

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

Personal Care Attendant Competency Test

Name

Date

1. What is the term for a device used to take the place of a missing body part?
为弥补截肢者或缺损的肢体而装配的假体叫做什么？

- D. Prosthesis 义肢
- A. Pronation 下转
- B. Abduction 外展
- C. External rotation 向外旋转

2. When a client has left-sided weakness, what part of a sweater is put on first?
当客户的左边身体虚弱时，应该先穿衣服的哪一部分？

- A. Both sleeves 左右袖子
- C. Client's choice 取决于客户
- B. Left sleeve 左袖子
- D. Right sleeve 右袖子

3. It is appropriate to share the information regarding a client's status with:
同谁共享关于客户状况的信息是合法的？

- A. any one the personal care aide sees fit 护理员认为合适的任何人
- B. the client's family members 客户的家人
- D. the staff on the next shift 下一个护理员
- C. the client's roommate 客户的室友

4. When helping a client who is recovering from a stroke to walk, the personal care aide should assist:

当帮助一个刚从中风回复的客户练习走路时，护理员应该：

- A. on the client's strong side 站在客户身体比较有力的一边
- C. from behind the client 站在身后
- B. on the client's weak side 站在客户身体比较虚弱的一边
- D. with a wheelchair 使用轮椅

5. The personal care aide is caring for a client who is agitated. The personal care aide SHOULD:

当照顾一个激动不安的客户时，护理员应该：

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

- A. speak loudly so the client can hear the instructions 大声说话让客户能听清楚指示
- B. ask to reassign the care of this client 要求分派另一位护理员
- C. talk in a slow, calm, reassuring manner 用平静, 缓慢的语气说话
- D. tell the client to be quiet 告诉客户保持安静

6. Exercises that move each muscle and joint are called:
帮助移动每块肌肉和关节的练习叫做:

- A. adduction 内收
- C. abduction 外展
- B. range of motion 关节活动
- D. rotation 旋转

7. How can the personal care aide BEST help a client who is not accepting a loss?
当客户不能接受有亲人去世时, 护理员怎样才能最好地帮助到客户?

- A. Leave the client alone 让客户独处
- B. Convince the client to accept the loss 劝说客户接受现实
- C. Encourage the client to talk 鼓励客户多交流
- D. Discourage individual activity 减少日常活动

8. The Heimlich maneuver (abdominal thrust) is used for a client who has:
腹部挤压法适用于:

- A. a bloody nose 流鼻血
- C. fallen out of bed 跌下床
- B. a blocked airway 呼吸道阻塞
- D. impaired eyesight 视力缺陷

9. To BEST communicate with a client who is totally deaf, the personal care aide should:
当客户耳聋时, 护理员应该如何交流:

- A. smile frequently and speak loudly 微笑大声说话
- B. smile often and talk rapidly 微笑快速说话
- D. write out information 写在纸上
- C. avoid eye contact 避免眼睛对视

10. The personal care aide is asked by a confused client what day it is. The personal care aide should:
当客户糊涂时问护理员当天日期时, 护理员应当回答:

- A. explain that memory loss is natural and the date is not important 告诉客户记忆力退化是正常的, 当天的日期不重要。
- B. ignore the request 忽视他的要求

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

- C. point to the date on a calendar and say the date 指着日历告诉他日期
- D. provide the date and then test the client later 告诉他日期，一会再问他有没有记住

11. A personal care aide can assist clients with their spiritual needs by: 护理员可以再以下方面帮助客户以满足他们的精神需要:

- A. taking clients to the personal care aide's church 带客户去护理员参加的教会
- C. avoiding any religious discussions 避免任何信仰的话题
- B. allowing clients to talk about their beliefs 允许客户谈论他们的信仰
- D. talking about the personal care aide's own spiritual beliefs 谈论关于护理员自己的信仰

12. A personal care aide MUST wear gloves when: 护理员必须戴手套当

- A. feeding a client 喂食
- C. giving a back rub 洗浴后背
- B. doing peri-care 私处护理
- D. doing range of motion 帮助关节运动

