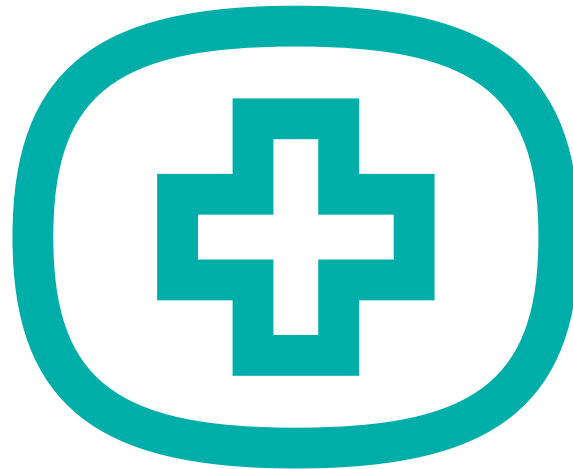




NOCTI
State Customized
Credential Blueprint



Rehabilitation Aide (PA)

Code: 8342 / Version: 01
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General Assessment Information

Blueprint Contents

General Assessment Information	Sample Written Items
Written Assessment Information	Performance Assessment Information
Specific Competencies Covered in the Test	Sample Performance Job

Test Type: The Rehabilitation Aide PA Assessment was developed based on a Pennsylvania statewide competency task list and contains a multiple-choice and performance component. This assessment is meant to measure technical skills at the occupational level and includes items which gauge factual and theoretical knowledge.

Revision Team: The assessment content is based on input from Pennsylvania educators who teach in approved career and technical education programs.



51.2604 Rehabilitation Aide



Career Cluster 8-
Health Science

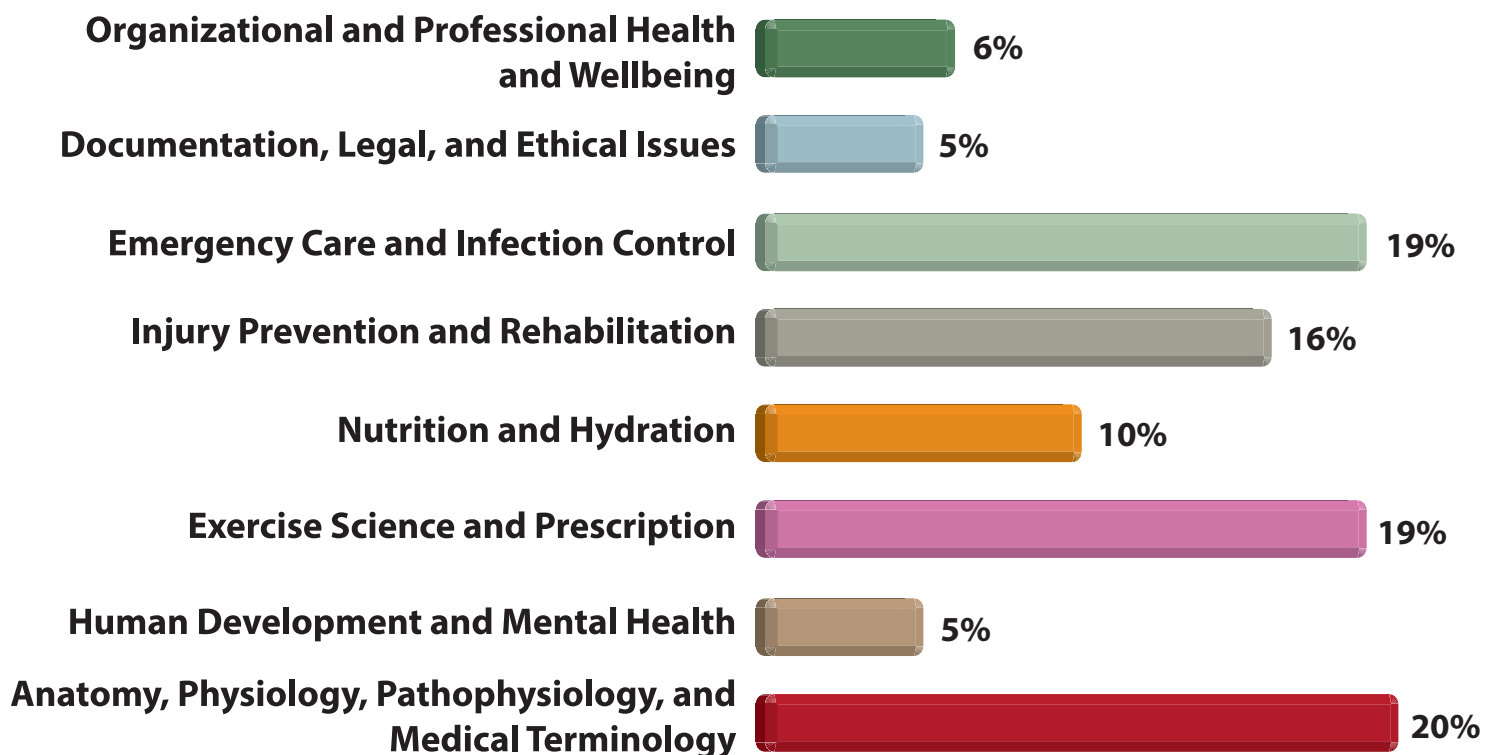
Written Assessment

NOCTI written assessments consist of questions to measure an individual's factual theoretical knowledge.

