

[LEARNING ASSESSMENT]

Tests and exercises to assess the IQEA learning outcomes / with answers –
version for testing

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INTRODUCTION:

IQEA partners have gathered examples of assessment tools currently used by their organization or by other training providers to test the skills acquired by trainees.

One or more exercise / test has been chosen for each learning outcomes and the partners acknowledge these as being a minimum level of assessment of skills acquired.

Note:

- A test is passed if 80% + 1 of the questions are answered correctly
- A module is passed if all the tests related with the indicators are passed

NOTE: For profiles belonging to an EQF4, a practical exam is added, in order to test the learner capability to exercise self-management within the guidelines of work or study contexts that are usually predictable, but are subject to change

PERSONAL HYGIENE

Learning outcome: He/she is able to assist the person in personal hygiene

Indicators:

1. Capability to arrange suitable materials to give hygienic practices
2. Capability to correctly change the incontinence pad
3. Capability to correctly apply the procedures of toileting and intimate hygiene
4. Capability to help patient in care of hair and nails
5. Capability to help the patient for the physiological functions
6. Capability to realize the bath of a dependent person
7. Capability to apply partially and/or totally personal hygiene for bedridden patients
8. Capability to support the dependent care recipient in dressing/undressing process

1. CAPABILITY TO ARRANGE SUITABLE MATERIALS TO GIVE HYGIENIC PRACTICES

True / False (T)

- Which one of these sentences is true:
 - Elderly person skin demands a high level of delicacy in washing operations T/F (T)
 - Elderly person skin has to be cleaned in a deep way in order to remove the characteristic smell T/F (F)
- The skin and cutis of an elderly person appear more frail and dry, more sensitive to solar radiations with an irregular pigmentation. T / F (T)
 - Elderly person skin doesn't need a special treatment T/F (F)
- The products for elderly people personal hygiene have to contain:
 - Elements that keep the skin PH level neutral T/F (T)
 - Moisturizing Elements for the skin T/F (T)
 - Elements for reduce the itch T/F(F)
- Which products are absolutely needed for elderly people hygiene?
 - Liquid soap
 - Shampoo
 - Moisturizing cream
 - After shower oil [NO]
 - Hair gel [NO]
 - Barrier cream [NO]

2. CAPABILITY TO CORRECTLY CHANGE THE INCONTINENCE PAD

Some people need additional assistance to change their incontinence pads. Please make instruction in correct order.

Please note: in this exercise we refer to open incontinence pad (see image below)



- Remove the adhesive strip from the new pad. Place the incontinence pad, sticky side down, in the undergarments. (5)
- Remove the soiled pad from their undergarments and throw it in the trash. (3)
- Pull up undergarments and clothing and fasten them. (6)
- Remove all packing so you are holding just a pad. Put it where it is easy to reach when you will need it. (1)
- Stand behind the person that you are changing the pad for. Undo and lower their pants and undergarments. (2)
- Using a cleaning wipe, wipe down the skin area that may be exposed to waste. (4)

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TRESHOLD 5/6

I removed the question concerning the bad pan

3. CAPABILITY TO CORRECTLY APPLY THE PROCEDURES OF TOILETING AND INTIMATE HYGIENE

1) For the dental hygiene of a dependent elderly person with dentures:

- a) the dentures should be removed and washed once a week
- b) the dentures should be removed and washed every day (T)
- c) it is best not to remove the dentures, only a dentist should do so

2) Hands and nails must be washed carefully every day.

- a) true (T)
- b) false

3) How often must the person cared for be given a bath?

- a) at least once a week (T)
- b) at least once a month
- c) every day

- 4) If you have used an electric heater to heat the room for the elderly's bath:
- a) it must be turned off before starting the bath (T)
 - b) it can be left on during the bath
 - c) it is best not to heat the room before a bath

- 5) When you carry out the patient's personal hygiene it is a good practice to:
- a) use disposable gloves (T)
 - b) use a mask
 - c) use a cap

- 6) In which direction should you wash the intimate areas of a woman?
- a) from the anus towards the vagina
 - b) from the vagina towards the anus (T)

- 7) What kind of soap should you use to bathe an elderly person?
- a) neutral soap (T)
 - b) scented soap
 - c) anti-bacterial soap

- 8) To get a hemiplegic person into the bath (partially paralysed) you have to:
- a) get them in with the paralysed part first
 - b) get them in with the healthy part first (T)

TRESHOLD 6/8

4. CAPABILITY TO HELP PATIENT IN CARE OF HAIR AND NAILS

Put the sentences into the correct order of execution, number them progressively and explain why you have made this choice.

