

Continuing Care Assistant Practice Exam

There are 50 multiple-choice questions on the practice exam, each worth 1 point.

The practice exam is based on 1/3 of the CCA Certification Exam Blueprint. The actual CCA Certification Exam has 150 multiple-choice questions. Try completing the practice exam in 40 minutes which is 1/3 of the time available for the Certification Exam.

Each Certification Exam, as does the practice exam, contains a variety of questions that are considered easy, medium or difficult. Each question has a difficulty score (Angoff score) determined by subject-matter experts (CCAs and CCA supervisors). The difficulty scores of all questions are totaled and averaged to determine a pass mark for the individual exam. The pass mark for the practice exam is 78%.

Before taking the practice exam, review *Tips for Answering Multiple Choice Questions*, as well as the *Exam Preparation Tips* document.

Read each question carefully. Choose the *best* answer. Use the corresponding Answer Key to validate your answers.

Remember to relax. Good luck!

1. What are the most appropriate alternatives to physical restraints?
 - A. Changing the person's habits and routines
 - B. Using a mitt restraint so the person cannot hurt themselves
 - C. Using activities that occupy the person's time and energy
 - D. Isolating the person from other people and family

2. What is metabolization?
 - A. The passage of a drug from the site of administration into the bloodstream
 - B. Chemical reactions that convert a drug from smaller molecules into waste products
 - C. The process through which medication enters and is absorbed by the body
 - D. The course the drug takes through the bloodstream to the body tissues at the intended site of action

3. Which statement is true about growth?
 - A. It results from psychological and social functioning
 - B. It results from learned behaviour and maturation
 - C. It refers to acquiring new skills
 - D. It is measurable and orderly

4. When receiving oral care an unconscious person is at risk for:
 - A. Aspiration
 - B. Plaque formation
 - C. Emphysema
 - D. Periodontal disease

5. Mr. Williams has paralysis of both legs. How should his activities of daily living (ADL) be managed?
 - A. Done entirely by the nurse
 - B. Done by him to the extent possible
 - C. Supervised by a physiotherapist
 - D. Postponed until he regains use of his legs

6. What is the best position for a person in order to promote defecation?
 - A. Semi-Fowler's
 - B. Fowler's
 - C. Lateral
 - D. Sims'

7. If a person is having a seizure, what is the first thing a CCA should do?
 - A. Run for help
 - B. Insert a tongue depressor
 - C. Protect person from injury
 - D. Apply a restraint

8. If a person is diagnosed with congestive heart failure, which task would be most as part of the person's care?
 - A. Measure weight monthly
 - B. Apply elastic stockings as per care plan
 - C. Encourage participation in an hour-long daily exercise program
 - D. Encourage fluids levels at 2000 ml per day

9. How can a CCA best provide support to the client and family?
 - A. Giving advice
 - B. Being respectful
 - C. Offering solutions
 - D. Acting sympathetic

10. Which statement best describes how CCAs should handle linen?
 - A. Apply gloves before handling clean linen
 - B. Collect linen in order of use
 - C. Return unused linen to the linen closet
 - D. Place dirty linen on the floor near the person's bed

11. When employed by a person under self-managed care, which of the following guides the practice of a CCA?
 - A. Employer's policies and procedures
 - B. Scope of employment
 - C. Delegated tasks
 - D. Scope of practice

12. Which of the following would be an example of assisting with medications?
 - A. Putting a medicated cream on person's skin and having them rub it in
 - B. Putting an inhaler in a person's mouth and pressing to expel the medication so they can inhale it
 - C. Opening a medication bottle and handing it to person
 - D. Putting a tablet in a person's hand so they can take it

13. What is a responsibility of the CCA when a person is receiving oxygen therapy?
 - A. Adjust the flow meter
 - B. Ensure the nasal cannula or facial mask is clean
 - C. Turn off the oxygen so the person can go for a walk
 - D. Decide if a nasal cannula or a face mask is more appropriate

14. Mrs. Brown has injured her right arm. How should the CCA best assist her to change her nightgown?
 - A. Put the clean gown on the left arm first
 - B. Support the right arm while removing the gown
 - C. Remove the gown from the right arm first
 - D. Remove the gown over the head

15. What is the most common cause of COPD (Chronic Obstructive Pulmonary Disease) ?
 - A. Dust and chemical fumes
 - B. Allergies
 - C. Medications
 - D. Smoking

16. Which person is most likely to contract MRSA during a stay in an acute care setting?
- A. 10 year old child
 - B. Older adult
 - C. Healthy adult
 - D. Person allergic to antibiotics
17. Which of the following should a CCA do when assisting a visually impaired person at meal time?
- A. Feed the person from the left side
 - B. Place his food and beverages directly in front of him
 - C. Explain the location of food and beverages on his tray
 - D. Let him remove the covers on the food
18. Which of the following statements is most accurate of mental illness?
- A. It can be caused by a combination of factors
 - B. It requires frequent hospitalization
 - C. It is always debilitating
 - D. Only the elderly are affected
19. What is the correct medical term represented by the abbreviation "PO"?
- A. After meals
 - B. By mouth
 - C. Per order
 - D. Before meals
20. If a person loses interest in eating, what should the CCA do?
- A. Offer them smaller portions
 - B. Offer finger foods
 - C. Offer liquid diet
 - D. Offer to feed them

