

## FAMILY HEALTH CARE EXAM QUESTIONS

### Health-General

1. **Health is best defined as:**
  - a) The absence of illness and trauma.
  - b) Physical, social and mental well-being.
  - c) A well controlled chronic illness.
  - d) A low incidence of minor illness.
  
2. **The best way to keep mentally healthy is to:**
  - a) Handle problems without help.
  - b) Keep isolated from other people.
  - c) Face problems aggressively and without delay.
  - d) Anticipate stressful events and get the help you need.

### Nutrition

3. **Which answer contains foods from all 4 basic food groups?**
  - a) Apple, cereal, bread, cheese.
  - b) Orange, rice, carrots, hot dogs.
  - c) Banana, potato, lettuce, pork chop.
  - d) Tomato, cereal, milk, ham.
  
4. **Which breakfast contains foods from all 4 basic food groups?**
  - a) Milk, cereal, banana, toast.
  - b) Cheese, toast, milk, orange.
  - c) Egg, toast, milk, orange.
  - d) Peanut butter, toast, orange juice, black tea.
  
5. **Which of the following groups requires only 2 - 3 servings of milk per day?**
  - a) Adults.
  - b) Teens.
  - c) Children.
  - d) Pregnant women.
  
6. **Iron is necessary for the proper development of the:**
  - a) Skin.
  - b) Blood.
  - c) Bone.
  - d) Brain.
  
7. **Which of the answers below contains 2 substances that should be limited in our diet?**
  - a) Fat, protein.
  - b) Salt, sugar.
  - c) Vitamins, sugar.
  - d) Fibre, fat.

- 8. Carbohydrates are used by the body mainly for:**
- a) Growth and repair.
  - b) Prevention of constipation.
  - c) Formation of healthy bones and teeth.
  - d) Energy production.
- 9. The recommended number of daily grain product servings is:**
- a) 2 - 3
  - b) 3 - 5
  - c) 4 - 8
  - d) 5 - 12
- 10. The recommended number of daily fruit and vegetable servings is:**
- a) 2 - 4
  - b) 3 - 6
  - c) 5 - 10
  - d) 4 - 8
- 11. The recommended number of daily servings of meat and alternatives is:**
- a) 1 - 2
  - b) 2 - 3
  - c) 3 - 4
  - d) 4 - 5
- 12. All of the 4 main food groups provide:**
- a) Vitamins.
  - b) Fibre.
  - c) Calcium.
  - d) Fat.

### **Special Diets & Feeding Techniques**

- 13. Which one of the following statements about liquid diets is true?**
- a) They supply all necessary nutrients.
  - b) They include all foods that are liquid at room or body temperature
  - c) They are prescribed for people who cannot digest solid foods
  - d) One liquid meal a day is the usual requirement.
- 14. Which of the following foods should be part of a soft diet?**
- a) Raw apples.
  - b) Eggs.
  - c) Whole wheat bread.
  - d) Celery.

15. **Which of the following methods will help a blind person to eat independently?**
- a) Re-arrange the tray differently every day to avoid boredom.
  - b) Place the hot soup spoon into his/her mouth so that none is spilled.
  - c) Put the tray in front of him/her without announcing your presence.
  - d) Describe the food and where it is on the tray.

### **Preventing Illness**

16. **Natural, as opposed to acquired, immunity is obtained by:**
- a) The presence of hereditary genes.
  - b) Having the disease.
  - c) Immunization.
  - d) Long term exposure to the disease.
17. **The two diseases against which adults should continue to be immunized are:**
- a) Diphtheria and whooping cough.
  - b) Polio and red measles.
  - c) Tetanus and Diphtheria.
  - d) Mumps and German measles.
18. **The first immunization is normally given at:**
- a) Birth.
  - b) 2 months.
  - c) 1 year.
  - d) 5 years.
19. **Which of the following will increase the spread of germs?**
- a) Washing the hands with soap and water frequently.
  - b) Shaking the bed clothes when the bed is changed.
  - c) Pouring boiling water over the sick person's utensils.
  - d) Keeping used facial tissues in a bag near the bed.
20. **Which of the following could cause someone to fall?**
- a) Putting casters on furniture.
  - b) Keeping stairs clutter free.
  - c) Putting rubberized backing on scatter rugs.
  - d) Keeping wood floors unpolished.
21. **Which of the following actions could lead to poisoning?**
- a) Keeping medication in original container.
  - b) Telling a child that medicine is candy.
  - c) Using child-resistant tops on medicine bottles.
  - d) Checking the label several times before taking a medication.

