



HHA Home Health Aide

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Practice Questions

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1. When giving a bed bath to a client, the home health aide should wash the body in which order?

- A. Feet first, then work upward to the face
- B. Face first, then work downward, washing the perineal area last
- C. Perineal area first, then the rest of the body
- D. Arms first, then legs, then face

2. What is the normal adult resting pulse rate range?

- A. 40–60 beats per minute
- B. 100–120 beats per minute
- C. 60–100 beats per minute
- D. 50–70 beats per minute

3. What is the most important action a home health aide can take to prevent the spread of infection?

- A. Performing thorough handwashing before and after client care
- B. Wearing a mask at all times in the client's home
- C. Using gloves for every task performed in the home
- D. Cleaning all surfaces with bleach daily

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4. A client tells the home health aide that they do not want their bath today. The aide should:

- A. Insist the bath is necessary for hygiene and proceed
- B. Tell the client their physician requires daily bathing
- C. Wait 30 minutes and try again
- D. Respect the client's refusal, document it, and report it to the supervising nurse



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5. When documenting observations about a client, the home health aide should:

- A. Record only unusual or abnormal findings and skip normal observations
- B. Document observations objectively using factual, specific, and measurable terms
- C. Use abbreviations and shorthand that the aide personally prefers
- D. Document observations at the end of the week to save time

6. When using proper body mechanics during a transfer, the home health aide should:

- A. Bend at the waist and reach forward
- B. Bend at the knees and keep the back straight
- C. Twist the spine to pivot the client
- D. Hold the breath throughout the lift

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7. A client is prescribed a low-sodium diet. Which food choice should the home health aide encourage?

- A. Fresh steamed vegetables with no added salt
- B. Canned soup with crackers
- C. Processed deli meats on bread
- D. Pickled vegetables as a side dish

8. How can a home health aide best preserve a client's dignity during personal care?

- A. Complete the task as quickly as possible with minimal explanation
- B. Ask family members to assist so the client does not feel embarrassed
- C. Explain each step before doing it and provide privacy throughout
- D. Keep the door open so help is available if needed

9. Which combination of signs should make the home health aide suspect a client is having a stroke?

- A. Slow heart rate, chest pain, and swollen ankles
- B. Sudden facial drooping, arm weakness, and slurred speech
- C. Gradual confusion over several days and mild headache
- D. High fever, stiff neck, and sensitivity to light

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10. Which task is within the scope of practice for a home health aide?

- A. Administering prescribed injectable medications to the client
- B. Changing a sterile wound dressing independently
- C. Assisting with bathing, grooming, and dressing as directed by the care plan
- D. Adjusting the client's medication dosage based on observed symptoms

11. When cleaning a client's bathroom, which practice best prevents the spread of infection?

- A. Use the same cleaning cloth for the toilet and sink to save time
- B. Clean from the least contaminated areas to the most contaminated, using separate cloths
- C. Rinse all surfaces with plain water before using any cleaning products
- D. Leave disinfectant on surfaces for one minute before wiping to save product

12. Why should a home health aide soak a client's hands in warm water when caring for a client's nails?

- A. To avoid trimming the nails too much
- B. To help the client feel more comfortable
- C. To help improve the self-image of the client
- D. To help loosen debris and ease nail trimming and cuticle care

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13. A client has weakness on the right side of the body. When helping the client get dressed, the home health aide should:

- A. Dress the strong (left) side first, then the weak side
- B. Have the client dress independently without any assistance
- C. Dress the weak (right) side first, then the strong side
- D. Always dress the lower body before the upper body

14. When taking an oral temperature with an electronic thermometer, the home health aide should place the probe:

- A. Under the client's tongue beside the frenulum, and ask the client to keep their lips closed
- B. On top of the tongue for easier reading
- C. On the outside of the cheek
- D. Under the tongue for exactly 15 seconds then read



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15. According to standard precautions, a home health aide should wear gloves when:

- A. Talking with the client
- B. Preparing the client's meal in the kitchen
- C. Handling items soiled with blood, body fluids, or secretions
- D. Helping the client pick up items from the floor

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16. HIPAA privacy rules require that a home health aide:

- A. May discuss a client's health information with the client's neighbors if they ask
- B. Keep all client health information confidential and only share it with members of the care team on a need-to-know basis
- C. Can share health information on social media as long as the client's last name is not used
- D. Must share client information with anyone who identifies themselves as a family member

17. A home health aide notices that a client's left leg is swollen and red compared to the right leg. What is the most appropriate action?

