

# Certified Home Health Aide Detailed Test Plan

Effective: January 2024

## CHHA Detailed Test Plan

This detailed test plan reflects the results of a national job analysis study that determined the critical job competencies to be tested by NCCT in this certification examination. It contains 125 scored items, 25 unscored pretest items and candidates are allowed three (3) hours to complete the examination. This certification examination is comprised of 115 standard, 4-option multiple-choice items and 10 alternative items (e.g., Drag and Drop, Multi-Select, Hotspot).

Number of Scored Items	Content Categories
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15	<b>1 Infection Prevention</b> <ol style="list-style-type: none"><li>1 Apply universal precautions and principles of infection prevention.</li><li>2 Use Personal Protective Equipment (PPE), per CDC guidelines.</li><li>3 Identify signs and symptoms of infections.</li><li>4 Change the client's bedding (i.e., occupied or unoccupied).</li><li>5 Handle soiled linens and equipment safely.</li></ol>
26	<b>2 Direct Client Care</b> <ol style="list-style-type: none"><li>1 Follow the client's care plan.</li><li>2 Obtain and monitor client vital signs (e.g., respirations, heart rate, blood pressure).</li><li>3 Monitor and report changes in client mental status.</li><li>4 Monitor and report changes in client weight.</li><li>5 Monitor and report changes in client pain.</li><li>6 Observe and report changes in client skin integrity (e.g., bruising, skin tears, edema).</li><li>7 Document care provided and deviations from the care plan (e.g., refusal, noncompliance).</li><li>8 Document and report accidents and incidents to a supervisor (e.g., medication emergencies, falls).</li><li>9 Encourage independent personal care skills.</li></ol>
25	<b>3 Client Safety and Transfers</b> <ol style="list-style-type: none"><li>1 Assess environmental safety hazards (e.g., open flames, firearms, fall risks).</li><li>2 Use assistive devices to prevent falls and accidents.</li><li>3 Transfer and position clients.</li><li>4 Transfer clients using durable medical equipment (DME) (e.g., walker, slide board, mechanical lift).</li><li>5 Transport clients using appropriate safety precautions.</li><li>6 Assist ambulatory clients to the point-of-care.</li><li>7 Assist clients with prescribed exercise programs.</li><li>8 Respond to emergency situations (e.g., fire, medical emergency, inclement weather).</li></ol>
25	<b>4 Activities of Daily Living</b> <ol style="list-style-type: none"><li>1 Assist with the dressing and undressing of the client.</li><li>2 Assist with the client's daily hygiene (e.g., oral care, grooming, peri-care).</li><li>3 Assist the client with toileting (e.g., bedpan, commode, and urinal).</li><li>4 Assist client with bathing (e.g., shower, tub).</li><li>5 Perform partial and complete bed bath.</li><li>6 Follow the dietary needs of the client.</li></ol>

- 7 Apply principles of safe food preparation and storage.
- 8 Assist patients with eating (e.g., difficulty swallowing, chewing, modified diets).

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### 5 Special Populations

- 1 Adapt care for clients with cognitive impairments (e.g., dementia, bipolar, depression).
- 2 Adapt care for clients in palliative and hospice care.
- 3 Adapt care for clients with progressive diseases (e.g., Parkinson's, ALS, Multiple Sclerosis).
- 4 Adapt care for clients with chronic illnesses (e.g., diabetics, congestive heart failure, COPD).
- 5 Adapt care for clients with communication limitations (e.g., language barriers, aphasia, deaf).
- 6 Adapt care for clients with prosthetic and orthotic devices.

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### 6 Law and Ethics

- 1 Recognize legal responsibilities and the scope of the practice.
- 2 Recognize unethical practices and respond in an ethical matter.
- 3 Identify and report suspected abuse or neglect, as a mandatory reporter.
- 4 Comply with disclosure laws (e.g., HIPAA).
- 5 Obtain the client's verbal consent.
- 6 Comply with laws and regulations regarding patient decision-making (e.g., Power of Attorney).
- 7 Comply with client code status (i.e., DNR or CPR).

## Essential Knowledge Base:

### Apply a working understanding of these integrated concepts:

- 1 Universal Precautions
- 2 Personal Protective Equipment
- 3 Biomedical Waste
- 4 Signs and Symptoms of Infection
- 5 Vital Signs
- 6 Patient Assessment
- 7 Documentation Procedures
- 8 Reporting Procedures
- 9 Basic Anatomy and Physiology
- 10 Basic Medical Terminology
- 11 Body Mechanics
- 12 Emergency Protocols
- 13 Environmental Safety Hazards
- 14 Assistive Devices
- 15 Durable Medical Equipment
- 16 Transfer Techniques
- 17 Ambulation
- 18 Dietary Restrictions
- 19 Toileting
- 20 Bathing
- 21 Grooming
- 22 Feeding
- 23 First Aid Techniques
- 24 Level of Assistance
- 25 Progressive Illnesses
- 26 Chronic Diseases
- 27 Patient Privacy and Dignity
- 28 Federal and State Laws and Regulations
- 29 Code Status
- 30 Scope of Practice



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