



CUSTOMIZED ASSESSMENT BLUEPRINT

REHABILITATION AIDE PA

Test Code: 8342

Version: 01

Preliminary Blueprint - final version is subject to slight changes.

Specific competencies and skills tested 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)

Rehabilitation Aide PA (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

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

Rehabilitation Aide PA (continued)

Written Assessment:

Administration Time: 3 hours
Number of Questions: 200

Areas covered:

6%	Organizational and Professional Health and Wellbeing
5%	Documentation, Legal, and Ethical Issues
19%	Emergency Care and Infection Control
16%	Injury Prevention and Rehabilitation
10%	Nutrition and Hydration
19%	Exercise Science and Prescription
5%	Human Development and Mental Health
20%	Anatomy, Physiology, Pathophysiology, and Medical Terminology

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

Rehabilitation Aide PA (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

Rehabilitation Aide PA (continued)

Performance Assessment:

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.
- 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.

Rehabilitation Aide PA (continued)

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 Job 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.