

## CAREGIVER TEST

Name \_\_\_\_\_

Contact # \_\_\_\_\_

**Please mark correct answer(s) with an "X"**

### Number Question

- 1 Which 2 types of food do you need to avoid when cooking meals for your client who has been discharged from the hospital with a diagnosis of CHF and Diabetes?  
 Sweet  
 Sour  
 Salty  
 None of these
  
- 2 What precautions are needed when transferring your client who has had hip replacement surgery to and from a wheelchair and a walker?  
 Make sure brakes are locked on wheelchair  
 Avoid twisting of the hips and torso  
 Make sure the walker is locked and placed directly in front of the client  
 All of the above
  
- 3 Your client has had a stroke recently and is to have her foods prepared for her that are pureed and her liquids are to be thickened. While supervising her meals, what are 2 important observations to make?  
 She is enjoying her meal  
 Her swallowing  
 Her plants need watering  
 Pocketing of food on her affected side
  
- 4 She is also under aspiration precautions, what does this mean?  
 She sweats a lot  
 She stops breathing  
 She may inhale her food into her lungs

- 5 This is your first day with a new client. You are in the kitchen when suddenly you hear a thud. You run toward the bathroom only to see that he has fallen in the hallway. You would:
- Grab him underneath the arms and assist him to standing position
  - Grab him underneath the arms and assist him to a sitting position on the floor
  - Ask him if he is able to get up by himself and if he cannot, you do not move him. You call 911 then call the office.
- 6 Which of the following foods are high in sodium?
- Corn Chips
  - Soda
  - Oranges
  - Celery
  - Milk
  - Chicken noodle soup
- 7 You are caring for a client who has dementia. She insists there is an intruder stealing jewelry from her bedroom. What do you do to calm her?
- Tell her that her mind is playing tricks on her
  - Tell her you are going to go into the bedroom apprehend the intruder and get rid of him
  - Change the subject
- 8 Harold came home from the hospital with a Foley catheter. You are asked to empty it every 8 hours or when 2/3 full. What observations will you be making of his urine to ensure safety?
- Color
  - Presence or absence of blood
  - Clarity
  - All of the above
- 9 Your client is always complaining of constipation. You know that she has had a bowel movement everyday you have been there. She suddenly complains of severe, acute abdominal pain and doubles over. You:
- You make her some warm prune juice
  - Tell her she should probably take a pain medication
  - Call 911, and then call the office

- 10** Your client is suddenly very confused (usually very pleasant), he becomes very belligerent and is verbally abusive. He strikes you on the arm accusing you of poisoning his food. What do you do?
- Ignore him
  - Calmly reassure him and call the office
  - Strike him on his arm
- 11** You are assigned to a case where there is a couple. You're there to only care for the wife. However they request that you fix meals for both of them. You would:
- Say, "Of course I will"
  - Tell them this will be an extra charge
  - Tell him you are only there to prepare meals for his wife
- 12** Your client was recently discharged from a skilled nursing facility he really feels the need to get out. He asks if you will drive him to his favorite store. He wants you to drive his car. You:
- Say, "Of course I will"
  - Call the office to get approval and have this added to her care plan, explaining to the client that additional paperwork may need to be done regarding insurance and transportation.
  - Say, "No I cannot do that for you"
  - Say, "Yes"
  - Call the office with the request and have client talk to the manager or staff
  - Tell her you will if she pays you cash

- 13** You have noticed that your client has become increasingly more agitated each day and today is very agitated and nervous. She has a prescription for both Xanax and Valium available. The client needs help to calm down and asks you to give her whichever medication you think will work the best. What do you do?
- Give her one of the meds
  - Explain to her you are not allowed to administer meds and call the office
  - Give her both of the meds to be on the safe side
- 14** You are very close with your client of 6 months. It's the holidays and as you leave your shift the family gives you a card. You open it, not only have they given you a Christmas card but have also included \$200 cash. You:
- Graciously accept the Christmas card, you have earned it!
  - Call your manager, you cannot accept gifts
  - Tell the family thank you, but do not tell my manager
- 15** While giving Jane her shower you notice that her perineal area is very red, inflamed and sore. What should you do?
- Call the office
  - Call the family and notify them of the condition
  - Look for the proper ointment to apply
- 16** While preparing your new client for bed you notice there is bruising on his arms and legs. What do you do?
- Ask the client what happened
  - Ignore the bruising
  - Call the office and let them know immediately