13. When getting ready to dress a client, the personal care aide SHOULD: 当帮助客户穿衣服时，护理员应该:

- A. get the first clothes the personal care aide can reach in the closet 拿衣柜里最外面的衣服穿
- C. use the clothes the client wore the day before 穿客户前一天穿的衣服
- B. give the client a choice of what to wear 让客户自己选择穿什么
- D. choose clothes that the personal care aide personally likes 穿护理员自己喜欢的衣服

14. If the personal care aide discovers fire in a client's home, the FIRST thing do is: 当护理员发现屋里着火时，首先应

- A. call 911 打电话给 911
- B. try to put out the fire 试着扑灭火
- D. remove the client 转移客户
- C. open a window 打开窗户

15. In order to communicate clearly with a client who has hearing loss, the personal care aide should: 当和听力有问题的客户交流时，护理员应该:

- A. speak in a high pitched tone of voice 用高声调的声音说话
- B. stand behind the client when speaking 站在客户身后说话
- D. look directly at the client when speaking 说话时目光看着客户
- C. speak in a loud and slow manner 慢慢大声说

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

16. If a client says, “God is punishing me” or “Why me?”, how should the personal care aide respond? 如果客户说：“上帝在惩罚我”或者“为什么是我？”，护理员应该怎样回答？

- A. Reply, “God doesn’t punish people.” 回答说“上帝不惩罚任何人”
- C. Ignore the client 忽视他说的话
- B. Listen quietly 安静地倾听
- D. Make jokes 开一个玩笑

17. The role of the ombudsman is to: 政府检查人员的职责是：

- A. run a group of home care agencies 开办管理家庭看护公司
- C. control the home care agency budget 控制家庭看护公司的预算
- B. work with the home care agencies to protect clients’ rights 与家庭看护公司合作以保护客户的权利
- D. prepare classes that personal care aides take to learn about client hygiene 开办学习课程训练护理员关于卫生的知识

18. A personal care aide who is active in her church is assigned to care for a client who is not a member of any religious group. The personal care aide SHOULD:

当一个在活跃参加教会活动的护理员被分配给一个没有任何信仰的客户时，护理员应该：

- A. help the client understand the personal care aide’s faith 帮助客户了解护理员的个人信仰
- B. tell the client that it is important for the client to join some church, even if it is not the personal care aide’s church 告诉客户参加教会活动很重要，哪怕不是护理员所属的教会
- C. respect the client’s beliefs and avoid starting religious discussions 尊重客户的观念并避免谈论任何信仰
- D. arrange to have the personal care aide’s clergyman visit the client 安排牧师与客户见面

19. The personal care aide notices that a client’s mail has been delivered to the client’s home.

The personal care aide SHOULD: 当护理员看到客户的信被送到家里时，护理员应该：

- A. open the mail and leave it on the client’s table 打开信并放在客户的桌子上
- B. open the mail and read it to the client 打开信念给客户听
- D. give the client the unopened mail and offer help as needed 不打开任何邮件，除非客户需要帮助
- C. read the mail to make sure it doesn’t contain upsetting news 先预览所有信件确定没有任何坏消息

20. The client offers a personal care aide a twenty dollar bill as a thank you for all that the personal care aide has done. The personal care aide SHOULD: 客户给护理员 20 元作为所有工作的答谢，护理员应该：

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

- A. take the money so as not to offend the client 接受 20 元
- C. take the money and buy something for the floor 接受 20 元去买一些清洁地板的东西
- B. politely refuse the money 礼貌地拒绝
- D. ask the nurse in charge what to do 问公司上级应该怎么做

21. In giving care according to the client's Bill of Rights, the personal care aide SHOULD:
当在不侵犯客户人权的条件下, 护理员应该:

- B. open the client's mail without permission 在没有经过客户允许的前提下打开邮件
- C. use the client's personal possessions for another client 用客户的个人财产提供给另外一位客户
- A. provide privacy during the client's personal care 保护病人隐私
- D. prevent the client from complaining about care 阻止客户抱怨家庭看护服务

22. The normal aging process is BEST defined as the time when: 正常的衰老过程应定义为:

- A. people become dependent and childlike 人们变得依赖他人并且像小孩一样
- B. Alzheimer's disease begins 老年痴呆开始发作
- C. normal body functions and senses decline 正常的身体机能和感知开始退化
- D. people are over sixty-five years of age 65 岁以上定义为老年

23. If a client is confused, the personal care aide should: 当一个客户犯糊涂时:

- A. ignore the client until he starts to make sense 忽视他直到他变清醒
- B. restrain the client so that he does not hurt himself 把他绑起来防止他伤害自己
- D. help the client to recognize familiar things and people 帮助他回想家人和往事
- C. keep the client away from other clients 让他远离其他人

24. What is the process of restoring a disabled client to the highest level of functioning possible?

哪一项可以帮助不能正常自理的客户最大程度恢复身体机能?

