JCAHO Competency Exam

Name: ___________________________ Date: ________________

**Back Safety**

1. The safest technique for pulling a patient up in the bed is:
   
   a. Position yourself at the head of the bed and pull up on the patient’s underarms.
   
   b. Ask a co-worker for assistance, position both of you on either side of the bed, inform the patient of your intentions, take a firm hold on the pull sheet, count “1-2-3-Pull” while keeping knees bent and back straight.
   
   c. Ask a co-worker for assistance, position both of you on either side of the bed, take a firm hold of the patient’s wrist and elbow, count “1-2-3-Pull”.

2. To control a falling patient:
   
   a. Pull up hard on the patient’s arm.
   
   b. Use one hand to grab the patient under the arm.
   
   c. Support a steady slide to the floor, make the patient comfortable and call for assistance.

**Hazardous Materials**

1. The Material Safety Data Sheet includes the following information in the Chemical Identification Section:
   
   a. ____________________________________________
   
   b. ____________________________________________
   
   c. ____________________________________________
   
   d. ____________________________________________

2. What should you do if you find an unlabeled container in the “dirty utility room” on the unit you are working?
   
   a. Open it and try to identify the contents by smelling it.
   
   b. Notify the charge nurse and the hospital’s Safety Department.
   
   c. Discard the contents by pouring it into the sink.
**Fire Safety**

1. Identify and define each of the steps in the RACE System:
   
   R _____________________________________________________________________________________________
   
   A _____________________________________________________________________________________________
   
   C _____________________________________________________________________________________________
   
   E _____________________________________________________________________________________________

2. Identify the four steps with regard to the use of fire extinguishers:
   
   a. ____________________________________________________________________________________________
   
   b. ____________________________________________________________________________________________
   
   c. ____________________________________________________________________________________________
   
   d. ____________________________________________________________________________________________

3. Water should be used on grease and hot oil fires:  ☐ TRUE  ☐ FALSE

4. Class C extinguishers can be used effectively on Class A & B fires.  ☐ TRUE  ☐ FALSE

5. If you notice a fire in a patient’s room, it is important to open all windows in order to let out all of the smoke from the room.  ☐ TRUE  ☐ FALSE

**Electrical Safety**

1. Identify two of the body’s defenses against electrical shock:
   
   b. ____________________________________________________________________________________________
   
   c. ____________________________________________________________________________________________

2. The proper way to disconnect equipment from and electrical outlet is to pull either the cord or the plug.  ☐ TRUE  ☐ FALSE

3. When using a defibrillator, apply a medium (i.e., electrode paste) to reduce the resistance of the skin.  ☐ TRUE  ☐ FALSE

4. Macroshock is defined as:  ____________________________________________________________

5. All equipment used in patient care areas must have _____ pins in the plug.

6. A CVP line inserted in a patient can eliminate the patient’s defenses against electrical shock.

7. A temporary pace maker terminal should be placed in a surgical glove and secured to the patient after it is inserted.  ☐ TRUE  ☐ FALSE
**TB Facts and Guidelines**

1. Tuberculosis is spread from person to person through the blood.
   - [ ] TRUE  [ ] FALSE

2. If you have a positive PPD skin test, retest annually using the Mantoux method.
   - [ ] TRUE  [ ] FALSE

**Universal Precautions**

1. Hand washing is one of the least effective ways of infection control practices.
   - [ ] TRUE  [ ] FALSE

2. Gloves should be worn when:
   - [ ] TRUE  [ ] FALSE
     - inserting an IV in a patient
     - feeding a patient
     - the health care worker has a cut on hand

3. When disposing of a used needle:
   - [ ] TRUE  [ ] FALSE
     - Recap the needle
     - Dispose of in a puncture resistant container
     - Remove the needle from the disposable syringe
     - Do not recap the needle
     - B & D

4. People infected with HIV or the Hepatitis B virus may not have any symptoms.
   - [ ] TRUE  [ ] FALSE

5. Transmission of blood borne viruses by infected patients can occur by the patient touching objects such as food or utensils and the contact involves no blood or body fluids.
   - [ ] TRUE  [ ] FALSE

6. Universal precautions only need to be applied when caring for patients with a known infection.
   - [ ] TRUE  [ ] FALSE

7. The only exposure that needs to be reported and needs to be followed up with medical treatment is a needle stick.
   - [ ] TRUE  [ ] FALSE

**Age Appropriate Care**

1. Identify your area of specialization:
   
   ________________________________________________________________
2. Identify the primary age group of the patients for whom you care. (List more than one if appropriate.)

