I hereby attest that I understand that I am not to discuss, share or copy the confidential Harbor-UCLA Medical Center Reorientation Self Study Guide, Clinical Competencies testing answers.

I acknowledge the following:

1. I have read the Reorientation Self Study Guide, Mandated Section materials.
2. I have reviewed and completed the study questions in the Self Study Guide.
3. I was given the opportunity to ask questions and obtain additional information about the Reorientation Self Study Guide, Mandated Section materials.
4. The answers provided on this answer sheet are my own.

Employee: ___________________________________________  Date: ________________

(Signature)

Subject areas from the Reorientation Self Study Guide, Mandated Section: Patient Care Management (body mechanics, ergonomics, HIPAA, use of restraints, interpreter services, hand-off communication, family violence, pain management, EMTALA); Infection Control Issues (transmission of infectious control, bloodborne pathogen and healthcare workers, TB); Environment of Care Issues (electrical/utility safety, fire/life safety, emergency preparedness, security, hazardous materials, radiation safety).

Instructions:  Circle the BEST answer to each question. Submit this completed test to Skills Assessment Workshop or Clinical-Professional Development, Bldg. N-18.

1. Which of the following guidelines should be followed when carrying heavy objects?
   a. Lean backward  c. Use whatever method is comfortable
   b. Hold the object at arm’s length  d. Hold the object as close to the body as possible

2. Which of the following increases the risk for work related injuries?
   a. Proper lifting techniques  c. Locked brakes on wheeled equipment
   b. Proper posture when standing or sitting  d. Unlocked brakes on wheeled equipment

3. Which behavior of the staff indicates a risk factor that may lead to injury:
   a. Using good body mechanics  c. Limiting repetitive motions
   b. Overreaching for documents  d. Sitting in a natural resting position

4. Compliance with HIPAA regulations include:
   a. Maintaining the same password for security reasons
   b. Logging off the computer before leaving the workstation
   c. Sharing password for computer access with only one other co-worker
   d. Keeping lab reports, correspondence, and report sheets in publicly accessible places

5. A nurse observes a visitor reading a patient’s chart. The nurse should:
   a. Inform the head of Risk Management Department
   b. Avoid the situation, it may become uncomfortable
   c. Approach the visitor and ask if they have any questions
   d. Approach the visitor and inform them of the Privacy Standards
6. An indication for behavioral restraints includes the patient:
   a. Grabbing the staff forcefully
   b. On a Psychiatric Involuntary Hold (eg. 5150)
   c. Requiring bedrest to limit mobility and is unable to follow plan of care
   d. Attempting to remove intravenous line and other essential medical devices

7. Which of the following statements best reflects Harbor-UCLA Medical Center’s philosophy regarding the use of restraints?
   a. Patients may only be restrained if they are on an involuntary psychiatric hold
   b. Restraints may be utilized only in emergency situations with the patient’s consent
   c. Alternative measures may be tried prior to the initiation of restraints in order to effectively maximize restraint use
   d. Restriction of a patient’s mobility and movement by the application of restraints will be carried out only in those situations where alternative methods have been considered, attempted, and deemed ineffective.

8. A patient arrives with a child to the adult emergency triage area speaking in a foreign language. The employee should initially:
   a. Escort the patient to the Language Center
   b. Ask the child to interpret to provide care without delay
   c. Speak to the patient in the employee’s primary language
   d. Identify the language and utilize bilingual staff in the area

9. When an interpreter is used during an informed consent discussion, the interpreter or healthcare provider must:
   a. Complete the Interpreter Attestation Form
   b. Provide the care team with proof of foreign language proficiency
   c. Have a second translator listen to the translation to attest to its accuracy
   d. Contact the Healthcare Interpreter (HICN) one hour before the informed consent discussion

10. When must the “Ticket to Ride: Patient Transport Hand-off” form be used?
    a. The patient is transported to OR by the NA
    b. The patient is transported to X-ray Dept. by the NA
    c. The patient is transported to L&D by the surgical tech
    d. The patient is transported from the ICU to the ward by the LVN

11. Which of the following is not required by the Joint Commission during hand-off communication:
    a. Up-to-date information
    b. Involvement of the patient
    c. Interaction between caregivers
    d. Opportunity for the receiver to verify the information

12. Which of the following statements reflects a good understanding of pain management?
    a. “I believe that patients should not be given pain medications unless their pain is severe.”
    b. “I never believe the patient’s statement of pain if the patient has a history of drug abuse.”
    c. “I teach my patients to wait until their pain becomes moderate before taking their pain medication.”
    d. “Following an intervention to relieve pain, I will reassess pain within a time frame that is appropriate to the intervention.”

