



Caregiver Competency Exam-Part II ADL's

Name _____

Date _____

Bathing, Shaving, Grooming and Dressing

1. Sarah, a direct care worker, is going to bathe Mrs. Allen. What should Sarah do first?
 - a. Test the water temperature.
 - b. Help Mrs. Allen undress.
 - c. Tell Mrs. Allen what she is going to do.
 - d. Close the bathroom door and windows to keep the room free of drafts.

2. When shaving a consumer's face with an electric shaver:
 - a. Shave in the same direction that the hair grows.
 - b. Use long, even strokes.
 - c. Keep the skin loose and flexible
 - d. Shave the chin bringing the razor from the chin to the neck.

3. When helping a consumer dress, which of the following is FALSE?
 - a. Encourage them to put on comfortable, safe and attractive clothing.
 - b. Check that the consumer has shoes with non-slip soles.
 - c. Never let the consumer pick out their own clothes.
 - d. Spread shoes as far open as possible for ease of the foot.

4. Which of the following is FALSE regarding elastic (TED) stockings?
 - a. It is better to put them on the consumer while they are lying down.
 - b. Roll the stocking inside out first.
 - c. Position the stocking over the heel and foot.
 - d. Grab and pull the stocking quickly up the rest of the leg.

5. Which of the following is the proper beginning sequence when giving a bed bath?
 - a. Buttocks, arms and legs, genitals.
 - b. Eyes, face, ears and neck.
 - c. Arms and legs, chest and back.
 - d. Face, ears, neck and arms.

6. When giving a bed bath, it necessary to change the water:
 - a. When it is no longer warm.
 - b. After cleaning the legs and feet.
 - c. Whenever the water becomes dirt or too soapy.
 - d. All of the above.

Hair, Skin and Mouth Care

1. When providing nail care it is important to:
 - a. Check the fingers and toes weekly.
 - b. Wear gloves
 - c. Soak the hands and feet first.
 - d. All of the above.

2. Hair care consists of:
 - a. Brushing the hair and spraying it with lots of hair spray.
 - b. Brushing and combing from the scalp toward the ends of the hair.
 - c. Wetting the hair.
 - d. Wrapping a warm towel around the head.

3. Bath time is an excellent time to observe the skin for redness, a warning sign of a pressure ulcer.
 True False

4. When dressing a client, dress the weak limb last and undress it first.
 True False

5. In order to prevent pressure ulcers:
 - a. Change the person's position in bed every 4 hours.
 - b. Bathe the person daily.
 - c. Change the person's position in bed every 2 hours.
 - d. Apply salve to reddened areas.

6. A consumer's dentures should be stored in:
 - a. Tissues.
 - b. A denture cup.
 - c. A plastic bag.
 - d. The nightstand drawer.

7. If a consumer cannot do their own oral hygiene, the direct care worker should:
 - a. Give them mouthwash and tell them to spit it out.
 - b. Give them peppermint gum.
 - c. Brush their teeth for them.
 - d. Call their dentist.

Ambulation and Transferring

1. To transfer a consumer from bed to a wheelchair safely, the direct care worker should:
 - a. Place a cushion in the back of the wheelchair.
 - b. Use a foot stool.
 - c. Always lock the wheels of the wheelchair first.
 - d. Raise the bed to a higher position.

2. Ambulates with assistance means:
 - a. The consumer can walk with help.
 - b. Walk with the consumer twice daily.
 - c. The consumer can self propel their wheelchair.
 - d. You should take the consumer's blood pressure prior to walking.

3. It is important for the direct care worker to remain in front of the consumer for a few minutes when they first stand up and before helping them to a chair, bed, or start to walk:
 True, the client may feel dizzy from standing up.
 False, it is important to keep moving.

4. Which of the following statements is FALSE regarding transferring a consumer from the bed to a chair?
 - a. Assess the consumer's ability to help.
 - b. Inform the consumer about the transfer and what he/she needs to do.
 - c. Allow the consumer to dangle his/her legs while sitting on the side of the bed.
 - d. Bring the chair or wheelchair to the bedside at a 90 degree angle.

