

CESBA PROVINCIAL EXAM

VERSION 2

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NAME: _____ DATE: _____

- I. This examination is to be completed with pen or pencil only. No other aids (calculators, notes or texts) nor tutorial help are permitted.
- II. The maximum time allotted for the examination is two and one half (2 ½) hours (total).
- III. Answers to the questions are to be recorded on the provided bubble sheet.
- IV. Multiple or unclear answer markings will be marked as incorrect answers. No mark will be given for unanswered questions.
- V. There are 160 questions on the exam.
- VI. DO NOT begin the exam until instructed to do so.

GOOD LUCK!!

TRUE OR FALSE

Mark A for true. Mark B for false.

1. ____ Rehabilitation helps persons return to their highest level of physical and psychological functioning.
2. ____ Support workers supervise other support workers.
3. ____ Lying on your résumé is unethical.
4. ____ An otoscope is a lighted instrument used to examine the eye.
5. ____ Patients have the right to refuse treatment.
6. ____ The ball-and-socket joint allows movement in all directions.
7. ____ Male sex cells are called *sperm*.
8. ____ Development relates to physical changes that are measured and occur in a steady and orderly manner.
9. ____ Incontinence is normal for clients over 80 years of age.
10. ____ The use of bed rails is safe for patients who try to get out of bed without help.
11. ____ If you feel threatened in a person's home, you should leave and call your supervisor.
12. ____ Before giving care, the client is called by name to ensure accurate identification.
13. ____ To properly wash your hands, hold your hands and forearms higher than your elbows throughout the handwashing procedure.
14. ____ Using a transfer sheet to move a person up in bed reduces shearing and friction.
15. ____ Base of support is the area on which an object rests.
16. ____ Persons with spinal cord injuries are log-rolled.
17. ____ Mr. Jones hoards food in the drawer of his bedside stand. You must wait until he leaves the room and remove the food.

18. ____ When removing soiled linens, roll the linens toward you.
19. ____ Wash your hands before handling clean linens and after handling soiled linens.
20. ____ Hot water is used for cleaning dentures.
21. ____ Pressure injuries usually occur over bony areas.
22. ____ You never trim or shave a beard or moustache without the person's consent.
23. ____ Clothing is removed from the person's unaffected side first.
24. ____ Catheters treat the cause of urinary incontinence.
25. ____ Adhesive tape is used to secure condom catheters.
26. ____ The person is positioned in the right-side-lying position for a cleansing enema.
27. ____ When preparing meats, roasting, broiling, and baking are better than frying.
28. ____ Support workers are responsible for IV therapy.
29. ____ Axillary temperatures are more reliable than oral temperatures.
30. ____ Respirations are counted right after taking a pulse. The person should be unaware that you are counting respirations.
31. ____ If a person starts to fall, ease the person to the floor.
32. ____ Acute pain is felt suddenly and generally lasts less than 6 months.
33. ____ Changes in a person's usual environment can affect the amount and quality of sleep.
34. ____ The person will feel safer and more secure if you explain what you are doing and why.
35. ____ The client wears a robe and slippers when being weighed and measured.
36. ____ Burns are usually more severe and require emergency care when a person is over 50.
37. ____ Support workers are responsible for obtaining a person's written consent for surgery.
38. ____ A procedure should be explained to a client before it is started.
39. ____ Wound care involves preventing infection and preventing further injury.