- A. Responsibility 责任
- B. Retention 保留
- C. Rehabilitation 复健
- D. Reincarnation 轮回

25. The personal care aide finds a conscious client lying on the bathroom floor. The FIRST thing the personal care aide should do is: 护理员发现客户清醒地躺在洗手间地板上, 应该第一时间做什么?

- A. help the client into a sitting position 帮客户坐起来

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

- B. call 911 打电话给 911
- D. check for signs of injury 检查有没有受伤
- C. offer the client a drink of water 给他喝点水

26. If a personal care aide finds a client who is sad and crying, the personal care aide should:
当护理人员发现一个客户很伤心哭泣时，护理人员应该：

- B. tell the client to cheer up 告诉客户振作起来
- C. tell the client to stop crying 告诉客户不要再哭了
- A. ask the client if something is wrong 问客户发生什么事？
- D. call the client's family 给客户家人打电话

27. To prevent the spread of infection, how should the personal care aide handle the soiled linens removed from a client's bed? 为防止感染，当护理人员帮助客户移除用过的床单时应怎样做？

- A. Shake them in the air 在空中抖床单
- B. Place them in a neat pile on the floor 把床单小心堆在地板上
- D. Put them in the dirty linen container 把床单放在专门的篮子里
- C. Carry them close to the personal care aide's body 抱在胸前

28. To prevent dehydration of the client, the personal care aide SHOULD: 为了防止客户脱水，护理人员应该：

- B. wake the client hourly during the night to offer fluids 在晚上每小时叫醒客户起来喝水
- C. give the client frequent baths 多次洗澡
- A. offer fluids frequently while the client is awake 当客户清醒时频繁提供饮用水
- D. feed the client salty food to increase thirst 给客户很咸的食物让他口渴

29. When transferring a client, MOST of the client's weight should be supported by the personal care aide's: 当帮助客户移动时，客户的大部分体重应该放在护理人员身体的哪一部分

- A. back 背部
- B. shoulders 肩膀
- C. legs 腿
- D. wrists 手腕

30. How many tips does a quad-cane base have? 四脚拐杖有几只脚？

- A. 1
- B. 2
- D. 4

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

C. 3

31. What would be the BEST way for the personal care aide to promote client independence in bathing a client who has had a stroke? 当帮助中风客户洗澡时，护理员应该怎样做提升客户的独立能力？

- A. Give the client a complete bath only when the client requests it 只有当客户要求时才给他全身洗澡
- C. Leave the client alone and assume the client will do as much as she can 让客户自己独处单独洗澡
- B. Encourage the client to do as much as possible and assist as needed 鼓励客户尽可能多地做他力所能及的事
- D. Limit the client to washing her hands 只洗手

32. A safety device used to assist a DEPENDENT client from a bed to a chair is called a: 一种设备用来帮助病人独立从床上移到椅子上叫做：

- A. posey vest 身体固定背心
- B. hand roll 扶手
- C. transfer/gait belt 走步腰带
- D. foot board 脚踏板

33. The personal care aide is in the agency office. A group of personal care aides are together and begin discussing how rude a certain client was acting. The personal care aide SHOULD:

护理员来到公司办公室，遇到另外一组护理员在一起谈论另外一位客户粗鲁无理，这位护理员应该

- A. join in the conversation 参加到谈论中
- C. be quiet and not say anything to the other personal care aides 不说任何话
- B. suggest that this is not the place to discuss the client 提醒他们不要在这种场合讨论
- D. return to the unit and tell the client what was said 回去告诉这个客户

