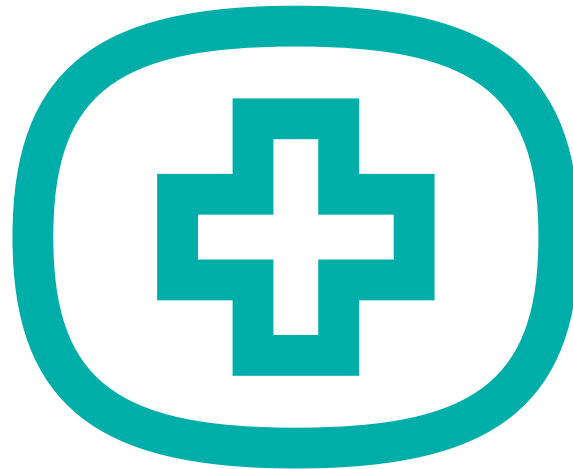




**NOCTI**  
State Customized  
Credential Blueprint



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# **Rehabilitation Aide (PA)**

Code: 8342 / Version: 01  
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## General Assessment Information

### Blueprint Contents

General Assessment Information	Sample Written Items
Written Assessment Information	Performance Assessment Information
Specific Competencies Covered in the Test	Sample Performance Job

**Test Type:** The Rehabilitation Aide PA Assessment was developed based on a Pennsylvania statewide competency task list and contains a multiple-choice and performance component. This assessment is meant to measure technical skills at the occupational level and includes items which gauge factual and theoretical knowledge.

**Revision Team:** The assessment content is based on input from Pennsylvania educators who teach in approved career and technical education programs.



