Annual Update Mandatory Competency Post Test

Section 1: HIPAA

1. HIPAA is an acronym for Health Insurance Portability and Accountability Act enacted in 1996 by the Federal government.
   a. True
   b. False

2. HIPAA’s intent is to reduce fraud and abuse, improve quality and efficiency of healthcare, protect the privacy and security of patient health information, and reduce administrative cost.
   a. True
   b. False

3. Validating fax numbers and available recipients is NOT necessary under HIPAA.
   a. True
   b. False

4. Examples of protected health information include name, address, social security number and date of the birth.
   a. True
   b. False

5. Protecting health information requires cautious use of medical records, sign-in sheets, and taking of medical histories.
   a. True
   b. False

Section 2: OSHA, Infection Control/Back Safety/Life Safety/Emergency Preparedness

6. Material Safety Data Sheets (MSDS) contain the following information on chemicals:
   a. What the chemical is called and what is in it.
   b. What happens if you are affected by the chemical and what first aid steps to take.
   c. How to protect yourself and how to work safety with the chemical.
   d. All of the above.

7. OSHA requires that employers inform employees of hazardous chemicals that are in the work place which they may be exposed.
   a. True
   b. False
8. Chemicals enter the body through the following “routes of entry”:
   a. Lungs and skin.
   b. Swallowing and injection.
   c. A and B.
   d. None of the above.

9. Never use any container without a label describing its contents.
   a. True
   b. False

10. In the event of a blood or body fluid exposure:
    a. Complete an Occurrence Report.
    b. Notify your supervisor immediately for instruction.
    c. Follow up with your employee health representative.
    d. All of the above.

11. Standard Precautions mean that all body fluids are treated as potentially infections.
    a. True
    b. False

12. To prevent the spread of blood borne pathogens, you should:
    a. Wash your hands every time you remove your gloves.
    b. Change sharps containers when they are 2/3rds full.
    c. Dispose of all material contaminated with body fluids in a red bag.
    d. All of the above.

13. You must notify your supervisor if you are exposed to any infectious diseases, even if it occurred outside of the hospital.
    a. True
    b. False

14. To prevent the spread of tuberculosis:
    a. Wear a HEPA/N95 aspirator when caring for patients in special respiratory isolation.
    b. Complete your annual health screening.
    c. Notify your supervisor immediately in the event of an exposure.
    d. All of the above.
15. OSHA mandates that the employee notify Employee Health annually to be re-fit tested if which of the following has occurred:
   a. Employee experiences greater than 20 weight change.
   b. Employee now has facial hair.
   c. Significant dental work.
   d. Significant facial plastic surgery.
   e. Change of address.
   f. All of the Above.
   g. A,B,C and D.

16. Twisting your body when lifting a patient may result in a back injury.
   a. True
   b. False

17. Always ask for assistance when lifting or transferring a patient if there is any question on the patient’s ability to assist or if the patient is too heavy.
   a. True
   b. False

18. Electrical conductors include:
   a. People.
   b. Water or Damp floors.
   c. Metal.
   d. All of the above.

19. When working around electricity:
   a. Use a 3 prong plug as it prevents electricity from leaking though the wire.
   b. Inspect electrical equipment for damage before using.
   c. Take the equipment out of service if it is not working properly.
   d. All of the above.

20. Emergency care of an unresponsive patient is done in this order:
   a. Airway, breathing, circulation.
   b. Breathing, circulation, airway.
   c. Breathing, airway, circulation.
   d. Airway, circulation, breathing.
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21. You establish that a patient is unresponsive after calling ‘HELP’, which of these actions should you take:
   a. Sweep the patient’s mouth.
   b. Administer three quick breaths to the patient
   c. Open the patient’s airway and check for breathing.
   d. Check the patient’s pulse and initiate cardiopulmonary resuscitation.

Section 3: Risk Management: Patient Safety

22. A new patient safety initiative for 2005/2006 is:
   a. Reducing the risk of surgical fires.
   b. Completing your charting on time.
   c. Reducing the risk of influenza and pneumococcal disease in older adults.
   d. All of the above.
   e. A and C.

23. Healthcare workers are required to report suspected abuse.
   a. True
   b. False

24. How many patient identifiers should be used when talking samples, giving medications or blood products?
   a. 0
   b. 2 or more
   c. 4

25. One way to improve use of high alert medication is to remove these medications from patient care dose.
   a. True
   b. False

26. Medication related abbreviations have contributed to medical errors.
   a. True
   b. False
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27. Ways in eliminating wrong-site, wrong patient, wrong-procedure surgery include:
   a. Verification checklist process.
   b. Surgical sale marking.
   c. Timeout.
   d. A and C.
   e. B and C.
   f. A, B and C.

28. Research indicates that factors contributing to wrong site surgery include:
   a. Inadequate patient assessment.
   b. Emergencies.
   c. Use of abbreviations related to the surgical procedures, site or laterality.
   d. All of the above.