40. _____ Soiled linen can be placed on the floor to avoid contact with clean linen.
41. _____ Moist cold applications slow blood flow.
42. _____ Altered function of any system affects the body's ability to meet its oxygen needs.
43. _____ Persons with breathing difficulties often prefer to sit up in bed and lean forward.
44. _____ Rehabilitation focuses on the person's disabilities.
45. _____ Hearing loss may cause speech problems.
46. _____ Surgery is the only treatment for cataracts.
47. _____ A malignant tumour grows slowly and does not invade healthy tissue.
48. _____ Traction is removed when making the person's bed.
49. _____ Unmet needs at any age affect personality development.
50. _____ Panic is the severest degree of anxiety.
51. _____ Acute confusion is usually permanent.
52. _____ Persons with Alzheimer's disease and related dementias (ADRD) can stop agitated and rude behaviours if they choose to.
53. _____ People with developmental disabilities will require constant support throughout their lives.
54. _____ Wheat bags or beanbags provide moist heat.
55. _____ Do not leave a baby unattended on a table, bed, sofa, high chair, or other high surface.
56. _____ A vaginal discharge during the postpartum period is a sign of infection.
57. _____ Basic life support procedures are aimed at restoring breathing and circulation.
58. _____ Choking can lead to cardiac arrest.
59. _____ Internal bleeding is easily controlled by applying direct pressure to the bleeding site.
60. _____ Attitudes about death are strongly influenced by culture and religion.

61. _____ The right to privacy and the right to be treated with dignity and respect apply after death.

62. _____ The root of a word contains the word's basic meaning.

MULTIPLE CHOICE

Circle the BEST answer.

63. A health care agency or program for persons who have a terminal illness is:

- a. Case management
- b. Hospice
- c. Managed care
- d. A preferred provider organization

64. The goal of the health care team is to:

- a. Provide quality care
- b. Make money
- c. Provide case management
- d. Assign tasks and responsibilities

65. If a fire occurs, which of these steps should be done first?

- a. Use a fire extinguisher to put out the fire.
- b. Close all doors and windows.
- c. Sound the nearest fire alarm.
- d. Move persons who are in danger to a safe place.

66. Which is the best way to prevent child abuse?

- a. Closed-circuit camera monitoring
- b. Providing ongoing support for parents

- c. Isolation
 - d. Being an older parent
67. The best behaviour for a support worker when feeding a client is:
- a. Telling a resident the value of each type of food
 - b. Appearing patient and calm
 - c. Feeding one kind of food before starting another
 - d. Talking about the client's family without knowing if they visit
68. The stiffness or rigidity of skeletal muscles that occurs after death is called:
- a. Rigor mortis
 - b. Postmortem
 - c. Peristalsis
 - d. Muscle spasms
69. Which of the following people is most likely marginalized?
- a. A school-age child
 - b. A gay, 70-year-old man
 - c. A 40-year-old married man
 - d. A 40-year-old single man
70. You are ill and cannot come to work. Which is correct?
- a. Call a coworker to report your illness.
 - b. Do not call anyone. You are sick and need your rest.
 - c. Call your supervisor.
 - d. Call the administrator.

71. Which is not allowed while you are on your meal break?
- Making personal phone calls
 - Meeting family members at your workplace
 - Leaving the unit after informing the nurse you are taking your break
 - Taking a few extra minutes to return
72. Which is correct when recording on a client's chart?
- Use abbreviations that you would normally use when texting your friends.
 - Record only what you observed, did, and heard from the client yourself.
 - Use a pencil in case you make a mistake.
 - Record using full sentences.
73. Which of the following would be described as a symptom?
- Sleeping soundly
 - Smiling and laughing
 - Pain
 - Pulse rate of 78
74. Which statements about recording are true?
- Save time by charting a procedure before it is completed.
 - Record your opinions about the client and the care received.
 - Skip a line between each written line.
 - Use the client's exact words when possible.
75. The values, language, and beliefs of a group passed from one generation to the next is:
- Self-actualization
 - Religion

- c. Culture
- d. Holism

76. Which statement about holistic client care is true?

- a. A person's culture rarely influences health and illness practices.
- b. Food practices are not related to culture.
- c. A person may not follow all of the beliefs and practices of their religion or culture.
- d. A person's religious and cultural practices are not allowed in the health care agency.

