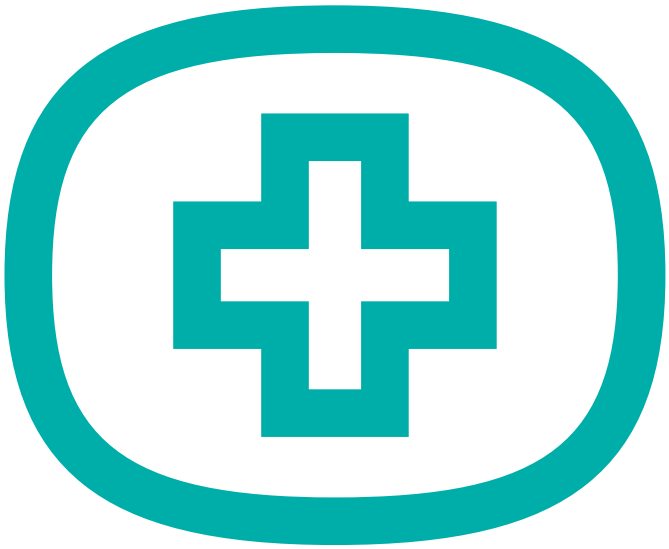
NOCTI

Job Ready Credential Blueprint



Home Health Aide

Code: 4048 / Version: 01

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General Assessment Information

Blueprint Contents

General Assessment Information
Written Assessment Information
Specific Competencies Covered in the Test
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Test Type: The Home Health Aide industry-based credential is included in NOCTI's Job Ready assessment battery. Job Ready assessments measure technical skills at the occupational level and include items which gauge factual and theoretical knowledge. Job Ready assessments typically offer both a written and performance component and can be used at the secondary and post-secondary levels. Job Ready assessments can be delivered in an online or paper/pencil format.

Revision Team: The assessment content is based on input from secondary, post-secondary, and business/industry representatives from the states of Arizona, Kentucky, Massachusetts, Michigan, Missouri, New York, North Carolina, Ohio, Pennsylvania, and South Carolina.

CIP Code

51.2602 - Home Health Aide/Home Attendant

Learning that works for America CTE™

Career Cluster 8 - Health Science

O*NET™ in*it

31-1011.00 Home Health Aides

Association for Career and Technical Education ACTE®

The Association for Career and Technical Education (ACTE), the leading professional organization for career and technical educators, commends all students who participate in career and technical education programs and choose to validate their educational attainment through rigorous technical assessments. In taking this assessment you demonstrate to your school, your parents and guardians, your future employers and yourself that you understand the concepts and knowledge needed to succeed in the workplace. Good Luck!

NATIONAL COLLEGE CREDIT RECOMMENDATION SERVICE
University of the State of New York - Regents Research Fund

In the lower division baccalaureate/associate degree category, 3 semester hours in Home Health Aide.

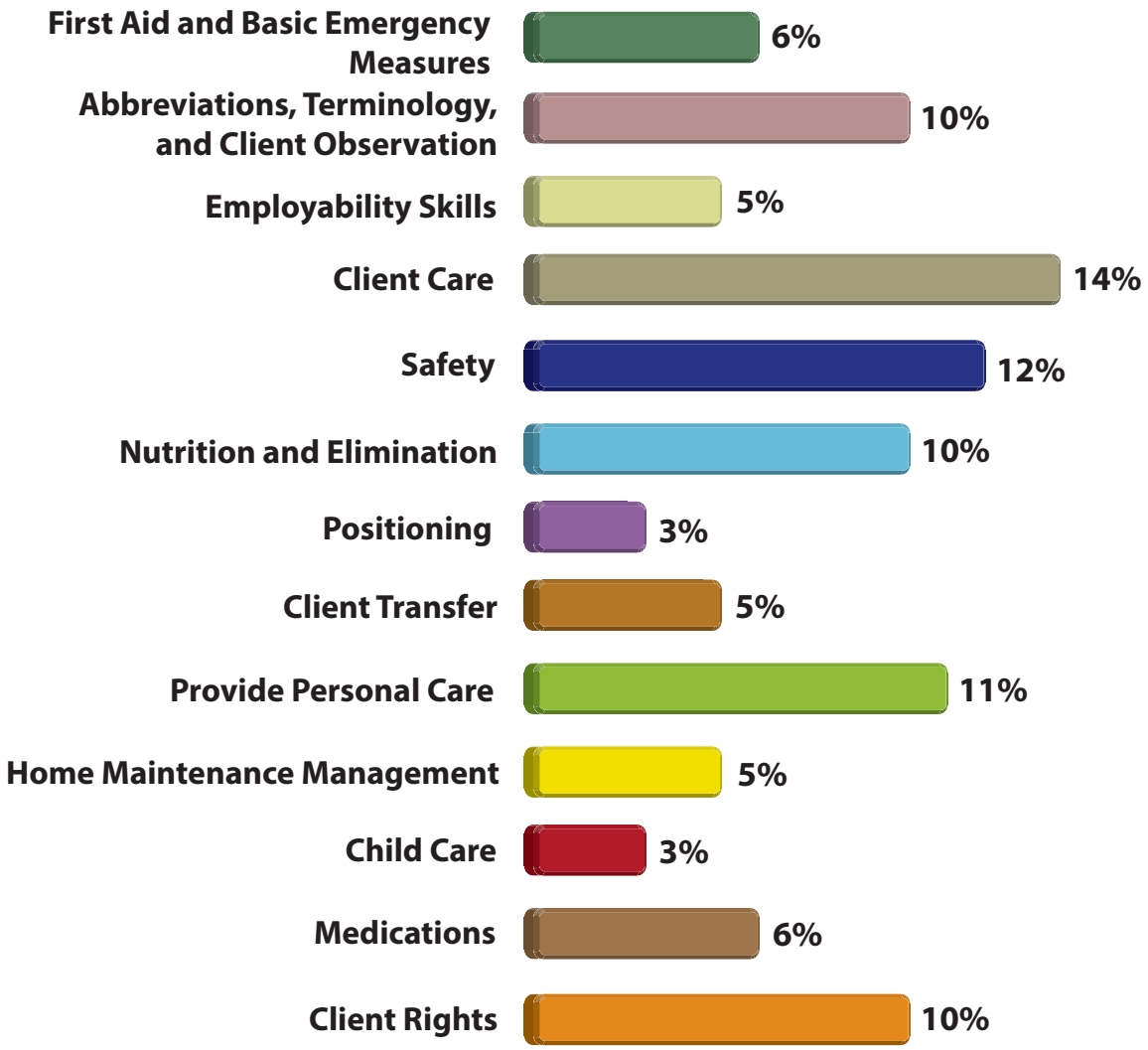
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Written Assessment