29. Hand washing with alcohol-based hand rubs is the best way to kill bacteria.
   a. True
   b. False

30. Refer to the Facility Policy prior to initiating a Restraint.
   a. True
   b. False

31. The least restrictive measure for restraining a patient must be used.
   a. True
   b. False

32. The licensed independent practitioner (LIP) order for restraints must specify: type of restraint, justification, date, time ordered and duration.
   a. True
   b. False

33. Complications of restraints include: poor circulation, pressure sores, increased agitation, and inability to sleep.
   a. True
   b. False
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34. A fall risk assessment includes client and environmental factors that contribute to falls.
   a. True
   b. False

35. The 7 rights of medication administration include: right dose, right medication, right patient, right route, right time, right education and right documentation scanned at point of administration.
   a. True
   b. False

Section 4: Population Competencies – Pain Management

36. Care given to all patients in the hospital is based on what is appropriate to their age and developmental level.
   a. True
   b. False

37. The experience of pain is influenced by:
   a. Sensory experiences.
   b. Cognitive abilities.
   c. Behavioral processes.
   d. All of the above.

38. Pharmacological intervention for pain management can include all of the following except:
   a. Opioid analgesics.
   b. Antibiotics.
   c. Non-opioid analgesics.
   d. Steroids.

39. Non-Pharmacological interventions for pain management are appropriate for:
   a. Carefully screened patient populations.
   b. Pediatric patient populations.
   c. Geriatric patient populations.
   d. All patient populations.

40. Pain management in geriatric patients:
   a. Is often complicated by treatments for coexisting diseases.
   b. Is impacted by diminished renal and liver function.
   c. Can be complicated by cognitive deficits.
   d. All of the above.
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41. Assess patients upon admission for actual or impending skin breakdown and note signs of impending breakdown, which include areas of discoloration, fluctuance (fluid filled feeling) and indurations.
   a. True
   b. False

42. Patients who have decreased mobility of any part of their body may be at risk for pressure sores in those locations.
   a. True
   b. False

Section 5: Risk Management/Chain of Command

43. Occurrence report cannot be filled out by an employee.
   a. True
   b. False

44. Critical thinking:
   a. Is purposeful thinking that is outcome oriented.
   b. Is based on nursing principles.
   c. Is a onetime thought process.
   d. A and B.

45. Chain of command is:
   a. A responsibility of the charge R.N.
   b. Continuing process of clarification with others.
   c. Reporting of unexpected outcomes.
   d. Physician having ultimate decision making authority.
   e. All of the above.
   f. B and C.

46. An Occurrence Report must be:
   a. Completed by the employee immediately.
   b. Given to the employee’s supervisor before the shift ends.
   c. Factual, report only what happened or saw.
   d. All of the above.
Section 6: Palliative Care/ End of Life Decisions and Cultural Competence

47. Individuals have the right to make medical decisions and to communicate those decisions through an advance directive.
   a. True
   b. False

48. End of life goals include:
   a. Keeping the patient comfortable.
   b. Addressing physical, emotional, spiritual, social and financial needs.
   c. Understanding the patient’s need to retain his or her dignity.
   d. Preserving the quality of life.
   e. Providing support and grief counseling.
   f. A, C and E.
   g. All of the above.

49. The reason why cultural competence is important in healthcare is because:
   a. There are healthcare disparities across cultures.
   b. Population demographics are changing.
   c. None of the above.
   d. A and B.

50. Hospitals must contract with an Organ Procurement Organization to address every potential donor of their option to donate or not to donate organs.
   a. True
   b. False

Section 7: Age Specific Competencies

51. Involving family in care can be helpful with patients of all ages.
   a. True
   b. False

52. It’s best not to talk about procedures or equipment with a toddler.
   a. True
   b. False
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53. Older children are not yet concerned about body changes.
   a. True
   b. False

54. Young adults evaluate information in terms of their experiences.
   a. True
   b. False

55. Young children will not be afraid of being apart from their parents.
   a. True
   b. False

56. It’s important to provide adolescents with privacy during teaching and procedures.
   a. True
   b. False

57. Middle adults are in a stable period of little change.
   a. True
   b. False

58. Adults ages 65 up may need to receive information more than once and in segments.
   a. True
   b. False

59. A young child may view an illness or procedure as punishment.
   a. True
   b. False

60. Always discourage activity in adults ages 80 and older to prevent injury.
   a. True
   b. False
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ANNUAL UPDATE MANDATORY COMPENTENCY TEST
ANSWER WORKSHEET

Name: ____________________________ Date: __________________

1. ___  16. ___  31. ___  46. ___
2. ___  17. ___  32. ___  47. ___
3. ___  18. ___  33. ___  48. ___
4. ___  19. ___  34. ___  49. ___
5. ___  20. ___  35. ___  50. ___
6. ___  21. ___  36. ___  51. ___
7. ___  22. ___  37. ___  52. ___
8. ___  23. ___  38. ___  53. ___
9. ___  24. ___  39. ___  54. ___
10. ___ 25. ___  40. ___  55. ___
11. ___ 26. ___  41. ___  56. ___
12. ___ 27. ___  42. ___  57. ___
13. ___ 28. ___  43. ___  58. ___
14. ___ 29. ___  44. ___  59. ___
15. ___ 30. ___  45. ___  60. ___

Total Score: ____________________
Passing Score: 48/60=80%