This Assignment Pack contains the Quizzes you will need to complete your course. The Lessons will tell you when to complete each Quiz. If you have not yet accessed your Lessons, you can download your Electronic Lesson Book or order a printed copy from the Student Site, www.uscareerinstitute.edu. If you have questions, please contact Student Services at 1-800-347-7899.
Instructions for Quizzes

1. Be sure you’ve mastered the Lessons and Practice Exercises that the Quiz covers.
2. Write down your answer for each quiz question, and make sure to check your answers by reviewing the Lessons.
3. When you’re finished, decide how you will submit your answers and then follow the correct instructions below. You may only submit your answers for a Quiz once.

**Important:** When submitting a Quiz, be sure to include your name, address, student ID number and course code. Incomplete information may result in your Quiz not being processed.

Scanner Quiz Instructions

For a Quiz that contains only multiple-choice questions, please select one of the following methods of submission:

- **Online:** Submit your answers online and receive your grade immediately by submitting them to your Online Course on the student site, www.uscareerinstitute.edu.
- **Phone:** Call the Quiz Line at 1-877-599-5857 and give your answers over the phone to receive your grade immediately.
- **Mail:** Scanner Answer Sheets and envelopes are included with each *Assignment Pack*. Transfer your Quiz answers to a Scanner Answer Sheet, using only blue or black ink. Mail your Scanner Answer Sheet using the enclosed envelope.

Manually Graded Quiz Instructions

For a Quiz that contains manually graded questions, please select one of the following methods of submission:

- **Online:** Submit your answers online for an instructor to review and grade by submitting them to your Online Course on the student site, www.uscareerinstitute.edu.
- **Mail or Fax:** Answer Sheets are included in each *Assignment Pack*. Transfer your Quiz answers to the Answer Sheet, using only blue or black ink. Mail your Cover Sheet and Answer Sheet using the enclosed envelope, or fax the forms to 1-877-599-5863.

After you have submitted your Quiz answers, you may begin the next lesson. You do not need to wait for your Quiz results to move on to the next lesson!
 Quiz 1

For the following questions, select the best answer from the choices provided. Each question is worth 4 points.

1. **Personal care assistants _____**.
   a. can legally perform the same tasks as nursing assistants
   b. work in hospitals, clinics, doctor and dentist offices
   c. do not perform ADLs as it is important for clients to maintain their independence
   d. work with clients who are disabled, elderly, chronically ill or cognitively impaired

2. **Lola is unsteady on her feet now that she is in her late 80s and often needs help when taking a shower. Helping Lola take a shower is an example of _____**.
   a. a task that only a registered nurse could perform
   b. a task that would not be considered an ADL
   c. an ADL that a CNA might perform
   d. an ADL that falls outside a personal care assistant's scope of practice because of the level of Lola's balance issues.

3. **Home healthcare _____**.
   a. is important because it allows clients to receive the care they need in the comfort of their homes
   b. keeps healthcare costs high
   c. is important because it keeps clients from regaining their independence, which ensures they will not get hurt performing ADLs
   d. is not considered an important aspect of our current healthcare model

4. **Often, _____ supervises personal care assistants.**
   a. a doctor
   b. an RN
   c. a physical therapist
   d. an occupational therapist

5. **Registered dieticians _____**.
   a. work with physicians and clients to develop diets that manage the illnesses of clients
   b. are also registered nurses
   c. help clients determine their dietary needs. Example: The client might need their food pureed.
   d. are the most prominent members of the healthcare team
6. The chain of command is important to a personal care assistant because it _____.
   a. ensures they are licensed
   b. helps protect personal care assistants when they do not follow the care plan
   c. helps protect personal care assistants from being held responsible should a client they’re caring for be harmed
   d. ensures personal care assistants are held responsible when a doctor makes a mistake

7. David is going to his client Justin’s house. David knows when he’s there, he will clean the kitchen, do a few loads of laundry and help Justin make a grocery list. David likely got this information from _____.
   a. Justin’s doctor
   b. the care plan
   c. Justin’s medical record
   d. a social worker

For the following items, determine whether each one falls within a personal care assistant’s scope of practice.