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

Administration Time: 3 hours
Number of Questions: 195
Number of Sessions: This assessment may be administered in one, two, or three sessions.

Areas Covered



Specific Standards and Competencies Included in this Assessment

First Aid and Basic Emergency Measures

- Administer first aid for burns, cuts, and bites
- Respond correctly to falls and seizures
- Recognize and respond to signs/symptoms of medical emergencies, including choking, heart attack, diabetic emergencies, LOC, CVAs

Abbreviations, Terminology, and Client Observation

- Use JCAHO approved abbreviations and terminology with correct spelling
- Match physician titles with medical specialty areas
- Follow plan of care (nursing/client care plan) as written
- Obtain, record, and report vital signs including weight and pain assessment
- Report and record orientation and level of consciousness (LOC)
- Observe and report any changes in client condition, along with client and family needs, to the supervisor

Employability Skills

- Demonstrate professional behavior and appearance specific to the home health aide profession
- Display appropriate work ethics, integrity, and honesty pertaining to the home health aide profession
- Demonstrate problem solving skills related to home health care



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Specific Standards and Competencies (continued)

Client Care

- Obtain clean specimens for laboratory tests
- Observe skin for potential or actual breakdowns and report findings
- Apply and care for clients using anti-embolic hose and pneumatics
- Assist with prosthetics, walkers, wheelchairs, and other Durable Medical Equipment (DME)
- Provide wound care according to the care plan
- Provide safe-temperature hot/cold treatment assistance according to the care plan
- Perform active and passive range of motion (ROM) exercises
- Provide care based on cultural and spiritual diversity and human dignity
- Assist client with coughing and deep breathing exercises according to the care plan

Safety

- Demonstrate safe/appropriate handwashing techniques, including hand sanitizers
- Identify and report potential safety hazards
- Apply appropriate fire safety guidelines
- Identify and use appropriate personal protective equipment (PPE)
- Apply universal/standard precautions
- Demonstrate knowledge of OSHA requirements
- Demonstrate ability to follow protocol for personal safety
- Complete documentation (e.g., incident reports) in a timely manner according to JCAHO guidelines

Nutrition and Elimination

- Assist with meal planning, shopping, and food preparation according to cultural needs and the care plan
- Measure/record client intake and output
- Describe special and therapeutic diets used with RN direction
- Assist client with meeting nutritional needs
- Provide care and assistance with elimination needs (toileting, incontinence, enema, ostomy care, bowel/bladder training program, catheter care)

(Continued on the following page)

Specific Standards and Competencies (continued)

Positioning

- Follow procedures for client positioning and body alignments
- Identify and safely operate hospital or other specialty beds

Client Transfer

- Demonstrate safe client transfer using various assistive devices
- Assist ambulatory client with walking
- Demonstrate proper body mechanics for client and health care workers

Provide Personal Care

- Make occupied and unoccupied bed
- Give a complete and/or partial bed bath
- Administer bed, tub, and shower shampoo
- Provide foot and nail care
- Provide (or assist with) oral hygiene and/or denture care
- Assist client with activities of daily living (ADLs)
- Provide skin care, including perineal care