In order to clean elderly's feet and nails:

Action nr. : uncover the lower limbs up to the knees and put a water-proof cloth under the feet of the elderly patient (1)

Action nr. : wash feet with soap and rinse, paying particular attention to the spaces between the toes (3)

Action nr. :

Action nr. : dry and massage the feet, especially the soles and the heels (4)

Action nr. : use softening lotion or Vaseline to soften callouses (5)

Action nr. : position a tub with warm water under the patient's feet and place them inside it (2)

Action nr. : put the equipment away (6)

TRESHOLD 6/7

5. CAPABILITY TO HELP THE PATIENT FOR THE PHYSIOLOGICAL FUNCTIONS

If an elderly people with mobility problems often asks for support to go to the toilet, what do you do?

- a) You tell him to ask for help to his family member
- b) You persuade him that the only solution is the incontinence pad
- c) You explain to him that it's better if he drinks less
- d) You accompany him to the toilet or you provide him with the bedpan or bed bottle every time he needs it in order to encourage his autonomy respecting his times (T)

TRESHOLD 3/4

6. CAPABILITY TO REALIZE THE BATH OF A DEPENDENT PERSON

Put the following steps in the right order

- Make sure the room is warm and that you have adequate privacy for the task, put on disposable gloves. Fill the basin three-quarters full of warm water and put it on a study table at the patient's bedside. Remove the patient's shirt . (1)
- Wet one washcloth in the warm water and wrap it around your hand like a mitt, soap it and wash the patient's **face** . Rinse the patient's face and dry it with one of the towels . (2)
- Wash, rinse and dry the patient's **chest and abdomen** (3)
- Place a towel under the patient's arm to protect the bed from water. Cover the patient with the sheet. Use the soapy wash cloth to wash one **arm**. Rinse and dry that arm. Repeat procedure with the other arm (4)
- Remove the patient's pants. Roll the patient onto his side. Drape the sheet over him. Position a towel alongside his back to protect the bed from water. Wash, rinse and dry his **back**. (5)
- Wash, rinse and dry the patient's **buttocks**. Roll him back onto his back. Keep the sheet draped over him. (6)
- Arrange the sheet so the patient is covered with just one **leg** exposed. Place a towel under that leg to protect the bed from water. Wash, rinse and dry that leg. Repeat procedure with other leg (7).
- Wash, rinse and dry the patient's **genitals** (7)
- Dress the patient (9)

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TRESHOLD 7/9

7. CAPABILITY TO APPLY PARTIALLY AND/OR TOTALLY PERSONAL HYGIENE FOR BEDRIDDEN PATIENTS

HYGIENE OF THE EYES, EARS AND NOSE

Exercise – The words underlined are incorrect. Write the correct answer in the spaces provided in parentheses and explain your choice.

Eyes: when you are cleaning the eyes the correct procedure to be followed in order to avoid infection or irritation is to:

CHOOSE BETWEEN *INTERNALLY, EXTERNALLY, KEEP, CHANGE, SAME, DIFFERENT*

- clean from the the eye INTERNALLY inwards EXTERNALLY
- KEEP the same direction
- use a DIFFERENT gauze pad soaked in distilled water for each eye

Ears:

CHOOSE BETWEEN *COTTON BUDS, PAPER TISSUES, GAUZES*

clean the external part of the ear lobe using only GAUZES

Nose:

CHOOSE BETWEEN *UP/DOWN, ROTATIVE, WET, DRY, SUPERFICIALLY, DEEPLY*

to clean the nose you must:

- remove the excess of organic matter with a ROTATIVE movement
- use a WET gauze pad
- continue by cleaning SUPERFICIALLY

TRESHOLD 6/8

8. CAPABILITY TO SUPPORT THE DEPENDENT CARE RECIPIENT IN DRESSING/ UNDRRESSING PROCESS

UNDRRESSING OF AN EMYPLEGIC PERSON

2. When you have to support an hemiplegic person (or person with a plaster) to dress up you have to put on first the healthy limb

True or False [False]

3. When you have to support an hemiplegic person (or person with a plaster) to undress up you have to put on first the healthy limb [True]

TRESHOLD 2/2

PRACTICAL TESTS (SIMULATION)

1. Change an incontinence pad in a bed-bound person
2. Dress and undress an hemiplegic person (put on and off a pullover)

