

Massachusetts Technical Teacher Testing Program Health Assisting Content Outline

Written and Performance Exam General Overview

- The intent of this exam is to assess your ability to teach the skills found in the Massachusetts Technical Education Framework.
- This exam is aligned to the frameworks which can be accessed [here](#).
- Many questions and tasks require a synthesis of knowledge based on experience in the field and may not be found in any book.
- Candidates are encouraged to prepare for their exam by reviewing textbooks and reference material which has been listed as part of this exam outline. These resources can be found using online search tools, online vendors, and websites.
- Contact the Technical Teacher Testing Office if you need further assistance in locating resources listed in the exam outline.
- Use this exam outline and the Massachusetts Technical Education Framework to focus your preparation for the exam.

Written Exam

- Number of Questions: 100
- Administration Time: 3 hours
- Administration Method: Remote Proctoring Online Session

Written Exam Content Coverage

15% Health & Safety

25% Communication Skills Related to Health Careers

50% Responding to Client Needs

- Procedures for Clients Medical Needs
- Activities for Daily Living
- Elimination
- Special Procedures
- Comfort Measures
- Nutrition/Hydration
- Cognitive and Memory Impairment

10% Growth and Development

- Principles Across the Lifespan

Written Exam Reference Materials (Reference Current Edition)

- **Diversified Health Occupations, 6e** by Louise Simmers (Delmar Thomson)
- **Growth & Development Handbook: Newborn Through Adolescent** by Barbara Mandleco (Thompson)
- **Healthcare Science Technology** by Kathryn A. Booth (Glencoe/McGraw-Hill)
- **Introduction to Health Science Technology** by Louise Simmers (Thomson)
- **Medical Math for Health Professionals** by Michael Kennamer (Thomson)
- **Nursing Assistant: A Nursing Process Approach, 9e** by Barbara Hegner, Barbara Acello and Esther Caldwell

Materials Needed for the Written Exam

- A four-function calculator is included in the online testing system. No other calculators are permitted.
- Scrap paper and pencil/pen are permitted.

Written Exam Sample Items

Each question on the exam consists of one incomplete sentence or question followed by four choices. Some items reference an image or diagram. A few sample items are included below; the correct answer is designated with an asterisk (*).

A client with bradycardia would have which of the following?

- a. A respiratory rate of 29
- *b. A pulse rate of 48
- c. A respiratory rate of 10
- d. A pulse rate of 116

A life-threatening complication of untreated hyperglycemia is:

- *a. keto-acidosis.
- b. oliguria.
- c. dysuria.
- d. hematuria.

Performance Exam

- Administration Time: 4 hours
- Administration Method: Onsite at an approved Teacher Testing Location

Performance Exam Content Coverage

3% ***Infection Control***

- PPE and Handwashing

41% ***Physical Assessment***

- Pain Assessment
- Pulse Location and Name, Teaching Radial Pulse
- Vital Signs

31% ***Client Care Skills***

- Catheter Care/CD Drainage Bag (Mannequin)
- Chemical Examination of Urine and Instruction of Clean Catch Specimen Collection
- Assist with Dressing and Undressing Needs of a Client
- Application of a Compression Bandage and/or TEDS
- Assist the Client with a Bed Pan
- Ostomy Care
- Occult Blood

14% ***Rehabilitative Nursing***

- Range of Motion
- Transfer Client using Transfer Belt
- Demonstrate the Use of Adaptive Equipment and Assistive Devices

6% ***Assist Client with Nutrition and Hydration***

- Feeding a Dependent Client with Dementia

5% ***Safety***

- Knowledge of safety procedures
 - Demonstrate and follow safety guidelines according to CLIA, CDC, and OSHA standards

Materials Required for the Performance Exam (Candidate Must Supply)

Uniform: Candidates **will not** be tested unless a clean, professional uniform is worn, which is a scrub top and pants, and appropriate shoes (no open toes) are worn. Hair must be worn pulled back and up off the shoulder. No jewelry other than wedding band and one pair of stud earrings are to be worn. No artificial nails will be allowed. Length of nails is at working length and may not exceed the tip of the finger.

Candidates **must** bring a person dressed to act as a client for those aspects of the test as required. Client must **not** be in the Medical Field, be 18 years or older, and must wear short sleeved loose top and loose-fitting pants (NO JEANS).

All materials listed below should be brought to the test site. Borrowing materials from other candidates or examiners will not be allowed.

- Face mask (cotton face covering or respirator which fully cover the nose and mouth)
- Eye protection
- Disposable gloves
- Watch (with second hand)
- Pens and pencils

Note: Additional lab equipment/supplies will be provided. No books or notes will be allowed. Cell phones are prohibited during the exam administration.

Onsite Performance Exam Requirements

- Candidate must practice social distancing and wear the appropriate face covering that covers the nose and mouth while at the exam site.
- Testing sites may have individual requirements based on location and the current guidance from the Center for Disease Control and Prevention (CDC).

Performance Exam Reference Materials (Reference Current Edition)

- **Medical Math for Health Professionals** by Michael Kenamer (Thomson)
- **Nursing Assistant: A Nursing Process Approach, 9e** by Barbara Hegner, Barbara Acello and Esther Caldwell
- **Mosby Textbook of Nursing Assisting** by Sheila Sorrentino (Elsevier – Health Sciences Division)
- **Safety Orientation** by NCCER (Pearson Prentice Hall) www.crafttraining.com
- **OSHA Regulations** www.osha.gov
 - [1910.1200 - Hazard Communication](#)
 - [1910 Subpart I - Personal Protective Equipment](#)