34. The personal care aide enters a client's room, and the client states that he has chest pain. What should the personal care aide do? 当护理员进入客户房间时，他报告说他胸痛，这时候护理员应该：

- B. Tell the client to get out of bed for awhile 要求客户离开床一会
- C. Tell the client that the pain will go away soon 告诉客户一会就不痛了
- A. Call 911 打电话给 911
- D. Ignore the client's statement 当做没听见

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

35. A client is upset and crying over the recent death of her husband. How should the personal care aide respond? 一位客户变得很悲伤哭泣因为她的先生最近去世了，护理人员应该怎样回应？

- A. Tell her not to cry because it will make her feel sad 告诉她不要哭因为这会让她更伤心
- B. Close the door and leave the client to cry alone 关上门让她自己哭
- D. Sit with the client and allow her to talk about her feelings 跟她坐在一起让她抒发心里的话
- C. Take the client to an activity to help her forget her husband 带她去参加活动来忘掉先生

36. While assisting a client with denture care the personal care aide observes that the upper plate is cracked. The personal care aide SHOULD: 当护理人员清洁一位客户的假牙时，发现上颚有裂缝，这时应该：

- A. clean the dentures and return them to the client's mouth 清洁以后放回客户嘴里
- C. call the dentist and make an appointment 打电话给牙医预约
- B. Notify the client 告诉客户
- D. Call 911 打电话给 911

37. The personal care aide can BEST show that he is listening to the client by: 护理人员怎样表现出他仔细倾听客户的说话：

- A. changing the subject frequently 不停地转换话题
- C. correcting the client's mistakes 纠正客户的错误
- B. responding when appropriate 做出合适的回应
- D. directing the conversation 引导谈话内容

38. The BEST time to prepare for a disaster is: 准备迎接灾害的最好时机是：

- A. after the disaster 灾害以后
- B. during lunch 中午时间
- D. before it happens 灾害发生之前
- C. when the client is safely in bed 当客户安全躺在床上时

39. Reporting of abuse or maltreatment should occur when: 什么时候应该报告关于虐待和不公正待遇的问题：

- A. anytime you have reason to suspect abuse or maltreatment has taken place 任何时候只要怀疑有虐待或者不公平待遇的事发生
- B. when you actually witness it 当你目击时
- D. all the above 以上发生时都应该报告
- C. when the client tells you they are being hurt or mistreated 当客户告诉你他们被伤害时

40. The follow is considered abuse: 以下哪一项可以认为是虐待：

ADVANCED HEALTHCARE PROFESSIONALS, INC.

7001 Corporate Drive, Suite 306A, Houston, Texas 77036

Tel (713) 271-8515 Fax (713) 988-6262

- A. withholding medications, food, water 药, 食物和水被扣留
- B. physically harming the client 身体伤害
- D. all the above 以上都是
- C. mentally harming the client 精神伤害

41. Who can accept a client complaint? 谁可以接受客户的投诉抱怨

- A. only the family 只有家人
- C. only the Administrator 只有行政主管
- B. anyone 任何人
- D. nobody it, must be in writing and mailed to the office 必须以书面形式寄到办公室

42. When the client voices a complaint you should? 当有客户投诉抱怨时, 你应该

- B. ignore the complaint or grievance and tell the client it will get better 忽视他的抱怨并告诉他事情会变好的
- C. tell the client to call the office you do not have permission to handle complaints 告诉客户打电话给办公室因为你没有权利处理投诉
- A. report complaints or grievances to Administrator or designee 报告给主管
- D. tell the client to tell the personal care aide on the next shift 告诉客户报告给下一位护理员

43. Which is considered client rights? 以下哪一项是被认为是客户的权利?

- A. the right to have personal, financial, and medical information kept private, and to be advised of the provider's policies and procedures regarding disclosure of such information; 有权利保护个人, 财产和医疗信息的隐私, 并被告知以上权利的信息
- B. the right to be told in advance of any change in the service plan and to take an active part in any change; 有权利被告知关于家庭看护服务的任何变化
- D. all the above 以上都是
- C. the right to refuse services or treatment; 有权利拒绝服务或者治疗

Employee Signature 护理员签字 _____ Date 日期: _____

Test Proctor: _____ Date 日期: _____

Score: %