



Caregiver PCA

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Practice Questions

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1. Which of the following is considered a basic Activity of Daily Living (ADL)?

- A. Managing a checkbook
- B. Eating
- C. Doing laundry
- D. Using public transportation

2. Before and after assisting a resident with personal care, the caregiver should first:

- A. Perform hand hygiene
- B. Document the care
- C. Open the window
- D. Lower the bed

3. Which of the following increases a resident's risk of falling?

- A. A clutter-free room
- B. Well-fitting non-skid shoes
- C. Poor lighting and clutter on the floor
- D. A working call light within reach

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4. The single most effective way to prevent the spread of infection is:

- A. Wearing two pairs of gloves
- B. Spraying air freshener
- C. Proper hand hygiene
- D. Keeping the lights on



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5. Which sign suggests a resident may be dehydrated?

- A. Moist lips and frequent urination
- B. Bounding pulse and swelling
- C. Dark concentrated urine and dry mouth
- D. Clear pale urine

6. Active listening when a resident is talking includes:

- A. Interrupting to give advice
- B. Making eye contact and not rushing the resident
- C. Looking at your phone
- D. Finishing the resident's sentences

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7. Good body mechanics when lifting include:

- A. Keeping the feet close together
- B. Standing with feet shoulder-width apart for a wide base of support
- C. Locking the knees
- D. Bending at the waist

8. On finding a resident collapsed on the floor, the caregiver should first:

- A. Move the resident to bed
- B. Check responsiveness and call for help
- C. Clean up the area
- D. Leave to find paperwork

9. A resident can bathe and dress independently but needs help paying bills and grocery shopping. These bill-paying and shopping tasks are best classified as:

- A. Basic ADLs
- B. Mobility tasks
- C. Instrumental ADLs (IADLs)
- D. Continence care

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10. Oral (mouth) care for most residents should be provided at least:

- A. Once a week
- B. Twice a day (morning and bedtime)
- C. Only when they complain
- D. Once a month

11. Before leaving a resident's room, the caregiver should always:

- A. Place the call light within the resident's reach
- B. Lock the door from outside
- C. Raise all four side rails
- D. Turn off all lights

12. When washing hands with soap and water, the caregiver should rub all surfaces for at least:

- A. 5 seconds
- B. 20 seconds
- C. 2 seconds
- D. 1 minute

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13. To help prevent dehydration, the caregiver should:

- A. Offer fluids frequently throughout the day
- B. Limit fluids to mealtimes only
- C. Wait for the resident to ask
- D. Offer only coffee

14. Which is an example of an open-ended question?

- A. Are you cold?
- B. Did you sleep?
- C. How are you feeling today?
- D. Do you want coffee?

15. When lifting an object or assisting a resident up, the caregiver should:

- A. Bend at the waist and use the back
- B. Twist while lifting
- C. Bend the knees and lift with the leg muscles
- D. Hold the load away from the body



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16. An adult resident is clutching the throat, unable to speak or breathe. The caregiver should:

- A. Offer water
- B. Wait and watch
- C. Perform abdominal thrusts
- D. Lay them flat and leave

17. When assisting a resident with dressing, the caregiver should:

- A. Allow the resident to do as much as they safely can for themselves
- B. Dress the resident completely to save time
- C. Choose the resident's clothing without asking
- D. Discourage the resident from trying

18. Older residents often have dry, fragile skin. To protect it, the caregiver should:

- A. Bathe with very hot water daily
- B. Use strong deodorant soap each time
- C. Use mild soap, avoid over-bathing, and apply lotion
- D. Skip moisturizer to keep skin dry

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19. When a caregiver finishes care and leaves a resident in bed, the bed should be left in the:

- A. Highest position
- B. Lowest position with wheels locked
- C. Middle height with wheels unlocked
- D. Tilted head-down position