51.2604 Rehabilitation Aide



Career Cluster 8-  
Health Science

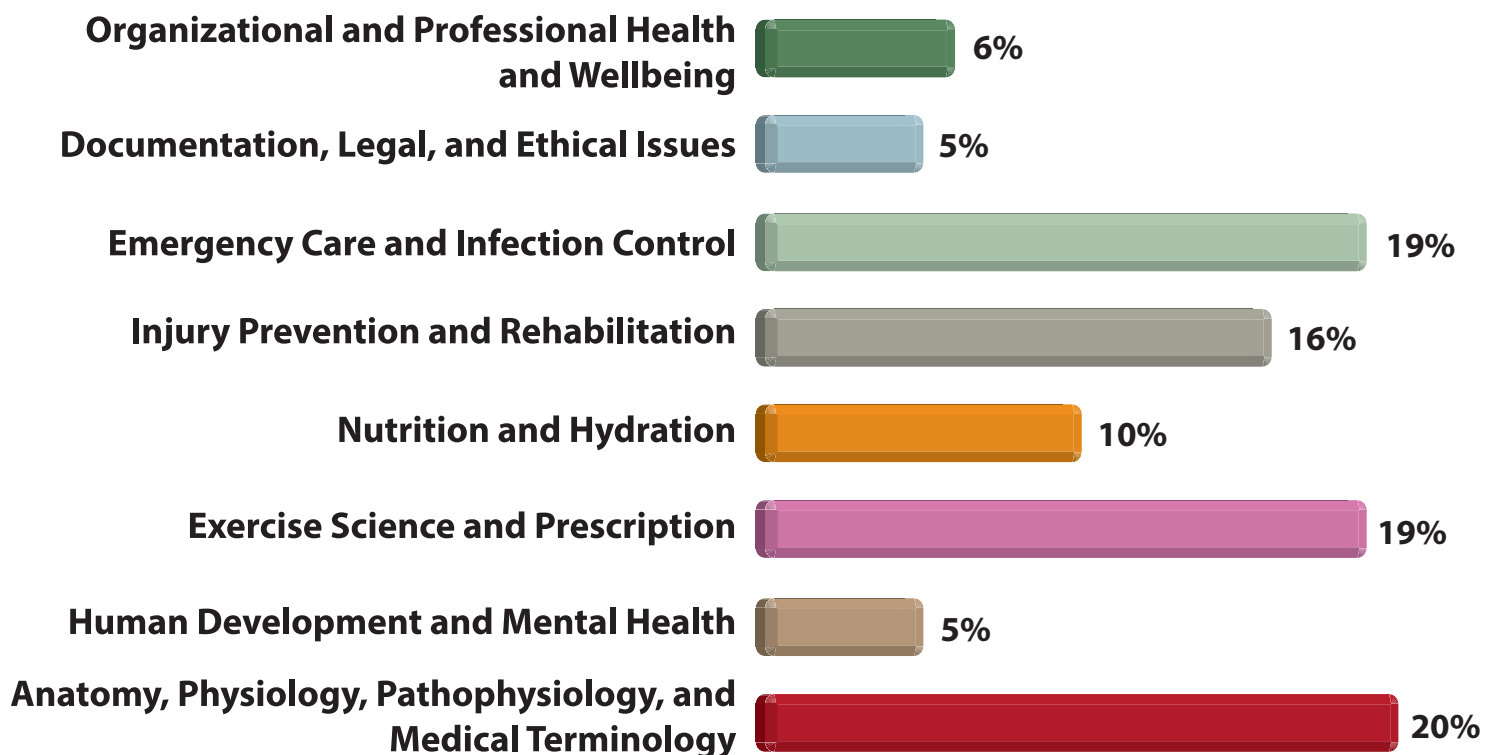
## Written Assessment

NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

**Administration Time:** 3 hours

**Number of Questions:** 200

**Number of Sessions:** This assessment may be administered in one, two, or three sessions.



## Specific Standards and Competencies Included in this Assessment

### **Organizational and Professional Health and Wellbeing**

- Utilize safety and emergency procedures and report emergencies immediately
- Adhere to the professional standards for healthcare providers
- Use medical/fitness equipment
- Use proper body mechanics for personal and patient/client safety

### **Documentation, Legal, and Ethical Issues**

- Maintain the confidentiality of records/information as required by HIPAA
- Define informed consent and identify appropriate documentation procedures and their role in patient/client care
- Analyze legal considerations and ethical actions

### **Emergency Care and Infection Control**

- Identify the components of an Emergency Action Plan (EAP)
- Identify signs and symptoms, and prevention and treatment of weather-related illnesses
- Perform CPR, AED, and Basic First Aid skills
- Identify signs and symptoms, and prevention and treatment of head injuries/Traumatic Brain Injuries (TBI's)
- Identify signs and symptoms, and prevention and treatment of acute traumatic spine injuries
- Identify common causes of cardiorespiratory complications
- Identify emergency management techniques for neuromusculoskeletal conditions
- Apply Protect, Rest, Ice, Compress, and Elevate (PRICE) principle
- Perform proper handwashing technique
- Identify various bloodborne pathogens and comply with OSHA standards
- Utilize Personal Protective Equipment (PPE)

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## Specific Standards and Competencies (continued)

### **Injury Prevention and Rehabilitation**

- Select the appropriate taping, bracing, and wrapping techniques
- Utilize patient/client safety measures
- Compose History, Observation, Palpation, Special Tests (HOPS) and Subjective, Objective, Assessment, Plan (SOAP) notes
- Measure and record height, weight, and visual acuity
- Measure and record Vital Signs (VS)
- Measure and perform Range of Motion (ROM)
- Perform Manual Muscle Test (MMT)
- Identify signs and symptoms, and prevention and treatment of neuromusculoskeletal injuries
- Identify treatment modalities and related safety procedures
- Assist the patient/client with Activities of Daily Living (ADL) and necessary Assistive Devices (AD)

### **Nutrition and Hydration**

- Explain daily nutritional requirements and caloric intake needs
- Evaluate food labels
- Evaluate basic and sports nutrition needs, including hydration
- Identify signs and symptoms of dehydration

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## Specific Standards and Competencies (continued)

### Exercise Science and Prescription

- Simulate pre-exercise screening in determining physical activity participation
- Conduct baseline testing for body composition, cardiorespiratory fitness, muscular strength, endurance, and flexibility
- Implement the components of exercise prescription and modification
- Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, and muscular endurance and flexibility
- Select and demonstrate exercises to improve agility, power, speed, balance, and proprioception
- Create short-term and long-term goals utilizing the Specific, Measurable, Attainable, Realistic, and Time-bound (SMART) principle
- Execute spotting techniques for resistance training exercise

### Human Development and Mental Health

- Identify the stages of human growth and development
- Identify and discuss types of mental health disorders
- Identify and discuss types of disordered eating

### Anatomy, Physiology, Pathophysiology, and Medical Terminology

- Use medical terminology and abbreviations/acronyms
- Identify anatomical position, body planes, directions, and cavities
- Identify organs, functions, and disease processes of the integumentary system
- Identify organs, functions, and disease processes of the skeletal system
- Identify organs, functions, and disease processes of the muscular system
- Identify organs, functions, and disease processes of the nervous system
- Identify organs, functions, and disease processes of the cardiovascular system
- Identify organs, functions, and disease processes of the respiratory system

