



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
FIRST YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES
CERTIFICATE IN HEALTH CARE ASSISTANT PROGRAM**

**COURSE CODE: HCA 1104
COURSE TITLE: HEALTH CARE ASSISTANT:
INTRODUCTION TO PRACTICE**

DATE: **xxxx APRIL, 2022**

TIME: **xxxx**

INSTRUCTIONS TO CANDIDATES

Answer all Questions in Section A and B. Then answer ANY ONE Question in Section C.

Write your registration number and not your name on all the pages of your answer sheet.

This paper consists of 6 printed pages. Please turn over.

PART A: MCQ 20 MARKS, ALL QUESTIONS ARE COMPULSORY

1. When a professional works closely with others to systematically observe and study their practice in order to identify ways to improve organizational quality and standards or care, they are undertaking:
 - A. Supervisory practice
 - B. Experimental research
 - C. Action research
 - D. Reflective practice

2. Working as a Health care Assistant, you take Mrs X her tablets. You knock on the door and enter, finding 2 care assistants in the room helping Mrs Eltham back onto her bed from the wheelchair. The care assistants were supporting Mrs X's weight with their arms under her armpits. You know this is incorrect and can harm both Mrs X and the care workers. This is an example of:
 - A. Something that should be documented so that the care workers will know what to do in the future
 - B. The value of undertaking research in the sector to inform current good practice and avoid harm to individuals
 - C. What to do if you wish to be dismissed as this can be considered gross misconduct
 - D. The way we learn how to behave in a professional manner to maintain health and safety standard

3. A health care Assistant;
 - A. A licensed Nurse who scored lore grade in the University
 - B. A registered Nurse at certificate level
 - C. A mediator between the Doctor and the Nurse
 - D. A health work who works under the supervision of a licensed Nurse at all times

4. The aim of the Equality Act is best described as:
 - A. Legally protecting people at work from age or disability discrimination
 - B. Protecting your human rights in a court of law such as the right to life
 - C. Giving people of all ages the right to an assessment for care
 - D. Replacing a number of laws to protect people from any discrimination

5. You are working on a ward caring for patients undergoing surgical procedures. You are chatting to Mike while you complete his observations. Mike is 46, was born with a

learning disability, lives in supported living with 2 men and 2 women. He is telling you about how he noticed last night that one of the men went into a woman's bedroom, after the woman had gone to bed. When Mike mentioned it to the care worker who drove him to your unit, she said to forget it as it didn't matter, they were just good friends. The most appropriate course of action is to:

- A. Tell Mike that you will have to report what he has said, and inform your manager
 - B. Say to Mike that the carer was probably right, they're just good friends, but still tell your manager
 - C. Inform Mike that he shouldn't be nosy and that what other people do in their own time is up to them
 - D. Ask Mike to repeat what he told you to the manager of the supported living service where he lives
6. The best definition of evidence-based practice in healthcare is:
- A. Reflecting on a situation whilst it is happening to ensure that immediate quality improvements are achieved
 - B. Analyzing findings from qualitative research with healthcare professionals to improve recruitment and retention
 - C. A systematic approach to understanding the most effective treatments for optimum clinical outcomes and quality
 - D. Using quantitative research methods to improve organizational productivity and cost effectiveness
7. The most appropriate definition of health and wellbeing is:
- A. Not merely the absence of disease or infirmity but a state of complete physical, mental and social wellbeing
 - B. Achievement of physical fitness and mental stability despite being challenged emotionally
 - C. Holistically, the result of a combination of social, intellectual and emotional factors
 - D. Difficult to pin down as ideas about health and wellbeing change with time and vary between different cultures
8. A team is:
- A. Sports franchise
 - B. A short-term group pulled together to address a specific agenda that disbands after a report is issued
 - C. A group of people working together to achieve a common goal

D. A long-term entity with revolving members, elected for three-year terms, staffed by a full-time employee

9. Which of the following is **NOT** a benefit of effective health care teams?

- A. Improved coordination of care
- B. Less efficient use of health care services
- C. Increased job satisfaction among team members
- D. Higher patient satisfaction

10. The following is **NOT** a primary source of ethics

- A. Personal beliefs
- B. Legal decisions
- C. Family traditions
- D. Religion

11. The following is not a Health care assistant role.

- A. Take oral or telephone orders from a physician
- B. Maintain the hygiene of the ward and the patient
- C. Ensure the patient is comfortable
- D. Support the patient to turn in bed.

