



Tertiary and Vocational Education Commission
Knowledge Assessment – August 2023
Caregiver
National Vocational Qualification Level 04



Time: 03 Hours

Instructions for the Candidates

- Answer all Questions
- In each of the questions from 1 to 50, pick the one of the alternatives (a), (b), (c), (d) which you consider is correct or most appropriate.
- Mark a cross (x) on the number corresponding to your choice in the answer sheet provided.
- This question paper consists of 07 pages

Part 1

1. Oral hygiene includes following organ;
 - a) Teeth
 - b) Tongue
 - c) Gum
 - d) All of the above
2. A caregiver is caring for a 75 year old patient with acute heart failure. To maintain personal hygiene of the patient on 3rd day, , what type of bath should you consider?
 - a) Bed bath.
 - b) Towel bath.
 - c) partial bath
 - d) Shower bath
3. When you are caring for a diabetic patient with thick discolored nails, how do you clean the nails?
 - a) Clean the nails with warm water.
 - b) Clean the nails with clean cloth.
 - c) Wash, trim and file the patient's nail
 - d) Request the services of a podiatrist.
4. A caregiver is caring for a female patient who met with an accident and with fractured arm. How should you care for the patient's hair?
 - a) Brush the hair for a longer time
 - b) Start combing the hair from the crown.
 - c) Tie the hair in to a bun.
 - d) Brush the hair slowly and carefully.
5. A caregiver is caring for an elderly patient with reduce mobility. She requested to clean her eye glass. Which of the following method used to clean the eye glass?
 - a) Cleaned eye glass by running tepid water over both sides and dry woolen cloth
 - b) Clean by running water and dry paper tissue.
 - c) Cleaned eye glass by running tepid water over both sides and dry using dryer
 - d) Cleaned eye glass by running tepid water over both sides and dry soft cloth.

6. A caregiver obtained a patient's pulse and found the rate is below normal. Caregiver document this finding as;
 - a) Tachypnea
 - b) Hyper pyrexia
 - c) Bradycardia.
 - d) Tachycardia
7. Which of the following action the caregiver takes to use a wide base support when assisting a patient to get up in a chair?
 - a) Bend at the waist and place arms under the patient's arms and lift.
 - b) Face the patient, bend knees and place hands on patient's forearm and lift
 - c) Spread his or her feet apart
 - d) Tighten his or her pelvic muscle
8. The patient had oral surgery following an accident. His skin warm and flushed. Which method is best to check patient's body temperature?
 - a) Oral
 - b) Axillary
 - c) Rectal
 - d) Groin
9. A patient who is unconscious needs four hourly mouth cares. When performing a mouth care, the best position is;
 - a) Fowler's position
 - b) Side lying
 - c) Supine
 - d) Head low
10. An older patient hospitalized for the first time. As a caregiver, which of the following action ensure the safety of the patient?
 - a) Keep unnecessary furniture out of the way.
 - b) Keep the side rails up at all time.
 - c) Keep the light on all the time.
 - d) Keep all the equipment out of view.
11. Which of the following belong to Maslow's hierarchy of needs?
 - a) Love and belonging
 - b) Physiologic needs
 - c) Self-actualization
 - d) All of the above
12. Which of the following is the main role of the caregiver?
 - a) To help maintain personal hygiene
 - b) Caring for who needs help daily activities
 - c) To help maintain wellness.
 - d) Teach patient to be effective health consumer.
13. Home care center caregiver must verify the patient's identity before administration of medication. Which of the following is the safest way to identify the patient?
 - a) Check the room number.
 - b) Check the patient's identification band,
 - c) Ask the patient his name and address with guardian.
 - d) Readout the patient's name loud and the have the patient repeat it.