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Specific Standards and Competencies (continued)

Home Maintenance Management

- Clean client environment appropriately
- Report unsanitary conditions within the home
- Assist client/family with sanitary environmental practices

Child Care

- Provide care appropriate to developmental needs of the child according to the care plan
- Report and document suspected child abuse/neglect to appropriate authorities

Medications

- Follow prescribed medication plan
- Report known adverse reactions
- Report non-compliance or deviation from medication plan
- Store medications correctly/safely

Client Rights

- Support client's right of choice
- Support traditional and non-traditional family structures
- Maintain confidentiality and client privacy according to HIPAA requirements
- Support client's right to lodge complaints
- Describe the JCAHO approved use of restraints as directed by the care plan
- Report and document suspected client abuse/neglect to appropriate authorities



Sample Questions

A common sign or symptom of hyperglycemia is

A. flushed face
B. frequent urination
C. obvious agitation
D. increased appetite

A yellow discoloration of the sclera or skin is called

A. gangrene
B. jaundice
C. pallor
D. cyanosis

If an aide does not know how to do an assigned task, the aide should

A. call another aide for help
B. ask the client how they prefer to have it done
C. call the nurse/supervisor and ask for help
D. follow the instructions in the procedures manual

A client with diabetes is highly susceptible for a wound on which part of the body?

A. thigh
B. forearm
C. knee
D. foot

Universal precautions require the aide to treat all _____ as if they were infected with HIV/HBV.

A. food items
B. blood or body fluids
C. clothing and bedding
D. personal effects

(Continued on the following page)

Sample Questions (continued)

Which food is found in the bread exchange group?

A. sweet potatoes
B. yogurt
C. green beans
D. broccoli

Which action protects the skin when moving the client in bed?

A. rolling the client
B. sliding the client up in bed
C. moving the mattress
D. using ergonomics

Before transferring a client from the bed into a wheelchair, the aide should sit the client on the edge of the bed for a few minutes to

A. rearrange the gown or clothing
B. prevent orthostatic hypotension
C. position and secure the wheelchair
D. rest and remove the transfer belt

When asked to trim a diabetic's toenails, the aide should

A. cut them with rounded edges
B. expect the endocrinologist to do this
C. use safety/bandage scissors
D. expect the podiatrist to do this

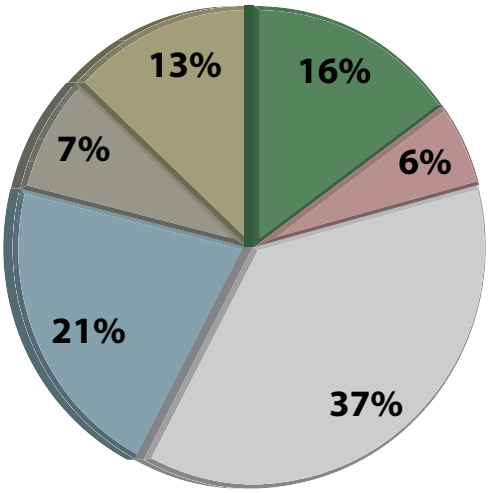
To maintain a sanitary environment,

A. consistently follow a cleaning schedule
B. instruct the client's family to clean
C. arrange for a commercial cleaning service
D. have pest control do an initial inspection

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: 2 hours and 10 minutes
Number of Jobs: 6



Areas Covered:

16% Obtain and Record Vital Signs
Participants will take and record the oral temperature, radial pulse, and respiration rate.

6% Therapeutic Diet Meal Planning
Participants will demonstrate procedure of meal plan selection, list food exchanges, and determine the client's meal by making selections from each exchange group.

37% Bathing and Personal Care of Adult
Participants will prepare for procedure by providing client with privacy and warmth. The participant will prepare the bed, remove the linen, check the water temperature and then position the client for bathing.

21% Occupied Bedmaking
Participants will prepare for the bedmaking procedure by providing client with privacy and warmth. Participants will remove the linen, position the client, replace the bottom linen and then reposition client.

(Continued on the following page)

Areas Covered (continued)

7% First Aid for Bleeding

Participants will use first aid to slow and/or stop the blood flow following all safety precautions. Participants will then apply a dry dressing, clean up the blood spill, and remove gloves.

13% Transfer Client from Bed to Wheelchair

Participants will safely transfer client from bed to wheelchair by first consulting the client's plan of care. Following all safety standards, participants will explain the procedure, prepare the wheelchair and bed and then assist the client to sitting and then standing position in preparation to transfer to the wheelchair.



Sample Job

First Aid for Bleeding

Maximum Time: 20 minutes

Participant Activity: The participant will demonstrate first aid practices for controlling the flow of blood from an extremity wound using blood-borne pathogen (OSHA) precautions, apply a dry dressing, clean up the blood spill, and notify the evaluator when completed.