13. The purpose of EMTALA is to:
    a. Transfer patients with qualified personnel
    b. Transfer patients to other hospitals with the same level of care
    c. Provide emergency services regardless of financial or insurance status
    d. Medically screen patients presenting only to the Emergency Department
14. Which statement is correct when a healthcare provider suspects abuse or neglect of a child:
   a. Mandatory reporting only if there is a current injury
   b. Mandatory reporting even if there is not a current injury
   c. Healthcare workers are not required to report suspected child abuse, only actual abuse
   d. Healthcare workers are not required to have any involvement in a child abuse situation

15. A 28-year-old female patient is received in the ER with facial injuries. This patient has a history of schizophrenia, spinal cord injury leaving her paraplegic and lives with her cousin who is her caretaker. The nurse observes that the patient is severely malnourished and is reluctant to answer questions about her caretaker. What type of abuse is suspected?
   a. Child abuse
   b. Intimate partner abuse
   c. Sexual abuse
   d. Elder/dependent adult abuse

16. Alcohol-based hand rub may be used in which of the following situations?
   a. When hands are visibly soiled
   b. After touching equipment near the patients bed
   c. Contact with blood or bodily fluids has occurred
   d. After caring for a patient with Clostridium difficile (C. difficile)

17. The best infection control measure for preventing healthcare associated infections to:
   a. Follow contact precautions whenever possible
   b. Wear gloves and gown during and patient contact
   c. Use proper hand hygiene before and after patient care
   d. Use alcohol-based hand rub at all times during patient care

18. According to OSHA, employees must be vaccinated for:
   a. Hepatitis B (HBV)
   b. Hepatitis C (HCV)
   c. Tuberculosis (TB)
   d. Human Immunodeficiency Virus (HIV)

19. Negative pressure in an isolation room is verified by observing that:
   a. The door to the patient’s room remains open
   b. An isolation sign is posted outside of the room
   c. The pink ball above the door is on the inside of the room when the door is closed
   d. The pink ball above the door is on the outside of the room when the door is closed

20. The three bloodborne pathogens of primary concern to healthcare workers are:
   a. Hepatitis B, salmonella, tuberculosis
   b. Hepatitis B, tuberculosis, clostridium difficile
   c. Hepatitis B, hepatitis C, human immunodeficiency virus
   d. Hepatitis B, tuberculosis, human immunodeficiency virus

21. A patient on a cardiac monitor suddenly notifies the nurse of an electrical shock and burning sensation to the chest area. The immediate management is to:
   a. Reposition the patient for comfort
   b. Check the patient and disconnect the cardiac monitor
   c. Offer pain medication to help reduce the burning sensation
   d. Educate the patient that the sensation is commonly felt during cardiac monitoring

22. The steps of the PASS method for using the fire extinguisher are:
   a. Pull the pin, Aim the extinguisher, Squeeze, and Sweep
   b. Push the lever, Aim the extinguisher, Squeeze, and Sweep
   c. Pull the pin, Assemble the extinguisher, Squeeze, and Shoot
   d. Push the lever, Assemble the extinguisher, Squeeze, and Shoot
23. The “R” in RACE response when a fire occurs stands for:
   a. Report the fire
   b. Remove people
   c. Respond quickly
   d. Retrieve the extinguisher

24. Which is the correct code to call after a one liter bag of chemotherapy is spilled on the floor?
   a. Red
   b. Triage
   c. Gray
   d. Orange

25. An earthquake has occurred near Harbor-UCLA. The overhead-paging system announces Code Triage. Staff should immediately:
   a. Evacuate patients from the building
   b. Report to the nearest emergency management station
   c. Ensure that the crash cart and emergency box are readily available
   d. Return to one’s normal assigned workstation and check the status of the patients

26. The curtains in a patient room by bed D are on fire and the patients need to be evacuated from the room. Please refer to the diagram below regarding the location of beds and the patients in the room. The description of patients in terms of mobility and activity at the time of fire are as follows:

<table>
<thead>
<tr>
<th>Mr. Lopez</th>
<th>Mr. Adams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bed B</td>
<td>Bed C</td>
</tr>
<tr>
<td>Sitting in wheelchair</td>
<td>Bedridden</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mr. Smith</th>
<th>Mr. Clark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bed A</td>
<td>Bed D</td>
</tr>
<tr>
<td>Ambulatory</td>
<td>Ambulatory</td>
</tr>
</tbody>
</table>

   Identify the correct order to remove patients from the room during evacuation:
   a. Mr. Lopez, Mr. Smith, Mr. Clark, and Mr. Adams
   b. Mr. Clark, Mr. Smith, Mr. Lopez, and Mr. Adams
   c. Mr. Clark, Mr. Adams, Mr. Smith, and Mr. Lopez
   d. Mr. Adams, Mr. Smith, Mr. Clark, and Mr. Lopez

27. An employee finds a suspicious unopened package and notifies the County Sheriff. The next step would be to:
   a. Prohibit entry into the area
   b. Check to see if the package is labeled
   c. Open the package to determine the contents
   d. Carefully place the package into a trash can

28. A Code Pink is called. Which of the following actions would be appropriate for the nursing staff to take?
   a. Isolate the spill and call Radiation Safety
   b. Close all doors and locate the nearest fire extinguisher
   c. Look for and report suspicious persons or bundles to the County Sheriff
   d. Identify the location of the unresponsive child/infant and bring a crash cart

29. Safety precautions must be considered when handling body fluids of patients receiving chemotherapy for:
   a. 12 hours following chemotherapy
   b. 48 hours following chemotherapy
   c. 24 hours following chemotherapy
   d. 60 hours following chemotherapy

30. Principles of radiation safety include:
   a. Keep time exposure, distance, shielding and contamination at a minimum
   b. Keep time exposure and distance to a minimum, use shields and control contamination
   c. Keep time exposure and distance to a maximum, use shields and control contamination
   d. Keep time exposure to a minimum, maintain safe distance, use shields and control contamination