NUTRITION AND FEEDING

Learning outcome: He/she is able to assists the person in nutrition and feeding

Indicators:

1. Capability to apply techniques for feeding solid food and liquids to the dependent beneficiary

2. Capability to apply the basic principles of dietetics according to the different pathologies (i.e. diabetic, cardiac diet etc.)
3. Capability to apply the basic principles of food hygiene
4. Capability to cook according to local traditions
5. Capability to ensure the comfort / well-being of the patient during meals

1. CAPABILITY TO APPLY TECHNIQUES FOR FEEDING SOLID FOOD AND LIQUIDS TO THE DEPENDENT BENEFICIARY

1. The elderly

a) are often not thirsty and drink little, therefore you should encourage them to drink.

b) they can drink less than young people, because they work less.

c) it is best to give them something to drink only when ask.

2. A well-balanced menu should include:

a) large amounts of fruits and vegetables, little quantities of bread and no meat, fish or fats.

b) large quantities of meat, bread, pasta and animal fats, small amounts of fruits and vegetables.

c) carbohydrates every day, large amounts of fruits and vegetables, moderate consumption of meat, fish, eggs or cheese, and small amounts of vegetable fats.

3. Dysphagia refers to any kind of difficulty in swallowing. Patients suffering from dysphagia:

a) should not eat foods with a mixed consistency (solid and liquid) such as small pasta in broth or liquid food that has not been thickened.

b) can eat anything except food high in sugar.

c) eat more easily in a semi-recumbent position.

4. If the patient suffering from dysphagia is asleep or inattentive:

a) it is best to stop feeding them.

c) it is best to continue feeding them and finish as soon as possible.

5. An elderly person suffering from diarrhoea should:

a) drink a lot of water and not eat any fruits or vegetables, with the exception of bananas and potatoes.

b) eat a lot of soup and yogurt.

c) drink a lot of milk

6. What exactly do you understand by hydration:

a) The older person is allowed to drink only when he/she requests it

b) The older person receives liquids only through perfusion

c) The older person will be supervised to drink the 2 L liquids per day

7. The ideal diet to prevent pressure ulcers would include:

a) proteins, vitamins, fats and a lot of water

b) carbohydrates and sugars

c) water, vitamins and fats

TRESHOLD 6/7

2. CAPABILITY TO APPLY THE BASIC PRINCIPLES OF DIETETICS ACCORDING TO THE DIFFERENT PATHOLOGIES (I.E. DIABETIC, CARDIAC DIET, ETC.)

1. An elderly person with hypertension should:

- a) eat a lot of sweets and cheese.
- b) eat a lot of fruit and vegetables, small amounts of meat and cheese, little salt and drink little wine.
- c) eat small quantities of cheese, but large quantities of red meat and cold cuts.

2. An elderly person with diabetes should:

- a) eat large quantities of pasta, bread and sweets.
- b) eat small amounts of pasta, but they can eat pizza often.
- c) eat small quantities of food high in sugar (ex. few carbohydrates, sweets, dried fruit, carbonated drinks, etc.).

3. The elderly often suffer from constipation. To prevent constipation it is important to:

- a) eat a lot of fruit, vegetables and yogurt and drink a lot of water.
- b) use laxatives regularly.
- c) eat salami often.

4. The sweet-hydric diet is:

- a) Low salt and low proteins
- b) Low calories, low fats and low proteins
- c) Normal in calories and normal in glucose

5. In cooking the meals we must take into account:

- a) Only the medical recommendations
- b) Only the older person's preferences
- c) To respect the alimentary diets taking into account also the older person's preferences in composing the menus

TRESHOLD 4/5

3. CAPABILITY TO APPLY THE BASIC PRINCIPLES OF FOOD HYGIENE

1. By touching food we could come into contact with germs, bacteria and other parasites.

- a) true
- b) false

2. What compromises food hygiene the most is:

- a) cooking it and using condiments.
- b) handling it, keeping it at room temperature and undercooking it.

c) handling it, keeping it at a low temperature and overcooking it.

3. Food of animal origin:

a) should be cooked at a high temperature and, if not immediately eaten, preserved at very low temperature.

b) can be eaten uncooked.

c) should be cooked at a high temperature and preserved at room temperature.

4. When you cook, you should:

a) only wash your hands before you start cooking.

b) always wash your hands. wash your hands before you start cooking, after going to the bathroom, blowing your nose or touching uncooked food.

c) always wash your hands before you start cooking and after you have finished.