8. Administer medications
   a. Legally within a personal care assistant’s scope of practice
   b. Not legally within a personal care assistant’s scope of practice

9. Provide catheter care
   a. Legally within a personal care assistant’s scope of practice
   b. Not legally within a personal care assistant’s scope of practice

10. Perform perineal care
    a. Legally within a personal care assistant’s scope of practice
    b. Not legally within a personal care assistant’s scope of practice

For the following questions, select the best answer from the choices provided.

11. A personal care assistant can put a client at ease by _____.
    a. wearing her hair the same way as the client
    b. being warm and compassionate
    c. introducing her to all of the staff
    d. acting like part of the family
12. Keeping medical information confidential is a part of _____.
   a. organization
   b. warmth and confidence
   c. curiosity and drive
   d. professionalism

13. The personal care assistant dress code should be _____.
   a. anything as long as it’s clean
   b. fashionable and in your best complimentary colors
   c. the dress code outlined by your employer
   d. a white lab coat over slacks

14. Long hair should be pulled back because it _____.
   a. is a tradition for medical personnel to wear a ponytail or bun
   b. is the law
   c. is what is most popular with clients
   d. can get in the way of procedures

15. A code of work ethics is _____.
   a. the emergency procedures manual
   b. a list of duties
   c. a list of rules that are too general to use every day
   d. a belief system about what is right and what is wrong

16. One character trait you’ll find helpful as a personal care assistant is _____.
   a. the ability to “wing it” in an emergency
   b. quick thinking, so you can cover up mistakes
   c. a good ear, so you can pass on conversations accurately
   d. reliability, so nurses and clients can trust you

17. A personal care assistant should _____.
   a. ask questions to avoid making wrong decisions
   b. never ask the client questions
   c. cover up mistakes
   d. share client confidences with other healthcare staff and clients
18. Gena is starving after work one day. She stops at a convenience store for gas and decides to grab a snack, too. She finds she only has enough money for gas and a soda, but she grabs a candy bar and puts it in her purse, leaving the store without paying for it. Gena’s activities are_____.
   a. legal
   b. ethical; she was hungry
   c. illegal
   d. acceptable in the eyes of the law, but most people would find her actions unethical

19. A _____ provides guidelines for responsible, compassionate and honorable behavior.
   a. law
   b. code of ethics
   c. care plan
   d. bill of patient rights

20. Bella is going to have back surgery. Her doctor explains the procedure, and Bella agrees in writing to the procedure before it begins. This agreement is _____.
   a. unethical
   b. an advance directive
   c. neglect
   d. consent

21. According to the AHA’s patient bill of rights or Patient Care Partnership, the patient _____.
   a. has the right to inconsiderate care
   b. may not receive information about her diagnosis, treatment and prognosis.
   c. must accept recommended treatment
   d. has the right to privacy

22. Which of the following is a client responsibility?
   a. Keep changes in medical condition from healthcare professionals
   b. Follow the care plan, but only when the personal care assistant is present
   c. Provide a safe environment in which care can be given
   d. None of the above. Clients don’t have responsibilities; all responsibility lies with the healthcare professionals.
23. Which of the following is NOT a behavior that supports client rights?
   a. Abuse
   b. Making a client feel comfortable
   c. Respect
   d. Carefully and truthfully document care

24. Hannah is a personal care assistant. She forgets to take her client, Marshall, to use the restroom before she leaves to see her next client. This might be an example of _____.
   a. abuse
   b. passive neglect
   c. passive abuse
   d. active neglect

25. Broken teeth, belt buckle or strap marks and traumatic injuries are all possible signs of _____.
   a. client neglect
   b. client abuse
   c. behaviors that indicate client neglect
   d. behaviors that indicate client abuse
Quiz 2

For the following questions, select the best answer from the choices provided. Each question is worth 4 points.

