**Competency Test: Skilled Congregate Living Health Facility**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Section 1: Multiple Choice (1 point each)**

1. **What is the primary purpose of a congregate living health facility?**  
   A) Provide general community housing  
   B) Offer skilled nursing care to patients with acute or chronic conditions  
   C) Deliver outpatient surgical services  
   D) Serve as a retirement home
2. **Which of the following is a high-alert medication?**  
   A) Acetaminophen  
   B) Insulin  
   C) Amoxicillin  
   D) Ibuprofen
3. **What is the minimum handwashing time recommended to reduce the spread of infections?**  
   A) 5 seconds  
   B) 10 seconds  
   C) 20 seconds  
   D) 30 seconds
4. **What is the first step in managing a patient experiencing respiratory distress?**  
   A) Administer medication  
   B) Call for emergency services  
   C) Position the patient to optimize breathing  
   D) Start CPR immediately

**Section 2: True/False (1 point each)**

1. **Skilled congregate living facilities are only for elderly patients.**  
   True / False
2. **All clinical staff must follow universal precautions to prevent the spread of infectious diseases.**  
   True / False
3. **It is acceptable to use abbreviations in medical documentation without clarifying their meaning.**  
   True / False
4. **Oxygen therapy can be administered without a physician's order in emergencies.**  
   True / False

**Section 3: Short Answer (3 points each)**

1. **List three critical components of infection control in a skilled congregate living facility.**
2. **Describe the steps for transferring a patient safely from a bed to a wheelchair.**

**Section 4: Practical Application (5 points each)**

1. **Scenario 1:** A patient has a blood glucose level of 60 mg/dL and is showing symptoms of hypoglycemia. Outline the immediate actions you would take.
2. **Scenario 2:** A patient falls in the hallway and is conscious but complaining of hip pain. What steps should you take to ensure their safety and document the incident properly?

**Answer Key**

**Section 1: Multiple Choice**

1. **B) Offer skilled nursing care to patients with acute or chronic conditions**
2. **B) Insulin**
3. **C) 20 seconds**
4. **C) Position the patient to optimize breathing**

**Section 2: True/False**

1. **False**
2. **True**
3. **False**
4. **True**

**Section 3: Short Answer**

* + Proper hand hygiene
  + Use of personal protective equipment (PPE)
  + Regular disinfection of surfaces and equipment
* Explain the process to the patient.
* Position the wheelchair close to the bed, lock the wheels, and remove footrests.
* Assist the patient to a sitting position on the bed.
* Apply a transfer belt if needed.
* Help the patient stand, pivot, and sit in the wheelchair with support.

**Section 4: Practical Application**

* Administer a fast-acting carbohydrate (e.g., juice, glucose tablets).
* Recheck blood glucose levels after 15 minutes.
* Notify the healthcare provider if symptoms persist.
* Ensure the patient does not move and call for additional help.
* Assess for injuries and provide immediate first aid.
* Document the incident, including the patient’s condition, location, and witnesses.
* Notify the healthcare provider and family if needed.

