

TESDA Caregiving Practice Exam (Sample)

Study Guide



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Questions

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- 1. What is the first stage of the wound healing process?**
 - A. Maturation**
 - B. Clotting**
 - C. Rebuilding**
 - D. Hemostasis**
- 2. This refers to the process of using techniques to involve the client in a conversation beneficial to their well-being.**
 - A. Infection control**
 - B. Behavior management**
 - C. Social interaction**
 - D. Therapeutic communication**
- 3. What term describes the frequent passage of loose, fluid, unformed stools?**
 - A. Diarrhea**
 - B. Elimination**
 - C. Incontinence**
 - D. Constipation**
- 4. Which of the following is NOT a principle of infection control?**
 - A. Perform hand hygiene.**
 - B. Use avoidance procedures.**
 - C. Follow respiratory etiquette.**
 - D. Eat or drink in client or resident areas.**
- 5. What is considered normal blood pressure among the elderly?**
 - A. Greater than 120/80 mm Hg**
 - B. 120/80 mm Hg and below**
 - C. 120/80 mm Hg and up**
 - D. Less than 120/80 mm Hg**

- 6. This term refers to the act of exposing clients to different activities that will gradually return the clients' ambulation.**
- A. Progressive ambulation**
 - B. Body mechanics**
 - C. Muscle-strengthening exercises**
 - D. Active ROM exercises**
- 7. What is the recommended position for elevating a sprained ankle during treatment?**
- A. Above heart level**
 - B. At a 90° angle**
 - C. At a 45° angle**
 - D. Flat on the ground**
- 8. Which of the following is NOT part of the 5S system used in workspaces?**
- A. Sort**
 - B. Standardize**
 - C. Sustain**
 - D. Systemize**
- 9. Which type of thermometer uses infrared rays to measure temperature inside the ear?**
- A. Digital thermometer**
 - B. Tympanic thermometer**
 - C. App-based thermometer**
 - D. Temporal thermometer**
- 10. Which linen is used to provide warmth and serve as a barrier to other bed covers?**
- A. Rubber sheet**
 - B. Top sheet**
 - C. Bottom sheet**
 - D. Draw sheet**

Answers

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

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Explanations

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1. What is the first stage of the wound healing process?

- A. Maturation**
- B. Clotting**
- C. Rebuilding**
- D. Hemostasis**

The first stage of the wound healing process is hemostasis, which is the body's immediate response to an injury. This critical phase involves the constriction of blood vessels and the activation of platelets to form a clot, effectively stopping any bleeding. During hemostasis, signaling molecules are released to attract more platelets and initiate the healing cascade. This stage is vital as it not only minimizes blood loss but also sets the stage for subsequent stages of healing by forming a temporary barrier while the body begins to repair the damaged tissue. Following hemostasis, the inflammatory response occurs, leading to the rebuilding phase, but it all begins with the initial process of hemostasis, making it the correct answer in the context of wound healing.

2. This refers to the process of using techniques to involve the client in a conversation beneficial to their well-being.

- A. Infection control**
- B. Behavior management**
- C. Social interaction**
- D. Therapeutic communication**

Therapeutic communication is the process that specifically focuses on using techniques to engage clients in conversations that promote their well-being. This type of communication aims to create a supportive environment where the client feels heard, valued, and able to express their thoughts and feelings. It involves the use of active listening, empathy, and open-ended questions, all of which can encourage clients to share more about their experiences and concerns. In care settings, therapeutic communication is essential because it fosters trust between the caregiver and the client, allowing for a more effective sharing of information that can improve the client's mental, emotional, and sometimes physical health. This practice helps in identifying the client's needs and encourages their participation in their own care. Other options do not specifically relate to the process of engaging clients in beneficial conversation. Infection control pertains to methods of preventing the spread of disease, behavior management focuses on modifying actions, and social interaction refers to general interactions among individuals, none of which are centered specifically on enhancing a person's well-being through conversation as therapeutic communication does.

3. What term describes the frequent passage of loose, fluid, unformed stools?

- A. Diarrhea**
- B. Elimination**
- C. Incontinence**
- D. Constipation**

The term that describes the frequent passage of loose, fluid, unformed stools is diarrhea. Diarrhea can result from various factors including infections, dietary issues, or underlying health conditions. It is characterized by an increase in the frequency and decrease in the consistency of bowel movements, leading to discomfort and potential complications such as dehydration if not properly managed. Elimination refers to the overall process of expelling waste from the body and does not specifically address the characteristics of stool consistency or frequency. Incontinence pertains to the inability to control bodily functions, particularly the bladder or bowel, and is not solely defined by the nature of the stool passed. Constipation, on the other hand, describes infrequent or difficult bowel movements, contrasting with the loose and frequent stools associated with diarrhea. Thus, diarrhea is the most accurate term for the condition described in the question.

4. Which of the following is NOT a principle of infection control?

- A. Perform hand hygiene.**
- B. Use avoidance procedures.**
- C. Follow respiratory etiquette.**
- D. Eat or drink in client or resident areas.**

Eating or drinking in client or resident areas is not a principle of infection control because it can lead to cross-contamination and the potential spread of infectious agents. Infection control principles aim to minimize the risk of transmission of infections among clients and caregivers. Performing hand hygiene, using avoidance procedures, and following respiratory etiquette all contribute to maintaining a clean and safe environment by reducing potential exposure to pathogens. Proper infection control practices help protect vulnerable populations in healthcare settings, where the risk of infections can be significantly higher. Engaging in activities like eating or drinking in these areas can compromise the sterile environment that is crucial for patient safety.