1. _____ is the science of human behavior.
   a. Sociology
   b. History
   c. Psychology
   d. Anthropology

2. In studying human behavior, scientists also explore _____.
   a. the human role in society
   b. anatomy used in behavior
   c. what motivates the behavior
   d. how to encourage good behavior

3. Starting with our most basic needs, which of the following is the correct order of items in Maslow’s Hierarchy of Needs?
   a. Biological, belonging, safety, esteem and self-actualization
   b. Physiological, safety, social, esteem and self-actualization
   c. Self-actualization, esteem, social, safety and physiological
   d. Esteem, belonging, biological, self-actualization and safety

4. _____ are changes that happen in our psychological growth and are often correlated to physical growth.
   a. Developmental stages
   b. Mental growth
   c. Developmental changes
   d. Chronic growth

5. Having _____ with someone is to have an emotional link because you feel that you understand and trust each other and you share concern for each other’s wellbeing.
   a. intimacy
   b. a good working relationship
   c. rapport
   d. trust
6. A/n_____ mechanism is a way of dealing with stress in unhealthy ways.
   a. defense
   b. problem
   c. offense
   d. solution

7. A/n_____ illness is one that lasts a long time, probably for the rest of a person’s life.
   a. chronic
   b. acute
   c. sub-cute
   d. problematic

8. _____ is when you take action to eliminate a stressor.
   a. Problem-focused coping
   b. Emotion-focused coping
   c. Stressing
   d. Defensiveness

9. A _____ is something that is causing you stress.
   a. factor
   b. situation
   c. defensor
   d. stressor

10. When you use your perception of a situation to regulate the emotions you are feeling, you are using _____.
    a. problem-focused coping
    b. a defense mechanism
    c. a skill that only a few people can master
    d. emotion-focused coping

For the following questions, select the disability or illness that fits the description.

11. Loss of the ability to think logically
    a. Delirium
    b. Dementia
    c. Disorientation
    d. Down syndrome
12. Has the ability to function in society—he may live by himself or in a group home and have a job
   a. Down syndrome
   b. Delirium
   c. Severe mental retardation
   d. Fetal Alcohol Syndrome

13. A brain disorder that affects the normal development of social and communication skills
   a. Autism
   b. Spina bifida
   c. Hydrocephalus
   d. Fetal Alcohol Syndrome

14. Severe confusion of time, place or people
   a. Hydrocephalus
   b. Spina bifida
   c. Down syndrome
   d. Disorientation

15. Characterized by a large body size, large forehead or ears, hyperactivity and avoidance of eye contact
   a. Spina bifida
   b. Rehabilitation therapy
   c. Fragile X Syndrome
   d. Fetal Alcohol Syndrome

16. Can be reversed through tender care and treatment of the illness causing the condition
   a. Mental retardation
   b. Rehabilitation therapy
   c. Delirium
   d. Spina bifida

17. Give the client encouragement by pointing his progress
   a. Delirium
   b. Dementia
   c. Rehabilitation therapy
   d. Down syndrome
18. A congenital defect of the spinal cord
   a. Spina bifida
   b. Fetal Alcohol Syndrome
   c. Dementia
   d. Delirium

19. A false belief, not founded in reality
   a. Mental retardation
   b. Fetal Alcohol Syndrome
   c. Hydrocephalus
   d. Delusion

For the following questions, select the best answer from the choices provided.

20. You should _____ try to stop the obsessive behavior of an obsessive-compulsive client.
   a. never
   b. always
   c. ask the nurse to
   d. when able,

21. The type of treatment given to terminally ill clients in hospice care is _____.
   a. alternative medication
   b. a last ditch effort to save the client’s life
   c. not recommended by doctors
   d. palliative

22. Which of the following is FALSE about AIDS?
   a. It is bloodborne.
   b. It is a pathogen.
   c. It is airborne.
   d. It is associated with an immune response to HIV.

23. All of the following are airborne pathogens EXCEPT _____.
   a. TB
   b. pink eye
   c. the common cold
   d. influenza
24. Which of the following is accurate about the chain of infection?
   a. Once it the chain has begun, it cannot be broken.
   b. Broken skin and mucous membranes are common entry points for agents.
   c. Once outside the body, an agent always dies.
   d. An agent can only be transmitted to a new host via direct contact.

25. Which of the following is FALSE about hand washing for personal care assistants?
   a. It is OK to wear jewelry when washing your hands.
   b. You should wash your hands after removing your gloves.
   c. It is OK to use lukewarm water when washing your hands.
   d. Hold your hands pointed downward under the water to rinse them.
Quiz 3

For the following questions, select the best answer from the choices provided. Each question is worth 4 points.