20. Alcohol-based hand sanitizer is acceptable in many situations, but the caregiver MUST wash with soap and water when:

- A. Hands look clean
- B. Hands are visibly soiled or after caring for a resident with C. difficile (C. diff)
- C. Before touching a doorknob
- D. After removing a clean gown



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21. To reduce the risk of aspiration, a resident should remain upright after eating for about:

- A. No time is needed
- B. At least 30 minutes
- C. Less than 5 minutes
- D. Until the next meal only if standing

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22. When communicating with a resident who is hard of hearing, the caregiver should:

- A. Face the resident, speak clearly at a moderate pace, and reduce background noise
- B. Shout from another room
- C. Cover the mouth while speaking
- D. Speak very fast

23. To avoid back injury when moving a resident, the caregiver should:

- A. Pivot the whole body with the feet instead of twisting the spine
- B. Twist quickly to be efficient
- C. Reach across the bed and twist
- D. Keep the feet planted and rotate the trunk

24. A resident suddenly has facial drooping, arm weakness, and slurred speech. Using the FAST warning signs, the caregiver should suspect a:

- A. Stroke and get emergency help immediately
- B. Simple headache
- C. Normal aging change
- D. Mild cold

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25. When dressing a resident who has weakness on the right side from a stroke, the caregiver should put the garment on:

- A. The strong (left) arm first
- B. The weak (right) arm first
- C. Both arms at the same time
- D. Whichever arm the resident points to



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26. The safest way to test bath water temperature before a resident gets in is to use:

- A. The back of the caregiver's hand or a bath thermometer
- B. Whatever feels fine to the caregiver's elbow only after pouring
- C. Boiling water briefly
- D. The caregiver's fingertips only after the resident is in

27. Physical restraints in long-term care should be:

- A. Used routinely for any confused resident
- B. Applied tightly to ensure safety
- C. Used whenever the caregiver is busy
- D. Used only as a last resort with a physician's order and least-restrictive option first

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28. Standard Precautions are based on the principle that:

- A. Only known infected residents are a risk
- B. Gloves alone are always enough
- C. All blood and most body fluids may be infectious
- D. Hand hygiene is optional with gloves

29. Thickened liquids are ordered for a resident with dysphagia because they:

- A. Taste better
- B. Are cheaper
- C. Move more slowly and are easier to swallow safely
- D. Add more calories only

30. A resident with expressive aphasia after a stroke understands speech but struggles to find words. The caregiver should:

- A. Speak loudly and quickly
- B. Be patient, allow time, and use yes/no questions or picture aids
- C. Answer for the resident every time
- D. Avoid talking to them



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Answer Key & Explanations

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1. B — Eating

Basic ADLs are self-care tasks such as eating, bathing, dressing, toileting, transferring, and continence. Managing money, laundry, and transportation are Instrumental ADLs (IADLs).

2. A — Perform hand hygiene

Hand hygiene before and after care is the single most effective way to prevent the spread of infection between caregiver and resident.

3. C — Poor lighting and clutter on the floor

Environmental hazards like dim lighting and floor clutter are leading causes of falls. Removing them is a key fall-prevention strategy.

4. C — Proper hand hygiene

Hand hygiene removes germs picked up from residents, surfaces, and body fluids and is recognized as the most effective measure to prevent healthcare-associated infections.

5. C — Dark concentrated urine and dry mouth

Dark, concentrated, scant urine along with a dry mouth signals fluid deficit; encouraging fluids and reporting are needed to prevent serious dehydration.

6. B — Making eye contact and not rushing the resident

Active listening means giving full attention, making appropriate eye contact, and allowing time, which shows respect and helps the resident feel heard.

7. B — Standing with feet shoulder-width apart for a wide base of support

A wide base of support with feet shoulder-width apart gives stability and balance, reducing the risk of losing footing and injuring the back.

8. B — Check responsiveness and call for help

Checking whether the resident responds and immediately calling for help starts the emergency response so trained staff and the team can act quickly.

