

☒ PCA TRAINING QUESTIONS

☒ ☒ Section 1: Role & Responsibilities of a PCA

1.

What is the primary goal of a Personal Care Assistant (PCA)?

- a) Provide emotional and physical support to clients
- b) Diagnose medical conditions
- c) Prescribe medications
- d) Supervise other nurses

2.

Which of the following tasks is **not** typically a PCA's responsibility?

- a) Assisting with bathing and grooming
- b) Administering medication without authorization
- c) Helping with mobility
- d) Observing and reporting changes in client condition

3.

True or False: A PCA must always follow the care plan designed by the nurse or supervisor.

☒ True ☒ False

4. List three daily living activities a PCA may assist with:

☒ Section 2: Communication Skills

5.

Effective communication involves:

- a) Speaking loudly and quickly
- b) Listening actively and responding clearly
- c) Ignoring nonverbal cues
- d) Using medical jargon only

6.

When a client refuses care, what should a PCA do first?

- a) Force the client to comply
- b) Notify the nurse or supervisor
- c) Ignore the refusal

d) Leave immediately

7.

Check all that apply – Good communication includes:

- ☐ Maintaining eye contact
 - ☐ Respecting privacy
 - ☐ Using simple language
 - ☐ Interrupting the client
-

☒ Section 3: Infection Control & Hygiene

8.

The most effective way to prevent infection spread is:

- a) Wearing gloves all day
- b) Frequent handwashing
- c) Using perfume to mask odors
- d) Changing clothes often

9.

True or False: Hand sanitizer can completely replace handwashing.

- ☐ True ☐ False

10.

Identify when handwashing is required (check all that apply):

- ☐ Before and after patient contact
 - ☐ After removing gloves
 - ☐ Before eating or handling food
 - ☐ After using the restroom
-

☒ Section 4: Safety & Emergency Response

11.

In case of a fire, what should a PCA do first?

- a) Try to extinguish the fire alone
- b) Rescue clients in immediate danger and activate the alarm (RACE)
- c) Collect belongings

d) Wait for instructions

12. What does the acronym **RACE** stand for?

13.

How should a PCA lift a client safely?

- a) Bend at the waist
 - b) Keep feet close together
 - c) Bend knees, keep back straight, lift with legs
 - d) Pull client using arms only
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☒ Section 5: Observation & Reporting

14.

Which of the following must be reported immediately?

- a) Minor clothing stain
- b) Change in skin color or breathing pattern
- c) Client preference for lunch
- d) Room temperature

15.

True or False: A PCA can document observations in the client's chart only if trained and authorized.

☒ True ☐ False

☒ Section 6: Elderly & Client Care

16.

When assisting an elderly client to walk, where should the PCA stand?

- a) Directly in front
- b) Behind and slightly to the side
- c) On the opposite side of weakness
- d) In another room

17.

What should a PCA do if a client falls?

- a) Immediately help them up
- b) Leave to find help
- c) Stay with the client, check for injury, and call for help
- d) Panic

18.

Check all that apply – PCA should promote client independence by:

- ☐ Allowing them to do tasks they can manage
 - ☐ Doing everything quickly for them
 - ☐ Encouraging small successes
 - ☐ Giving choices when possible
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☐ Section 7: Ethics & Confidentiality

19.

HIPAA protects:

- a) Workplace safety
- b) Patient health information privacy
- c) Food handling
- d) Employee scheduling

20.

True or False: Discussing patient conditions with friends or on social media is allowed if names are not used.

- ☐ True ☐ False

21.

Which of the following demonstrates professional behavior?

- a) Sharing gossip
 - b) Maintaining confidentiality
 - c) Ignoring care plans
 - d) Showing favoritism
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☐ Short Answer (Optional Assessment Section)

22. Explain how you would handle a situation where a client becomes aggressive.

23. Describe proper handwashing steps.

24.
What are the "5 Rights" of client care assistance?