1. **Verbal, nonverbal and written are modes of _____**.
   a. body language
   b. paraphrasing
   c. communication
   d. expression

2. **A tip for verbal communication is to _____**.
   a. ask open-ended questions
   b. pat the person on the back while he or she is talking
   c. have a strong vocabulary and speak in an appropriate tone
   d. minimize background noise

3. **Nonverbal communication includes _____**.
   a. facial expressions and body language
   b. open-ended questions
   c. inferences
   d. speaking in the same language

4. **Inferences in communication include _____**.
   a. effective communication skills
   b. knowledge
   c. staying calm
   d. loud music

5. **Think back to Andrea’s conversation with an unhappy client in the previous lesson. This illustrated _____**.
   a. the communication modes
   b. active listening
   c. active communication
   d. logical listening
6. Nonverbal cues are _____.
   a. spoken
   b. unspoken
   c. not used in the workplace
   d. a mixture of spoken and unspoken signs and words

7. Body language _____.
   a. has little to do with the verbal message
   b. plays a big role in communication
   c. is a form of verbal communication
   d. plays a minor role in how a person interprets a message

8. A CD is missing from your cubicle at work. You ask a coworker about it, and she
   shifts her eyes downward, looking to the side. This nonverbal cue probably indicates
   she _____.
   a. stole your CD and sold it to her friend
   b. is surprised that the CD is missing
   c. knows something about the CD but doesn’t want to say anything
   d. is confused by your questions

9. Paraphrasing can help _____.
   a. you influence the direction of the conversation
   b. other people figure out what you are saying
   c. head off miscommunication
   d. keep people interested in a conversation

10. One of the five steps to active listening is _____.
    a. use a lot of body language
    b. pretend that you’re listening, even if you’re not
    c. paraphrase everything the other person says
    d. open your posture

11. Use the “I versus you” perspective to _____.
    a. avoid insulting clients and their family members
    b. show that you are a considerate listener
    c. improve your voice characteristics
    d. improve your language levels
12. When you communicate with an elderly or disabled client, _____.
   a. speak slowly and clearly
   b. shout at him
   c. refuse to talk to him
   d. make him feel uncomfortable

13. When you work with a client with vision loss, all of the following actions are correct EXCEPT _____.
   a. speak in a normal voice, but stand in front of the client and make eye contact so that she can observe your lips as they move
   b. reposition furniture or items that you may have moved during care so that your client doesn't trip or fall over anything that is not in its usual place
   c. clean up after you provide meals, and be sure that the floor is dry and clean
   d. approach the client gently, and explain the care you will give

14. Which of the following is FALSE about the visit record?
   a. It contains information as to the care you provided and observations you made during a client visit.
   b. Personal care assistants never complete visit records.
   c. The same guidelines that apply to medical records, such as confidentiality, recording and corrections, apply to visit records.
   d. Information from the visit record often ends up in the medical chart.

15. Incident reports _____.
   a. are the same as visit records
   b. must be completed for client falls, when you make a mistake in care and when you or the client breaks something
   c. are sufficient on their own; you don't need to call your supervisor to report an incident, too
   d. can be completed a few days after an incident occurs

16. What abnormal breathing pattern would you expect to find in a client who is suffering from Chronic Obstructive Pulmonary Disease (COPD)?
   a. Bradypnea
   b. Cheyne-Stokes
   c. Tachypnea
   d. No airway sounds
17. **Blood pressure _____ depending on a variety of factors.**
   a. fluctuates minute to minute
   b. remains constant throughout the day
   c. is always higher in the morning
   d. is always lower in the morning

18. **Which of the following blood pressure readings is considered a hypertensive blood pressure in an adult?**
   a. 120/80
   b. 144/90
   c. 110/70
   d. 130/90

19. **Which of the following blood pressure readings is likely that of a five year old?**
   a. 120/80
   b. 116/62
   c. 96/54
   d. 142/76

20. **A cause of orthostatic hypotension could be _____.**
   a. exercise
   b. anemia
   c. stress or anxiety
   d. eating

21. **The medical term for high blood pressure is _____.**
   a. hypertension
   b. hypotension
   c. tachycardia
   d. bradycardia