Meal Preparation and Feeding

1. When assisting a consumer with meal preparation, with no dietary restrictions, you should:
 - a. Know the clients likes and dislikes.
 - b. Cook what you like to eat.
 - c. Prepare finger food.
 - d. Prepare soup.

2. Your client has a history of difficulty chewing and swallowing. You should:
 - a. Prepare the meal and leave the client alone.
 - b. Prepare the meal and stay with the client to assist as needed.
 - c. Don't worry about it.
 - d. Call your supervisor.

3. Your client is on a low sodium diet. He should avoid:
 - a. Bread
 - b. Bacon
 - c. Fruit
 - d. Ice Cream

4. Your client recently had a doctors appointment and was told she must eat food high in iron. Knowing the consumer's preferences, you should suggest the following:
 - a. Cake and candy
 - b. Rice and broth
 - c. Green leafy vegetables, liver and peanut butter
 - d. Cheese and fruit

5. Providing well balanced meals that limit fatty foods help the following illnesses:
 - a. Dementia
 - b. Circulatory problems
 - c. Asthma
 - d. Foot fungus

Toileting

1. When you are assisting a client to use the bathroom in their home you should:
 - a. Provide privacy but remain nearby for safety or assistance.
 - b. Leave the client alone.
 - c. Only check to see that there's enough toilet tissue.
 - d. Make sure your client flushes the toilet.

2. Your client needs the use a bed pan with assistance while in bed. You should:
 - a. Hand the bedpan to your client and leave the room.
 - b. Position the client on the bedpan so the body is aligned and supported for comfort.
 - c. Only check to see if the bed pan is nearby.
 - d. Tell your client you will sit the bed pan on a nearby table and leave the room.

3. Your client uses a urinal while in bed. You should do all of the following EXCEPT:
 - a. Assist the client with placement of the urinal.
 - b. Provide privacy but remain nearby to assist.
 - c. Assist the client with hand washing.
 - d. Remove the urinal and leave it sitting on the floor.

4. Your client needs the urinal. What do you do?
- Ignore him
 - Get the urinal, assist him with placement, keep him covered.
 - Hand him the urinal and walk away.
 - Tell him to wait until you are done with folding the laundry.

Assistance with self-administered medications

1. You find your client's medication on the living room floor. You should:
- Throw the medication away.
 - Return the medication to the bottle that it might have been in.
 - Flush the medication down the toilet.
 - Call your supervisor to discuss.
2. Your client has severe arthritis. Her medications come in child proof bottles. You should:
- Assist your client by opening the bottles.
 - Hand your client a slip proof bottle top opener.
 - Tell your client to order non child proof bottles next time.
 - See how long it takes your client to figure it out.
3. You can assist your client with self-administering medication by offering reminders. It is important for you to:
- Tell your client when the medication is outdated.
 - Remind your client to take the right medication at the correct time with the correct dosage.
 - Check to see if the medication is to be taken on an empty stomach.
 - All of the above.

Miscellaneous

1. When a client offers you a tip for services you should:
- Accept it and then return it to the client's family.
 - Refuse in a polite, but firm manner.
 - Accept the tip and share it with other direct care workers.
 - Refuse while acting shocked.
2. Helping your client with legal matters is going beyond your role.
_____ True _____ False



3. Confidentiality means that all client information, such as personal, medical or financial is not shared with your family or friends?

_____ True _____ False

4. As a direct care worker have many responsibilities. Which one below is NOT one of these:

- a. Light housekeeping.
- b. Assisting with bathing, dressing and grooming.
- c. Medication reminders.
- d. Cashing checks for the client.

5. A DNR order guarantees that a person can get life support when they need it?

_____ True _____ False

*Developed by Millbrook HomeCare October, 2022

*Source information obtained by www.millbrookhomecare.com / PA guidance to home care agencies and registries licensed by PA Department of Health-28 PA code section 611.55 competency requirements