

Paper Code: M-EPA-SHCSWAP02AHP3005
Level 3

Senior Healthcare Support Worker Allied Health Profession- Therapy Support Mock Multiple-Choice Test

Information for registered centres

The seal on this examination paper must only be broken by the candidate at the time of the examination.
Under no circumstances should a candidate use an unsealed examination paper.

Information for candidates

Under no circumstances should you, the candidate, use an unsealed examination paper.

This examination consists of **60 multiple-choice** questions.

Part A is the core multiple-choice questions, this contains 40 questions worth a total of **40 marks**. Part B is the pathway multiple-choice questions, this contains 20 questions worth a total of **20 marks**.

You must achieve **16 marks** for Part A and **8 marks** for Part B.

The exam is worth **60 marks**, with a Pass being **24 marks**, and Distinction **45 marks**.

The duration of this examination is **90 minutes**.

You are **NOT** allowed any assistance to complete the answers.

You must use a pencil to complete the answer sheet - pens must **NOT** be used.

When completed, please leave the **examination answer sheet (EAS)** on the desk.

EXAMINATION ANSWER SHEET (EAS) INSTRUCTIONS:

For each question, fill in **ONE** answer **ONLY**.

If you make a mistake, ensure you erase it thoroughly.

You must mark your choice of answer by shading in **ONE** answer circle only.

Please mark each choice like this:

01 ☐ A ☐ B ☐ C ☒ D **ANSWER COMPLETED CORRECTLY**

Examples of how NOT to mark your examination answer sheet (EAS). These will not be recorded.

01 ☐ A ☐ B ☐ C ☒ D **DO NOT** partially shade the answer circle
ANSWER COMPLETED INCORRECTLY

01 ☐ A ☐ B ☒ C ☒ D **DO NOT** use ticks or crosses
ANSWER COMPLETED INCORRECTLY

01 ☐ A ☐ B ☐ C ☐ D **DO NOT** use circles
ANSWER COMPLETED INCORRECTLY

01 ☐ A ☐ B ☒ C ☒ D **DO NOT** shade over more than one answer circle
ANSWER COMPLETED INCORRECTLY

All candidates **MUST** sign the Examination Answer Sheet (EAS) in the bottom right-hand corner of the page before leaving the examination room.

Part A is comprised of the following
40 pathway questions.

1

Why **must** a senior healthcare support worker ensure they always wear the correct personal protective equipment (PPE)?

- A. To avoid cross contamination
- B. To ensure a positive reputation for the setting
- C. To keep equipment costs low
- D. To maintain the cleanliness of the setting

2

Which of the following is a **key** requirement of the clinical audit process?

- A. Findings must be kept confidential to prevent any tampering
- B. Findings must be published to ensure the integrity of the setting
- C. They must be based on predetermined criteria to confirm regulatory compliance
- D. They must be completed randomly to accurately assess staff's standard performance

3

How do organisational policies ensure that diversity and equality are maintained in a setting?

- A. By focusing on the physical needs of individuals and addressing other needs as a secondary priority
- B. By stipulating that all care plans must be standardised to ensure fairness and neutrality
- C. They require reasonable adjustments to be made so that the holistic needs of individuals are met
- D. They state that reasonable adjustments should only be implemented if staff agree they are required

4

What is the **first** step to take when administering intravenous medication?

- A. Ask a colleague to monitor for any reaction to the medication
- B. Clean the area of the skin where medication will be administered
- C. Record the medication administration in the individual's notes
- D. Verify the identity of the individual receiving the medication

5

An individual is temporarily incapacitated and unable to consent to a procedure. The appropriate action for a senior healthcare support worker to take is to:

- A. ask a family member to give consent on the individual's behalf as they will act in their best interest
- B. complete the procedure without gaining consent as it is necessary for the individual's health
- C. postpone the procedure and wait for the individual to regain capacity before requesting consent
- D. seek consent from a legally appointed person and inform the individual as soon as possible

6

What piece of current legislation guides the actions of senior healthcare support workers when dealing with antibiotics?

- A. The Control of Substances Hazardous to Health Regulations (COSHH)
- B. The Health and Safety (First-Aid) Regulations
- C. The Management of Health and Safety at Work Regulations
- D. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)

7

Which of the following is typically a sign of visceral pain?

- A. Deep and dull pain that is poorly localised
- B. Deep and dull pain that is well localised
- C. Sharp and intense pain that is poorly localised
- D. Sharp and intense pain that is well localised

8

A new individual on the ward is hard of hearing. What is the appropriate way to communicate with them?

- A. Allow the individual to begin all discussions and use their preferred communication methods
- B. Ensure that the appropriate communication aids are available and their preferences are clearly noted
- C. Rely on previous experience with similar individuals to guide communication
- D. Request that a manager is available for support during all communication with them

9

How does observing the practice of others support own professional development?