- A. Massage the swollen leg to reduce the swelling before reporting
- B. Assume it is normal and monitor it over the next few days
- C. Report the observation to the supervising nurse promptly, describing the exact appearance, which leg, and the approximate size of the swelling
- D. Apply a warm compress to reduce the redness and document it as routine care

18. A transfer belt (gait belt) should be placed:

- A. Around the client's chest under the arms
- B. Around the client's hips over clothing
- C. Around the client's waist over clothing
- D. Around the client's thighs for stability

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19. When assisting a client who requires thickened liquids, the home health aide should:

- A. Offer thin liquids if the client requests them to avoid conflict
- B. Mix thickened liquids with regular beverages to save time
- C. Skip thickening if the client seems to swallow well today
- D. Follow the prescribed consistency level and never offer thin liquids without approval



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20. A client from a different cultural background refuses a food item based on religious beliefs. The home health aide should:

- A. Respect the refusal and offer an alternative that meets the client's dietary needs and beliefs
- B. Insist the client eat the food because it is nutritious
- C. Report to the supervisor that the client is being non-compliant
- D. Tell the client that religious food restrictions are not medically relevant

21. A client becomes unresponsive and is not breathing normally. After calling 911, the home health aide trained in CPR should:

- A. Begin chest compressions at a rate of 100-120 per minute until help arrives
- B. Wait by the door so emergency responders can find the home quickly
- C. Give the client a glass of water to stimulate a response
- D. Place the client in a sitting position and monitor breathing

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22. The home health aide notices that a client has a new skin rash. What should the aide do?

- A. Apply over-the-counter hydrocortisone cream and monitor the rash
- B. Document the observation and report it to the supervising nurse
- C. Tell the client's family member and wait for their decision
- D. Ignore it if the client says it does not itch or bother them

23. What is the difference between a medication reminder and medication administration for a home health aide?

- A. There is no difference; both terms describe the same task
- B. Medication administration means handing the client a pre-filled pill organizer
- C. A medication reminder involves opening medication bottles for the client
- D. A medication reminder is verbally prompting the client to take their own medication; administration involves preparing and giving the medication, which is outside the HHA scope

24. Which of the following will affect a client's nutrition?

- A. Osteoporosis
- B. Ability to chew properly
- C. Position in bed
- D. Thin blood



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25. When performing oral care for a client who is unconscious, the home health aide should:

- A. Position the client on their side to prevent aspiration
- B. Use a large amount of water to rinse the mouth thoroughly
- C. Place the client flat on their back to make access easier
- D. Skip oral care since the client cannot cooperate

26. What is considered a normal adult blood pressure reading?

- A. 150/90 mmHg
- B. 90/50 mmHg
- C. 180/110 mmHg
- D. 120/80 mmHg or below

27. When should a home health aide perform hand hygiene during client care? Select the BEST answer.

- A. Only before beginning care and after leaving the client's home
- B. Before touching the client, before clean/aseptic procedures, after body fluid exposure, after touching the client, and after touching the client's surroundings
- C. Only when hands are visibly dirty with soil or blood
- D. Once at the start of the shift and once at the end

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28. A client shows the home health aide a document called a "Do Not Resuscitate" (DNR) order. This means:

- A. The client does not want any medical care at all
- B. The client wants CPR only if they stop breathing, not if their heart stops
- C. If the client's heart stops or they stop breathing, no CPR or resuscitation efforts should be performed
- D. The home health aide should begin CPR immediately if the client becomes unresponsive



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29. SBAR is a communication tool. When a home health aide uses SBAR to report a change in a client's condition, what does the 'S' stand for?

- A. Situation — a brief description of the current problem or change in condition
- B. Symptom — the most recent symptom the client reported
- C. Severity — a rating of how serious the problem is on a 1–10 scale
- D. Summary — a review of the client's overall health history

30. Before transferring a client from bed to wheelchair, the home health aide should first:

- A. Lock the wheelchair wheels and position it close to the bed
- B. Help the client stand immediately
- C. Remove the client's footrests and leave them aside
- D. Ask the client to slide to the edge of the bed alone



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Answer Key & Explanations

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1. B — Face first, then work downward, washing the perineal area last

Washing from clean to dirty areas (face first, perineal area last) prevents the spread of microorganisms. This standard technique maintains infection control during personal care.

2. C — 60–100 beats per minute

The normal adult resting pulse rate is 60–100 beats per minute. Rates below 60 (bradycardia) or above 100 (tachycardia) should be reported to the supervising nurse.

3. A — Performing thorough handwashing before and after client care

Handwashing is the single most effective measure to prevent the spread of infection. It should be performed before and after all direct client care, after removing gloves, and any time hands become visibly soiled.

4. D — Respect the client's refusal, document it, and report it to the supervising nurse

Clients have the right to refuse any care, including personal hygiene. The home health aide must respect that refusal, document it accurately, and notify the supervising nurse so the care team is informed and the care plan can be addressed.

5. B — Document observations objectively using factual, specific, and measurable terms

Accurate documentation requires objective, specific, and measurable descriptions of what was observed. Subjective interpretations, delays in documentation, or using non-standard abbreviations can compromise care quality and create legal issues.

6. B — Bend at the knees and keep the back straight

Bending at the knees while keeping the back straight protects the aide's spine and uses the stronger leg muscles for the lift.