**Additional Questions**

**Multiple Choice (20 Questions)**

1. **What is the normal range for adult blood pressure?**  
   A) 80/40 mmHg  
   B) 120/80 mmHg  
   C) 140/90 mmHg  
   D) 100/70 mmHg
2. **Which of the following is a key sign of dehydration?**  
   A) Clear urine  
   B) Increased saliva production  
   C) Dry mucous membranes  
   D) Warm, moist skin
3. **When documenting in a patient's chart, you should always:**  
   A) Use white-out to correct errors  
   B) Document facts objectively  
   C) Include personal opinions  
   D) Skip minor details
4. **The acronym RACE for fire safety stands for:**  
   A) Remove, Alarm, Contain, Extinguish  
   B) Rescue, Alert, Control, Escape  
   C) Run, Act, Contain, Exit  
   D) Respond, Activate, Call, Evacuate
5. **What is the most effective way to prevent the spread of infection?**  
   A) Wearing gloves at all times  
   B) Proper hand hygiene  
   C) Disinfecting surfaces weekly  
   D) Isolating all patients
6. **What is the correct angle for administering an intramuscular injection?**  
   A) 15 degrees  
   B) 45 degrees  
   C) 90 degrees  
   D) 120 degrees
7. **Which of the following is NOT a type of pressure ulcer?**  
   A) Stage 1  
   B) Stage 4  
   C) Stage 5  
   D) Unstageable
8. **When a patient is NPO, they are:**  
   A) Receiving a soft diet  
   B) Not allowed to eat or drink  
   C) Only allowed liquids  
   D) Allowed a regular diet
9. **The best way to confirm nasogastric (NG) tube placement is:**  
   A) Listening for air over the stomach  
   B) Observing the patient’s comfort level  
   C) Checking pH of gastric contents  
   D) X-ray confirmation
10. **Which is a symptom of sepsis?**  
    A) Slow heart rate  
    B) Low blood pressure  
    C) Normal respiration rate  
    D) Normal body temperature
11. **A patient with dementia becomes agitated. What is the first action you should take?**  
    A) Administer a sedative  
    B) Redirect their attention  
    C) Restrain the patient  
    D) Call the physician
12. **What is the proper position for a patient in shock?**  
    A) Trendelenburg  
    B) Supine  
    C) High Fowler's  
    D) Prone
13. **What is the primary goal of hospice care?**  
    A) Prolong life at all costs  
    B) Provide curative treatment  
    C) Enhance comfort and quality of life  
    D) Treat all illnesses aggressively
14. **When taking a manual blood pressure, the cuff should be placed:**  
    A) Directly over the elbow  
    B) Above the brachial artery  
    C) Over the wrist  
    D) On the forearm
15. **What is the first step in wound care?**  
    A) Apply an antiseptic  
    B) Wash hands and put on gloves  
    C) Cover the wound with a dressing  
    D) Remove any debris
16. **HIPAA regulations are primarily focused on:**  
    A) Facility cleanliness  
    B) Patient safety during emergencies  
    C) Protecting patient privacy and data  
    D) Medication administration
17. **Which patient condition is a contraindication for administering aspirin?**  
    A) Hypertension  
    B) Diabetes  
    C) Peptic ulcer disease  
    D) Asthma
18. **When handling biohazardous materials, you should:**  
    A) Use PPE and dispose of them in regular trash  
    B) Double-bag all materials  
    C) Follow your facility’s protocols and use biohazard containers  
    D) Sterilize them before disposal
19. **Which body system is most affected by immobility?**  
    A) Cardiovascular  
    B) Respiratory  
    C) Musculoskeletal  
    D) Digestive
20. **When transferring a patient with a gait belt, the belt should be placed:**  
    A) Around the neck  
    B) Low on the hips  
    C) Snugly around the waist  
    D) Over the shoulders

**True/False (15 Questions)**

1. **Clinical staff can share patient information with family members without consent.**  
   True / False
2. **An incident report should be completed whenever a patient falls.**  
   True / False
3. **All medications must be administered exactly as prescribed without exception.**  
   True / False
4. **Patients with bedsores should be repositioned every two hours.**  
   True / False
5. **Food allergies should be verified and documented upon patient admission.**  
   True / False
6. **Use of PPE is optional when interacting with patients on contact precautions.**  
   True / False
7. **Documentation must be completed immediately after providing care.**  
   True / False
8. **An oxygen concentrator can be placed within one foot of a heat source.**  
   True / False
9. **Only licensed nurses are responsible for ensuring a patient’s safety.**  
   True / False
10. **Expired medications can still be used if the patient consents.**  
    True / False
11. **DNR orders should always be verified before initiating CPR.**  
    True / False
12. **Patients have the right to refuse medication.**  
    True / False
13. **Clinical staff should wash hands before and after donning gloves.**  
    True / False
14. **Diabetic patients should be monitored closely for signs of hyperglycemia and hypoglycemia.**  
    True / False
15. **The head of the bed should be elevated during enteral feedings.**  
    True / False

**Short Answer (10 Questions)**

1. **Describe three interventions to prevent pressure ulcers in bedridden patients.**
2. **Explain the proper procedure for double-checking high-alert medication dosages.**
3. **What steps should you take if you notice a coworker not following infection control protocols?**
4. **Describe the signs and symptoms of a urinary tract infection (UTI).**
5. **List three common complications of immobility and how to prevent them.**
6. **Explain how to safely assist a patient with dysphagia during meals.**
7. **What should you do if you accidentally document incorrect information in a patient's chart?**
8. **How do you handle a patient refusing treatment that is critical for their condition?**
9. **Describe the procedure for reporting suspected abuse of a patient.**
10. **What steps are required when transferring a patient from a facility to a hospital?**