22. **The location of one artery used to take blood pressure is _____.**
   a. the thumb side or wrist just below the ridge of the bone
   b. either side of the trachea in the groove of the neck
   c. the bend of the arm toward the inner aspect of the arm
   d. the top of the medial foot
23. Constant pressure in the walls of the arteries during ventricular relaxation is _____.
   a. systolic
   b. pulse pressure
   c. hypertension
   d. diastolic

24. An abnormal adult pulse rate is any pulse under _____ beats per minute, and any pulse over _____ beats per minute.
   a. 70, 90
   b. 60, 100
   c. 80, 90
   d. 70, 100

25. A pulse rate documented as regular or irregular describes its _____.
   a. rate
   b. character
   c. volume
   d. rhythm
Quiz 4

For the following questions, select the best answer from the choices provided. Each question is worth 4 points.

1. MyPlate consists of _____ food groups.
   a. two
   b. three
   c. four
   d. five

2. Under the MyPlate guidelines, most of your servings should come from the _____ category.
   a. grains
   b. fruits
   c. vegetables
   d. dairy products

3. _____ contain more nutrients than fresh vegetables.
   a. Mail-order produce
   b. Frozen vegetables
   c. Frozen fruit
   d. Store-bought vegetables

4. The MyPlate dairy category contains all of the following EXCEPT _____.
   a. cheese
   b. milk
   c. peanut butter
   d. yogurt

5. Calories from solid fats and added sugars are _____.
   a. an excellent source of protein
   b. found only in the vegetable category
   c. empty
   d. never allowed to be eaten by your clients
6. **Which of the following is a way to control portion sizes?**
   a. Eat as much as you want of your favorite foods but limit everything else.
   b. Use portion-control plates
   c. After you serve yourself the appropriate portions, leave out the extra food. If you see it, it’s a good reminder not to eat it.
   d. Trade in your small dishes for larger-sized dishes.

7. ____ refer to the basic elements of the food we eat.
   a. Nutritious
   b. Nutrients
   c. Nutrition
   d. Molecules

8. ____ happens when we break down food into nutrients.
   a. Absorption
   b. Metabolism
   c. Digestion
   d. Ingestion

9. The IV tube has a ____ that allows the nurse to make the liquid flow more quickly or slowly.
   a. valve
   b. twister
   c. clamp
   d. sponge

10. ____ nutrition is when food is placed directly into the stomach or intestines.
    a. Complete
    b. Enteral
    c. Partial
    d. Ventricle

11. A person who has advanced throat cancer is an example of a type of person who may be put on ____ nutrition.
    a. complete
    b. enteral
    c. partial
    d. ventricle
12. A _____ tube is inserted through the nose, into the throat and into the stomach.
   a. gastric
   b. stomach
   c. nasogastric
   d. PEG

13. Clients who cannot accept food into their digestive tracts are fed with the method of _____ nutrition.
   a. partial parenteral
   b. complete parenteral
   c. enteral
   d. total parenteral

14. In TPN, a relatively _____ tube is used to feed the client.
   a. large
   b. small
   c. medium
   d. narrow

15. A client with kidney disease would likely be on a _____ diet.
   a. low-sodium
   b. clear-liquid
   c. regular
   d. diabetic

16. The diabetic diet _____.
   a. is important because the wrong food may kill a client
   b. is rare in the home healthcare setting
   c. regulates the amount of fat and dairy that a client with diabetes consumes
   d. must always be pureed

17. A client who is nauseated should receive a _____ diet.
   a. low-sodium
   b. clear-liquid
   c. regular
   d. diabetic
18. A client who has no special dietary needs receives a _____ diet.
   a. low-sodium
   b. clear-liquid
   c. regular
   d. diabetic

19. All of the following are considerations when working on a food plan for a client EXCEPT _____.
   a. take client dietary restrictions into account
   b. plan just one day at a time; it is OK to have to go to the grocery store several times a week
   c. take client preferences into account
   d. write down your menus and what you need from the grocery store

20. As you grocery shop for clients, _____.
   a. read labels for nutrition information
   b. purchase dented cans since they are usually cheaper
   c. purchase items that are not on the shopping list
   d. do not buy in bulk as the extra food always goes to waste

21. All of the following are guidelines for safe food preparation EXCEPT _____.
   a. wear gloves if you have a cut on your hands
   b. do not use eggs that are cracked or broken
   c. heat leftovers thoroughly
   d. wash all items used in food preparation in cold water

22. Which of the following is FALSE when it comes to food storage?
   a. Never refreeze foods once they have been thawed.
   b. Elderly people often have a harder time determining if food is spoiled due to their dulling senses of smell and taste.
   c. It's best to keep food if you're unsure whether it is spoiled so that you don't waste anything.
   d. It's important to get foods that spoil quickly home from the store and into the fridge.