22. **When a child has taken a corrosive substance such as drain cleaner, you should immediately:**

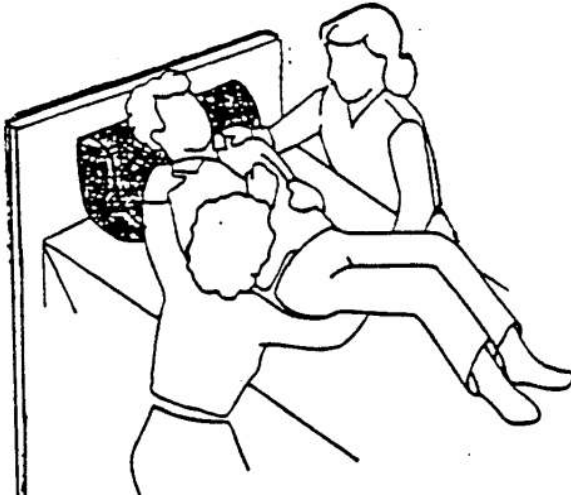
- a) Give the child lots of water to drink.
- b) Stick your fingers down the child's throat to make him vomit.
- c) Call the Poison Information Centre and follow their advice.
- d) Wash off the chemical around the child's mouth

23. **This symbol means that the substance is:**

- a) Poisonous.
- b) Flammable
- c) Explosive.
- d) Corrosive.



24.



**Which of the following is considered good body mechanics by the caregivers when lifting a person as shown in the diagram above? The lifters should:**

- a) Bend their knees and use leg muscles.
- b) Use the strong muscles in the lower arms.
- c) Keep their legs straight as the patient is moved upward.
- d) Keep their feet close together for better balance.

25. **The proper procedure for taking an oral temperature is to:**

- a) Hold the thermometer carefully at both ends to prevent breakage.
- b) Wash the thermometer in hot, soapy water.
- c) Keep the thermometer in the mouth for 1 minute.
- d) Shake the thermometer below 35°C before taking the temperature.

26. **When taking a rectal temperature, you should:**

- a) Hold the bulb end of the thermometer to read the temperature.
- b) Hold the thermometer in place throughout the procedure.
- c) Lubricate the bulb end of the thermometer with warm water.
- d) Leave the thermometer in place for 1 minute to get a reading.

- 27. When the body temperature increases, the respiratory rate will generally:**
- a) Stay the same.
  - b) Become irregular.
  - c) Increase.
  - d) Decrease.
- 28. A child's respiratory rate compared to an adult's is usually:**
- a) Higher.
  - b) Lower.
  - c) About the same.
  - d) Irregular.
- 29. In order to obtain an accurate oral temperature reading, you should:**
- a) Shake the thermometer down to 37°C.
  - b) Ask the patient to rinse his or her mouth with cold water.
  - c) Take it during a meal.
  - d) Wait for 20 minutes after the patient has smoked a cigarette.
- 30. To prevent a bed pan from sticking to the patient's skin, you should:**
- a) Dust the seat with talcum powder.
  - b) Warm the pan with warm water.
  - c) Apply wax paper to the bed pan.
  - d) Pad the pan with a small towel.
- 31. Which of the following positions would be best for a patient using a bed pan in bed?**
- a) Elevate the head of the bed.
  - b) Elevate the foot of the bed.
  - c) Keep the bed as flat as Possible.
  - d) Raise both the head and foot of the bed.
- 32. To help the patient who is incontinent, you should:**
- a) Place absorbent towels between his legs.
  - b) Apply adult diapers even if the patient dislikes them.
  - c) Offer the bedpan frequently throughout the day.
  - d) Reduce the patient's fluid intake.
- 33. Which one of the following will provide good foot care for a bedridden patient?**
- a) Pull the sheets tightly at the foot of the bed.
  - b) Cut the toenails straight across to prevent hang nail formation.
  - c) Keep cotton wool between the toes while the patient is in bed.
  - d) Dry between the toes after bathing.