7. A — Fresh steamed vegetables with no added salt

Fresh vegetables without added salt are naturally low in sodium; canned, processed, and pickled foods are typically high in sodium and should be avoided on a low-sodium diet.

8. C — Explain each step before doing it and provide privacy throughout

Explaining each step and maintaining privacy shows respect for the client's dignity and helps reduce anxiety and embarrassment during personal care.

9. B — Sudden facial drooping, arm weakness, and slurred speech

The FAST signs of stroke (Face drooping, Arm weakness, Speech difficulty, Time to call 911) require immediate emergency response as every minute of delay worsens brain damage.

10. C — Assisting with bathing, grooming, and dressing as directed by the care plan

Home health aides assist with activities of daily living (ADLs) as directed; medication administration and sterile wound care are outside the HHA scope and require a licensed nurse.



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11. B — Clean from the least contaminated areas to the most contaminated, using separate cloths

Cleaning from least to most contaminated prevents cross-contamination; separate cloths for different surfaces are essential infection control practice in the home setting.

12. D — To help loosen debris and ease nail trimming and cuticle care

13. C — Dress the weak (right) side first, then the strong side

When dressing a client with one-sided weakness, always dress the weak (affected) side first to minimize discomfort and strain. When undressing, remove clothing from the strong side first.

14. A — Under the client's tongue beside the frenulum, and ask the client to keep their lips closed

Oral temperature is most accurate when the probe is placed sublingual (under the tongue beside the frenulum), which is close to blood vessels. The client's lips must remain closed to maintain an accurate reading.

15. C — Handling items soiled with blood, body fluids, or secretions

Standard precautions require wearing gloves whenever there is potential contact with blood, body fluids, secretions, or excretions. Gloves protect both the aide and the client from cross-contamination.

16. B — Keep all client health information confidential and only share it with members of the care team on a need-to-know basis

HIPAA (Health Insurance Portability and Accountability Act) requires that protected health information (PHI) be kept confidential. Information should only be shared with those directly involved in the client's care, on a need-to-know basis.

17. C — Report the observation to the supervising nurse promptly, describing the exact appearance, which leg, and the approximate size of the swelling

New swelling and redness in one leg can signal a serious condition such as deep vein thrombosis (DVT) or cellulitis. Immediate reporting with specific, objective details allows the nurse to assess whether urgent intervention is needed.

18. C — Around the client's waist over clothing

A transfer belt is placed snugly around the client's waist over clothing, allowing the aide to maintain a firm, safe grip during transfers.

19. D — Follow the prescribed consistency level and never offer thin liquids without approval

Thickened liquids are prescribed to prevent aspiration; offering thin liquids without approval can lead to aspiration pneumonia, a life-threatening complication.

20. A — Respect the refusal and offer an alternative that meets the client's dietary needs and beliefs

Cultural and religious food preferences must be respected; the aide should work with the care team to find alternatives that honor the client's beliefs while meeting nutritional needs.

21. A — Begin chest compressions at a rate of 100-120 per minute until help arrives

High-quality chest compressions at 100-120 per minute maintain circulation to the brain and vital organs; early CPR significantly improves survival from cardiac arrest.

22. B — Document the observation and report it to the supervising nurse

Any new or changed finding must be reported to the supervising nurse; the aide's role is to observe, document, and report—not to diagnose or treat.



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23. D — A medication reminder is verbally prompting the client to take their own medication; administration involves preparing and giving the medication, which is outside the HHA scope
HHAs may remind clients to take their medications (verbal cue) but may not prepare, measure, or administer medications unless specifically trained and authorized; this is a key scope-of-practice boundary.

24. B — Ability to chew properly

25. A — Position the client on their side to prevent aspiration

Positioning an unconscious client on their side (lateral position) allows fluid to drain out of the mouth, preventing aspiration into the lungs. Only small amounts of moisture should be used.

26. D — 120/80 mmHg or below

Normal adult blood pressure is less than 120/80 mmHg. Readings consistently above 130/80 mmHg are considered elevated or high (hypertension) and should be reported.

27. B — Before touching the client, before clean/aseptic procedures, after body fluid exposure, after touching the client, and after touching the client's surroundings

The WHO's 5 Moments for Hand Hygiene outlines when hand hygiene must occur: before patient contact, before clean/aseptic procedures, after body fluid exposure, after patient contact, and after contact with patient surroundings.

28. C — If the client's heart stops or they stop breathing, no CPR or resuscitation efforts should be performed

A DNR (Do Not Resuscitate) order is a legal document indicating that the client does not wish to receive CPR or other resuscitation efforts if their heart or breathing stops. The home health aide must be aware of this directive and honor it.

29. A — Situation — a brief description of the current problem or change in condition

SBAR stands for Situation, Background, Assessment, and Recommendation. The 'S' (Situation) is the first component and involves concisely stating what is happening with the client right now.

30. A — Lock the wheelchair wheels and position it close to the bed

Locking the wheelchair wheels prevents it from rolling during the transfer, which is the most important safety step before beginning.



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