23. A clean home for a client is _____.
   a. not important—most elderly clients do not notice the dirt anyway
   b. the sole responsibility of the client's family—not the personal care assistant
   c. one way that you can help ease a stressful situation as a personal care assistant
   d. something that the client should do himself so that he doesn't become too reliant on others
24. As a personal care assistant, you should clean a client’s home _____.
   a. when and how the care plan specifies
   b. the same way you clean all your clients’ homes
   c. each time you visit
   d. only when his family members tell you to do so

25. All of the following are important tools in managing a home EXCEPT _____.
   a. routine
   b. schedule
   c. inflexibility
   d. prioritization
Quiz 5

For the following questions, select the best answer from the choices provided. Each question is worth 4 points.

1. Infrequent repositioning of a client can cause _____.
   a. overeating
   b. high blood pressure
   c. weakness in the digestive system
   d. contractures

2. Improper positioning techniques by personal care assistants can result in _____.
   a. an injury to the client, so you should reposition as little as possible
   b. lower back injuries in personal care assistants
   c. too much time being spent with one client
   d. decubitus ulcers

3. Charles’ nurse instructs you to place him in the semi-Fowler’s position. You know the head of his bed should be tilted _____ degrees.
   a. 45 to 60
   b. 15 to 25
   c. 10 to 15
   d. 30 to 45

4. Florence is lying in a supine position when she begins complaining of back pain. You place a pillow under her knees and lower legs as well as her _____.
   a. feet
   b. thighs
   c. groin
   d. lower back

5. Ruth wants to watch some television and then read a mystery novel that her daughter brought her. In order to make her comfortable while doing these things, you will place her in the _____ position.
   a. supine
   b. Fowler’s
   c. lateral
   d. Sims’
6. When you need to relieve pressure on the client’s hipbones or when preparing the client for an enema, use the _____ position.
   a. lateral
   b. prone
   c. semi-side-lying
   d. Sims’

7. Karen places Mrs. Webber in her wheelchair. Mrs. Webber is correctly positioned when _____.
   a. her knees are bent at a 90-degree angle, her feet are in the footrests and her calves do not touch the chair
   b. her back and buttocks rest against the back of the chair and pillows are placed under her knees
   c. she indicates that she is comfortable
   d. her feet are in the footrests, a pillow is placed between her back and the back of the chair and her hands are in her lap

8. To move a client to the side of her bed _____.
   a. move the client’s upper body first, then the torso followed by the legs
   b. use the logroll procedure
   c. always use a lift sheet
   d. All of the above

9. To place a gait belt so that it is both comfortable and safe, place it around the client’s _____.
   a. ribcage
   b. waist
   c. hips
   d. sternum

10. The wheelchair safety checklist includes checking for missing parts, adequate padding, secured straps and _____.
    a. a working motor
    b. brakes in the locked position
    c. wheels that turn smoothly
    d. several pillows for support
11. A _____ can be used to provide more support to the client when transferring or repositioning.
   a. draw sheet
   b. sling
   c. gait belt
   d. wheelchair

12. One milliliter (mL) equals _____ cubic centimeter(s) (cc).
   a. one
   b. two
   c. three
   d. four

13. As you are shampooing Thomas’s hair, you notice that his scalp is scaly. You realize that Thomas probably has _____.
   a. dermatitis
   b. alopecia
   c. seborrheic dermatitis
   d. head lice

14. If you give Myrna 100 mL of orange juice and 40 mL of water, how much fluid have you offered to her?
   a. 100 mL
   b. 40 mL
   c. 140 mL
   d. 60 mL

15. Charles drinks 100 mL of water and eats 100 mL of ice cream. How much fluid has he consumed?
   a. 100 mL
   b. 200 mL
   c. 250 mL
   d. 400 mL