3. Identify the period of life, core problem or crisis, and basic strength for the age group or groups for whom you care, according to Erickson’s development stages.

4. Identify two communication techniques to consider for your patient population.

5. Because of developmental changes, pain assessment can be very difficult. List two behaviors you may observe in your patient population that lead you to believe your patient is in pain.

Pediatric and Neonatal Care Area

1. Nutritional status is crucial to the recovery of pediatric patients. Define “BMR” and list three (3) factors known to affect it.

2. Because nutritional status can be dependent upon the hospital-related experience, identify the nutritional diagnosis and two (2) interventions for the following patients.

   Child requiring ventilatory support:

   Pediatric renal patient:
Adult Care Area

1. Identify two (2) clinical features that may help in distinguishing dementia from depression.

___________________________________________________________________________________________________
___________________________________________________________________________________________________

2. List one factor related to hospitalization that can be a cause of acute confusion in the aged patient.

Psysiologic: ______________________________________________________________________________________

Psychosocial: ______________________________________________________________________________________

Environmental: _____________________________________________________________________________________

3. Choose three (3) specific factors that add to acute confusion and list interventions as they relate to the contributing factor.

___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________

Red Pain Management Guidelines

1. Pain that has not responded to previous therapy or pain that is previously undiagnosed or untreated is:

   a. Chronic Pain
   b. Malignant Pain
   c. Non-Malignant Pain

2. Pain that last for an extended period of time in which onset may or may not be distinct is:

   a. Chronic Pain
   b. Malignant Pain
   c. Non-Malignant Pain

3. Which statement is True regarding opioid use?

   a. Opioids are considered the first choice for chronic-malignant pain.
   b. Opioid therapy may be considered when other analgesics are no longer adequate.
   c. Frequent follow up in not necessary for opioid therapy

4. All statement regarding pain in the elderly are true except:

   a. Elderly patients may worry about addiction and refuse pain medication, even if they are suffering.
   b. A pain scale should be developed for the elderly since personnel report of pain is the most reliable measure.
   c. The elderly have a greater risk for developing painful conditions as a result of evidence that suggests pain is a result of aging.
5. Opioids to avoid in the elderly include all **except**:
   a. Tylenol
   b. Demerol
   c. Darvon

6. What is the drug of choice for treatment of mild to moderate Pain?
   a. Demerol
   b. Morphine
   c. Tylenol

7. Monitoring for Chronic pain would include all of the following **except**:
   a. Ethnic, religious and cultural entities do not need to be considered when managing chronic pain.
   b. A comprehensive pain history will be performed for each new episode of pain, and a history of pain medication and therapies will be obtained.
   c. Reassessment of pain will be performed throughout the care process at intervals specific to hospital policy.

8. Which of the following is **not** true regarding Analgesic medications:
   a. Only one type of NSAID should be used at one time
   b. The elderly are more susceptible to peptic ulcers from daily use of NSAIDS.
   c. Analgesic dosing should be initially high and decreased as needed to avoid early side effects.

9. Non-Medication management of Chronic pain include:
   a. Active participation and motivation in group therapy
   b. Physical and occupational therapy
   c. Both A & B

10. Pain management education includes all of the following **except**:
    a. Do not explain side effects that will increase fears of addiction
    b. Explain to family and patient the importance of differentiating chronic and acute pain.
    c. Teach routine exercises such as splinting to decrease associated pain.

