

Georgia PCA Competency Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What should a PCA do if they observe unusual behavior in a patient during care?**
 - A. Report it to the nurse or supervisor**
 - B. Try to calm the patient themselves**
 - C. Document their feelings and move on**
 - D. Ignore and continue care**
- 2. High vitamin C foods are essential for which bodily function?**
 - A. Bone health**
 - B. Vision**
 - C. Immune support**
 - D. Digestion**
- 3. Which of the following actions is crucial when helping a patient with a limited ability to walk?**
 - A. Walking faster to improve mobility**
 - B. Using a heavy assistive device**
 - C. Staying close and providing support**
 - D. Encouraging the patient to walk alone**
- 4. What are IADLs, and how do they differ from ADLs?**
 - A. IADLs are Independent Activities of Daily Living; they are basic self-care tasks**
 - B. IADLs are Instrumental Activities of Daily Living; they support independent living tasks**
 - C. IADLs are Individual Activities of Daily Living; they require more supervision**
 - D. IADLs are Intermediate Activities of Daily Living; they are for seniors only**
- 5. Which emergency telephone number is most important for a Personal Care Assistant to have on hand?**
 - A. The patient's family doctor**
 - B. The local pharmacy**
 - C. The emergency medical squad**
 - D. A nearby hospital**

- 6. What should a PCA do in response to a patient expressing dizziness?**
- A. Offer encouragement**
 - B. Request that they stand up**
 - C. Observe and wait for a moment**
 - D. Help them lie down**
- 7. What is the correct response for a Personal Care Assistant when a patient is experiencing profuse bleeding?**
- A. Apply pressure and monitor the bleeding**
 - B. Apply pressure and call for assistance**
 - C. Immediately transport the patient to the hospital**
 - D. Wait for the bleeding to stop on its own**
- 8. In which of the following situations should gloves be utilized?**
- A. When the patient is calm**
 - B. When the patient is vomiting**
 - C. When the patient has a dry wound**
 - D. When the patient is stable**
- 9. What is one major risk when repositioning a patient?**
- A. Injury to the patient, such as skin tears or falls**
 - B. Increased patient satisfaction**
 - C. Burdening the healthcare team**
 - D. No risks are involved**
- 10. Which of the following actions is NOT permissible in patient care?**
- A. Apply a hot pack**
 - B. Change a sterile dressing**
 - C. Assist with change of a colostomy bag**
 - D. Administer medication**

Answers

SAMPLE

1. A
2. C
3. C
4. B
5. C
6. C
7. B
8. B
9. A
10. D

SAMPLE

Explanations

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1. What should a PCA do if they observe unusual behavior in a patient during care?

- A. Report it to the nurse or supervisor**
- B. Try to calm the patient themselves**
- C. Document their feelings and move on**
- D. Ignore and continue care**

When a PCA observes unusual behavior in a patient during care, the most appropriate action is to report it to the nurse or supervisor. This is crucial because healthcare professionals, like nurses and supervisors, are trained to assess, interpret, and respond to changes in patient behavior that may indicate underlying health issues or distress. Documenting or trying to manage the situation independently without involving qualified personnel could lead to unaddressed medical concerns or psychological issues, which could negatively affect the patient's well-being. Reporting ensures that the patient receives the necessary attention and support, enhancing their safety and care quality. By following the protocol of escalating concerns to a nurse or supervisor, the PCA contributes to a collaborative approach that is essential in healthcare settings for effective patient management.

2. High vitamin C foods are essential for which bodily function?

- A. Bone health**
- B. Vision**
- C. Immune support**
- D. Digestion**

High vitamin C foods play a crucial role in supporting the immune system. Vitamin C, also known as ascorbic acid, is an essential nutrient that helps stimulate the production of white blood cells, which are vital for fighting off infections. It also enhances the function of these cells and contributes to their ability to protect the body from pathogens. Additionally, vitamin C acts as a powerful antioxidant, neutralizing free radicals that can cause cellular damage and potentially lead to various health issues, including weakened immunity. A sufficient intake of vitamin C is associated with a lower risk of chronic diseases and enhanced overall health, making it particularly important for immune function. While vitamin C does have roles in other bodily functions, such as aiding in the absorption of iron and contributing to skin health through collagen production, its primary and most well-known association is with immune support, which is why this answer stands out as the most accurate.

