

Hygiene

- 1) When doing denture care, what should you *avoid*?
 - a. Putting a washcloth down in the sink
 - b. Making sure that the dentures are cleansed each night
 - c. Washing the dentures with hot water
 - d. Putting the correct dentures into the correct cup

- 2) How long should a NA wash their hands?
 - a. 10 seconds
 - b. 30 seconds
 - c. 15 seconds
 - d. 20 seconds

- 3) In what order should a bed bath be given?
 - a. Face, arms, chest, groin
 - b. Face, chest, groin, arms
 - c. Groin, face, arms chest
 - d. Face, chest, arms, groin

- 4) When moving a resident with a catheter bag, the catheter should always be:
 - a. Higher than the resident's bladder
 - b. Lower than the bed
 - c. Lower than the resident's bladder
 - d. Higher than the bed

- 5) Which procedure best destroys all bacteria?
 - a. Washing with soap and water
 - b. Sterilization
 - c. Cleaning with antibacterial wipes
 - d. Rinsing off with hot water

- 6) When performing female peri care, which of the following is *incorrect*?
 - a. Wash from tailbone to bellybutton
 - b. Wash the front of the resident first
 - c. Use a new side of the washcloth each time
 - d. Make sure that they resident is dry after washing

Diet/ Intake

- 7) Mr. Evans finished his breakfast having had 300cc of coffee and 115 ccs of orange juice. How many ccs should the NA report?
- 500
 - 400
 - 315
 - 415
- 8) Which type of diet restricts sugar and carbs?
- Gluten free diet
 - Diabetic Diet
 - Fluid restricted diet
 - Low sodium diet
- 9) Mr. Wood is on a mechanical soft diet. Which of the following would be appropriate for the resident?
- Steak and french-fries
 - Ham sandwich
 - Mashed potatoes and meatloaf
 - Lasagna
- 10) Mr. Jones does not like to eat pork because he is Jewish, but there is bacon on his plate. What should the NA do?
- Tell him to cope
 - Tell him to just eat around the bacon
 - Ask him if he would like something else
 - Say nothing and see if he notices
- 11) Mrs. Young is blind and is sitting down to breakfast, what should the NA do to help her be more independent?
- Describe the plate like the numbers on the clock to orient her
 - Put the coffee close to the edge of the table
 - Make sure all her drinks have straws
 - Cut her food at the table for her
- 12) When giving a tray to a resident, what is the first thing the NA should check?
- That the food is hot
 - That the drinks are what is ordered
 - That the name on the tray matches the name of the resident
 - That there is silverware on the tray

Vitals

- 13) How often should a patient get their vitals taken if the order calls for b.i.d?
- a. Twice a day
 - b. Four times a day
 - c. Once a day
 - d. Three times a day
- 14) What is the proper term for high blood pressure?
- a. Hypotension
 - b. Hypertension
 - c. Cyanotic
 - d. Catatonic
- 15) What number should the blood pressure cuff be inflated to?
- a. 200
 - b. 150
 - c. 160
 - d. 180
- 16) What is the most accurate location to take a temperature?
- a. The rectum
 - b. The axillary /armpit
 - c. The tympanic / ear
 - d. The forehead
- 17) What is the most common place to take a pulse?
- a. Femoral Artery
 - b. Brachial Artery
 - c. Carotid Artery
 - d. Radial Artery
- 18) Where does a red thermometer go?
- a. In the rectum
 - b. In the mouth
 - c. In the ear
 - d. In the armpit

ADLs

- 19) Which of the following can a NA *not* do?
- Help a resident brush their teeth
 - Dress a resident
 - Change a sterile dressing
 - Give the resident a back rub
- 20) What are common areas for pressure ulcers to form?
- Fleshy parts of the body
 - Any part of the body can get pressure wounds
 - Hands and face
 - Over bony prominences
- 21) An NA is making a bed and drops a clean pillowcase on the floor. What should they do?
- Quickly pick it up and dust it off and put it on the pillow
 - Disregard it and just replace only one pillowcase
 - Get a new pillowcase
 - Ask the resident if they mind if it fell on the floor
- 22) When helping a person with a right sided stroke, which side should you start with?
- Start with the right side
 - Start with the left side
 - Either side is fine
 - Ask the resident
- 23) The first thing to check before transferring a resident to their wheelchair is what?
- That the resident doesn't need to go to the bathroom
 - That they are dressed for the day
 - That the breaks are locked
 - That their seat is comfortable
- 24) How often should ADLs be reported?
- After every shift
 - When the NA remembers
 - After the event has occurred
 - The next day

Resident Interaction

- 25) A resident asks to go home, what should the NA say to them?
- “You don’t get to go home anymore”
 - “Tell me about your home”
 - “Stop complaining”
 - “Is it supposed to rain today?”
- 26) When getting a resident out of bed for the first time in the morning the NA should:
- Let the resident sit up in bed and dangle before standing up
 - Brush the residents’ teeth
 - Ask them what shirt they would like to wear
 - Get their breakfast order
- 27) Which of the following is a normal sign of aging?
- Incontinence
 - Dementia
 - Thin, dry skin
 - Having dentures
- 28) What of the following can help a resident who is agitated?
- Give them coffee and cookies
 - Have them go take a walk alone
 - Tell them to calm down
 - Have them fold towels
- 29) Which of the following are signs of a stroke?
- Memory loss
 - Single-sided weakness
 - Slurred speech
 - Both B and C
- 30) A resident wants to go to church even though the service is catholic and they are agnostic. What should the NA do?
- Remind them that are they are agnostic
 - Take them to the service
 - Tell the nurse
 - Tell the family

PCA TEST

Answer Sheet

Name: _____

Date: _____

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| 1) | 14) | 27) |
| 2) | 15) | 28) |
| 3) | 16) | 29) |
| 4) | 17) | 30) |
| 5) | 18) | |
| 6) | 19) | |
| 7) | 20) | |
| 8) | 21) | |
| 9) | 22) | |
| 10) | 23) | |
| 11) | 24) | |
| 12) | 25) | |
| 13) | 26) | |