14. The caregiver prepares to administer sublingual medication. The medicine should be placed is;
- On the patient's skin
 - Under the patient's tongue
 - Between the patients' cheeks and gum.
 - On the patient's tongue.
15. You have to administer the enema. The suitable position for this procedure is;
- Prone
 - Supine.
 - Dorsal recumbent.
 - Sims left lateral
16. Back care is best described as;
- Washing of the back
 - Caring for the back and massage.
 - Apply cream to the back.
 - Application of hot compression on the back side
17. Which of the following is the most important purpose of hand washing?
- To provide comfort.
 - To avoid touching the patient with dirty hands.
 - To prevent the transfer of microorganism
 - To promote health.
18. Before preparing an occupied bed. It is need to explain to the patient the need for bed linen arrange
- To provide privacy
 - To prevent spread of dust
 - To ensures patient's safety
 - To facilitates patient co-operation
19. The most important purpose of cleansing bed bath is to;
- To cleanse, refresh, and give comfort to the patient
 - To develop skill in bed bath.
 - To relieve pain.
 - To develop interpersonal relationship
20. All the flowing are essential standard precautions used in the care of all patients irrespective of whether they are diagnosed infectious or not, **except** one;
- Hand hygiene
 - Improper sharps and waste disposal
 - Personal protective equipment
 - Aseptic technique
21. All the following are patients' responsibilities **except**;
- Following hospital rules and regulations
 - Complying with instructions
 - Providing information
 - Give different kind of care

22. When you performing perineal care for a female patient best position for this procedure is;
- Left lateral
 - Supine.
 - Dorsal recumbent position
 - Prone
23. For a healthy adult, which of the following vital sign indicates as an abnormal finding?
- Blood pressure 120/80 mmHg
 - Pulse 60 per minute
 - Respiration 14 per minute.
 - Body temperature 38⁰C
24. A care giver is caring for a patient with difficulty in breathing. Which of the following position allows for exchange of greater volume air?
- Supine position
 - Fowlers position
 - Sim's position
 - Left lateral
25. When you are assessing a patient's pulse rate, you have noticed pulse rate less the 60 per minute. How do you record?
- Tachycardia
 - Tachypnea
 - Bradycardia
 - Bradypnea
26. Lack of oxygen in the blood stream is
- Hypoxemia
 - Asphyxia
 - Anoxia
 - Cyanosis
27. Blue or grey skin or lips called;
- Anoxia
 - Cyanosis
 - Acidosis
 - Asphyxia
28. The total cessation of breathing is called;
- Apnea
 - Bradypnea
 - Orthopnea
 - Tachypnoea
29. Inflammation of the mucous membrane of the mouth is;
- Stomatitis
 - Gastritis
 - Cheilosis
 - Enteritis

30. Hospital-acquired infection is known as;
- Droplet infection
 - Opportunistic infection
 - Nosocomial infection
 - Contamination
31. How can you recognize vein bleeding?
- Blood flows equally out of the wound
 - Blood flows with pulses out of the wound
 - Blood flows slowly out of the wound
 - Blood flows very slowly
32. What causes Anaphylactic shock?
- Choking
 - Insect sting or spider bites
 - 3rd degree burn
 - Stroke
33. When you are attending first aid, your first action is;
- Check for breathing
 - Check for external injuries
 - Speak to the victim and shake his shoulders
 - Check for vital signs
34. When you provide care, your patient experiences short period fainting attack. The priority action you should take is;
- Speak to victim and administer painkillers
 - Let's the victim remain in the chair.
 - Lay down the victim, reassure, and provide fresh air
 - Shake the patient
35. When you are providing support walk for an aged patient with sight loss;
- Never let him to move here and there.
 - Provide the support needed and record it
 - Tell him to wait available to guide him.
 - Let him to walk freely.
36. Jaundice is defined as;
- High bilirubin in urine
 - Yellow discoloration of the skin, mucous membrane and sclera
 - Yellow discoloration of skin
 - Yellow discoloration of the urine.
37. Which of the following is **not** a sign of severe dehydration in children?
- Lethargy or unconsciousness
 - Fast recovery of skin pinching
 - Inability to drink or poor drinking
 - Sunken eyes

