

Paper Code: M-EPA-HAP5001

Healthcare Assistant Practitioner EPA Mock Test

Level 5

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

Information for candidates

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

The duration of this examination is **90 minutes** and contains both **Multiple Choice Questions** and **Short Answer Questions**.

This examination consists of **44 questions** in two sections. Section One is Multiple Choice and contains 40 questions worth a total of **40 marks**. Section Two is Short Answer Questions and contains 4 questions worth a total of **20 marks**.

The test is worth **60 marks**, with the pass being **24 marks**, merit **36 marks** and distinction **45 marks**.

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

When completed, please leave the **Examination Answer Sheet (EAS)** and the **Examination Answer Booklet** on the desk.

SECTION ONE: EXAMINATION ANSWER SHEET (EAS) INSTRUCTIONS:

How to complete the examination answer sheet (EAS):

- Please use a pencil to complete the multiple-choice examination questions
- Please select only one answer (A, B, C or D) per question
- Any mistakes must be thoroughly erased

01     **ANSWER COMPLETED CORRECTLY**

Examples of how NOT to mark your Examination Answer Sheet (EAS). These will not be recorded.

01     **DO NOT** partially shade the answer circle
ANSWER COMPLETED INCORRECTLY

01     **DO NOT** use ticks or crosses
ANSWER COMPLETED INCORRECTLY

01     **DO NOT** use circles
ANSWER COMPLETED INCORRECTLY

01     **DO NOT** shade over more than one answer circle
ANSWER COMPLETED INCORRECTLY

SECTION TWO: EXAMINATION ANSWER BOOKLET INSTRUCTIONS:

Please carefully read the examination questions and clearly write your answers in the Examination Answer Booklet provided.

All candidates **MUST** sign the Examination Answer Sheet (EAS) and the Examination Answer Booklet before leaving the examination room.

Section One - Multiple-Choice Questions

1

The **most** appropriate definition of health and wellbeing is:

- A. not merely the absence of disease or infirmity but a state of complete physical, mental and social wellbeing
- B. achievement of physical fitness and mental stability despite being challenged emotionally
- C. holistically, the result of a combination of social, intellectual and emotional factors
- D. difficult to pin down as ideas about health and wellbeing change with time and vary between different cultures

2

Mental ill health being characterised by the interaction between the individual and their environment is **best** described as the:

- A. psychodynamic model
- B. psychiatric model
- C. medical model
- D. social model

3

Psychodynamic theory is concerned with learning as acquiring new behaviours based on environmental conditions, a theory which excludes innate or inherited factors. Behaviourist theory sees human functioning and personality as conscious and unconscious, particularly unconscious forces within the person. These statements are:

- A. completely true
- B. mostly true
- C. mostly false
- D. completely false

4

You have attended a review meeting with an individual in your care and his wife. Although the individual is able to communicate, he says little as his wife answers all the questions for him. The correct action to take would be to:

- A. continue with his wife answering the questions as she has been caring for him for years and is in a much better position to answer questions
- B. stop the meeting and ask the wife to be quiet in order to let her husband answer
- C. stop the meeting whilst you speak to the husband and wife about the situation and sort it out
- D. continue with the meeting but try to ask the questions directly to the husband so he has to answer himself

5

The legislation that currently oversees the structure and funding of health and social care in England is the:

- A. Health and Social Care Act 2012
- B. Care Act 2014
- C. Health and Social Care Act 2008
- D. Health Act 2004

6

The biopsychosocial model of health is a way of understanding how behaviour, illness and disorders are affected by multiple factors. It:

- A. implies that behaviours, thoughts, feelings and their interaction may influence a physical state
- B. states that biological factors are the most worthy of study and practice
- C. considers an individual has a disease which affects their physiological functioning
- D. has yet to improve upon the traditional approach using the medical model

7

The theoretical model often used by psychologists applying the cognitive approach is the:

- A. iceberg model
- B. fight or flight model
- C. information processing model
- D. evolutionary model

8

A person who has said to have achieved optimum health and wellbeing is:

- A. Tony, 32, who uses a wheelchair, works and employs his own carers to live independently
- B. Fred, 78, has had a stroke, is now healthy, and lives in a care home without free access to outside space
- C. Irma, 65, recently retired, has started with dementia but copes well using memory prompts within the home
- D. Alice, 25, managing her psoriasis with the help of her GP so she only has occasional episodes of itchy scalp

9

Blood, pumped by the heart, delivers essential nutrients and oxygen to all tissues in the body. Blood transports carbon dioxide to be processed and removed from the body. This is a description of the:

- A. cardiovascular system
- B. nervous system
- C. digestive system
- D. reproductive system

10

The pulmonary valve prevents blood going back into the:

- A. right ventricle from the pulmonary artery
- B. left ventricle from the pulmonary artery
- C. lungs from the pulmonary artery
- D. liver from the pulmonary artery

11

Dana has type 1 diabetes mellitus, she is prescribed insulin to replace that which is no longer made in the:

- A. liver
- B. gall bladder
- C. pancreas
- D. kidney

12

An individual who has undiagnosed hypothyroidism is likely to have weight gain, fatigue and dry skin. The imbalance of hormones is affecting the body's:

- A. metabolic rate
- B. neural pathways
- C. homeostasis
- D. digestive system

13

The kidney comprises the following structures:

- A. papilla, medulla, cortex and pelvis
- B. medulla, cortex, pelvis and atlas
- C. cortex, pelvis, atlas and medulla
- D. pelvis, atlas, medulla and papilla

16

The first sign of puberty in girls is:

- A. menarche
- B. a growth spurt
- C. pubic hair growth
- D. breast budding

14

The portal vein carries blood from the:

- A. mouth, oesophagus and stomach to the inferior vena cava for nutrients to enter the digestive system
- B. stomach, large and small intestines to the liver for further digestion of proteins, glucose and fats
- C. large and small intestines and stomach to the pancreas to change the glucose to glycogen
- D. oesophagus, stomach and small intestine to the gall bladder for further digestion of fats

17

An individual's response to death and bereavement is very unique to them and their situation. Individuals can go through a number of different stages including denial and acceptance. This cycle was theorised by:

- A. Kubler-Ross
- B. Seyle
- C. Maslow
- D. Bowlby

15

The correct term for an agent or factor that causes malformation of an embryo and consequently results in a birth defect is known as a:

- A. teratogen
- B. zygote
- C. embryoblast
- D. ectoderm

18

The **most** appropriate definition of morbidity is the:

- A. condition of being diseased or the rate of disease in a population
- B. state of being subject to death or the scale of death in a population
- C. rate of cancer occurrences or deaths per country or population area
- D. scale of population having life-limiting or life-threatening conditions

19

As an assistant practitioner in a GP surgery, you are looking at holding an open morning to raise awareness about mental health promotion in late adulthood. You have been researching the factors that can place older adults at greater risk of developing mental ill-health. Your findings illustrate that the most likely factors to impact mental health in late adulthood include:

- A. bereavement, socio-economic status and decline in functional abilities
- B. dementia, morbidity rates and alcohol abuse
- C. poor mobility, culture and lack of socialisation
- D. financial abuse, poor quality housing and drug addiction

20

The **most** appropriate definition of mortality is the:

- A. condition of being diseased or the rate of disease in a population
- B. state of being subject to death or the scale of death in a population
- C. rate of cancer occurrences or deaths per country or population area
- D. scale of population having life-limiting or life-threatening conditions

21

When a professional works closely with others to systematically observe and study their practice in order to identify ways to improve organisational quality and standards or care, they are undertaking:

- A. supervisory practice
- B. experimental research
- C. action research
- D. reflective practice

22

The procedure for resuscitation in a non-breathing unconscious adult casualty has changed over the years and is now to start with 30 chest compressions before 2 breaths. This is because:

- A. research shows that this leads to the best result
- B. it is easier for first aiders to remember than previous procedures
- C. all such casualties have experienced cardiac arrests
- D. the previous procedure was ineffective

23

"Our projects combine original research with objective analysis to influence policy, support leaders and generate informed debate" comes from:

- A. NHS Choices
- B. Private Healthcare
- C. The Kings Fund
- D. Skills for Health

24

The **most** appropriate definition of qualitative research is:

- A. techniques in which data quantity is small and not analysed with statistical techniques
- B. experimental investigations using plentiful data which is analysed statistically
- C. careful study of a subject by establishing rules using mathematical reasoning
- D. analysis of a small amount of data statistically to prove a hypothesis

25

Working as an assistant practitioner, you take Mrs Eltham her tablets. You knock on the door and enter, finding 2 care assistants in the room helping Mrs Eltham back onto her bed from the wheelchair. The care assistants were supporting Mrs Eltham's weight with their arms under her armpits. You know this is incorrect and can harm both Mrs Eltham and the care workers. This is an example of:

- A. something that should be documented so that the care workers will know what to do in the future
- B. the value of undertaking research in the sector to inform current good practice and avoid harm to individuals
- C. what to do if you wish to be dismissed as this can be considered gross misconduct
- D. the way we learn how to behave in a professional manner to maintain health and safety standards

26

A junior colleague comes to tell you that she has found some incomplete documentation from the previous shift regarding an individual who appears to be very distressed. The individual appears unharmed but there is evidence of poor care that has not met the individual's needs. Your action is to:

- A. request that your junior colleague fills in the gaps as the individual is apparently unharmed
- B. complete the gaps in the records yourself as the individual is apparently unharmed
- C. thank your junior colleague and contact the previous shift leader immediately
- D. obtain a statement from your junior colleague as you will commence an investigation immediately

27

When auditing the medication administration records, you identify quite a few missing signatures (initials) from the previous shift. The worker involved is from an agency. The **most** appropriate course of action is to:

- A. replace the missing initials with your own as you assume that the worker just forgot to sign it
- B. sign the initials of the worker as the medication is no longer in the trolley so they have just forgotten to sign it
- C. wait until the next time the worker is on duty so you can ask them to sign the documentation
- D. contact the agency so they can ask the worker to return to the home as soon as possible to sign the documentation

28

You are undertaking a home visit to a 75-year-old male who has Parkinson's disease. The individual appears withdrawn and lethargic and his wife appears anxious and defensive when you question her about his condition. The legislation and regulation underpinning your concerns about this situation is:

- A. Care Act and Working to Safeguard Vulnerable Adults
- B. Mental Capacity Act and Working to Safeguard Vulnerable Adults
- C. Deprivation of Liberty Safeguards and Care Act
- D. Working to Safeguard Vulnerable Adults and Equality Act

29

The aim of the Equality Act is **best** described as:

- A. legally protecting people at work from age or disability discrimination
- B. protecting your human rights in a court of law such as the right to life
- C. giving people of all ages the right to an assessment for care
- D. replacing a number of laws to protect people from any discrimination

30

A junior colleague tells you that on the way to work, she overheard two other colleagues talking about an individual in your care. They mentioned him by name and discussed aspects of his behaviour. The **most** appropriate course of action is to:

- A. ask the colleague for a written statement and speak to each of the two others individually as soon as possible
- B. thank the colleague and send for the two others immediately, interviewing them together
- C. ask the colleague for a written statement and interview the two others later in the week
- D. thank the colleague and make appointments to interview each of the others next week when you are less busy

31

In order to make life easier whilst there are staff shortages, your colleague suggests that all individuals should get up for breakfast before the night-staff leave at 08:00. This will mean that your team can make all the beds and complete all the dressings and medications much more easily during the morning. This suggestion demonstrates:

- A. psychological abuse
- B. organisational abuse
- C. discriminatory abuse
- D. neglect

32

Your key responsibilities involve contributing to strategic, clinical areas to ensure financial savings and minimise negative environmental impact. You are able to influence this by:

- A. deciding which suppliers are used for consumables
- B. monitoring the amount of consumables used, disposed of and wasted in the setting
- C. recruiting staff with a suitable skill mix within the setting
- D. ensuring waste bins are within walking distance

33

The Care Act 2014 replaces a number of laws and provides an approach that has a focus on personalisation, integration, prevention and wellbeing. This is in contrast to previous pieces of legislation, which were described as being:

- A. focused on the duty of a local authority
- B. insufficient and based on the care of children not adults
- C. fragmented, confusing and out-dated
- D. focused on the individual's needs and care planning

34

Clinical governance is where organisations continually monitor and improve quality of care. It is a term that encompasses activities that help sustain and improve standards of care. In his Mid Staffordshire Inquiry report, Sir Robert Francis described the breakdown of clinical governance practices including:

- A. little analysis of complaints or incidents, no tolerance of poor standards, no culture of self-analysis
- B. no culture of self-analysis, little analysis of complaints or incidents, no systems in place for staff appraisals
- C. no systems for staff appraisals, no culture of self-analysis, failure to tackle issues with the buildings
- D. failure to process individual's information, no systems for staff appraisals, little analysis of complaints or incidents

35

The Care Quality Commission works to regulate the sector and improve quality of care by conducting regulatory visits to organisations. During these visits they observe practice, interview individuals, staff, management and visiting professionals, and inspect records, inspecting the service provided specifically against:

- A. Health and Social Care Act 2008 (Regulated Activities) Regulations 2014
- B. Care Act 2014 and Health and Safety at Work Act 1974
- C. Data Protection Act 1998 (Third Principle)
- D. Health and Social Care (Community Health and Standards) Act 2003