16. Stephanie drinks 100 mL of water, 120 mL of soup and 40 mL of Jell-O. How many mLs of liquid has she consumed?
   a. 100 cc
   b. 140 cc
   c. 220 cc
   d. 260 cc
17. Your client Timothy wants to be as self-sufficient as possible, but you notice that his hands tremor slightly when he shaves. Since Timothy cannot hold the razor, you might suggest that he _____.
   a. stop shaving
   b. let you do everything
   c. apply the aftershave balm
   d. grow a mustache and beard so he has less area to shave

18. When using a shampoo trough to wash a client’s hair, the temperature of the water should be _____.
   a. 75°F to 100°F
   b. 75°C to 100°C
   c. 100°F to 115°F
   d. 100°C to 115°C

19. When dressing a client who is paralyzed on the right side, you should first _____.
   a. have the client stand and hold onto the bed’s side rails
   b. lower the bed’s side rails on the side of the bed where you’ll work
   c. ignore the client with his footwear
   d. tell the client to get dressed

20. A _____ is a draw sheet used to lift or reposition a client.
   a. bath blanket
   b. draw sheet
   c. lift sheet
   d. bed protector

21. Rumpled, loose sheets may quickly lead to skin deterioration and bedsores. Using _____ is one way of ensuring that sheets stay taut and unwrinkled.
   a. mitered corners
   b. top-to-bottom fanfolds
   c. elastic trimmed bottom sheets
   d. side-to-side fanfolds
22. Ilene suffers from late-stage dementia. One of her unconscious habits is to scratch her face and arms repeatedly, which is causing open sores. You can't prevent her from scratching, but how can you care for her nails so that she is less likely to create sores?
   a. Soak her cuticles
   b. Put lotion on her hands every day
   c. Put tips on her nails
   d. Cut her nails short

23. Which range of temperature is acceptable for bath water?
   a. 80 to 90° F
   b. 90 to 100° F
   c. 105 to 115° F
   d. 100 to 110° F

24. Dark, moist areas of the perineum promote ______.
   a. skin rashes
   b. the need for privacy
   c. yeast infections
   d. the growth of germs

25. A ______ fits between a man's legs in order to urinate in bed.
   a. urinal
   b. bedpan
   c. hat
   d. fracture pan
Quiz 6

For the following questions, select the best answer from the choices provided. Each question is worth 4 points.

1. **Home health care is important for all of the following reasons EXCEPT that _____.**
   a. it helps to keep healthcare costs down
   b. clients are usually more comfortable in hospitals than in their own homes
   c. it allows clients to have more independence
   d. clients can receive the care that they need in their homes

2. **A parasite _____.**
   a. can live inside of a host or on the outside of a host
   b. can benefit the body
   c. is another term for a virus
   d. is a microorganism that contributes to the spread of diseases

3. **_____ is an example of a bloodborne disease.**
   a. The flu
   b. AIDS
   c. TB
   d. Pink eye

4. **Dysuria means _____.**
   a. difficulty urinating
   b. how often someone urinates
   c. the need to urinate more than once during the night
   d. the need to urinate immediately

5. **Ethics are _____.**
   a. moral principles that guide our decisions and behaviors
   b. the same as laws
   c. punishable with jail time when broken
   d. formal rules or customs practiced and enforced by a social or geographical community
6. Which of the following personal care assistant behaviors supports client rights?
   a. Becoming sexually involved with a client
   b. Accepting money from clients
   c. Making the client feel comfortable
   d. Ignoring signs of neglect

7. _____ is purposely causing physical, mental or emotional harm to another person.
   a. Neglect
   b. Active neglect
   c. Passive neglect
   d. Abuse

8. _____ is individually identifiable health information (information that can be used to identify an individual) that is maintained or transmitted in any form.
   a. HIPAA
   b. PHI
   c. HITECH
   d. ePHI

9. Which of the following is a way in which you should respect a client’s confidentiality?
   a. Use a client’s phone for personal calls.
   b. Bring your friends to a client’s home to keep the client company while you perform housecleaning.
   c. Email client information to your case manager.
   d. Shred extra or unnecessary copies of client medical information.