### Restraints

1. Regardless of any standard a restraint order must be written on the patient’s chart within on hour of restraint placement any time they are used.
   - [ ] TRUE   - [ ] FALSE

2. All restraint orders regardless of type used or standard are good for 24 hours.
   - [ ] TRUE   - [ ] FALSE

3. Assessments and documentation of assessments must be done every 15 minutes if restraints are placed on a patient for behavior management.
   - [ ] TRUE   - [ ] FALSE

4. A chemical restraint is defined as any medication that is classified as a tranquilizer.
   - [ ] TRUE   - [ ] FALSE
5. A patient’s disease process is one of the determining factors for use of restraints.
   - TRUE  - FALSE

6. Progressive use of restraint alternatives must be demonstrated through documentation prior to the placement of any type of restraint.
   - TRUE  - FALSE

7. A geri chair with the table locked into place would not be considered a restraint.
   - TRUE  - FALSE

8. A quick release knot must always be used and tied to an immovable part of the bed, such as the frame.
   - TRUE  - FALSE

9. The behavioral standard applies to a patient who has an unanticipated violent outburst, which puts the patient, the other patients, and staff at risk for harm.
   - TRUE  - FALSE

10. An order for a restraint used in a medical surgical patient is valid for 12 hours.
    - TRUE  - FALSE

**Cultural Diversity**

1. Define Cultural Diversity.

____________________________________________________________________________________________________
____________________________________________________________________________________________________

2. Define each of the steps in the LEARN Model for Cultural Diversity:

   L - ______________________________________________________

   E - ______________________________________________________

   A - ______________________________________________________

   R - ______________________________________________________

   N - ______________________________________________________

**Patients Rights and Responsibilities**

1. Name 5 patients rights: ______________________________________

____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
2. Name 3 responsibilities of patients.
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

3. Define the term Living Will.
____________________________________________________________________________________________________

____________________________________________________________________________________________________

Health Insurance Portability and Accountability Act (HIPPA)

1. The acronym HIPAA stands for Health Insurance Portability and Accountability ACT.
   □ TRUE  □ FALSE

2. HIPAA ensures that personal medical information you share with your doctor is easily accessible to whoever needs it.
   □ TRUE  □ FALSE

3. The acronym PHI stands for Protected Health Information.
   □ TRUE  □ FALSE

4. You are a covered entity if you are a healthcare provider, a health plan, a healthcare clearinghouse or a business associate with access to patient records.
   □ TRUE  □ FALSE

5. Any health information or patient information used or disclosed by a covered entity is considered PHI.
   □ TRUE  □ FALSE

6. PHI is used when it is shared, applied or released.
   □ TRUE  □ FALSE

7. PHI is disclosed when it is released, transferred or accessed by anyone outside the covered entity.
   □ TRUE  □ FALSE

8. You are permitted to use or disclose PHI for treatment, payment, and healthcare operations.
   □ TRUE  □ FALSE
9. A signed authorization is not needed for disclosure to third parties using information for marketing purposes.
   - TRUE   - FALSE

10. An authorization form can not be revoked by the patient once it is sign.
    - TRUE   - FALSE

11. PHI can be used/disclosed with patient agreement to inform family members of patient condition.
    - TRUE   - FALSE

12. PHI can be used/disclosed only with patient agreement in cases of abuse, neglect or domestic violence.
    - TRUE   - FALSE

13. The Minimum Necessary rule does not apply to healthcare providers.
    - TRUE   - FALSE

14. Patients have the right to notice concerning the use/disclosure of the PHI on the first day of service or as soon as possible after an emergency.
    - TRUE   - FALSE

15. The privacy notice must be available to the patient in print.
    - TRUE   - FALSE

16. The Privacy Rights grants healthcare workers rights over patient’s PHI.
    - TRUE   - FALSE

17. Parents always have privacy rights over children that are minors regardless of the situation.
    - TRUE   - FALSE

18. Violations of the HIPAA Privacy Rule can result in civil penalties from $100 up to $25,000 per year.
    - TRUE   - FALSE

19. Criminal penalties for knowingly disclosing PHI can reach up to $250.
    - TRUE   - FALSE

20. HIPAA Privacy Rule is everyone’s responsibility from our CEO to every healthcare associate within our organization.
    - TRUE   - FALSE