

PCA TEST

Name: _____

Match the following vocabulary words with the correct definition:

- | | | |
|-------------------------------------|-------|---|
| 1. Plan of care | _____ | A. Temperature, pulse, respiration, blood pressure |
| 2. Universal Precautions | _____ | B. Break for live- in caregiver |
| 3. Grooming | _____ | C. Person who is Medicaid eligible for care |
| 4. Recipient | _____ | D. Block of time to keep someone safe in home |
| 5. Activities of daily living (ADL) | _____ | E. Sore that forms from immobility |
| 6. Toileting | _____ | F. Assistance to the recipient to keep them in their home |
| 7. Vital signs | _____ | G. Technique to prevent spread of infection |
| 8. Supervision | _____ | H. Schedule of tasks, hours per day and days per week |
| 9. Transferring | _____ | I. Area that has little subcutaneous tissue |
| 10. Personal Care | _____ | J. Bathe, dress, eat, groom, transfer, and ambulate |
| 11. Respite | _____ | K. Brushing teeth, combing hair, shaving |
| 12. Decubitus | _____ | L. The process of elimination of waste |
| 13. Bony Prominence | _____ | M. Physically moving someone from one place |

A. Circle the best answer for each question

14. If my recipient yells at me I should:

- a. Yell back
- b. Tell him to stop
- c. Leave him alone a few minutes
- d. Call the Police

15. If my recipient wants me to give the dog a bath I should:

- a. Tell him, "Get a grip."
- b. I should give the dog a bath
- c. I should say no, but explain why
- d. Take the dog home and bath him

16. The recipient's daughter wants me to drive the recipient to the doctor, I should:

- a. Drive him carefully to the doctor
- b. Call him a cab
- c. Say no, and offer to call the RN and get permission to escort the recipient if the daughter drives.
- d. All of the above

17. List five different bony prominences:

- a.
- b.
- c.
- d.
- e.

18. What are some of the symptoms of a skin breakdown?

- a. Itching
- b. Blisters
- c. Redness
- d. All of the above

19. When transferring a recipient the best thing to do is:

- a. Make sure they are barefoot
- b. Make sure they have their socks on
- c. Make sure they have shoes or slippers on
- d. None of the above

20. List 4 physical aspects of aging

- a.
- b.
- c.
- d.

B. True or False

T F 21. DMAS does not require a signature from the recipient and/or the aide on the Aide Record (DMAS-90).

T F 22. When providing Personal Care services to a recipient, the PCA must do whatever the recipient asks.

T F 23. It is all right to stay with the recipient beyond my designated time without notifying the RN Supervisor.

T F 24. The RN supervisor should be notified when there is a problem with the recipient.

T F 25. The plan of care tells the PCA how long to provide care to the recipient and what services to provide.

26. List 5 activities of daily living:

- a.
- b.
- c.
- d.
- e.

27. What is the purpose of Respite?

- a. To help the recipient a little longer
- b. To help the RN supervisor
- c. To give relief to the primary live- in caregiver
- d. To give the PCA time to do all of the tasks on the plan of care

28. Name 5 physical changes the elderly experience:

- a.
- b.
- c.
- d.
- e.

29. Give the normal values for each:

- a. Temperature -
- b. Pulse -
- c. Respiration -
- d. Blood Pressure -

30. What is the best way to prevent the spread of infection?

31. How can you prevent decubitus?

32. What are body mechanics?

33. This is a scenario of you providing care to a recipient, John Smith, in the home.
You must complete the attached Aide Record correctly.

You arrive at John Smith's home at 8 am. You assist Mr. Smith with a bath, brush his teeth, comb his hair, and help him get dressed. Mr. Smith is wheelchair bound, so you help him get from the bed to his wheelchair. You take Mr. Smith into the kitchen, where you prepare his breakfast, and clean the kitchen afterwards. While Mr. Smith is eating, you go back into the bedroom and make up his bed, and clean his bathroom. Mr. Smith has now finished eating, so you wash his dishes, and assist him with his medications. You do a load of laundry for Mr. Smith. Mr. Smith needs to go to the bathroom, so you help him get into the bathroom and pull his pants down for him. Your assigned time to leave Mr. Smith is 12 noon, so you prepare some lunch for Mr. Smith and make sure he is safe. Mr. Smith ate well today. He complained of pain in his left foot, but there were no marks noted when you bathed him. Complete the Aide Record for the whole week using this information. You begin on Monday, June 1, 2002 and will work through Friday, June 5, 2002. You will repeat these duties each day.