21. Twenty-year-old Timothy is unable to develop any meaningful relationships and bonding with others. Which of Maslow's Needs is Timothy unable to meet?
- A. Self-esteem
 - B. Love and belonging
 - C. Safety and security
 - D. Physical
22. What should the CCA do when shaving a person's face?
- A. Use electric razor
 - B. Apply alcohol based after-shave lotion
 - C. Use safety razor
 - D. Follow routine practices
23. Which of the following actions should be avoided if a person is experiencing a manic episode?
- A. Encouraging rest
 - B. Arguing with person
 - C. Offering clear, limited choices
 - D. Providing a calm environment
24. When a person has a scheduled or continuous feeding tube, how should the CCA best assist them?
- A. Flush the tube after the feeding is finished
 - B. Offer frequent mouth care
 - C. Give the first dose of a tube feed
 - D. Test the position of the tube
25. What does cyanosis indicate?
- A. Fluid in the tissues
 - B. Renal failure
 - C. Liver disease
 - D. Lack of oxygen

26. What is the best practice when completing care setting management tasks?
- A. Tell the person you do not have time to visit
 - B. Complete the easy tasks first
 - C. Work as fast as possible to finish on time
 - D. Use your time wisely
27. What should the CCA do if they arrive at person's home at 0800 and find that the pills for supertime and bedtime for that day are missing from the dosette?
- A. Contact supervisor and fill out an incident report
 - B. Fill the dosette
 - C. Ignore and continue on with tasks
 - D. Speak with the person and get them to fill dosette
28. When the CCA leaves the person's home in a neat and orderly condition, which compassionate care principle is promoted most clearly?
- A. Dependence
 - B. Independence
 - C. Integrity
 - D. Dignity
29. What is important to remember when a CCA is communicating with a person she/he is caring for?
- A. Touch the person before speaking to them
 - B. Being silent is a sign of disrespect
 - C. Non-verbal communication is important
 - D. Always communicate loudly so they can hear
30. Which of the following is true about good oral hygiene?
- A. It is not important for good overall health
 - B. It does not impact nutritional status
 - C. It prevents mouth odor and infection
 - D. It is performed once per day

31. What is the proper term for not meeting a child's needs for affection and attention?
- A. Physical Abuse
 - B. Emotional Abuse
 - C. Financial Abuse
 - D. Aggressive Abuse
32. What are delusions of persecution?
- A. Falsely exaggerated beliefs about one's importance, talents, or wealth
 - B. Extreme suspicion about a person or situation
 - C. False beliefs that one is being mistreated, abused or harassed
 - D. False beliefs about their surroundings or environment
33. Which of the following is one of the classic symptoms of diabetes?
- A. Loss of appetite
 - B. Weight gain
 - C. Excessive thirst
 - D. Decreased urination
34. What is important to remember when a person is receiving a heat application to his shoulder?
- A. Remove the heat application after one hour
 - B. The skin should be checked frequently for redness
 - C. Heat is to be applied directly to the skin
 - D. Heat causes constriction of the blood vessels
35. What should the CCA do when ambulating a person from the bed to a chair, but halfway there, the person says, "I feel faint" and starts to fall?
- A. Carry the person back to bed
 - B. Grasp the person by the waist and drag them to the chair
 - C. Support the person to prevent the fall
 - D. Ease the person to the floor

36. Labels on food sold in Canada must include which of the following pieces of information?
- A. The color and size of the food
 - B. A list of ingredients in order of proportion
 - C. The generic name of the product
 - D. A statement about the quality of the food
37. What is the correct position of the leg after a fractured hip surgery?
- A. Adducted
 - B. Extended
 - C. Abducted
 - D. Flexed
38. How does Human Immunodeficiency Virus (HIV) spread?
- A. Saliva
 - B. Breast milk
 - C. Toilet seats
 - D. Sneezing
39. What is the purpose of bed cradles?
- A. To prevent the mattress from sagging
 - B. To prevent plantar flexion
 - C. To keep the hips abducted
 - D. To keep the weight of top linens off the feet
40. What is the proper medical term for a reduced amount of oxygen in the cells?
- A. Dyspnea
 - B. Hypoxia
 - C. Angina
 - D. Emphysema

41. What does the care plan contain?
- A. Goals and interventions
 - B. Person's response to treatment
 - C. Daily vital signs
 - D. Medications and treatments
42. Which arteries are most affected during a heart attack?
- A. Collateral arteries
 - B. Coronary arteries
 - C. Main arteries
 - D. Pulmonary arteries
43. What is the main focus of the health care team?
- A. Complete all tasks as quickly as possible
 - B. Meet all of the person's demands
 - C. Provide competent and quality care to the person
 - D. See as many people as possible in one day
44. Thickened liquids are given to clients diagnosed with which of the following conditions?
- A. Dysarthria
 - B. Dyspnea
 - C. Dysuria
 - D. Dysphagia
45. Which of the following statements about urinary incontinence is incorrect?
- A. New urinary incontinence should always be investigated
 - B. Functional urinary incontinence is not due to problems with the urinary system
 - C. Stress, neurogenic, functional, and overflow are all forms of urinary incontinence
 - D. Urinary incontinence occurs as a normal age related change

46. What is the most important nutrient necessary for life?
- A. Calcium
 - B. Vitamin A
 - C. Water
 - D. Vitamin C
47. What is urine incontinence?
- A. Inability to control the passage of urine
 - B. Frequent urination
 - C. Difficulty in passing urine
 - D. Need to urinate immediately
48. The principles or values that guide us in deciding what is right and wrong conduct are called:
- A. Torts
 - B. Civil laws
 - C. Ethics
 - D. Public laws
49. Jim becomes angry at the staff for "not caring for Philip properly". Which strategy may assist Jim with his concerns?
- A. Direct Jim to file a complaint to the administrator
 - B. Provide personal care when Jim is not visiting
 - C. Designate one CCA to provide all care
 - D. Involve Jim in the care planning process
50. If a person has poor grooming, is agitated, not sleeping, and appears sad, these may be signs of what condition?
- A. Anorexia nervosa
 - B. Aging
 - C. Depression
 - D. Schizophrenia