- A. It enhances own understanding through real world experience
- B. It ensures person centred care is promoted for all individuals
- C. It prevents the use of outdated practices
- D. It reduces the need to reflect on own practice

10

What action **must** a senior healthcare support worker take when moving equipment?

- A. Adopt a lifting technique based on personal preference
- B. Ensure a colleague is available to support
- C. Lift the load quickly to avoid potential injury
- D. Use appropriate techniques in line with organisational policy

11

What is the relationship between duty of care and duty of candour?

- A. Duty of candour ensures individuals are informed of changes to policy while duty of care ensures staff follow organisational policy
- B. Duty of candour ensures staff follow organisational policy while duty of care ensures individuals are informed of changes to policy
- C. Duty of care involves taking actions to prevent harm while duty of candour requires honesty in the event of mistakes
- D. Duty of care requires honesty in the event of mistakes while duty of candour involves taking actions to prevent harm

12

Which of the following is an appropriate way to supervise others?

- A. Allowing them to set and monitor their own goals independently
- B. Delegating them routine tasks only
- C. Reassigning responsibilities frequently
- D. Setting clear expectations and holding regular 1-2-1 meetings

13

What is the correct technique to use when performing chest compressions on an adult during basic life support?

- A. Press down on the centre of the chest at least 2 centimetres deep at a rate of 100-120 compressions a minute
- B. Press down on the centre of the chest at least 2 centimetres deep at a rate of 150-170 compressions a minute
- C. Press down on the centre of the chest at least 5 centimetres deep at a rate of 100-120 compressions a minute
- D. Press down on the centre of the chest at least 5 centimetres deep at a rate of 150-170 compressions a minute

14

Which of the following pieces of information **must** be stored securely?

- A. Communication preferences and contact information
- B. Food preferences and date of birth
- C. Hobbies and medical history
- D. Name and medical diagnosis

15

What piece of current legislation governs the use of personal information?

- A. Data Protection Act
- B. Data security policy
- C. Freedom of Information Act
- D. Information governance policy

16

How are respiratory infections typically spread compared to gastrointestinal infections?

- A. Gastrointestinal infections are spread through direct contact whereas respiratory infections are spread through bloodborne transmission
- B. Gastrointestinal infections are spread through droplets whereas respiratory infections are spread through faecal-oral transmission
- C. Respiratory infections are spread through direct contact whereas gastrointestinal infections are spread through bloodborne transmission
- D. Respiratory infections are spread through droplets whereas gastrointestinal infections are spread through faecal-oral transmission

17

A junior staff member is trying to complete a task that is outside of their competency. What is the appropriate action for a senior healthcare support worker to take?

- A. Encourage the staff member and continue to allow them to develop their skills
- B. Immediately step in to provide guidance to ensure that no harm is caused
- C. Leave the room to avoid receiving any disciplinary action if an accident occurs
- D. Report the staff member to a manager for misconduct and take over the task

18

A senior healthcare support worker has reported concerns that an individual is being abused to the designated safeguarding lead. What action **must** the safeguarding lead take?

- A. Arrange a staff meeting to emphasise the importance of maintaining confidentiality
- B. Conduct an investigation and contact the appropriate external agency if required
- C. Monitor the individual for signs of abuse themselves before launching an investigation
- D. Offer support to the worker and individual while an external agency investigates

19

Why **must** information about habits and lifestyle choices be obtained from an individual?

- A. To assess their immunisation status and willingness to engage in treatment
- B. To determine if they are able to make decisions without the support of others
- C. To establish if there any staff members with conflicting religious views
- D. To identify potential future risks and the appropriate treatment actions

20

What is the safe practice for the disposal of hazardous materials?

- A. Disposing of them in any bin available according to experience
- B. Pouring them down the sink after use to avoid harm
- C. Storing them after use to prevent improper disposal
- D. Using designated bins according to organisational policy

21

What principle of current data protection legislation ensures that data is collected for specified reasons only?

- A. Data minimisation
- B. Data subject rights
- C. Purpose limitation
- D. Storage limitation

22

Partnership working promotes the resilience of staff in a healthcare setting by:

- A. ensuring the whole team has the same targets
- B. promoting mutual support and collective problem solving
- C. reducing the amount of formal training that is provided
- D. simplifying the decision making process

23

Which of the following is a **key** benefit of senior healthcare staff delegating routine clinical tasks?

- A. It allows responsibility for mistakes to be shared across the team
- B. It ensures that individuals receive the best quality care
- C. It improves staff motivation and team cohesion
- D. It prevents staff requesting formal training and supervision

24

Which of the following is a **key** impact of inadequate cleaning procedures?

- A. Improved recovery time due to immune system resilience
- B. Improved staff morale due to lenient infection control policies
- C. Increased anti-microbial resistance
- D. Increased risk of infection

25

Which of the following is a **temporary** factor that affects the ability to provide valid consent?