5. Raw vegetables should be:

a) kept in the refrigerator only before being washed.

b) washed carefully and kept in the refrigerator before and after having been washed.

c) kept in the pantry.

6. Food:

a) should be stored at a very low or high temperature (< 10° / >60°).

b) can be heated and cooled many times without any problems.

c) can be partially cooked and raw on the inside.

7. Canned food:

a) should be kept in the pantry.

b) that has not been opened should be stored in the pantry . Once it has been opened, the content should be removed, placed in another container and kept in the refrigerator.

c) that has not been opened keeps for a short time.

8. Frozen food:

a) should be stored at a temperature lower than zero (in the freezer), until it is used. Once it has been unthawed it cannot be refrozen.

b) can be kept in the refrigerator for several weeks after purchasing.

c) can be refrozen after it has been unthawed if you do not use all of it.

9. If the label on the food reads "best before 05 May 2008", this means that:

a) it may be consumed until May, 10-15 2008.

b) it may be consumed until May, 7 2008.

c) it may be consumed until May, 5 2008.

TRESHOLD 7/9

4. CAPABILITY TO COOK ACCORDING TO LOCAL TRADITIONS

Describe one typical recipe of the traditional gastronomy belonging to the area where the care recipient comes from.

TRESHOLD 1/1

5. CAPABILITY TO ENSURE THE COMFORT / WELL-BEING OF THE PATIENT DURING MEALS

For feeding passively a patient, which is the recommended comfortable position:

- a) semi sitting, dorsal decubitus;
- b) ventral decubitus, lateral decubitus;
- c) on a chair, vertically.

While serving the meal:

- a) It's important to remove from the room garbage and anything that can produce a bad smell (T/F)
- b) The caregiver must wash his/her hands and gather up his/her hair (T/F)
- c) It's not necessary to pay attention to how the meal is presented (T/F)

TRESHOLD 2/2

PRACTICAL TESTS (SIMULATION)

1. Feed a person with dysphagia (provide liquids)
2. Prepare a bed-bound person to be fed passively (positioning, tools...)

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MOBILIZATION

Learning outcome: He/she is able to support the user in the mobility according to the different degree of disability, adopting the most suitable measures, if dependent or bed-bound repositions, walking inside and outside, transportation.

Indicators:

1. Capability to apply operational techniques to mobilize and to manipulate the bed-bound beneficiary (how to lift up the bed-bound beneficiary, how to change the position of the bed-bound patient, how to use specific accessories for the patients' mobilization such as walking stick, wheel-chair)
2. Capability to apply procedures to prevent bed-sores

3. Capability to support the patient walking
4. Capability to transport the patient, ensuring its security during the entire period of transportation

MOBILIZATION

1. CAPABILITY TO APPLY OPERATIONAL TECHNIQUES TO MOBILIZE AND TO MANIPULATE THE BED-BOUND BENEFICIARY

1. To prevent an elderly person from falling you need to:

- a) have them wear close-toed shoes and avoid possible obstacles and dangers (rugs, wet floors, etc.)
- b) have them wear slippers
- c) always have them use a walking stick

2. When walk with a person who uses a walking stick you should place yourself:

- a) beside him/her, on the side with the walking stick
- b) beside him/her, on the side without the walking stick
- c) behind him/her

3. To help an elderly person go down the stairs you should be:

- a) in front of him/her
- b) behind him/her
- c) next to him/her

4. To let elderly person goes from sitting down to standing up in the easiest way, it is best to have the person to sit

- a) in an armchair
- b) in a chair with arms
- c) on the bed

5. To get an elderly person in a wheelchair to stand up and sit down you must always:

- a) make sure the wheelchair brakes are properly locked
- b) make sure the tyres of the wheelchair are fully inflated
- c) put a cushion on the wheelchair back

6. Anti-bedsore mattresses:

- a) are very rigid
- b) come in different shapes and materials that help distribute body pressure uniformly
- c) are down feather mattresses

7. To help a person affected by a stroke who uses a walker the caregiver must stay:

- a) next to the person, on their weaker side
- b) next to the person, on their stronger side

2. CAPABILITY TO APPLY PROCEDURES TO PREVENT BED-SORES

1. Pressure ulcers, or more what are commonly known as bedsores, occur:

- a) from staying in the same position for a long time
- b) from not walking much
- c) only in elderly patients with diabetes

2. Pressure ulcers in the initial phase have the following symptoms:

- a) small, white blisters on the skin
- b) prolonged redness of the skin
- c) blue spots on the skin

3. Pressure ulcers develop:

- a) in a few hours
- b) in several days
- c) in one week

4. To prevent pressure ulcers from forming:

- a) put a plastic lining under the sheets and eat a lot of fish
- b) make the bed often and make sure the room is well ventilated
- c) change the position of the patient every two hours, prevent excessive pressure from building up on one part of the body and keep the skin clean, dry and moisturised

TRESHOLD 3/4

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3. CAPABILITY TO SUPPORT THE PATIENT WALKING

"Exercise - Look at the images below, read the given descriptions and tell if the behaviour described is right or wrong."