37

You are working on a ward caring for patients undergoing surgical procedures. You are chatting to Mike while you complete his observations. Mike is 46, was born with a learning disability, lives in supported living with 2 men and 2 women. He is telling you about how he noticed last night that one of the men went into a woman's bedroom, after the woman had gone to bed. When Mike mentioned it to the care worker who drove him to your unit, she said to forget it as it didn't matter, they were just good friends. The **most** appropriate course of action is to:

- A. tell Mike that you will have to report what he has said, and inform your manager
- B. say to Mike that the carer was probably right, they're just good friends, but still tell your manager
- C. inform Mike that he shouldn't be nosy and that what other people do in their own time is up to them
- D. ask Mike to repeat what he told you to the manager of the supported living service where he lives

36

The key actions from the Care Act 2014 relate to:

- A. the structure of the NHS and Clinical Commissioning Groups
- B. the regulations to which Care Quality Commission regulate
- C. individuals requiring care and support and their carers
- D. individuals requiring care from care homes and homecare agencies

38

As an assistant practitioner you have responsibilities in relation to audits. Your responsibilities include:

- A. ensuring all records are completed accurately and timely, maintaining quality throughout the setting and supervising the team
- B. supervising the team, completing the records and ensuring that all aspects of infection control are maintained
- C. confirming that you and your team present yourselves professionally at all times
- D. preparing the team for audit and checking that all individuals and staff are aware of the procedure for the day

39

The **best** definition of evidence-based practice in healthcare is:

- A. reflecting on a situation whilst it is happening to ensure that immediate quality improvements are achieved
- B. analysing findings from qualitative research with healthcare professionals to improve recruitment and retention
- C. a systematic approach to understanding the most effective treatments for optimum clinical outcomes and quality
- D. using quantitative research methods to improve organisational productivity and cost effectiveness

40

Mrs Adella has been receiving rehabilitative therapy after a stroke 4 weeks ago. She is supported by a multidisciplinary team and her goals for achieving functional mobility are developed and reassessed regularly to ensure she remains motivated and involved in reducing the impact of her stroke. Evidence based healthcare has helped to create this support model, the **most** likely implications for the individual of utilising an evidence-based approach are:

- A. a focus on completing documentation and questionnaires prior to starting their therapy
- B. an increased likelihood of being asked to participate in research studies
- C. that if they experience a stroke again, the impact will be less severe
- D. a reduced likelihood of her developing learned helplessness which affects recovery participation and control

Section Two - Short Answer Questions

The apprentice should answer **each** whole question (including all constituent parts a, b, c etc) to its fullest extent within 250 words maximum.

Scenario:

You are working in a GP's surgery undertaking observations for a blood pressure monitoring clinic. Artur is a 76-year-old man, he is Polish and has lived in England for 55 years. Artur is recently widowed, having been married at the age of 18. You also knew Jana, his wife, as she attended the clinic for some time before her death. When you ask him how he is managing after Jana's death, he becomes very emotional and upset and is struggling to express himself in English. You have 3 more patients waiting for your services, but Artur is expressing the wish to end his life to be with his wife.

1a

Explain how 1 theory can be used to understand the way Artur is feeling following the death of Jana.

(2 marks)

1b

Discuss the ethical principles that apply here and what your duty of care is in this situation.

(3 marks)

Artur expresses that he has been helped by a friend from the working men's club since Jana died, but he thinks this friend has been taking money from the jar on his mantelpiece, and he doesn't understand why a friend would do such a thing.

2a

Outline the type of abuse that is happening to Artur and the legislation or national policy you must follow to deal with this appropriately.

(2 marks)

2b

Explain what makes individual's vulnerable to abuse and how the provision of person-centred care helps to promote the safeguarding of individuals.

(3 marks)

3a

Artur has come to the clinic to have his blood pressure monitored. Discuss how the body's main systems inter-relate with each other to monitor and maintain blood pressure, including an explanation of the involvement of homeostasis on blood pressure.

(3 marks)

3b

Explain how high blood pressure, and the complications that may result from this, impact on an individual's health and wellbeing.

(2 marks)

4a

Artur's hypertension may be due to many factors. Explain these factors using the biopsychosocial approach.

(2 marks)

4b

Psychological theories are used to understand Artur's lifestyle and behaviour in relation to his high blood pressure. Compare 2 different psychological theories to explain the behaviour that may lead to high blood pressure, making reference to the lifestyle factors that may impact his life stage.

(3 marks)



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