77. The basic unit of body structure is:

- a. An organ
- b. A cell
- c. Tissue
- d. Mitosis

78. The substance in red blood cells that carries oxygen and gives blood its colour is:

- a. Protoplasm
- b. Plasma
- c. Hemoglobin
- d. Leukocytes

79. Besides hearing, the ear is involved with:

- a. Regulating body movements
- b. Balance
- c. Smoothness of body movements
- d. Controlling involuntary muscles

80. Which best describes sudden infant death syndrome (SIDS)?
- The unexpected death of a 2-year-old
 - The unexpected death of a 6-month-old
 - The sudden death of a 6-month-old with a heart condition
 - The sudden death of a 2-year-old with a heart condition
81. Reproductive organs begin to function and secondary sex characteristics appear during:
- Late childhood
 - Preadolescence
 - Puberty
 - Early adulthood
82. A client refuses a bath. What should you do first?
- Call the client's family
 - Get help and give the bath
 - Try to determine the cause for the refusal
 - Report the refusal to the nurse
83. A death of a partner results in the loss of a:
- Friend
 - Lover
 - Companion
 - All of the above
84. Who decides how to style a client's hair?
- The client
 - The nurse

- c. The support worker
- d. The family

85. Paralysis on one side of the body is called:

- a. Hemiplegia
- b. Paraplegia
- c. Coma
- d. Quadriplegia

86. A restraint attached to the person's body and a stationary object is a (an):

- a. Chemical restraint
- b. Environmental restraint
- c. Physical restraint
- d. Full bed rail

87. You are caring for an infant and young children. Which measure is unsafe?

- a. Checking children in cribs frequently
- b. Keeping one hand on a child in a crib if you need to look away
- c. Propping a baby bottle on a rolled towel or blanket
- d. Keeping plastic bags away from children

88. An infection acquired after admission to a health care agency is a:

- a. Communicable disease
- b. Health care-associated infection
- c. Viral infection
- d. Hepatitis infection

89. Masks prevent the spread of microbes from the client's:
- Gastrointestinal tract
 - Skin
 - Respiratory tract
 - All of the above
90. When cleaning equipment, which step is correct?
- Clean from the dirtiest area to the cleanest.
 - Wash the item with soap and cold water.
 - Wear latex gloves.
 - Rinse the item in cold water before cleaning.
91. The back-lying position is the:
- Sims' position
 - Semi-Fowler's position
 - Supine position
 - Prone position
92. To provide visual privacy for clients, you must remember to:
- Provide care with the room door open
 - Ask the client's roommate not to look
 - Reach under the covers for cleaning the client's perineal area so as to keep the client covered at all times
 - Always pull the curtain completely around the person's bed when care is given

93. Which of the following measures is least effective for preventing or reducing odours?
- Placing fresh flowers in the room
 - Emptying bedpans promptly
 - Using room deodorizers
 - Ensuring the client's good personal hygiene
94. Mrs. Smith is being bathed and will return to bed after her bath. What type of bed should you make?
- A closed bed
 - A surgical bed
 - An open bed
 - An occupied bed
95. Good oral hygiene:
- Prevents mouth odour and infection
 - Is done only once a day
 - Is not important for unconscious persons
 - Allows buildup of tartar and plaque
96. The name for hair loss is:
- Hirsutism
 - Pediculosis
 - Alopecia
 - Decubitus

97. Which of the following statements about foot care is correct?
- a. Feet are rarely infected and injured.
 - b. Assistive personnel use scissors to cut toenails.
 - c. Soiled feet and socks harbour microbes.
 - d. Cleaning toenails is easier when feet are dry.
98. What is correct in regard to Mrs. Molinski's indwelling catheter care?
- a. Keep the drainage bag below the bladder.
 - b. The tubing should be placed over the bed rail.
 - c. Attach the drainage bag to the bed rail.
 - d. The catheter should be changed daily.
99. You are instructed to strain Mr. Xiao's urine. You know that straining urine is done to find:
- a. Hematuria
 - b. Stones
 - c. Nocturia
 - d. Urgency
100. Mrs. Harvey complains of abdominal discomfort. Watery stool has been leaking from her rectum. This is probably:
- a. Diarrhea
 - b. Anal incontinence
 - c. A fecal impaction
 - d. Constipation

