TESDA CAREGIVING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Which option is a symptom of xerostomia?

A. Dry mouth
B. Itchy skin
C. Brownish discoloration
D. Pressure ulcers

2. What are the two general classifications of medicines?

A. Prescription and Over-the-counter Medicines
B. Mild Side Effects and Serious Side Effects
C. Trade Names and Brand Names
D. Generics and Brand Names

3. What skin condition is characterized by overly dry or itchy skin?

A. Senile purpura
B. Dermatitis
C. Pressure ulcer
D. Skin tags

4. What therapeutic communication technique should you use to recognize your client's behavior without sounding condescending?

A. Encourage formulation of an action plan
B. Share thoughts and observations
C. AFFIRM desired behaviors
D. Reflect

5. Why is hydration important for a near-death patient?

A. To improve skin appearance
B. To enhance family relations
C. To prevent discomfort and support bodily functions
D. To ensure the patient feels full

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6. A clinical handover happens between the healthcare provider and the incoming caregiver. What is the truth of this statement?

A. False

B. None of the choices are correct.

C. Cannot be determined

D. True

7. In telephone etiquette, how many rings are appropriate before answering?

A. 1 ring

B. 4 rings

C. 2 rings

D. 3 rings

8. What is the average normal respiration rate?

A. 12 to 18 breaths per minute

B. 12 to 16 breaths per minute

C. 10 to 16 breaths per minute

D. 14 to 18 breaths per minute

9. What are the two types of gloves commonly used in performing different caregiving procedures?

A. Clean gloves and Kevlar gloves

B. Sterile gloves and Rubber gloves

C. Clean gloves and Sterile gloves

D. Rubber gloves and Standard gloves

10. Which document primarily contains subjective data about a client?

A. Client's Chart

B. Assessment Report

C. Caregiver's Care Plan

D. Client's Record

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Answers

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1. A
2. A
3. B
4. C
5. C
6. D
7. D
8. B
9. C
10. B

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Explanations

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1. Which option is a symptom of xerostomia?

A. Dry mouth

B. Itchy skin

C. Brownish discoloration

D. Pressure ulcers

Xerostomia refers to the condition of dry mouth, which is characterized by a significant decrease in saliva production. This can lead to discomfort and various complications, such as difficulty in swallowing, speaking, and tasting, along with an increased risk of dental issues like tooth decay and oral infections. The symptom of dry mouth is the most direct indication of xerostomia, making it the correct answer. Understanding this condition is important for caregivers, as recognizing the signs enables them to provide appropriate care and suggest remedies or interventions to alleviate the discomfort associated with dry mouth. Other options like itchy skin, brownish discoloration, and pressure ulcers, while they relate to health issues, do not specifically connect to xerostomia or dry mouth and are indicative of different medical conditions. Recognizing the specific symptoms associated with each condition helps in providing targeted and effective care.

2. What are the two general classifications of medicines?

A. Prescription and Over-the-counter Medicines

B. Mild Side Effects and Serious Side Effects

C. Trade Names and Brand Names

D. Generics and Brand Names

The two general classifications of medicines are indeed prescription and over-the-counter medicines. Prescription medicines are substances that require a valid prescription from a licensed healthcare provider, ensuring that their use is monitored and managed due to potential risks or side effects. These medications are typically used for more serious conditions and may have stricter regulations. On the other hand, over-the-counter (OTC) medicines are those that can be purchased without a prescription. They are generally considered safe for public use when following the instructions on the label and can be used for common ailments or symptoms, such as pain relief or cold symptoms. Understanding this distinction is important for caregivers, as it helps them navigate medication management for those in their care. It also emphasizes the responsibility to encourage safe medication practices among patients. The other classifications do not reflect the fundamental way medicines are categorized based on their availability and usage guidelines, which is why they are not the correct choice.

3. What skin condition is characterized by overly dry or itchy skin?

A. Senile purpura

B. Dermatitis

C. Pressure ulcer

D. Skin tags

The condition described in the question is properly matched to dermatitis. Dermatitis refers to inflammation of the skin, which often leads to symptoms such as dryness, redness, itching, and irritation. This condition can result from a variety of irritants or allergens, and it often affects the skin's ability to retain moisture, thereby causing it to become overly dry and itchy. In contrast, senile purpura, which is associated with aging, manifests as purple bruises due to fragile blood vessels but does not primarily involve dry or itchy skin. Pressure ulcers, also known as bedsores, occur when there is prolonged pressure on the skin, typically leading to open sores rather than dryness. Skin tags are benign growths that don't usually cause itchy or dry skin; they appear as small, soft pieces of skin that hang off the body. Understanding these distinctions helps clarify why dermatitis is the correct answer when considering symptoms of dry or itchy skin.

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4. What therapeutic communication technique should you use to recognize your client's behavior without sounding condescending?

A. Encourage formulation of an action plan

B. Share thoughts and observations

C. AFFIRM desired behaviors

D. Reflect

The correct technique to recognize a client's behavior without sounding condescending is to affirm desired behaviors. This approach involves acknowledging and validating the client's positive actions or feelings. By affirming what the client is doing well, you create a supportive atmosphere that encourages further positive behavior and fosters trust in the caregiver-client relationship. Affirmation helps the client feel seen and appreciated, which can motivate them to continue engaging in constructive behaviors. This method is particularly effective because it emphasizes the client's strengths rather than focusing solely on areas for improvement. Providing affirmation also reinforces the therapeutic bond, showing the client that you respect and value their efforts. In therapeutic communication, it's crucial to maintain a tone and demeanor that is encouraging and respectful. Affirming desired behaviors achieves this goal effectively without being patronizing.

