

Age Specific Competency Test

Name:

Date:

1. When performing any procedure on an infant, it is important to:

- A. Move as quickly as possible
- B. Talk to the baby while performing the procedure
- C. Avoid eye contact
- D. Let the mother stay with the infant

2. During the newborn period, motor/sensory development is noticed by:

- A. Hands in tight fists
- B. Jerky, quivering movements
- C. Eyes focusing 8-12 inches away
- D. Strong reflex movements
- E. All of the above

3. To assist the newborn in developing a sense of trust, caregivers can:

- A. Hold the infant only when he cries
- B. Feed and change the infant often
- C. Cuddle and hold the infant close as much as possible
- D. Encourage friends and neighbors to be involved in care

4. As a healthcare provider, one of the most important parts of the infant's history is:

- A. Favorite meals
- B. Likes and dislikes
- C. Favorite toys
- D. Immunization record

5. The toddler who is having blood drawn:

- A. Will usually want a parent present
- B. Will be concerned with privacy
- C. Will require a detailed explanation of the procedure
- D. May become withdrawn because of fear

6. Use of the word "No" by a toddler indicates:

- A. He has limited vocabulary
- B. He is showing his independence
- C. He is not friendly towards strangers
- D. He hasn't learned how to say "Yes"

7. Pre-schoolers have increased speech skills, attention span and memory; this helps them to:

- A. Manipulate their environment
- B. Sleep better without their parents
- C. Change their routines more easily
- D. Understand what is happening to them

8. School-age children need to:

- A. Maintain a close relationship with family
- B. Gain independence from their friends
- C. Value peer relationships
- D. Be separated from siblings in a stressful situation

9. When doing procedures with children, it is important to let them:

- A. Know they can cry
- B. Become separated from their parents
- C. Know your first name
- D. Leave them alone to gain control of their emotions

10. During the adolescent period, it is normal to be concerned with:

- A. Current events
- B. Childhood memories
- C. The same things as adults
- D. Body image

11. It is important for staff working with adolescents to:

- A. Assume the patients will ask if they have any questions
- B. Talk to the parents since an adolescent is unable to really understand fully
- C. Offer explanations to the patient
- D. Tell them as little as possible so they will not be frightened

12. The hospitalized adolescent patient is:

- A. Not affected by the hospital stay
- B. Continually strives for independence and control
- C. Not concerned with assisting with plan of care, and encourages parents advice
- D. Is too immature to understand or care about the changes occurring in their bodies

13. The adolescent population is usually characterized by:

- A. Rapid growth
- B. Awkwardness on gross motor skills
- C. Beginning of development of occupational identity
- D. All of the above
- E. None of the above

14. At what age do mental abilities reach their peak?

- A. Teens
- B. Twenties
- C. Forties
- D. Sixties

15. For the young adult, it is important to involve the individual and significant other in the plan of care.

- A. True
- B. False

16. Young adults often express their feelings through body language instead of verbally.

- A. True
- B. False

17. Young adults like others to make decisions for them and to control their lives.

- A. True
- B. False

18. Which of the following physical change(s) occur in middle adulthood?

- A. Loss of skin elasticity, dry skin and an increase in wrinkles
- B. Decrease in muscle strength and mass
- C. Decrease in bone mass
- D. Loss of skeletal height and calcium
- E. All of the above

19. During middle adulthood, short-term memory or recall increases:

- A. True
- B. False

20. Which of the following intervention(s) should we do with middle-age adults?

- A. Treat them with respect, explain everything to them
- B. Encourage as much dependency as possible
- C. Make decisions for them instead of allowing them choices
- D. All of the above

21. The middle-age adult is future oriented and has specific goals.

- A. True
- B. False

22. Which of the following is true, related to the elderly?

- A. They do not like to talk about the past
- B. They may have difficulty hearing and/or seeing
- C. They tend to be depressed
- D. They want to be dependent

23. When giving an elderly person instructions, it is important to:

- A. Shout into the ear
- B. Treat the patient as you would a person of any age
- C. Face the person so he/she can see your lips
- D. Wait until a family member is present

24. Identify the appropriate change for visual impairment in the elderly.

- A. No change in lighting is needed
- B. With glasses, no changes in lighting is needed
- C. Staff may need to read information to the patient
- D. The family is responsible for the accommodations

25. When educating a person over 65, the following changes in cognitive functioning need to be considered:

- A. Short-term memory may be impaired
- B. More time is needed to process information
- C. Attention span shortens
- D. All of the above