12. A health care assistant works in various health settings, namely:

- A. Health facilities, Homes and clinics and residents
- B. Clinics, Geriatric homes, Women based organizations
- C. Prisons, Judiciary offices and non-governmental organizations
- D. Youth groups, Geriatric homes, Children homes and residents

13. The following is NOT a Health care assistant role:

- A. Assist with resident care responsibilities
- B. Collecting specimens
- C. Measuring and recording vital signs
- D. Receiving calls from the physicians and communicating the same to the licensed Nurse

From Question 14 to 23, use true or False

NO	STATEMENT	TRUE	FALSE
14	Factors that promote good health include, good posture and body mechanics		

15	Personal Hygiene Practices include, Shoes polished and comfortable		
16	Planning Work Assignments for Health care assistants is done by medical director of the Hospital		
17	Long-term Care Facilities (Nursing Homes) disabled or handicapped persons		
18	Hospitals, Provide care for individuals of all ages with a broad range of health problems		
19	A rights-based approach to health requires that health policy and programmes prioritize the needs of those furthest behind first towards greater equity, a principle that has been echoed in the 2030 Agenda for Sustainable Development and Universal Health Coverage		
20	The right to health is one of a set of internationally agreed human rights standards, and is inseparable or 'indivisible' from these other rights. This means achieving the right to health is both central to, and dependent upon, every patient having a family lawyer of other human rights activities		
21	Participation requires ensuring that all concerned stakeholders		

	including non-state actors have ownership and control over development processes in all phases of the programming cycle		
22	Education for Health provide a range of courses for those working in primary care		
23	Treat people fairly, politely and respectfully, while avoiding any behavior that could be interpreted as bullying, harassment, abuse or discrimination as this will earn you a good pay as a Health care assistant		

24. During a house hold visit as a Health care assistant, you get a patient that you have been attending in bed soiled and wet, the family members tell you, “That is your work, We pay you for that”. What could be lacking?

- A. The family is not paying enough, for you to live with the patient
- B. Nothing lacking, it is the right of the family
- C. Poor contracting between you and the family members
- D. The family does not value their relative

25. As a Health care assistant, what are the best Qualities, you should always have when take care of the aged.

- A. Cooperative, dependable, Empathetic and Honest
- B. Dependable, bargainable, respect and cheerful
- C. Patient, respectful, trustworthy and willing to love
- D. Cheerful, enthusiastic, responsible and willing

26. The work of a health care Assistant is assigned based on.

- A. The needs of the patient and the communication skills of the Health care assistant
- B. Qualification of the health care assistant and her/his willingness

- C. Needs of residents and availability of staff
- D. The communication skills of the staff and their strength.

27. Establishing Priorities for Care for a patient involves all of the following **EXCEPT**

- A. Activities of daily living and meeting hygiene needs
- B. Positioning and providing for exercise
- C. Maintaining proper nutrition and providing for elimination of wastes
- D. Providing drinking water and removal of the catheter

28. Home Care Agencies, provide care in the home for people needing health services, but not hospitalization and,

- A. Nursing
- B. Physical therapy
- C. Occupational therapy
- D. Getting the patient, a well to do sexual partner

29. The following are employability Skills, **EXCEPT**.

- A. Positive Attitude - Do not criticize others
- B. Cooperative - Shows respect for employer
- C. Accepting and using Feedback - Shows you want to learn and are willing to improve.
- D. Critical Thinking - Shows you know how to be objective and think logically

30. Professionals reflect on **EXCEPT**

- A. Philosophy
- B. Values and beliefs
- C. Practice
- D. Their Families and Cultural issues

31. Professional learning experiences include;

- A. Enrolling in formal studies that lead to a qualification
- B. Use to highlight reflections about practice and can help to include families and other professionals who work in the setting in critical reflection
- C. Involves a cycle of reflection and investigation on a topic of interest, a concern or a question about practice within a setting
- D. Meeting with patient relatives to assist you expand on your employability cycle