- A. Acute pain
- B. Cognitive impairment
- C. Language barriers
- D. Substance dependence

26

How does the spread of a bacterial infection differ from the spread of a viral infection?

- A. A virus can multiply rapidly whereas bacteria typically needs a host to reproduce
- B. A virus requires exposure to air to survive, bacteria does not
- C. Bacteria can multiply rapidly whereas a virus typically needs a host to reproduce
- D. Bacteria requires exposure to air to survive, a virus does not

27

Which of the following techniques is typically appropriate to use during communication with a visually impaired individual?

- A. Body language
- B. Objects of reference
- C. Pictures
- D. Writing

28

External factors are often mistaken for mental ill health. Which of the following is a common reason for this?

- A. Bereavement, as it can lead to low self-esteem and severe cognitive impairment
- B. Financial difficulties, as they can lead to worry and sleep disturbances
- C. Relationship issues, as they can lead to temporary withdrawal from social activities
- D. Workplace stress, as it can lead to temporary appetite fluctuations

29

Which of the following services is appropriate to contact for advice on employment rights?

- A. Advisory, Conciliation and Arbitration Service (ACAS)
- B. Citizens Advice Bureau (CAB)
- C. General Medical Council (GMC)
- D. World Health Organisation (WHO)

30

Which of the following is a typical responsibility of a senior healthcare support worker?

- A. Conducting financial audits
- B. Developing infection control procedures
- C. Mentoring junior colleagues
- D. Overseeing the recruitment process

31

Which of the following are **all** typical signs that the well-being of an individual is deteriorating?

- A. Coordination difficulties, isolation and regular memory loss
- B. Fatigue, sudden weight gain and occasional mood swings
- C. Lack of social activity, gradual weight loss and decreased alcohol use
- D. Temporary changes in mood, increased independency and clumsiness

32

When **must** a senior healthcare support worker seek advice about information security?

- A. Before their annual performance review
- B. If they are unsure on how to store data
- C. Only after a data breach occurs
- D. When asked by a manager only

33

How do organisational values impact the role of a senior healthcare support worker?

- A. They determine which tasks can be delegated to others
- B. They mandate which departments they can collaborate with
- C. They offer guidance on how to prioritise tasks
- D. They provide specific safeguarding requirements

34

Which of the following is **not** a main form of mental health?

- A. Anxiety
- B. Body dysmorphic disorder
- C. Borderline personality disorder
- D. Bulimia nervosa

35

Which of the following approaches facilitates effective communication with individuals?

- A. Avoiding any physical touch and maintaining distance at all times
- B. Displaying active listening and maintaining appropriate eye contact
- C. Talking loudly and quickly while avoiding eye contact
- D. Using complex language and ensuring open body language

36

Which of the following is a changing cause of infection in a healthcare setting?

- A. Antibiotic use
- B. Contaminated surfaces
- C. Decreased use of single-use equipment
- D. Pressure sores

37

Which of the following is a **main** benefit of a setting having a defined set of values?

- A. It ensures that a positive reputation is always maintained
- B. It ensures that staff are given detailed personal and organisational goals
- C. It provides guidelines for decision making and promotes consistent care
- D. It provides staff with strict instructions for daily tasks

38

Which of the following are **all** examples of **key** principles when developing care plans?

- A. Adaptability, continuity and limited choice
- B. Clear responsibilities, continuity and emphasis on routine
- C. Collaboration, rigid goals and uniformity
- D. Flexibility, specific goals and multidisciplinary involvement

39

What is the appropriate source for information about a senior healthcare support worker's role and responsibilities in protecting individuals from abuse?

- A. Conversations with colleagues
- B. Local safeguarding policy
- C. Medical forums
- D. Modern slavery helpline

40

To obtain valid consent, a senior healthcare support worker **must**:

- A. explain the risks and benefits repeatedly until the individual agrees
- B. offer clear and detailed information and request an immediate response from the individual
- C. provide accurate and clear information and give the individual time to make a choice
- D. request that the individual agrees and then provide information

Part B is comprised of the following
20 pathway questions.

41

What is a **key** consideration when supporting an individual with mobility rehabilitation?

- A. Encouraging a reliance on assistive devices to improve their confidence
- B. Ensuring the exercises are adjusted to match their current ability and goals
- C. Preventing them from being independent at any time to avoid harm
- D. Recommending exercises that have been effective for others in the past only

42

Which of the following outcome measures is used to measure overall health and quality of life?

- A. SF-25 Health Survey
- B. SF-36 Health Survey
- C. SF-47 Health Survey
- D. SF-58 Health Survey

43

An individual is struggling to deal with their condition following discharge. Which of the following is an appropriate way to support them to develop self-management skills?