3. Which of the following actions is crucial when helping a patient with a limited ability to walk?

- A. Walking faster to improve mobility**
- B. Using a heavy assistive device**
- C. Staying close and providing support**
- D. Encouraging the patient to walk alone**

Staying close and providing support is crucial when assisting a patient with limited mobility because it helps to ensure their safety and builds their confidence as they navigate walking. This supportive presence can prevent falls and facilitate a more secure walking experience. By being nearby, you can offer immediate assistance should the patient need help with balance or stability, which is essential for individuals who may be unsteady on their feet. Additionally, this approach fosters a supportive environment that can encourage the patient to engage in movement and practice walking, ultimately contributing to improved mobility over time. Providing emotional support is equally important, as it can encourage patients to push their limits safely while understanding they have help readily available if needed. This patient-centered approach is key in rehabilitation settings, where gradual progress can lead to increased independence and better outcomes in mobility.

4. What are IADLs, and how do they differ from ADLs?

- A. IADLs are Independent Activities of Daily Living; they are basic self-care tasks**
- B. IADLs are Instrumental Activities of Daily Living; they support independent living tasks**
- C. IADLs are Individual Activities of Daily Living; they require more supervision**
- D. IADLs are Intermediate Activities of Daily Living; they are for seniors only**

IADLs, which stand for Instrumental Activities of Daily Living, refer to the skills needed for independent living, such as managing finances, handling transportation, shopping for groceries, and preparing meals. These activities go beyond the basic self-care tasks that are classified as ADLs (Activities of Daily Living), which include fundamental needs like bathing, dressing, toileting, transferring, and eating. The key distinction lies in the complexity and the level of independence required; IADLs generally require more cognitive and physical ability as they support living independently in the community. This includes aspects of daily functioning that ensure an individual can manage their home and personal affairs safely and effectively. Recognizing this difference is crucial in fields such as healthcare, where assessments of a person's capability to perform these tasks can inform the level of support they may need. The other options misrepresent the definitions of IADLs, emphasizing incorrect conceptual frameworks or conflating them with concepts related to ADLs, thereby causing confusion regarding their real significance in daily living assessments.

5. Which emergency telephone number is most important for a Personal Care Assistant to have on hand?

- A. The patient's family doctor**
- B. The local pharmacy**
- C. The emergency medical squad**
- D. A nearby hospital**

Having the emergency medical squad's number readily accessible is crucial for a Personal Care Assistant. In situations where immediate medical attention is required due to a health crisis, such as a heart attack, stroke, or severe injury, contacting emergency medical services ensures that professional help can arrive as quickly as possible. These trained professionals are equipped to provide urgent care, transport the patient to a suitable medical facility, and stabilize their condition during the journey. While knowing the patient's family doctor, the local pharmacy, or a nearby hospital can be valuable for routine queries or healthcare management, they do not provide the same immediate response needed in emergencies. Contacting the emergency medical squad can activate the critical support systems necessary to address life-threatening situations, making it the most important number for a Personal Care Assistant to have on hand.