The older woman is walking with a walking stick, she holds the cane handle at the level of her waist. [right or wrong]



The older man is walking leaning onto the furniture, there is a rug on a polished floor in front of him. [right or wrong]



The elderly man is going down the stairs, first moving the stronger foot and leg. [right or wrong]

TRESHOLD 2/3

4. CAPABILITY TO TRANSPORT THE PATIENT, ENSURING ITS SECURITY DURING THE ENTIRE PERIOD OF TRANSPORTATION

Exercise - use of the lifter

Individuate and put in order the following procedures phases of the use of the lifter to transfer a patient from bed to wheelchair

PREPARATION PROCEDURES

Choose the sliding size taking into account the patient's build 1

Put the sliding under the patient's raised side 4

Fast the hooks of the sliding to the lifter (7)

Move the patient on one side 3

Locate the lifter on the side of the bed (6)

Locate the sliding with : the part for the shoulders on top and the other one for the groin down 2

Move the person on the other side and pull the sheet on the other side 5

LIFT AND TRANSFER IN WHEELCHAIR

Activate the button of the lift climb (if it's automatic) or lever with the pedal for the climb (if it's manual) 1

Move the lift in front of the wheelchair 3

Activate the button for the lift descent 4

The sling sitting patient will be raised 2

The patient should go down and he/she will be completely sit on the wheelchair at the end 5

Move the sheet from the thighs of the sitting patient 6

Move the lift 8

Remove the sheet from the top of the sitting patient 7

TRESHOLD 12/15

PRACTICAL TESTS (SIMULATION)

1. Transfer the patient from lying in bed to sitting on a chair
2. Changing position from supine to on his side

MANAGEMENT AND HYGENE OF LIVING ENVIRONMENTS

Learning outcomes: He/she is able to take care of cleaning and hygiene of the patient 's living environment bed hygiene, washing and ironing clothes, dish washing, respecting the sanitary and safety rules, with a particular focus on patient environment. He/she is able to support the patient to run the household and to manage domestic issues.

Indicators:

1. Capability to apply principles of environmental hygiene and care (hygiene, environmental sanification, the confinement room standards, the temperature, the lighting, etc.) and to use appropriate procedures and apply the cleaning products
2. Capability to apply disinfection techniques
3. Capability to make the bed in different moments and contexts (bed-bounded patient...)
4. Capability to prevent exposure accidents of biological products
5. Capability to support in shopping, paying bills etc.

1. CAPABILITY TO APPLY PRINCIPLES OF ENVIRONMENTAL HYGIENE AND CARE (HYGIENE, ENVIRONMENTAL SANIFICATION, THE CONFINEMENT ROOM STANDARDS, THE TEMPERATURE, THE LIGHTING, ETC.) AND TO USE APPROPRIATE PROCEDURES AND APPLY THE CLEANING PRODUCTS

1. What is the main purpose of cleaning and sanitizing with water and cleaning products?

- a) to reduce microbes in the environment
- b) to refresh the scent of the environment
- c) to dust

2. Sanitation is done:

- a) with a rag or wet cloth, with water and/or the appropriate cleaning product(s)
- b) with a rag or dry cloth

3. To clean wood furniture:

- a) any cleaning product may be used
- b) it is better to use cleaning products specific to the type of surface

4. About rags, sponges and gloves:

- a) a different one must be used for each room (ex. only one for cleaning the kitchen, only one for the bathroom, etc.)
- b) the same rag can be used to clean the bathroom and the kitchen
- c) one rag must be used for the bathroom and the bedroom, while another one must be used for the kitchen and the living room

5. Different cleaning products should be mixed together in order to achieve the best result.

- a) true
- b) false

6. Cleaning products must be stored:

- a) in an appropriate cupboard that is locked or out of reach of children and the elderly
- b) in the pantry, near to the pasta and tomato sauce

7) After using the rags you should:

- a) put them back in the drawer
- b) wash them by hand in cold water
- c) wash them in the washing machine at a temperature of at least 60°C

8) The correct order to clean (when using a sweep and not a vacuum) is:

- a) to dust with a wet rag, sweep, mop
- b) to mop the floor, sweep, dust
- c) to sweep, dust with a wet rag, mop the floor

09) After having finished cleaning:

- a) it is best to wash the clothes you were wearing and your hands thoroughly
- b) you can walk over the wet floor with no problem
- c) you should open all the windows

10) Hands:

- a) are the main carrier of infection and therefore must be washed frequently and carefully, especially after performing healthcare duties and cleaning, as well as before eating
- b) must always be protected with gloves

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11) White cotton clothing (not soiled with urine or faeces) should be washed at:

- a) 30°
- b) 60°
- c) 90°

12) Mixing different stain removers:

- a) is useful to get the laundry cleaner
- b) is dangerous as it may create toxic substances

13) The hygiene in the older person's living place has to be done

- a) On request
- c) Daily – the regular hygiene

TRESHOLD 10/13

2. CAPABILITY TO APPLY DISINFECTION TECHNIQUES

What is the disinfection?

- (a) A process to clean the environments
- (b) A process aimed to kill germs and pathogenic microorganisms

Hot temperatures are a possible disinfection technique

- (a) True
- (b) False

In a domestic context, it is always necessary to disinfect the environment

- (a) True
- (b) False

There are different levels of disinfection that can be reached according to the quantity of germs and microorganisms erased during the process

- (a) true
- (b) False

TRESHOLD 3/4

3. CAPABILITY TO MAKE THE BED IN DIFFERENT MOMENTS AND CONTEXTS (BED-BOUNDED PATIENT...)

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Put the following actions concerning how to make an occupied bed, in the correct order:



- Move the person to the other side of the bed that has clean sheets (5)



- Put the clean sheet on the unmade side of the bed. (4)



Remove the top sheet and blankets. (1)



Have the person move to one side of the bed. (2)



Remove part of the bottom sheet (not occupied by the person) and move it towards the middle of the bed. (3)



Remove the other part of the dirty sheet and put the second part of the clean sheet on. (6)



Change the top sheet and pillowcases. (7)

TRESHOLD 6/7

4. CAPABILITY TO PREVENT EXPOSURE ACCIDENTS OF BIOLOGICAL PRODUCTS

In order to wash your hands in an antiseptic way (i.e. to kill germs), you should wash them:

- A) For a minimum of 15 seconds
- B) For a minimum of 30 seconds

When applying hygienic procedures on the patient, the caregiver should always wear disposable gloves

- A) True
- B) False

The use of a uniform / of dedicated clothes is a way to protect yourself from pathogenic organism

- A) True
- B) False

TRESHOLD 2/3

5. CAPABILITY TO SUPPORT IN SHOPPING, PAYING BILLS, ETC.

To do the shopping for the older person:

- b) We draw up a list together with the most convenient products
- c) The home care giver only buys what she/he considers it is useful

Your care recipient lives alone and you are in charge of taking care of his/her post. You:

- a) Open the mail he/she receives every now and then, when you have time
- b) Open the mail the same day you receive it
- c) Leave the mail on the desk: his/her relatives will check it when they come to visit him/her

The care recipient receives a letter requesting a payment you don't really understand. You:

- a) Pay the requested amount immediately
- b) Throw the letter away
- c) Show the letter to your supervisor / to the social worker / to a family member [to be changed according to local context]

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TRESHOLD 2/3

PRACTICAL TESTS (SIMULATION)

1. Hand washing of the care provider
2. Establishment of protective clothing to provide intimate hygiene

FIRST AID

Learning outcomes: He/she is able to provide older people with emergency care/ first aid

Indicators:

1. Capacity to intervene in emergency and critics situations
2. Capacity to activate the emergency service
3. Capacity to apply first-aid technique and the procedures in case of emergency such as: hemorrhages; car accidents; techniques of artificial respiration and cardiac massage; traumatism; fractures; burns; electrocution; loss of consciousness; volunteer/in volunteer intoxications; Heimlich technique.

1. CAPACITY TO INTERVENE IN EMERGENCY AND CRITICS SITUATIONS

1. You find your patient lying on the floor:

- the best thing you can do is to get him to stand up as soon as possible
- you should help him, call a doctor, but do not make him get up
- if he has not hurt himself badly then it is not necessary to inform anyone of the fall

2. If you find the elderly person you take care of on the floor and when you call her she said: "I'm alright. I must have fainted." What do you have to do first?