32. Facilitating Shared reflection, is Conversation with, **EXCEPT**

- A. Other professionals working in the same setting
- B. Professionals working in another setting

- C. A professional network such as a transition to school network
 - D. Family members and patients you are taking care
33. Are some of the ways in which health care organizations protect the rights of their patients?
- A. Utilization review processes
 - B. Institutional review boards
 - C. Patient advocacy or ombudsman offices
 - D. Institutional ethics committees
34. As a Health care assistant, you have responsibilities in relation to audits. Your responsibilities include:
- A. Ensuring all records are completed accurately and timely, maintaining quality throughout the setting and supervising the team
 - B. Supervising the team, completing the records and ensuring that all aspects of infection control are maintained
 - C. Confirming that you and your team present yourselves professionally at all times
 - D. Preparing the team for audit and checking that all individuals and staff are aware of the procedure for the day
35. The following are legal limitations of a Health Care Assistant, **EXCEPT**
- A. Nurse aides do not do sterile procedures.
 - B. Nurse aides do not give information about the diagnosis or treatment plans to the resident or his/her family.
 - C. The Health Care Assistant, do agree to do something beyond the Health Care Assistant, scope of practice as defined by the their training curriculum
 - D. The Health Care Assistant, do not insert or remove tubes from the resident's body
36. The principle of non-discrimination seeks '...to
- A. Guarantee that human rights are exercised without discrimination of any kind based on race, color, sex, language, religion, political, or other opinion, national or social origin, property, birth or other status such as disability, age, marital and family status, sexual orientation and gender identity, health status, place of residence, economic and social situation'.
 - B. That all patients rich or poor their hospital bills are paid by the government
 - C. Explain procedures done to patients should be explained not necessarily to the patient but to the relative who can read and write
 - D. That all Governments should be responsible for the elderly to ensure they have responsible lawyers to help them write their will.

37. Participation ensures that all concerned stakeholders including patients have, **EXCEPT**
- A. Ownership and control over their processes of care in all phases
 - B. Control over their treatment at all times
 - C. Ownership and control of the Health Care Assistant, who takes care of them.
 - D. No decision can be made over a patient if he/she is not able to speak for themselves
38. The following are steps on how to build employability skills.
- A. Participate In Some Form of Community Service - Dedicate your time and energy toward improving the community.
 - B. Know how to write a curriculum vitae
 - C. Know how to relate with Government officials
 - D. Have good writing skills
39. A Career Plan
- A. A map that can show you a way to reach your goals.
 - B. Employability skills
 - C. Know how to negotiate for your hiring and promotion
 - D. Starts the day you get enrolled in college
40. Vicarious liability means
- A. The employer is accountable for the standard of care delivered and responsible for employees working within areas of competence appropriate to their abilities.
 - B. The employee is accountable for the standard of care delivered and responsible for his/her working within areas of competence appropriate to their own abilities.
 - C. The employ union is accountable for the standard of care delivered and responsible for employees working within areas of competence appropriate to their abilities.
 - D. The Nurse supervisor is accountable for the standard of care delivered and responsible for Health care assistants working within areas of competence appropriate to their abilities.

PART B: SHORT ANSWER ESSAY QUESTIONS ANSWER ALL QUESTIONS (15 MARKS)

1. List four **(4)** Core components of the right to health **(2 Marks)**
2. State five **(5)** guidelines of Health Care Assistants working with others **(5 Marks)**
3. State four **(4)** Universal Employability Skills **(4 Marks)**
4. State four **(4)** things that you will look at when choosing a career **(4Marks)**

PART C: LONG ESSAY ANSWER ESSAY QUESTIONS ANSWER ONE QUESTION (15 MARKS)

1. As a health care worker, you are expected to work in different health organization health structures.
 - a) Discuss the health organizational health structure as stated in HCA curriculum (from the Director of Medical services to the Health Care Assistant) **(8 Marks)**
 - b) State two **(2)** roles of Health Care Assistant **(2Marks)**
2. As a Health care Assistant, you qualify to work in different Health settings
 - a) Discuss four **(4)** varieties of Health Settings that you qualify to work in **(8 Marks)**
 - b) State two **(2)** good qualities of health services **(2 Marks)**