101. You note a black, tarry stool. This is called:

- a. Melena
- b. Feces
- c. Hemostool
- d. Occult blood

102. The breathing of fluid or an object into the lungs is called:

- a. Gavage
- b. Aspiration
- c. Dysphagia
- d. Regurgitation

103. Which vegetable is not allowed on a 1000 mg sodium diet?

- a. Steamed carrots
- b. Steamed broccoli
- c. Sauerkraut
- d. Lettuce

104. Fats, oils, and sweets:

- a. Should be consumed in moderate amounts
- b. Are low in calories
- c. Should be consumed sparingly
- d. Have great nutritional value

105. A person is bleeding from an intravenous (IV) site. You should:

- a. Remove the IV catheter or needle
- b. Apply direct pressure

- c. Call for the registered nurse (RN) immediately
- d. Apply a dressing to the site

106. A person with a persistent blood pressure measurement above 140/90 has:

- a. Bradycardia
- b. Hypertension
- c. Hypotension
- d. Anxiety

107. What should you do when taking a blood pressure?

- a. Place your stethoscope over the client's brachial artery
- b. Wrap the cuff gently over the client's clothing
- c. Pump up the cuff as high as it will go and release the air very slowly
- d. Take the blood pressure in the arm with an IV infusion

108. Muscle atrophy is:

- a. The abnormal shortening of a muscle
- b. Bending backward
- c. A decrease in the size or a wasting away of the muscle tissue
- d. Excessive straightening of a body part

109. Mr. Bélanger has an ankle brace. You notice a reddened area on the ankle bone when you remove the brace. You should:

- a. Put a bandage on the reddened area
- b. Massage the reddened area
- c. Report your observation to the nurse
- d. Do all of the above

110. Passive range-of-motion exercises are performed by:

- a. The client
- b. A health care team member
- c. The person with the assistance of another
- d. All of the above

111. Which of the following measures will best promote sleep?

- a. Following bedtime rituals
- b. Drinking alcoholic beverages at bedtime
- c. Exercising vigorously just prior to bedtime
- d. Doing a leisure activity like playing a video game

112. Which statement regarding sleep is correct?

- a. Voluntary muscle activity increases during sleep.
- b. Tissue healing and repair occur during sleep.
- c. Napping should always be avoided.
- d. Ill and injured persons need as much sleep as healthy persons do.

113. A person with dementia is being admitted to a long-term care facility. Which statement is correct?

- a. Family members are asked to leave to help the person adjust.
- b. The admission process is completed as quickly as possible.
- c. The person's confusion may increase in new surroundings.
- d. All of the above.

114. Mr. Lopez is confused. He resists your efforts to get him dressed for the day. Which is correct?

- a. You may need to dress him another time.
- b. He is restrained if necessary.
- c. Ask the nurse to medicate him.
- d. His rights are respected.

115. You prepare the room for the client's return from a weekend visit with family by:

- a. Making an open bed
- b. Cleaning and organizing the room
- c. Lowering the bed to the lowest position
- d. Raising the bed rails

116. Mr. Long's analgesic medication was given to relieve his arthritis pain. Your responsibility includes:

- a. Documenting the medication given
- b. Giving the medication to Mr. Long
- c. Reporting to the nurse if the pain is not relieved after one hour
- d. Explaining to Mr. Long how the medication works

117. An open wound on the lower legs and feet caused by poor return blood flow from veins is called:

- a. A stasis ulcer
- b. An arterial ulcer
- c. A pressure ulcer
- d. A thrombus

118. You are changing a non-sterile dressing. Before you begin:

- a. Review the procedure with the nurse
- b. Allow pain medications time to take effect
- c. Collect all needed equipment and supplies
- d. Do all of the above

119. The skin and underlying tissues were pierced by accident with a sharp object. This is:

- a. A puncture wound
- b. An incision
- c. A contusion
- d. An abrasion

120. Hypothermia is a:

- a. Very low body temperature
- b. Bluish discoloration of the skin
- c. Very high body temperature
- d. Moist cold application

121. Which guideline for bathing a client is correct?

- a. Clean the perineum first.
- b. Encourage the resident to help.
- c. Rub the skin dry.
- d. Use cool water at all times.

