



JOB READY ASSESSMENT BLUEPRINT

HEALTH ASSISTING

Test Code: 4243

Version: 01

Preliminary Blueprint - final version is subject to slight changes.

Specific Competencies and Skills Tested in this Assessment:

First Aid and General Safety

Recognize and demonstrate appropriate first aid and emergency techniques
Differentiate signs and symptoms requiring emergency care
Recognize and demonstrate fire safety and general safety procedures involved in patient care
Recognize and demonstrate procedures for handling waste and hazardous materials
Recognize signs, symptoms, and reporting mandates for violent and/or abusive situations
Recognize and demonstrate infection control measures, including standard precautions, hand washing techniques, isolation, and personal protective equipment (PPE)

Medical Terminology

Identify and interpret word prefixes and suffixes
Identify and interpret combining forms
Identify and interpret approved medical abbreviations and acronyms
Identify and differentiate various medical and surgical definitions and conditions

Body Systems

Identify and interpret anatomical terms, including body cavities
Identify normal structures and functions within body systems
Identify abnormal structures, functions, signs, and symptoms within body systems

Observation and Communication

Recognize and practice professional patient and staff communications
Recognize and report abnormal assessment findings (e.g., subjective and objective findings)
Recognize and respect cultural diversity
Recognize and provide care for all stages of growth and development

Health Assisting (continued)

Documentation and Legal/Ethical Issues

- Identify legal and ethical issues of concern for a health assistant
- Demonstrate understanding of confidentiality, HIPAA regulations, professional behaviors, guidelines, and legal practices of a health assistant
- Identify policies and procedures available for reporting legal/ethical concerns and issues
- Demonstrate accurate documentation procedures

Health Assistant Skills

- Accurately measure and record vital signs, height, weight, and pain
- Demonstrate proper body mechanics, including those during patient transfer, positioning, lifting, and moving
- Assist with elimination needs (e.g., bowel and bladder)
- Assist with obtaining body fluid specimens
- Assist with personal care and hygiene
- Obtain and accurately measure patient intake and output (I & O)
- Assist with patient nutritional needs
- Assist with, observe, and report patient skin care conditions
- Demonstrate accurate filing techniques for patient records
- Identify and utilize appropriate procedures for cleaning equipment

Health Assisting (continued)

Written Assessment:

Administration Time: 3 hours
Number of Questions: 161

Areas Covered:

19%	First Aid and General Safety
12%	Medical Terminology
19%	Body Systems
12%	Observation and Communication
15%	Documentation and Legal/Ethical Issues
23%	Health Assistant Skills

Sample Questions:

First aid for a patient with heat exhaustion requires

- A. submerging the patient in an ice bath
- B. loosening or removing excessive clothing
- C. covering the patient with blankets
- D. offering sips of warm water at frequent intervals

A health assistant may suspect child abuse when

- A. the child has a few bruises on his or her shins
- B. a young child will not talk to healthcare personnel
- C. the child has broken an arm while playing football
- D. two different stories are given for an injury

In surgery, the suffix that means "the creation of an artificial opening" is

- A. otomy
- B. oscopy
- C. ectomy
- D. ostomy

The stomach is located in which body system?

- A. cardiovascular
- B. gastrointestinal
- C. endocrine
- D. reproductive

The type of muscle tissue found in the internal organs of the body is

- A. cardiac
- B. smooth
- C. skeletal
- D. excitable

Health Assisting (continued)

Which of these findings is objective?

- A. headache
- B. chest pain
- C. nausea
- D. ankle edema

According to Maslow's hierarchy of needs, the most basic human needs are

- A. self-actualization
- B. physiological
- C. love and belonging
- D. safety

Which of these is an example of negligence?

- A. providing a snack every evening
- B. calling a resident by their proper name
- C. dialing the phone for a resident
- D. giving mouth care once a week

The patient's chart is considered a

- A. document to inform hospital administrators
- B. historical record of previous care
- C. casual record of patient observations
- D. legal record of complete care given

The best time to observe (or inspect) the condition of a patient's skin is

- A. when the patient is OOB
- B. while the patient is sleeping
- C. during the patient's bath
- D. while the patient is eating

Health Assisting (continued)

Performance Assessment:

Administration Time: 1 hour and 5 minutes
Number of Jobs: 4

Areas Covered:

- 29% **Hand Washing and Personal Protective Equipment (PPE)**
Participant will gather equipment, maintain clean technique, demonstrate correct hand washing technique, put on cover gown, mask, and gloves, then remove gloves, gown, and mask all in the correct order, correctly wash hands, and clean work area.
- 29% **Change a Patient Gown**
Participant will identify the patient, introduce self and explain procedure, retrieve clean gown, verbalize the need for hand washing prior to beginning of procedure, provide privacy for the patient, remove soiled gown, dispose of soiled gown properly, apply the clean gown, position patient for safety and comfort, and verbalize the need for hand washing after procedure.
- 29% **Measure Vital Signs, Height, and Weight**
Participant will gather equipment, identify patient and explain procedures, verbalize hand washing, accurately take pulse, respirations, blood pressure, height, and weight, clean work area, and check patient for comfort and safety.
- 13% **Transfer Patient from Bed to Wheelchair**
Participant will use correct body mechanics to transfer patient with left-sided weakness from bed to wheelchair, and from wheelchair to bed.

Sample Job: Transfer Patient from Bed to Wheelchair

Maximum Job Time: 15 minutes

Participant Activity: The participant will demonstrate the proper procedure for transferring a patient with left-sided weakness. Participant will use a gait belt to transfer the patient from a bed to a wheelchair and from the wheelchair back to the bed.