5. Why is hydration important for a near-death patient?

A. To improve skin appearance

B. To enhance family relations

C. To prevent discomfort and support bodily functions

D. To ensure the patient feels full

Hydration is crucial for a near-death patient primarily because it helps prevent discomfort and supports essential bodily functions. As the body approaches the end of life, the ability to process fluids diminishes, and the patient may become less responsive to stimuli, including thirst. However, adequate hydration can still relieve symptoms such as dry mouth, which can be distressing, and it can help maintain some level of kidney function and metabolic processes. Beyond physical comfort, hydration can also play a role in the overall experience of dying. An adequately hydrated body is better able to maintain a stable state, which can ease the transition for the patient. It can reduce the potential for further complications, such as urinary tract infections or pressure sores, which could arise from prolonged dehydration. While aspects like skin appearance or family relations are important considerations in caregiving, they do not directly relate to the primary physiological needs and comfort of a near-death patient. Ensuring that the patient is comfortable and that physiological functions are supported takes precedence.

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6. A clinical handover happens between the healthcare provider and the incoming caregiver. What is the truth of this statement?

A. False

B. None of the choices are correct.

C. Cannot be determined

D. True

A clinical handover is a crucial process in healthcare, where information about a patient's care is exchanged between healthcare providers. This process ensures continuity of care and helps to keep everyone involved informed about the patient's status, ongoing treatments, and specific needs. When a clinical handover occurs between a healthcare provider and an incoming caregiver, it enables the new caregiver to understand the patient's condition, treatments, medications, and any other pertinent details essential for providing effective care. This exchange of information is vital for reducing the risk of errors, ensuring that care is tailored to the patient's needs, and maintaining a high standard of safety and quality in healthcare settings. Given this understanding, the statement is true as it accurately describes the purpose and significance of clinical handovers in the context of healthcare delivery.

7. In telephone etiquette, how many rings are appropriate before answering?

A. 1 ring

B. 4 rings

C. 2 rings

D. 3 rings

The appropriate number of rings before answering a phone call in professional settings is generally considered to be around three rings. This allows the caller to feel that their call is being acknowledged appropriately, while also giving the recipient enough time to get to the phone without making the caller feel like their call is being ignored. Answering within three rings shows respect for the caller's time and indicates professionalism. Many businesses adopt this guideline to maintain a standard of efficiency in communication. Answering too quickly, such as on the first ring, could come across as overly eager or might not allow the recipient to be fully prepared to engage in a conversation. Conversely, letting the phone ring too long (such as four rings or more) can create frustration for the caller, who may feel their time is not valued. Therefore, three rings strikes a good balance in telephone etiquette.

8. What is the average normal respiration rate?

A. 12 to 18 breaths per minute

B. 12 to 16 breaths per minute

C. 10 to 16 breaths per minute

D. 14 to 18 breaths per minute

The average normal respiration rate for adults is generally accepted to be between 12 to 20 breaths per minute, with the most commonly referenced range being 12 to 16 breaths per minute. This range is considered typical for a resting adult and reflects the respiratory rate that is effective for maintaining adequate oxygen levels and metabolic functions. Respiration rate can be influenced by various factors, including age, activity level, and health status. In a clinical setting, it is important for caregivers to recognize normal ranges so they can identify any deviations that may indicate health issues. Understanding these normal values enables caregivers to assess a patient's respiratory function accurately and respond appropriately when necessary. For reference, the other ranges provided do not align with the widely accepted norms for respiration rates in adults, making them less appropriate for general assessment in caregiving contexts.

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9. What are the two types of gloves commonly used in performing different caregiving procedures?

A. Clean gloves and Kevlar gloves

B. Sterile gloves and Rubber gloves

C. Clean gloves and Sterile gloves

D. Rubber gloves and Standard gloves

In caregiving practices, the appropriate use of gloves is essential to ensure both the safety of the caregiver and the patient. Clean gloves and sterile gloves are the two primary types often used in different procedures. Clean gloves are typically utilized for tasks that do not require a sterile environment, such as general patient care, helping with activities of daily living, or handling non-contaminated materials. They offer a basic level of protection against biohazards and are sufficient for many caregiving tasks. On the other hand, sterile gloves are crucial for procedures that involve a higher risk of contamination, such as wound dressing changes, surgical procedures, or any task where there is an open wound or the chance of exposure to bodily fluids. These gloves are designed to maintain sterility and prevent infection, thus protecting both the caregiver and the patient from potential infections. The choice of clean versus sterile gloves is determined by the specific procedure being performed and the level of infection control required. Understanding the differences ensures that caregivers can provide safe and effective care.

10. Which document primarily contains subjective data about a client?

A. Client's Chart

B. Assessment Report

C. Caregiver's Care Plan

D. Client's Record

The Assessment Report is the document that primarily contains subjective data about a client. Subjective data refers to information that comes directly from the client's personal experiences, feelings, perceptions, and descriptions of their condition. This type of data is often gathered through interviews or conversations and reflects the client's viewpoint. The Assessment Report synthesizes this subjective information, typically alongside objective data, to provide a comprehensive evaluation of the client's needs and situation. It captures the client's concerns, symptoms as described by them, and their personal preferences or feelings towards their care, making it a crucial part of understanding the client's overall well-being. In contrast, while the Client's Chart may include both subjective and objective data related to the client's health, it is often more administrative and focuses on clinical information and progress notes. The Caregiver's Care Plan details how to address the client's needs based on both subjective and objective data, but it is not a primary source of subjective inputs. Similarly, the Client's Record often serves as a compilation of various documents that may not emphasize subjective observations specifically.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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