of 478. As a Certified Nursing Assistant, which of the following is the appropriate next step for you to take?
- Recheck the blood sugar. The value is too high to be accurate.
 - Provide the patient with a glass of orange juice
 - Immediately Notify the nurse caring for the patient.
47. A patient in your care is lying flat on their back in bed and begins to vomit. What is the first action you should take?
- Retrieve an emesis basin to prevent a mess.
 - Notify a nurse to come and assist with the clean up.
 - Maneuver/turn the patient to their side to ensure their immediate safety.



48. A patient is provided with an eight (8) ounce glass of apple juice and a six (6) ounce glass of water. The patient drinks the entire contents of both glasses. How much liquid did the patient consume? Note: 30 milliliters equals one (1) ounce.
- a. 300 ml
 - b. 320 ml
 - c. 400 ml
 - d. 420 ml
49. As Certified Nursing Assistants you are called upon to monitor and record a patient's fluid intake. The patient is provided a six (6) ounce glass of water. When the patient finishes drinking, two (2) ounces of water remain in the glass. How many milliliters should be entered on the patient's fluid intake record? Note: 30 milliliters = 1 ounce.
- a. 60 ml
 - b. 90 ml
 - c. 120 ml
 - d. 150 ml
50. Which of the following is the most common impairment among those classified as having a developmental disability?
- a. Visual Impairment
 - b. Auditory Impairment
 - c. Intellectual Impairment.

Name: _____

Date: _____