9. C — Instrumental ADLs (IADLs)

IADLs are more complex tasks that support independent community living, such as managing finances, shopping, cooking, and housekeeping, as opposed to basic self-care ADLs.

10. B — Twice a day (morning and bedtime)

Brushing at least twice daily removes plaque and food, prevents gum disease and bad breath, and keeps the mouth comfortable and healthy.

11. A — Place the call light within the resident's reach

Keeping the call light within reach lets the resident summon help and prevents them from getting up unassisted, a common cause of falls.



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12. B — 20 seconds

Scrubbing with friction for at least 20 seconds (about the length of singing 'Happy Birthday' twice) is needed to mechanically remove germs from all hand surfaces.

13. A — Offer fluids frequently throughout the day

Older residents have a blunted thirst sense, so offering preferred fluids regularly throughout the day helps maintain hydration.

14. C — How are you feeling today?

Open-ended questions invite more than a yes/no answer and encourage the resident to share feelings and information, improving communication.

15. C — Bend the knees and lift with the leg muscles

Bending the knees and using the strong leg muscles, keeping the back straight, protects the spine from injury that results from lifting with the back.

16. C — Perform abdominal thrusts

Clutching the throat with inability to speak signals choking from a blocked airway; abdominal thrusts are performed to dislodge the object in a conscious adult.

17. A — Allow the resident to do as much as they safely can for themselves

Promoting independence and self-care supports dignity and preserves function. Caregivers assist only as needed and let residents do what they safely can.

18. C — Use mild soap, avoid over-bathing, and apply lotion

Aging skin is thin and dry, so mild soap, limited full baths, and moisturizer protect the skin barrier and prevent cracking and breakdown.

19. B — Lowest position with wheels locked

Leaving the bed in its lowest locked position shortens the distance to the floor and prevents the bed from rolling, reducing injury if the resident gets up or falls.

20. B — Hands are visibly soiled or after caring for a resident with C. difficile (C. diff)

Sanitizer does not remove visible dirt and does not kill C. diff spores; soap-and-water washing with friction is required in those cases.

21. B — At least 30 minutes

Staying upright for at least 30 minutes after meals uses gravity to keep food and fluids down and lowers the chance of aspiration into the lungs.

22. A — Face the resident, speak clearly at a moderate pace, and reduce background noise

Facing the resident so they can see your lips, speaking clearly at a normal-to-slightly-slower pace, and lowering noise aid understanding without shouting, which distorts speech.

23. A — Pivot the whole body with the feet instead of twisting the spine

Turning by moving the feet to pivot, rather than twisting the spine, prevents the rotational strain that commonly causes back injuries.

24. A — Stroke and get emergency help immediately

Face drooping, Arm weakness, and Speech difficulty are FAST stroke signs; rapid recognition and emergency



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response are critical because time lost is brain lost.

25. B — The weak (right) arm first

Dress the weak or affected side first and undress it last. This reduces strain on the limb and makes the task easier and safer.

26. A — The back of the caregiver's hand or a bath thermometer

A bath thermometer or the sensitive back of the wrist/hand checks the water temperature before the resident is ever exposed, preventing scalds and chilling. The resident should never be used to test the water.

27. D — Used only as a last resort with a physician's order and least-restrictive option first

Federal regulations require restraints be a last resort, ordered by a provider, used for the shortest time, and only after less-restrictive measures fail, because restraints cause injury and loss of dignity.

28. C — All blood and most body fluids may be infectious

Standard Precautions treat everyone's blood and body fluids as potentially infectious, so the same protective practices are used for all residents regardless of diagnosis.

29. C — Move more slowly and are easier to swallow safely

Thickened liquids flow more slowly, giving a resident with swallowing problems better control and reducing the risk that thin liquids will enter the airway.

30. B — Be patient, allow time, and use yes/no questions or picture aids

Patience, extra time, simple yes/no questions, and communication aids help a resident with expressive aphasia communicate, since their understanding is intact.



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