122. Identify the measure that supports oxygenation.

- a. Allowing the client to rest in the same position for 4 hours
- b. Encouraging coughing and deep-breathing exercises

- c. Assisting the client to use an incentive spirometer
- d. Positioning the client in the semi-Fowler's position

123. Hypoxia is:

- a. A deficiency of oxygen in the blood
- b. The amount of hemoglobin that contains oxygen
- c. A deficiency of oxygen in the cells
- d. The lack of carbon dioxide

124. Rehabilitation begins when the person:

- a. Leaves the hospital
- b. Enters a subacute care rehabilitation program
- c. Seeks health care
- d. Goes home with home health care

125. Mr. Juarez does not feel that he is making progress with his rehabilitation. He is angry. You should:

- a. Tell him that being angry will only make things worse
- b. Try to understand his feelings and offer support
- c. Change the subject and try to cheer him up
- d. Call his doctor

126. Mr. Beesla's rehabilitation begins with preventing:

- a. Angry feelings
- b. Contractures and pressure injuries
- c. Illness and injury
- d. Loss of self-esteem

127. To communicate with the speech-impaired person, you should:

- a. Listen and give the person your full attention
- b. Ask the person to repeat or rephrase if necessary
- c. Watch the person's lips move
- d. Do all of the above

128. Which is the correct measure to take when caring for a person with a hip fracture?

- a. Keep the operated leg adducted at all times.
- b. Give good skin care once a day.
- c. Perform range-of-motion exercises once a day.
- d. Prevent external rotation of the hip.

129. The human immunodeficiency virus (HIV) is spread by:

- a. Sneezing
- b. Insects
- c. Unprotected oral sex
- d. Holding hands

130. A person has angina pectoris. Which is true?

- a. Damage to the heart muscle occurs.
- b. The pain is described as crushing, stabbing, or throbbing.
- c. The pain is relieved with rest and nitroglycerin.
- d. All of the above.

131. A person has cystitis. This is:

- a. A kidney infection
- b. Kidney stones

- c. A urinary tract infection
- d. An inflammation of the bladder

132. Mr. Jansen is 75 years old. His daughter notices that he is agitated, has poor grooming, and complains of not sleeping and feeling tired all the time. These are signs and symptoms of:

- a. Aging
- b. A phobia
- c. Abusive personality
- d. Depression

133. Agitated and restless behaviour may be the result of:

- a. Pain or discomfort
- b. Too many stimuli
- c. Lack of sleep
- d. All of the above

134. Mr. Lao has dementia. *Dementia* describes:

- a. A false belief
- b. A loss of memory caused by changes in the brain
- c. Seeing, hearing, or feeling something that is not real
- d. A disease that causes progressive loss of balance and coordination

135. A congenital defect of the spinal column is known as:

- a. Cerebral palsy
- b. Spina bifida
- c. Hydrocephalus
- d. Epilepsy

136. The person with epilepsy has:

- a. Seizures
- b. Diplegia
- c. Athetoid
- d. Spastic movements

137. Mike has difficulty breathing. This is called:

- a. Apnea
- b. Dyspnea
- c. Orthopnea
- d. Eupnea

138. Mr. Dawson has dementia, and today, he is demonstrating sexually aggressive behaviours.

The behaviour may be:

- a. An attempt to prove he is still attractive and able to perform sexually
- b. Due to confusion and disorientation
- c. Done on purpose
- d. All of the above

139. Which action is correct when bottle-feeding a baby?

- a. Hold the baby close to you and relax.
- b. Prop the bottle and lay the baby down.
- c. Leave the baby alone with the bottle.
- d. Burp the baby every 10 minutes.

