

**Arizona Standardized DCW Test - Sample questions**  
**April 2010**

Note: In this exam the words *client* or *person* will be used to denote the person receiving services. The term *direct care worker (DCW)* includes direct support professionals (DSP), caregivers, personal assistants, and attendants.

Scoring: Each question is worth 1 point.

Instructions: For every test question, choose the one answer that is best. Write the letter of the answer on the answer sheet next to the number of the question. Do not write down two answers.

**Ageing & Physical Disabilities**

1. Chronic illnesses:
  - a. Require prolonged care
  - b. Last three months or more
  - c. Often have a gradual progression
  - d. All of the above
  
2. What can cause constipation?
  - a. High fiber diet
  - b. Drinking a lot of water
  - c. Decreased activity level**
  - d. Having a bowel movement every day
  
3. When we eat and digest food,
  - a. food moves from the mouth to the stomach and through the intestines
  - b. food goes first into the intestines and then into the stomach for digestion
  - c. the stomach holds the food until it is needed by other body parts
  - d. the intestines process the food and send all the nutrients into the stomach
  
4. A client with diabetes has taken a regularly scheduled insulin injection. He has not eaten in the hour following his shot, because his stomach feels upset. The DCW should monitor him for signs of:
  - a. Breathing problems
  - b. Chest pain
  - c. Low blood sugar
  - d. High blood sugar
  
5. For DCWs, it is important to understand that
  - a. Clients are ill and need as much care as possible
  - b. Some clients are not ill, but they need assistance with some tasks
  - c. When people get older, they cannot care for themselves
  - d. The level of assistance must be the same for all clients

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6. In order to provide assistance or support, you should do all of the following EXCEPT:
- a. Take time to learn about the client's needs and preferences
  - b. Provide support that reflects their needs, strengths, and preferences
  - c. Give the client choices, and show respect
  - d. **Assume that you know what is best**
7. A contracture is:
- a. A pain in a joint due to arthritis
  - b. A lengthening of a muscle due to stretching
  - c. A shortening of a muscle due to inactivity
  - d. A legal document that defines heroic measures requested
8. Suitable activities for a person in a wheelchair can include:
- a. Use of thera-bands on lower extremities
  - b. Weight lifting
  - c. Seated push-ups
  - d. All are suitable
9. What does usually **not** cause pressure ulcers?
- a. **Keeping the skin dry**
  - b. Sitting or lying in one position too long
  - c. Rubbing casts, braces, crutches
  - d. Wrinkled bed linens
10. Disorientation and behavior changes are commonly a sign of which stage of Alzheimer's disease:
- a. Early
  - b. Mid
  - c. Late
  - d. Terminal
11. Possible activities for your consumer with dementia include:
- a. Folding towels
  - b. Cutting out pictures in a magazine
  - c. Reading a poem
  - d. Watching the DCW's favorite TV show
12. The family does not want you to touch the body of a client who has passed away. This could be because:
- a. They are only concerned about spreading germs.
  - b. It is part of their religion or culture
  - c. They aren't grieving correctly
  - d. They are in the denial stage of grief

1.d, 2.c, 3.a, 4.c, 5.b, 6.d, 7.c, 8.d, 9.a, 10.b, 11.a, 12.b