- 34. If your patient has a paralysed arm, you should help her to dress by:**
- a) Putting her paralysed arm through the sleeve, then the non-paralysed one.
  - b) Putting her non-paralysed arm through the sleeve, then the paralysed one.
  - c) Making all her garments short sleeved.
  - d) Putting both arms in her sleeves at the same time.
- 35. Dentures should be cleaned:**
- a) Once a week.
  - b) Once a day.
  - c) As often as regular teeth.
  - d) Every few hours.
- 36. To give a patient a dry shampoo it is best to use:**
- a) Baking powder.
  - b) Cornstarch.
  - c) Cereal.
  - d) Regular flour.
- 37. When the axillary temperature is compared to the oral temperature, the axillary is normally:**
- a) About the same.
  - b) Higher.
  - c) Lower.
  - d) Variable.
- 38. Body temperature is normally lowest at which part of the day?**
- a) Usual bedtime.
  - b) Early morning.
  - c) Early evening.
  - d) After breakfast.
- 39. Over the space of a minute, the chest rises 16 times and falls 16 times. What is the respiratory rate?**
- a) 8.
  - b) 16.
  - c) 32.
  - d) 48.
- 40. A pulse can be best timed by:**
- a) Using a digital watch.
  - b) Counting 60 seconds out loud.
  - c) Using the second hand of a watch.
  - d) Having someone else count out 60 seconds.

- 41. The following phrases describe some steps in making an occupied bed. Place them in correct order by labelling them from a to d, then choosing the correct choice below.**
1. Push the soiled bottom sheet close to the patient.
  2. Remove all top bed clothes but the top sheet.
  3. Lay the clean bottom sheet fan fold close the patient.
  4. Roll the patient to the clean side.
- a) 4,3,1,2  
b) 3,1,4,2  
c) 1,3,2,4  
d) 2,1,3,4
- 42. Full range of motion means that joints:**
- a) Are stretched to the limit.
  - b) Are moved until there is slight discomfort.
  - c) Are moved in every possible direction they can be moved.
  - d) Are all flexed, extended and rotated.
- 43. When patients are confined to bed for a long period their physical activity should be:**
- a) Kept to a minimum so that energy can be used for healing.
  - b) Done during the later part of the day only.
  - c) Maintained regularly to keep up muscle tone.
  - d) More strenuous than when they are up and walking.
- 44. When you have to turn your patient to a side-lying position you should:**
- a) Stand so that the patient will be rolled away from you.
  - b) Place the arm so that the patient will not turn on to it.
  - c) Keep the legs straight when the patient is on the side.
  - d) Point the patient's feet down to the foot of the bed.
- 45. On which 2 areas are pressure sores (bed sores) most likely to develop?**
- a) Back of the head and hips.
  - b) Base of the spine and toes.
  - c) Palms of the hands and shoulder blades.
  - d) Heels and elbows.
- 46. You can prevent pressure sores by:**
- a) Regularly turning your patient over wrinkles in the sheets.
  - b) Keeping the patient's skin folds clean and dry.
  - c) Washing the patient's skin 4 or 5 times as day.
  - d) Massaging the patient's bony prominence with alcohol.

- 47. You are caring for a patient who is prescribed a heart medication called nitroglycerine. It is to be taken by placing a tablet under the tongue at the first sign of chest pain. and one more pill after 5 minutes. Which of the following is the correct medication procedure?**
- a) Help her to take the pills with water.
  - b) Tell her to rest and let the pain go away before she takes the pill.
  - c) If the pain is severe, let her take two pills at a time.
  - d) Tell her to rest, and help her to put one pill under her tongue.
- 48. When giving your patients medications. you should:**
- a) Give the right medication at the prescribed times.
  - b) Crush all pills when they are hard to swallow.
  - c) Shake all liquid medications.
  - d) Leave the medication at the bedside to be taken when the patient wants it.
- 49. To give ear drops to a three year old child. the ear should be pulled:**
- a) Downward and backward.
  - b) Downward and forward.
  - c) Upward and backward.
  - d) Upward and forward.
- 50. Which one of the following is part of the correct procedure in giving your patient eye drops?**
- a) Tell her to look downward as you pull the lid slightly downwards.
  - b) Gently touch the eye dropper to the lower lid to ensure correct drop placement.
  - c) Drop the prescribed number of drops into the pocket of the lower eyelid.
  - d) Ask her to gently rub the eye to help distribute the drops over the eye surface.
- 51. Following the administration of a suppository, you should tell the patient to:**
- a) Remove the suppository after five minutes.
  - b) Retain the suppository despite the immediate urge to push it out.
  - c) Bear down as soon as the insertion is complete.
  - d) Massage the abdomen to help absorption.
- 52. An enema is best given with the patient lying on the:**
- a) Left side.
  - b) Right side.
  - c) Back.
  - d) Abdomen.
- 53. Moist heat is considered to be more effective than dry heat because it:**
- a) Conducts heat faster.
  - b) Reduces swelling.
  - c) Moistens the injured area.
  - d) Contracts muscles.



