

BASIC HEALTH

Test Form A

Instructions: Choose the one best answer and mark it on the answer sheet provided. **PLEASE DO NOT WRITE ON THE TEST.**

1. What is the average adult oral temperature?
 - a) 96° -99° F
 - b) 94° -100° F
 - c) 98° -101° F
 - d) None of the above

2. Normal pulse rate for an adult is:
 - a) 48-60 beats per minute
 - b) 60-110 beats per minute
 - c) 50-100 beats per minute
 - d) None of the above

3. Your results of a blood pressure reading for a person living in your group home is 170/110. You do **not** need to report this finding, since it is within the normal range.
 - a) T
 - b) F

4. Person Centered Planning is doing whatever consumer requests regardless of health and safety issues.
 - a) T
 - b) F

5. First aid measures for generalized tonic clonic seizures include all of the following **except:**
 - a) Turn the person on their side
 - b) Loosen ties, collars & tight clothing
 - c) Protect from hazards
 - d) Restrain the person

6. Which of the following seizure activities must be documented and reported to the health care professional?
 - a) Persons experiencing first time seizures
 - b) Changes in frequency or type of seizures
 - c) A & B
 - d) None of the above

BASIC HEALTH

Test Form A

7. A generalized tonic clonic seizure is often mistaken for a:
 - a) Heart Attack
 - b) Stroke
 - c) Anxiety Attack
 - d) A & B

8. A person may have more than one type of seizure pattern.
 - a) T
 - b) F

9. Seizures are caused by abnormal electrical disturbances in the brain.
 - a) T
 - b) F

10. The most common drugs that cause allergic (anaphylactic) shock are antibiotics.
 - a) T
 - b) F

11. Signs and symptoms of **severe** allergic reaction may include:
 - a) Hives & intense itching
 - b) Wheezing
 - c) Loss of consciousness
 - d) Excessive bleeding
 - e) A,B,& C

12. Your accurate observation and recording of seizure activity provides valuable information for the physician or health care professional.
 - a) T
 - b) F

13. Common foods that frequently cause allergic reactions are:
 - a) Applesauce
 - b) Eggs
 - c) Nuts
 - d) Shellfish & seafood
 - e) B, C, & D

14. A "carrier" is a person who has noticeable signs & symptoms of a communicable disease.
 - a) T
 - b) F

BASIC HEALTH

Test Form A

15. Communicable diseases are caused by:
- a) Bacteria
 - b) Viruses
 - c) Fungi
 - d) Parasites
 - e) All of the above
16. Individuals are more likely to get a communicable disease when:
- a) They are vaccinated
 - b) They are eating a healthy diet
 - c) They are under stress
 - d) All of the above
17. The time period between getting an infection and developing symptoms of the illness is called the:
- a) The active period
 - b) The incubation period
 - c) The treatment period
 - d) The rehabilitation period
18. Signs and symptoms of a communicable disease may include any of the following except:
- a) Red, runny eyes
 - b) Cough
 - c) Swollen Glands
 - d) Black eye
 - e) Fever
19. Behaviors that place people at risk for developing Hepatitis B are:
- a) Using contaminated needles or syringes
 - b) Exposing yourself to cold and flu viruses
 - c) Sharing a razor and razorblade for daily personal grooming
 - d) Participating in unprotected sex with multiple partners
 - e) A,C & D
20. What is the **most** important measure to prevent **transfer of germs** from person to person?
- a) Getting plenty of rest and sleep
 - b) Frequent and proper hand washing
 - c) Wearing a gown and mask
 - d) Taking medication

BASIC HEALTH

Test Form A

21. People who are infected with the HIV virus or Hepatitis B virus can infect others as soon as:
- Immediately after becoming infected themselves.
 - After they have had the virus long enough to develop antibodies
 - After they have acute symptoms of HIV or Hepatitis B
 - After they have tested positive several times over a period of a year
22. Universal Precautions are a system of infectious disease controls, which assume that every contact with blood or body fluids is infectious.
- T
 - F
23. A clean, disposable plastic ear tip must be used for each person when using an ear thermometer to measure body temperature.
- T
 - F
24. To prevent a communicable disease from occurring, one must:
- Break all of the links in the infection chain
 - Break 2 of the 6 links in the infection chain
 - Break 1 of the six links in the infection chain
 - Break 50% of the links in the infection chain
 - None of the above
25. Place the following hand washing steps in the proper sequence.
1. Use a rotating friction rub, counting to 20
 2. Apply soap thoroughly, especially under nails and between fingers
 3. Dry thoroughly
 4. Rinse well under running water
 5. Turn water off with a towel
 6. Wet hands
 7. Interlace fingers & rub together
- 3,2,6,5,7,1,4
 - 6,2,1,7,4,3,5
 - 7,6,4,5,1,3,2
 - 1,3,2,4,5,6,7