140. Which correctly describes how to ensure that 2-month-old Zach sleeps safely?

- a. Zach's bedroom door should be closed at all times to keep out noise.
- b. Zach should be positioned on his back for sleep.
- c. Zach should have a pillow for sleep.
- d. One of Zach's crib rails should be up at all times.

141. Emergency care of burns includes:

- a. Leaving the burns open to the air
- b. Removing the person from the fire or burn source
- c. Putting butter or oil on the burned skin
- d. Calling for someone to provide basic life support if needed

142. Which of the following is true about "do not resuscitate" (DNR) orders?

- a. They can be written by the nurse or doctor.
- b. They are ordered for clients who are not expected to recover.
- c. Family can never make this decision.
- d. If a client is not mentally able to make the decision, the nurse does.

143. The person's legal written statement about the use of life-sustaining measures is called:

- a. A power of attorney
- b. A "do not resuscitate" order
- c. A living will
- d. Hospice care

144. The prefix "ab" means:

- a. Toward
- b. Against

- c. Double
- d. Away from

145. Multivitamins are an example of:

- a. Prescription medication
- b. Generic medication
- c. Over-the-counter medication
- d. A metered dose inhaler

146. Which of the following is a regulated profession?

- a. Support worker
- b. Speech-language pathologist
- c. Respiratory therapist
- d. Dietitian

147. Mr. Willard is moving to another province. Which aspect of the *Canada Health Act* (1984) governs his right to keep his health care coverage?

- a. Public administration
- b. Universality
- c. Accessibility
- d. Portability

148. Mrs. Tremaine has a broken arm. This is an example of a:

- a. Persistent illness
- b. Disability
- c. Illness
- d. Acute illness

149. Which statement is true about delegation?

- a. A support worker can delegate to another support worker.
- b. You may be delegated a task for an acutely ill patient.
- c. You will always have supervision.
- d. You will be supervised and monitored before doing the task alone.

150. When should handwashing using soap and water be practised instead of using waterless alcohol-based hand sanitizers?

- a. When switching from one client to another
- b. When visible soiling is present on the hands
- c. After making a bed
- d. After feeding a client

151. The suffix *-itis* means:

- a. Inflammation
- b. A condition
- c. Paralysis
- d. Pain

152. An example of when Ms. Drew, a support worker, should call her supervisor is:

- a. When the daily routine has gone smoothly
- b. When she observes her client acting strangely
- c. When she wants to gossip
- d. When her clothes get wet from the rain

153. Michaela is a support worker and chooses to care only for residents who are the same nationality as her. This is an example of unethical behaviour and her not upholding which principle of health care ethics?

- a. Autonomy
- b. Beneficence
- c. Justice
- d. Nonmaleficence

154. Which is a true statement about a substitute decision maker?

- a. This is also known as *power of attorney*.
- b. Decisions cannot include those that have to do with property.
- c. This can only be a spouse.
- d. This person overrides the client's wishes and makes his or her own decisions.

155. Which is a true statement about older persons?

- a. In older men, testosterone increases.
- b. Sexual needs disappear.
- c. Urine is less concentrated.
- d. Women usually live longer than men.

156. Moving a body part toward the midline of the body is:

- a. Extension
- b. Adduction
- c. Abduction
- d. Rotation

157. One of the major functions of vitamin C is:

- a. Blood clotting
- b. Wound healing
- c. Formation of red blood cells
- d. Normal elimination

158. Frequent urination at night is referred to as:

- a. Nocturia
- b. Olyguria
- c. Polyuria
- d. Glucosuria

159. When a client with dementia keeps repeating the same behaviour, the support worker should:

- a. Secure the unit
- b. Ignore the client
- c. Distract the client from the act
- d. Do anything it takes to make the client stop

160. Falls by older persons who live at home are best prevented by:

- a. Reducing clutter from pathways
- b. Reducing bright lighting
- c. Providing daily safety classes for older persons
- d. Preventing older persons from living by themselves