- 54. When cold is applied to an injured area:**
- a) The muscles relax.
  - b) Circulation is increased.
  - c) Swelling is decreased.
  - d) Perspiration is increased.
- 55. In comparison to an uninjured limb, an injured limb with a too tight bandage will be:**
- a) Cooler.
  - b) Warmer.
  - c) More sweaty.
  - d) Less painful.
- 56. The safest way to use an electric heating pad is to:**
- a) Apply it directly to the injured part.
  - b) Wet the surface of the pad to increase heat conduction
  - c) Use it to keep an unconscious patient warm.
  - d) Pull on the plug, not the cord to disconnect

**FAMILY HEALTH CARE EXAM**

**PAGE 1**

Please circle one correct answer

**Health-General**

1. a b c d

2. a b c d

**Nutrition**

3. a b c d

4. a b c d

5. a b c d

6. a b c d

7. a b c d

8. a b c d

9. a b c d

10. a b c d

11. a b c d

12. a b c d

**Special Diets &**

**Feeding Techniques**

13. a b c d

14. a b c d

15. a b c d

**Preventing Illness**

16. a b c d

17. a b c d

18. a b c d

19. a b c d

20. a b c d

21. a b c d

22. a b c d

23. a b c d

24. a b c d

25. a b c d

26. a b c d

27. a b c d

28. a b c d

29. a b c d

**FAMILY HEALTH CARE EXAM**

**PAGE 2**

Please circle one correct answer

30. a b c d

31. a b c d

32. a b c d

33. a b c d

34. a b c d

35. a b c d

36. a b c d

37. a b c d

38. a b c d

39. a b c d

40. a b c d

41. a b c d

42. a b c d

43. a b c d

44. a b c d

45. a b c d

46. a b c d

47. a b c d

48. a b c d

49. a b c d

50. a b c d

51. a b c d

52. a b c d

53. a b c d

54. a b c d

55. a b c d

56. a b c d

**FAMILY HEALTH CARE EXAM ANSWER KEY**

**PAGE 1**

Please circle one correct answer

**Health-General**

1. a  b c d

2. a b c  d

**Nutrition**

3. a b c  d

4. a b  c d

5. a b  c d

6. a  b c d

7. a  b c d

8. a b c  d

9. a b c  d

10. a b  c d

11. a  b c d

12.  a b c d

**Special Diets &**

**Feeding Techniques**

13. a b  c d

14. a  b c d

15. a b c  d

**Preventing Illness**

16.  a b c d

17. a b  c d

18. a  b c d

19. a  b c d

20.  a b c d

21. a  b c d

22. a b  c d

23. a b  c d

24.  a b c d

25. a b c  d

26. a  b c d

27. a b  c d

28.  a b c d

29. a b c  d

**FAMILY HEALTH CARE EXAM ANSWER KEY**

**PAGE 2**

Please circle one correct answer

- 30. ● b c d
- 31. a ● c d
- 32. a b ● d
- 33. a b c ●
- 34. ● b c d
- 35. a b ● d
- 36. a ● c d
- 37. a b ● d
- 38. a ● c d
- 39. a ● c d
- 40. a b ● d
- 41. a b c ●
- 42. a b ● d
- 43. a b ● d
- 44. a ● c d
- 45. a b c ●

- 46. a ● c d
- 47. a b c ●
- 48. ● b c d
- 49. ● b c d
- 50. a b ● d
- 51. a ● c d
- 52. ● b c d
- 53. ● b c d
- 54. a b ● d
- 55. ● b c d
- 56. a b c ●