- have her get up
- check her pulse
- give her something to drink

3. If the elderly woman who is lying on the floor says: "My back and arm hurt very badly. I must have hit the corner of the table falling." Now what do you do?:

- check whether she can move her arm
- have her stand up
- take her blood pressure

4. If the woman cannot move her arm: what do you do?

- bandage it
- give her a pain killer
- call for help by dialling 118

5. If the elderly woman you taking care of is on the floor and does not react. Her eyes are shut. The first thing to do is:

- check her breathing
- try to get her to stand up

6. Passing next to the gas cooker you notice a strong smell of gas so you stop. You see that the flame is out,

but the gas is still on! What are you going to do?

- run out of the room
- turn off the gas and open the windows
- call for help

TRESHOLD 5/6

2. CAPACITY TO ACTIVATE THE EMERGENCY SERVICE

Fill in the following sentences - choose among the following words:

*PRESENT YOURSELF – INFORMATION – PLACE - WHEN — CHARACTERISTIC –WHAT –WHERE –
CONFIRMATION - WHY –*

Before calling the emergency number you have to collect all the necessary _____(information) to be provided to the rescues concerning _____(the place) where the accident happened, about _____(characteristics) of the injured person. Once you have called the emergency number you have to _____(present yourself) telling your name and your surname, explaining _____(what) happened, saying _____(where) the accident happened and illustrating how to reach the place. At the end, you have to wait for _____(confirmation) that the request has been gathered and recorded.

TRESHOLD 6/7

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3. CAPACITY TO APPLY FIRST-AID TECHNIQUE

How should I place the patient to check the breathing?

1. Lying on his/her side
2. **Lying on his/her back**

How do I check if the person breaths?

1. **[Looking if there is a chest movement, listening to the breath, feel the breath on my cheek]**
2. Using a specific tool

Where do I have to put my fingers in order to check the pulses?

1. **On the carotid**
2. On the wrist
3. On the heart

PRACTICAL TESTS (SIMULATION)

1. Laying the victim (the unconscious) in the side position.
2. Perform the Heimlich technique

COMMUNICATION

Learning outcome: He/ she is able to communicate with the care recipient and his/her family, using (if migrant) the language of working place, using, if necessary, alternative methods of communication.

Indicators:

1. Knowledge of principles, systems, styles and methods of communication (verbal communication, visual communication, etc.)
2. Capability to communicate in an appropriate way with the beneficiary and his/her family adapting her/his voice tone and posture according to the sensory deficit of the patient
3. Capability to speak and understand the language of the country where she/he works (if migrant worker), at least level A2 (identified as a prerequisite but not part of the CV)

1. KNOWLEDGE OF PRINCIPLES, SYSTEMS, STYLES AND METHODS OF COMMUNICATION (VERBAL COMMUNICATION, VISUAL COMMUNICATION, ETC.)

1. The emotional function of language has the aim:

(a) to express the feelings of the person who is communicating

(b) to try to convince the person to whom the message is addressed

1. Nonverbal communication includes the way we look at a person **T/F**

2. A domestic care worker, named Maria, is taking care of Mr. Pino. Indicate to whom Maria has to report the following events:

(A) On Monday Mr. Pino told Maria he would have preferred a tea instead than milk to have some changes in his life. Maria should report that to

- a. General Doctor
- b. Nobody
- c. Social worker

- (B) On Tuesday, while Maria was doing the housework; Pino watched the TV but he was constantly falling asleep. The same thing happened on Wednesday and on Thursday
- General Doctor
 - Social worker
 - Nobody
- (C) On Wednesday while Maria was helping Pino to lift up from the bed and to do his personal hygiene she noticed that Pino's skin was a bit red over his shoulders
- Social worker
 - Nobody
 - General doctor

TRESHOLD 4/5

2. CAPABILITY TO COMMUNICATE IN AN APPROPRIATE WAY WITH THE BENEFICIARY AND HIS/HER FAMILY ADAPTING HER/HIS VOICE TONE AND POSTURE ACCORDING TO THE SENSORY DEFICIT OF THE PATIENT

1. Which is the meaning of aphasia?

- It's a disease that prevents people from eating
- It's a disease that causes serious speaking problems to people

2. In order to communicate with an elderly person with impairments of hearing

- You should speak quickly
- You should speak slowly and loudly

3. In order to have a good relationship with the patient you should spend time with her/him and be able to listen her/him:

- true
- false

4. If nurses or doctors give us specific instructions:

- We have to follow them and ask for clarifications in case we don't understand something
- We can decide whether or not to follow them

5. If we notice some changes in the elderly person condition:

- We don't have to tell anyone about it
- We have always to report that to family members o doctor

6. If you have to face a critical situation and you are not sure about what to do:

- make the decision by yourself
- ask for suggestions to family members or doctor

7.A person with Alzheimer disease keeps on telling you "I want to go home", while he is actually already at home. What do you do?

a) try to convince him that he is already at home

b) try to distract him, offering him to go for a walk or changing subject

TRESHOLD 6/7

**3. CAPABILITY TO SPEAK AND UNDERSTAND THE LANGUAGE OF THE COUNTRY WHERE SHE/HE WORKS
(IF MIGRANT WORKER), AT LEAST LEVEL A2**

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What do these words mean?

1) An **antibiotic** is

° an illness / a **medicine** to

° **avoid bacterial diffusion** / increase blood pressure

2) An **hearing aid** is needed to

° **hearing better** / walking better

3) **Arthritis** is an inflammation of

° **articulations/shoulders**

4) An **heart disease** is any illness concerning

° **heart** / liver

5) **Swallowing** means

° **to get down a food or liquid** / bending a knee

6) **Diabetes** is an illness that causes an increase of

° **blood glycaemia** / blood cholesterol

7) **Dehydration** happens when we

° eat less food / **drink more liquid** then we introduce

TRESHOLD 6/8

PRACTICAL TESTS (SIMULATION)

1. Ask to a person with hearing impairments what he would like to have for dinner
2. React to a person with dementia stating that you have stolen her wallet

PROFESSIONAL ETHIC

Learning outcome: He/ she observes the principles of professional ethics.

Indicators:

1. Capability to Is able to respect the confidentiality principle regarding the care recipients
2. Capability to identify correctly the violation of beneficiaries' rights
3. Capability to follow the procedures of the ethical code of the profession
4. Knowledge of the principles of the care activity legal liability and the laws regulating the profession

1. PRIVACY RULES AND PROCEDURES

1. You can tell your friends about the health conditions of the person you take care. T/F (F)
2. You are allowed to read the mail of the person you take care. T/F (F)
3. you can communicate information on your elderly person to the operator who is carrying out a phone survey T/F (F)

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2. CAPABILITY TO IDENTIFY CORRECTLY THE VIOLATION OF BENEFICIARIES' RIGHTS

Choose among this list the actions that might imply a violation of the rights of the care recipient (cr)

1. The CR is restrained 24 hours a day
2. The CR always asks for food – the care provider feeds him only 5 times a day
3. The caregiver gives to the CR medicines not prescribed by the doctor
4. The caregiver does not ask to the care recipient what he would like to have for dinner
5. The caregiver calls the CR with bad names if he wakes up during the night
6. The caregiver usually talks with the neighbour about the health conditions of the CR
7. The caregiver opens the mail of the CR without his consent / the consent of the family members

TRESHOLD 6/7

3. CAPABILITY TO FOLLOW THE PROCEDURES OF THE ETHICAL CODE OF THE PROFESSION

Choose among the following sentences those that apply

Care workers engage in:

- Keep the maximum privacy and respect towards information and news concerning the person you take care on**
- Keep the care recipient in bed as much as possible and replace him/her in all the activities, so he/she doesn't get tired
- Do not ask for support to any other professional, performing autonomously all the necessary tasks
- Promote the highest level of autonomy of the cared person at home,**
- Bring Information on situation of possible neglect, care lack or abuse risk to involved bodies**
- Accept to work without contract, if it's just for a short period of time
- Request salary and regular employment treatments , including national insurance contributions, rests and holiday**

TRESHOLD 6/7

4 KNOWLEDGE OF THE PRINCIPLES OF THE CARE ACTIVITY LEGAL LIABILITY AND THE LAWS REGULATING THE PROFESSION

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Care workers can give injections T/F

In case of accident, care workers are obliged to provide resuscitation T/F

Care workers must monitor the care recipients. If they don't do that and, for this reason, the care recipient is damaged, they could be considered legally responsible. T/F

TRESHOLD 2/3

PRACTICAL TESTS (SIMULATION)

1. How do you respect the modesty of your care recipient when performing intimate hygiene
2. Mention three ways in which you can assure the confidentiality of information on your care recipient while working in team