

Part A is comprised of the following **40 core 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 are 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 an individual's well-being 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

Part B is comprised of the following **20 pathway questions**.

41

What is the **key** focus of the current Children's Act in the context of children's healthcare services?

- A. To better the health and well-being of children through improved healthcare coordination
- B. To ensure that all children have received healthcare vaccinations by age 5
- C. To improve the health and well-being of children by allowing hospitals to have complete independence
- D. To mandate regular mental and physical health checkups in school

42

Which of the following describes the typical anatomy of a child's skeletal system compared to an adult's?

- A. A child's bones are more dense and less brittle than an adult's bones
- B. A child's bones are more rigid and less flexible than an adult's bones
- C. A child's bones contain less cartilage and more ossified areas than an adult's bones
- D. A child's bones contain more cartilage and fewer ossified areas than an adult's bones

43

At what age is a child typically expected to understand right and wrong?

- A. 3-4 years
- B. 5-6 years
- C. 7-8 years
- D. 9-10 years

44

Which of the following is a **key** principle of communication with children and young people?

- A. Adapting communication methods to suit their development stage
- B. Directing the majority of communication to their parent or carer
- C. Ensuring all communication is short
- D. Using non-verbal communication only

45

Which of the following is a common impact that Type 1 diabetes has on a young person's daily activities?

- A. Difficulty maintaining friendships due to poor vision
- B. Frequent interruptions during the school day due to strict medication routines
- C. Reduced ability to complete physical activities due to muscle weakness
- D. Struggling with school due to cognitive impairment

46

During what developmental stage does a young person typically begin to form stronger friendships and express more independence?

- A. Adolescence
- B. Early childhood
- C. Infancy
- D. Middle childhood

47

Which of the following is an appropriate way to support a young person with their mobility after a long hospital stay?

- A. Advising against physical activity until a full recovery has been made
- B. Encouraging regular short exercises that gradually become more difficult
- C. Recommending frequent breaks to prevent overexertion
- D. Suggesting lengthy walks to speed up the recovery process

48

Which of the following is a **key** principle of the current Mental Capacity Act relating to children and young people?

- A. Children under age 12 cannot make any decisions about their care regardless of if they understand the information provided
- B. Children under age 18 cannot make any decisions about their care regardless of if they understand the information provided
- C. Young people aged 12 and above can make decisions about their healthcare if they understand the information provided
- D. Young people aged 16 and above can make decisions about their healthcare if they understand the information provided

49

Which of the following is an appropriate method for promoting self-management skills in young people?

- A. Allowing them to make all care decisions to promote independence
- B. Discouraging them from asking questions to urge personal research
- C. Encouraging them to use a health diary to track their well-being
- D. Setting strict rules and boundaries to teach discipline

50

What action **must** a senior healthcare worker take if a child displays signs of distress during a medical procedure?

- A. Continue the treatment as children often behave this way
- B. Document the behaviour in the child's notes as others need to be aware
- C. Immediately report the observation to the safeguarding lead
- D. Report the observation to the safeguarding lead at the end of the day

51

Which of the following functional changes is **common** in children with asthma?

- A. Barrel chest
- B. Chest tightness
- C. Impaired swallowing
- D. Muscle weakness

52

Which of the following is a **typical** impact of long-term hospitalisation on children?

- A. A strengthened immune system
- B. Delayed motor skill development
- C. Improved emotional maturity
- D. Poor communication skills

53

Which of the following methods ensures adequate nutrition during the early years of a child's life?

- A. Offering solid food alongside breast milk after 6 months
- B. Offering solid food alongside formula after 12 months
- C. Removing all breast milk from their diet after 18 months of age
- D. Removing all formula from their diet after 12 months of age

54

How many bones is a child typically born with?

- A. 250
- B. 275
- C. 300
- D. 325

55

What is the purpose of proxy consent in relation to children and young people?

- A. To allow a child to override their parent's decisions
- B. To allow healthcare professionals to decide all treatment
- C. To enable a child's older sibling to make decisions on behalf of the child
- D. To enable a responsible adult to make decisions on behalf of the child

56

During the discharge of children and young people, the **main** responsibility of members of the multidisciplinary team is to:

- A. ensure the process is completed within a pre-agreed time frame
- B. gather feedback from the family regarding the care received
- C. provide a detailed ongoing care plan and details of community support services
- D. transfer all accountability for ongoing care onto the family and community services

57

Why is vitamin C **key** for a child's health and development?

- A. It acts as an antioxidant and helps with calcium absorption
- B. It boosts the immune system and supports tissue growth
- C. It helps with skin health and red blood cell production
- D. It supports brain function and bone development

58

Which of the following is an appropriate method for measuring the weight of a young person with mobility issues?

- A. Allowing the young person to weigh themselves privately to avoid embarrassment
- B. Asking the young person to use the scale unaided to promote independence
- C. Relying on old measurements to avoid overwhelming the young person
- D. Using a wheelchair scale or a hoist to assist the young person

59

Which of the following is an appropriate way to distract a child during a painful procedure?

- A. Encouraging the use of relaxation techniques to alleviate their anxiety
- B. Engaging in storytelling or games with the child
- C. Offering the child a reward for completing the procedure
- D. Prompting a conversation about the procedure to improve their understanding

60

How does a positive parent/child bond affect a child's response to healthcare situations?

- A. It encourages the child to be more open about their needs and wants
- B. It ensures that the child will not feel anxiety during treatment
- C. It increases the likelihood of the child refusing treatment
- D. It urges the child to depend on the parent to convey needs and wants

**Level
3**



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