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39	A	B	C	D	E

PRACTICE QUESTIONS

Saudi Commission For Health Specialties (SCFHS)

HCAQE

Health Care Assistant Qualifying Exam

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Saudi Commission For Health Specialties (SCFHS) HCAQE , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, HCAQE
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

According to standard precautions, at which point should a health care assistant perform hand hygiene when caring for a patient?

- ☐ A Only after removing gloves
- ☒ B Before and after any patient contact
- ☐ C Only when hands are visibly soiled
- ☐ D Once per shift regardless of number of patient contacts

ANSWER B

WHY Standard precautions require hand hygiene before and after every patient contact, as well as after glove removal, to prevent transmission of infection.

QUESTION 2

SINGLE CHOICE

Which action is most appropriate for a health care assistant to take to reduce the risk of falls in an elderly patient?

- ☐ A Keep the bed in the highest position at all times
- ☒ B Ensure the call bell is within the patient's reach and the bed is at a low height
- ☐ C Remove the patient's walking aid to prevent tripping
- ☐ D Leave the room lights off to encourage rest

ANSWER B

WHY Keeping the bed low with the call bell within reach reduces fall risk by allowing the patient to summon help and minimizing injury distance if a fall occurs.

QUESTION 3 SINGLE CHOICE

What is the normal resting respiratory rate range for a healthy adult?

- ☐ A 4 to 8 breaths per minute
- ☒ B 12 to 20 breaths per minute
- ☐ C 24 to 32 breaths per minute
- ☐ D 40 to 50 breaths per minute

ANSWER B

WHY The normal adult resting respiratory rate is 12 to 20 breaths per minute; rates outside this range should be reported.

QUESTION 4 SINGLE CHOICE

A patient is on complete bed rest and is unable to reposition independently. What is the primary reason the health care assistant should turn and reposition the patient every two hours?

- ☒ A To prevent pressure ulcers from developing
- ☐ B To increase the patient's appetite
- ☐ C To reduce the need for pain medication
- ☐ D To lower the patient's blood pressure

ANSWER A

WHY Regular repositioning relieves prolonged pressure on bony prominences, which is the leading preventable cause of pressure ulcers in immobile patients.

QUESTION 5

TRUE/FALSE

A health care assistant should use active listening skills, such as maintaining eye contact and reflecting back what the patient says, to build trust and understand patient concerns.

☒ **A** True☐ B False**ANSWER A**

WHY Active listening, including eye contact and reflection, is a core communication skill that helps build rapport and trust with patients and families.

QUESTION 6

SINGLE CHOICE

When assisting a dependent patient with oral hygiene, which action is most appropriate for the health care assistant?

☐ A Position the patient flat on their back to prevent spillage☒ **B** Position the patient in a side-lying or semi-upright position to reduce aspiration risk☐ C Perform oral care only once a week☐ D Use the patient's toothbrush on multiple patients to save time**ANSWER B**

WHY A side-lying or semi-upright position during oral care reduces the risk of aspiration, especially in patients with swallowing difficulties.

QUESTION 7

MULTIPLE CHOICE

Which of the following are examples of personal protective equipment (PPE) commonly used by a health care assistant? (Choose two.)

- ☒ **A** Disposable gloves
- ☒ **B** Surgical mask
- ☐ **C** Stethoscope
- ☐ **D** Patient wristband

ANSWER **A** • **B**

WHY Disposable gloves and surgical masks are standard PPE items used to protect against exposure to blood, body fluids, and infectious agents. A stethoscope and wristband are not PPE.

QUESTION 8

MULTIPLE CHOICE

A health care assistant finds a patient unresponsive and not breathing normally. Which actions are appropriate initial steps? (Choose two.)

- ☒ **A** Call for help and activate the emergency response system
- ☒ **B** Begin chest compressions if trained and no pulse is detected by qualified staff
- ☐ **C** Leave the patient alone to find water for hydration
- ☐ **D** Wait 30 minutes to see if the patient wakes up on their own

ANSWER **A** • **B**

WHY Calling for help immediately and initiating chest compressions (if trained and indicated) are critical first steps in responding to a cardiac emergency.

QUESTION 9

SINGLE CHOICE

Which sign in a patient during feeding assistance should prompt the health care assistant to stop feeding and notify the nurse immediately?

- ☐ A The patient asks for more water
- ☒ B The patient coughs, chokes, or shows difficulty swallowing
- ☐ C The patient finishes the meal quickly
- ☐ D The patient requests a different flavor of food

ANSWER B

WHY Coughing, choking, or difficulty swallowing during feeding indicates a risk of aspiration and requires the assistant to stop feeding and alert the nurse immediately.

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