10. The highest level of Maslow’s Hierarchy of Needs is ______.
    a. safety
    b. esteem
    c. biological
    d. self-actualization

11. Fiona’s friends suspect that she may have an eating disorder. When they confront her, she says that her eating habits are just fine and that she doesn’t have a problem with food. Which defense mechanism is Fiona employing?
    a. Denial
    b. Rationalization
    c. Conversion
    d. Projection
12. Developmental stages _____.
   a. are changes that happen in our psychological growth
   b. occur at the same rate for everyone
   c. always correlate to physical growth
   d. that do not occur in a person as expected mean that the person is abnormal

13. Stevie exhibits impaired social interaction, impaired verbal and nonverbal communication and restricted and repetitive patterns of behavior. Stevie _____.
   a. has cerebral palsy
   b. has a low IQ score
   c. is likely autistic
   d. is a victim of FAS

14. Tiffany’s case manager is explaining a client’s care plan to Tiffany. When the case manager is finished, Tiffany restates what the case manager said in a slightly different way to ensure she doesn’t misinterpret any of the instructions. This is an example of _____.
   a. kinesthetic communication
   b. nonverbal communication
   c. paraphrasing
   d. unprofessionalism

15. While caring for your client Ida Mae, she trips on a rug and falls to her knees. You help her up, and she insists she is fine. You should _____.
   a. call 911
   b. settle her in the living room with some aspirin and continue making lunch
   c. let your case manager know immediately and plan to file an incident report as soon as you can
   d. tell your case manager what happened when you see her the next day

16. As a nurse measures Zara’s blood pressure, the result is much higher than normal. She checks the cuff and finds that the ____, which probably caused the false reading.
   a. cuff is loose
   b. cuff is leaking
   c. tube is leaking
   d. cuff is too tight
17. Kendall has dentures, but she finds them uncomfortable and prefers not to wear them much. Therefore, Kendall’s care plan specifies that she is on a _____ diet.
   a. clear-liquid
   b. soft
   c. sodium-restricted
   d. regular

18. Your client, Olivia, has refused every meal you’ve prepared for her in the last two days. You should _____.
   a. ignore the problem; Olivia will eat when she’s hungry
   b. order a feeding tube
   c. force her to eat
   d. try to find out why she won’t eat and relay this information to your case manager

19. Beth is washing clothes for one of her clients. The client has the stomach flu, so Beth _____.
   a. wears gloves while she does the laundry
   b. has to use fabric softener
   c. washes all items in the coldest water possible
   d. cannot wash anything with vomit on it

20. Beatrice is on her abdomen with her head facing one side, her elbows bent and her hands palms down on either side of her head. Beatrice is in the _____ position.
   a. Sims’
   b. prone
   c. lateral
   d. Fowler’s

21. Some clients’ conditions may require you to measure fluid intake more precisely than by estimation. To do this, calculate how much fluid you are offering the person before you serve it. For example, if you offer your client 80 mL of orange juice, two pieces of toast, 60 mL of tea, 250 mL of soup and one cookie, you are serving a total of _____.
   a. 390 mL of fluids
   b. two pieces of toast and one cookie
   c. There is not enough information to answer this question.
   d. 340 mL of fluids
22. When you comb a client’s hair _____.
   a. don't use a comb; use a brush
   b. cut out any tangles
   c. start at the scalp and work toward the bottom of the hair
   d. hold the hair above the tangle as you comb through it

23. Tara wears dentures. To help her clean them, _____.
   a. instruct her to open her mouth while you brush the dentures
   b. do not use a cleanser; only use toothpaste
   c. rinse the dentures in hot water
   d. ask her to remove her dentures so that you can soak them

24. As you provide nail care for your client George, you notice that George's nails are very thick and yellow. You _____.
   a. notify your case manager since these symptoms may be signs of an illness
   b. do nothing since thick yellow nails are common in the elderly
   c. trim his nails
   d. tell George that he will need to keep his hands clean to avoid a nail infection

25. Michelle is taking an antibiotic for strep throat. After being on the medication for a few days, you notice that she has a red rash across her stomach and on her legs. Michelle is _____.
   a. having a severe allergic reaction
   b. likely having an adverse reaction to the drug
   c. in anaphylactic shock
   d. going to have to finish the prescription despite the rash