- A. Helping them to set realistic goals and providing educational resources
- B. Recommending they reach out to their friends for emotional support
- C. Requesting the physiotherapist visits them and offers relaxation techniques
- D. Suggesting that they research private care services for extra support at home

44

What action **must** be taken if an individual requires a walking aid for use at home?

- A. Direct them to an appropriate online retailer
- B. Offer them 1 that is no longer used by the department
- C. Refer them to the correct specialist service
- D. Suggest they ask a family member to purchase 1 for them

45

An individual **must not** undergo an x-ray if:

- A. they are obese
- B. they are pregnant
- C. they have a skin condition
- D. they have an acute injury

46

The quadriceps muscles at the front of the thigh consist of:

- A. 4 muscles that flex the hip and extend the knee
- B. 4 muscles that flex the knee and extend the hip
- C. 4 muscles that flex the knee and extend the leg
- D. 4 muscles that flex the leg and extend the knee

47

An individual has not achieved the expected outcomes of their care plan. What is the appropriate action to take?

- A. Continue with the current intervention as this was implemented based on current research
- B. Increase the frequency and intensity of the current treatment
- C. Reassess the individual's needs and implement changes accordingly
- D. Refer the individual to a specialist immediately as the current treatment is not suitable

48

What action **must** be taken to maintain the safety of an individual during a clinical task?

- A. Asking a colleague to observe
- B. Checking their identification
- C. Cleaning the equipment before use
- D. Ensuring the door to the treatment room is locked

49

What component of the nervous system is responsible for controlling voluntary movements?

- A. Autonomic nervous system
- B. Auxiliary nervous system
- C. Central nervous system
- D. Somatic nervous system

50

An individual has met their mobility goal and has requested further help to improve. What is the appropriate action for a senior healthcare support to take?

- A. Advise the individual to continue with their current rehabilitation plan as it is clearly working well
- B. Recommend new exercises based on their experience with others who have similar needs
- C. Refer the individual to the physiotherapist for an assessment of their current ability
- D. Suggest that the individual request to be discharged as they are exceeding expectations

51

An individual has been walking independently using a zimmer frame and on re-assessment can transfer to elbow crutches. What is the appropriate action to take?

- A. Ask the physiotherapist if they think a different mobility aid would be more suitable
- B. Check the crutches are fit for use and adjust them to the correct height
- C. Ensure the crutches are fit for use and show the individual how to adjust them
- D. Offer the individual a pair of crutches returned by another individual

52

The appropriate walking aid for an individual aged 75, who has been admitted for a fall, is a:

- A. pair of elbow crutches
- B. single elbow crutch
- C. walking stick
- D. zimmer frame

53

Which of the following organisations are **both** commonly involved in the discharge of an individual?

- A. Ambulance service and social services
- B. Ambulance service and the palliative care team
- C. General practitioner (GP) surgery and the district nursing team
- D. General practitioner (GP) surgery and the outpatient department

54

What is the **main** purpose of a nebuliser?

- A. To deliver medication to the lungs
- B. To keep the airways open during sleep
- C. To maintain a consistent heart rhythm
- D. To provide supplementary oxygen

55

Which of the following factors **must** be considered when preparing for a therapeutic task?

- A. Ensuring the room is accessible for any visitors
- B. Ensuring the room is suitable for the individual's needs
- C. The availability of space to store equipment
- D. The presence of any potential distractions for the individual

56

What **must** be considered when developing a care plan to ensure compliance with national guidelines?

- A. The individual's needs and current evidence-based practices
- B. The individual's needs and the competency of staff members
- C. The projected costs to the setting and the equipment available
- D. The projected costs to the setting and current evidence-based practices

57

What is the **main** risk associated with the use of a transcutaneous electrical nerve stimulation (TENS) machine?

- A. It can lead to skin irritation
- B. It is only effective for deep tissue pain
- C. It is only suitable for short-term use
- D. It will lead to dependence

58

What organ is responsible for filtering waste products and producing urine?

- A. The bladder
- B. The kidneys
- C. The large intestine
- D. The pancreas

59

Before using equipment, a senior healthcare support worker **must**:

- A. ask a colleague to show them what to do
- B. attend a specialist training session
- C. consult the setting's health and safety policy
- D. read the manufacturer's instructions

60

A senior healthcare support worker is monitoring an individual with reduced mobility. Which of the following signs **must** they report to a manager if observed?

- A. The individual complains of slight discomfort during all movement
- B. The individual experiences a fall when trying to move independently
- C. The individual relying on assistive equipment despite being able to walk freely
- D. The individual sitting for long periods but being able to stand if needed



Level 3



Highfield Qualifications

Highfield ICON
First Point
Balby Carr Bank
Doncaster
South Yorkshire
DN4 5JQ
United Kingdom

01302 363277
info@highfield.co.uk
www.highfieldqualifications.com