38. An immediate complication of a 3.8 kg newborn born to a mother with gestational diabetes mellitus (GDM) is;
- Hypertension
 - Hypotension
 - Hyperglycemia
 - Hypoglycemia
39. The commonest complication of mumps in children is;
- Orchitis
 - Arthritis
 - Myocarditis
 - Stomatitis
40. Special education is needed for children with special needs because;
- Not all students learn the same way
 - Low achiever needs to be separated
 - Children with disability cannot study in normal school
 - Special children are different
41. Low birth weight means;
- Baby born before term
 - Birth weight is 2.8 kg
 - Birth weight less than 2.5 kg
 - Birth weight less than 3.5 kg
42. For which of the following reasons would a nurse inform the mother that the pill should be taken at the same time each day for the mother using oral contraceptives?
- Decrease the incidence of nausea.
 - Maintain hormonal levels
 - Reduce side effects
 - Prevent drug interactions
43. Which of the milestone develop first
- Mirror play
 - Crawling
 - Creeping
 - Finger grasp
44. Which of the following indicators is used for growth monitoring?
- Height for age
 - Head circumference
 - Weight for age
 - Height for weight
45. Breast feed children are less likely to have;
- Diarrhea
 - Ear infection
 - Pneumonia
 - All of the above

46. Which is the most important hormone your body uses to make breast milk?
- a) Estrogen
 - b) Prolactin
 - c) Progesterone
 - d) Insulin
47. How can you tell if the baby is getting enough milk when breastfeeding?
- a) Baby use at least 6 wet diapers a day
 - b) Baby has several bowel movements each day
 - c) Baby steadily gain weight
 - d) All of the above
48. Which of the following skills are important in developing and maintaining interpersonal relationships?
- a) Observation skills
 - b) Reporting skills
 - c) Communication skills
 - d) Health education skills
49. As compared to cow's milk, human milk has;
- a) More protein
 - b) Less carbohydrate
 - c) More iron
 - d) Less of vitamins
50. Reproductive organs attain maturity during;
- a) Menstruation
 - b) Gestation period
 - c) Adolescence period
 - d) None of the above

(01 x 50 = 50 marks)



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Instructions for the Candidates

- Answer five (05) questions including question number one (01) (Question number one (01) is compulsory and total number of questions should be answered is five (05)).
- Answer the questions in the spaces provided in the same question paper
- This question paper consists of 06 pages.

Part 2

1.

- i). List down the six (06) purposes of bed making

(03 marks)

- ii). Ms. Silva, an 80-year-old client, was admitted to the Elderly Care Center with a large wound on her left big toe. The wound is gray in color and smells bad and she is told it's painless. You have been assigned as Mrs. Silva's caregiver, and explain how you would prepare the environment for this patient according to the following topics.

- a) Bed

(02 marks)

- b) Unit and surrounding area

(03 marks)

- c) Wash room

(02 marks)

2.

i). List four (04) common types of poison.

(02 marks)

ii). State four (04) major routes in which poisons may enter the body.

(02 marks)

iii). List out four (04) types of dangerous insects.

(02 marks)

iv). Insect stings can be progressed in to allergic conditions and can lead to anaphylaxis condition. Explain in brief Anaphylaxis in brief.

(02 marks)

v). List your first aid for the above situation.

(02 marks)

3.

i). Explain the meaning of pediculosis.

(02 marks)

ii). List out four (04) dangers of pediculosis

(04 marks)

iii). You are the care provider in a caregiving center. List out four (04) prevention measures to protect patients from cross infection.

(04 marks)

4.

i). Mrs. Perera was discharged, after normal vaginal delivery. She has one year and six-month-old child already. Her mother cannot help her; therefore, she needs a caregiver. On the second day, she complained that she is fainted and bleeding. As a caregiver, you noticed her bleeding is not normal. Identify this condition and briefly explain.

(03 marks)

ii). List out two (02) causes related to this condition.

(01 marks)

iii). State two (02) responsibilities of yours in caring for this mother.

(02 marks)

iv). State six (06) benefits of breast milk, for baby and mother.

a) For baby

b) For mother

(04 marks)

5.

i). Define “infant”

(02 marks)

ii). Explain how you introduce solid foods to an infant.

(03 marks)

iii). List out how you provide creative or educational toys and games.

(03 marks)

iv). State most suitable age for toilet training

(02 marks)

6.

i). List out problems of an older person according to the following topics

a) Physical changes

(02 marks)

b) Mental changes

(02 marks)

c) Social changes

(02 marks)

ii). State why are recreational activities important for older adults

(01 marks)

iii). State care of dying patient and after death.

a) Dying patient

(1.5 marks)

b) After death

(1.5 marks)