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## Sample Questions

**When taking blood pressure place the stethoscope on the**

- A. brachial artery
- B. ulnar nerve
- C. carotid artery
- D. radial artery

**The release of a medical record is legal with the signature of the**

- A. patient/client
- B. doctor
- C. office manager
- D. insurance agent

**When performing CPR, the patient/client should be lying**

- A. with head and shoulders elevated
- B. with the head and feet raised slightly
- C. flat on a hard surface
- D. slightly tilted to one side

**An acute cardiorespiratory condition that can be fatal is**

- A. asthma
- B. bronchitis
- C. chronic obstructive pulmonary disease
- D. pulmonary embolism

**A pulse oximeter measures**

- A. blood pressure and heart rate
- B. blood pressure and pulse rate
- C. blood oxygen level and pulse rate
- D. blood oxygen level and temperature

### Sample Questions (continued)

**Which is a thermotherapy modality?**

- A. moist hot pack
- B. biofeedback
- C. therapeutic massage
- D. TENS

**Which of these essential nutrients provides the most energy per unit?**

- A. protein
- B. carbohydrates
- C. fat
- D. minerals

**Which of these is a test for cardiovascular fitness?**

- A. 3-minute step test
- B. push-up test
- C. sit-and-reach test
- D. vertical jump test

**Signs of puberty include hair growth, voice changes, and**

- A. early graying of the hair
- B. loss of height
- C. growth spurts
- D. decreasing hormone production

**Transverse/Axial plane allows for which type of motion?**

- A. flexion
- B. extension
- C. rotation
- D. abduction



## Performance Assessment

NOCTI performance assessments allow individuals to demonstrate their acquired skills by completing actual jobs using the tools, materials, machines, and equipment related to the technical area.

**Administration Time:** 1 hour and 30 minutes

**Number of Jobs:** 5

### Areas Covered:

#### 12% Handwashing

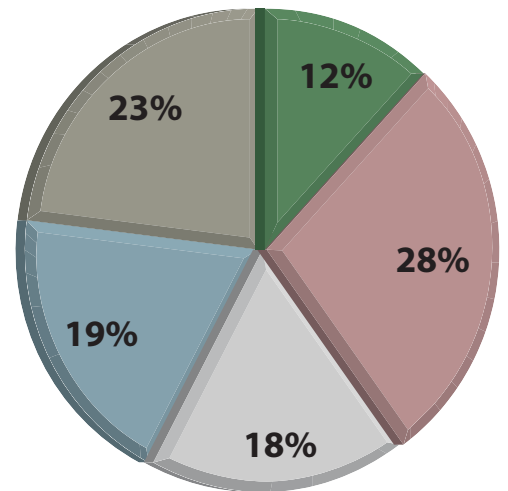
Participant will demonstrate proper handwashing procedure, demonstrate palpation of given anatomical landmarks, and leave workstation in clean and orderly condition when finished.

#### 28% Vital Signs, Height, Weight, and BMI

Participant will go to work area and await patient/client, verbalize need to wash hands, gather and prepare equipment, explain procedure to patient/client, measure and record vital signs, obtain weight and height, calculate BMI, record results, and leave workstation in clean and orderly condition when finished.

#### 18% AROM, MMT, and Flexibility

Participant will greet patient/client and introduce self, verbalize need to wash hands, explain procedure to patient/client, position patient/client for AROM, measure flexion and extension of knee, record findings, position patient/client for MMT of quadriceps and hamstrings, complete MMT, demonstrate flexibility exercises, and leave workstation in clean and orderly condition when finished.



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## Areas Covered (continued)

### **19% PRICE**

Participant will greet patient/client and introduce self, verbalize need to wash hands, explain procedure to patient/client, apply and secure cold modality, elevate ankle for appropriate amount of time, remove cold modality, perform post cold treatment, and leave workstation in clean and orderly condition when finished.

### **23% Ankle Taping and Crutch Fitting**

Participant will greet patient/client and introduce self, verbalize need to wash hands, prepare and inspect skin for ankle taping, ask patient/client to hold ankle in correct position, apply pre-wrap, perform ankle taping, fit crutches, and leave workstation in clean and orderly condition when finished.

## Sample Job

### AROM, MMT, and Flexibility

**Maximum Time:** 15 minutes

**Participant Activity:** Participant will greet patient/client and introduce self, verbalize need to wash hands, explain procedure to patient/client, position patient/client for AROM, measure flexion and extension of knee using a goniometer, record findings, position patient/client for MMT of quadriceps and hamstrings, complete MMT using correct hand placement, demonstrate flexibility exercises, and leave workstation in clean and orderly condition when finished.