6. What should a PCA do in response to a patient expressing dizziness?

- A. Offer encouragement**
- B. Request that they stand up**
- C. Observe and wait for a moment**
- D. Help them lie down**

In a situation where a patient expresses dizziness, the most appropriate response is to observe and wait for a moment. This allows the PCA to assess the situation without putting the patient at further risk. Dizziness can have various underlying causes, and immediate actions such as asking the patient to stand up or offering encouragement may not be beneficial and could potentially exacerbate the issue. By observing, the PCA can monitor the patient's condition and determine if the dizziness persists or worsens. This also gives the PCA time to gauge any accompanying symptoms, such as signs of fainting, balance issues, or other distress indicators. Proper observation is crucial before deciding on an intervention to ensure the patient's safety. If the situation requires further action, the PCA can then help the patient lie down or seek additional assistance, but the initial step of observing is fundamental to ensuring the patient's well-being in this scenario.

7. What is the correct response for a Personal Care Assistant when a patient is experiencing profuse bleeding?

- A. Apply pressure and monitor the bleeding**
- B. Apply pressure and call for assistance**
- C. Immediately transport the patient to the hospital**
- D. Wait for the bleeding to stop on its own**

When a patient is experiencing profuse bleeding, applying pressure to the wound is crucial as it helps to control the bleeding. However, the situation demands more than just applying pressure. Calling for assistance is essential because profuse bleeding can lead to severe complications or even be life-threatening. When assistance is called for, medical professionals can arrive with the appropriate equipment and expertise needed to further manage the bleeding, determine the cause, and provide any necessary interventions. This dual action of applying pressure while simultaneously seeking help maximizes the chances of a positive outcome for the patient. In emergency situations, ensuring that someone with specialized training arrives promptly can be vital for patient survival and recovery. The other options may not adequately address the urgency of the situation: transporting the patient immediately without proper training might cause additional harm, and waiting for bleeding to stop on its own could lead to dangerous consequences.

8. In which of the following situations should gloves be utilized?

- A. When the patient is calm**
- B. When the patient is vomiting**
- C. When the patient has a dry wound**
- D. When the patient is stable**

Using gloves is essential in situations involving bodily fluids, such as when a patient is vomiting. Vomit can contain pathogens, bacteria, or other harmful substances that can pose a risk of infection or cross-contamination. Wearing gloves creates a barrier, protecting both the healthcare worker and the patient from the transmission of diseases. It is a standard practice in infection control protocols to don gloves when handling any material that could be considered biohazardous. In contrast, scenarios such as a calm patient, a patient with a dry wound, or a stable patient typically do not present the same level of risk for exposure to infectious agents, hence gloves might not be necessary in those cases.

9. What is one major risk when repositioning a patient?

- A. Injury to the patient, such as skin tears or falls**
- B. Increased patient satisfaction**
- C. Burdening the healthcare team**
- D. No risks are involved**

Repositioning a patient is a fundamental aspect of care in healthcare settings, particularly for individuals who are immobile or at risk for pressure ulcers. One major risk associated with repositioning is the potential for injury to the patient, such as skin tears or falls. Skin integrity can be compromised during repositioning if proper techniques are not utilized, leading to skin tears, bruising, or pressure injuries. Additionally, if the patient is not adequately supported or if safe transfer practices are not followed, falls can occur, further jeopardizing the patient's safety and well-being. This understanding emphasizes the importance of careful assessment and technique during repositioning processes to minimize these risks. Proper training and adherence to safety protocols are crucial to ensuring that patients are moved with care, thereby reducing the likelihood of adverse events related to their repositioning.

10. Which of the following actions is NOT permissible in patient care?

- A. Apply a hot pack**
- B. Change a sterile dressing**
- C. Assist with change of a colostomy bag**
- D. Administer medication**

In the context of patient care, administering medication is typically a task that requires specific training and regulatory oversight. While it's essential for healthcare providers to ensure patients receive the correct medication dosage at the right time, this responsibility usually falls under a licensed healthcare professional, such as a nurse or physician. Other tasks like applying hot packs, changing sterile dressings, or assisting with colostomy care are often within the scope of practice for trained medical assistants or nursing aides, provided they have received appropriate training and supervision. This delineation helps maintain high standards of patient safety and care quality, emphasizing the importance of adhering to roles and responsibilities defined within healthcare settings.