5. What is considered normal blood pressure among the elderly?

- A. Greater than 120/80 mm Hg**
- B. 120/80 mm Hg and below**
- C. 120/80 mm Hg and up**
- D. Less than 120/80 mm Hg**

Normal blood pressure for the elderly is generally considered to be less than 120/80 mm Hg. This standard reflects a healthy range for all adults, but as people age, there may be variations in blood pressure readings due to physiological changes, medication, and health status. The emphasis on maintaining blood pressure below this level is crucial for reducing the risk of cardiovascular problems and other associated health issues, as higher values can lead to complications. Healthy blood pressure management is particularly important in the elderly, as they may be more susceptible to conditions like hypertension. It's necessary to understand that while a specific threshold is established, individual health conditions and advice from healthcare providers can influence what is considered optimal for a particular patient. Thus, maintaining a blood pressure reading below 120/80 mm Hg is seen as beneficial for overall health in older adults.

6. This term refers to the act of exposing clients to different activities that will gradually return the clients' ambulation.

- A. Progressive ambulation**
- B. Body mechanics**
- C. Muscle-strengthening exercises**
- D. Active ROM exercises**

The act of exposing clients to different activities aimed at gradually restoring their ability to walk is known as progressive ambulation. This process involves incrementally increasing the complexity and difficulty of the activities to improve strength, balance, and coordination, ultimately leading to enhanced mobility. It is essential for rehabilitation after an injury or medical procedure that has affected a person's ability to walk independently. Progressive ambulation focuses on tailoring activities to the individual's current abilities and progressively challenging them as they improve. This method ensures that clients gain confidence in their mobility while minimizing the risk of injury. In contrast, body mechanics refers to the safe use of the body to perform tasks to prevent injury, muscle-strengthening exercises specifically aim to build muscle strength, and active ROM (Range of Motion) exercises focus on improving the flexibility and movement of joints through voluntary muscle contractions without emphasizing weight-bearing activities. While all these concepts are important in caregiving and rehabilitation, they do not specifically describe the method of gradually restoring ambulation through various activities.

7. What is the recommended position for elevating a sprained ankle during treatment?

- A. Above heart level**
- B. At a 90° angle**
- C. At a 45° angle**
- D. Flat on the ground**

The recommended position for elevating a sprained ankle during treatment is to keep it above heart level. Elevating the affected area helps reduce swelling by allowing fluids to drain away from the injury site, effectively minimizing inflammation and promoting faster healing. Keeping the foot elevated above heart level is pivotal in managing swelling, as gravitational forces aid in this drainage process. Positions such as at a 90° angle (which would imply that the ankle is bent at the joint) can place stress on the injury and might not provide the necessary elevation to decrease swelling effectively. Additionally, positioning the ankle flat on the ground does not assist in reducing swelling at the injury site and thus is not conducive to effective healing. For an optimal recovery process after a sprain, it's crucial to follow the correct elevation protocols, along with other R.I.C.E. principles: Rest, Ice, Compression, and Elevation.

8. Which of the following is NOT part of the 5S system used in workspaces?

- A. Sort**
- B. Standardize**
- C. Sustain**
- D. Systemize**

The 5S system is a methodology originating from Japan that focuses on organizing and managing the workspace to improve efficiency and effectiveness. The five components of the system are Sort, Set in order, Shine, Standardize, and Sustain. The first step, Sort, involves identifying and separating necessary items from unnecessary ones to declutter the workspace. Set in order ensures that items are organized logically, making them easy to access and return after use. Shine refers to cleaning the workspace to maintain a tidy and efficient work environment. Standardize establishes norms and standards for processes and practices to ensure consistency in the workplace. Sustain emphasizes the importance of maintaining the first four S's to ensure ongoing organization and efficiency. While "Systemize" may sound relevant, it is not one of the steps within the 5S framework. Therefore, the correct response identifies "Systemize" as not part of the 5S system.

9. Which type of thermometer uses infrared rays to measure temperature inside the ear?

- A. Digital thermometer**
- B. Tympanic thermometer**
- C. App-based thermometer**
- D. Temporal thermometer**

The tympanic thermometer is designed specifically to measure temperature inside the ear by using infrared technology. It works by detecting the heat emitted from the eardrum, providing a quick and accurate reading of core body temperature. This method is particularly useful as it can be done in a matter of seconds and is less invasive than other types of thermometers. Each of the other types of thermometers serves different functions. A digital thermometer typically measures oral, rectal, or axillary temperatures using a probe and displays the reading digitally, but it does not use infrared technology. An app-based thermometer requires a smartphone and is typically not a standalone device that measures temperature directly; it might rely on other types of thermometers to read the temperature and then relay that information to a smartphone application. A temporal thermometer measures the temperature of the forehead with infrared technology but is not used for measuring ear temperature specifically. Hence, the tympanic thermometer is the correct choice, as it is uniquely suited for measuring ear temperature using infrared rays.

10. Which linen is used to provide warmth and serve as a barrier to other bed covers?

- A. Rubber sheet**
- B. Top sheet**
- C. Bottom sheet**
- D. Draw sheet**

The top sheet is designed to provide warmth while also serving as a barrier between the blanket or comforter and the individual. It creates a comfortable layer that keeps the person cozy without being directly in contact with heavier bed covers, which can promote better hygiene and comfort. The top sheet allows for airflow, making it easier to regulate body temperature and enhancing the sleeping experience. In contrast, a rubber sheet is primarily used to protect the mattress from moisture, a bottom sheet lays directly on the mattress and serves as the foundational layer, while a draw sheet is typically used for moving patients or protecting the bed from spills, rather than providing warmth. Hence, the role of the top sheet is distinctly focused on warmth and comfort as well as maintaining cleanliness against the heavier layers of bedding.