Administration Time: 3 hours

Number of Questions: 200

Number of Sessions: This assessment may be administered in one, two, or three sessions.



Specific Standards and Competencies Included in this Assessment

Organizational and Professional Health and Wellbeing

- Utilize safety and emergency procedures and report emergencies immediately
- Adhere to the professional standards for healthcare providers
- Use medical/fitness equipment
- Use proper body mechanics for personal and patient/client safety

Documentation, Legal, and Ethical Issues

- Maintain the confidentiality of records/information as required by HIPAA
- Define informed consent and identify appropriate documentation procedures and their role in patient/client care
- Analyze legal considerations and ethical actions

Emergency Care and Infection Control

- Identify the components of an Emergency Action Plan (EAP)
- Identify signs and symptoms, and prevention and treatment of weather-related illnesses
- Perform CPR, AED, and Basic First Aid skills
- Identify signs and symptoms, and prevention and treatment of head injuries/Traumatic Brain Injuries (TBI's)
- Identify signs and symptoms, and prevention and treatment of acute traumatic spine injuries
- Identify common causes of cardiorespiratory complications
- Identify emergency management techniques for neuromusculoskeletal conditions
- Apply Protect, Rest, Ice, Compress, and Elevate (PRICE) principle
- Perform proper handwashing technique
- Identify various bloodborne pathogens and comply with OSHA standards
- Utilize Personal Protective Equipment (PPE)

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Specific Standards and Competencies (continued)

Injury Prevention and Rehabilitation

- Select the appropriate taping, bracing, and wrapping techniques
- Utilize patient/client safety measures
- Compose History, Observation, Palpation, Special Tests (HOPS) and Subjective, Objective, Assessment, Plan (SOAP) notes
- Measure and record height, weight, and visual acuity
- Measure and record Vital Signs (VS)
- Measure and perform Range of Motion (ROM)
- Perform Manual Muscle Test (MMT)
- Identify signs and symptoms, and prevention and treatment of neuromusculoskeletal injuries
- Identify treatment modalities and related safety procedures
- Assist the patient/client with Activities of Daily Living (ADL) and necessary Assistive Devices (AD)

Nutrition and Hydration

- Explain daily nutritional requirements and caloric intake needs
- Evaluate food labels
- Evaluate basic and sports nutrition needs, including hydration
- Identify signs and symptoms of dehydration

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Specific Standards and Competencies (continued)

Exercise Science and Prescription

- Simulate pre-exercise screening in determining physical activity participation
- Conduct baseline testing for body composition, cardiorespiratory fitness, muscular strength, endurance, and flexibility
- Implement the components of exercise prescription and modification
- Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, and muscular endurance and flexibility
- Select and demonstrate exercises to improve agility, power, speed, balance, and proprioception
- Create short-term and long-term goals utilizing the Specific, Measurable, Attainable, Realistic, and Time-bound (SMART) principle
- Execute spotting techniques for resistance training exercise

Human Development and Mental Health

- Identify the stages of human growth and development
- Identify and discuss types of mental health disorders
- Identify and discuss types of disordered eating

Anatomy, Physiology, Pathophysiology, and Medical Terminology

- Use medical terminology and abbreviations/acronyms
- Identify anatomical position, body planes, directions, and cavities
- Identify organs, functions, and disease processes of the integumentary system
- Identify organs, functions, and disease processes of the skeletal system
- Identify organs, functions, and disease processes of the muscular system
- Identify organs, functions, and disease processes of the nervous system
- Identify organs, functions, and disease processes of the cardiovascular system
- Identify organs, functions, and disease processes of the respiratory system

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Sample Questions

When taking blood pressure place the stethoscope on the

- A. brachial artery
- B. ulnar nerve
- C. carotid artery
- D. radial artery

The release of a medical record is legal with the signature of the

- A. patient/client
- B. doctor
- C. office manager
- D. insurance agent

When performing CPR, the patient/client should be lying

- A. with head and shoulders elevated
- B. with the head and feet raised slightly
- C. flat on a hard surface
- D. slightly tilted to one side

An acute cardiorespiratory condition that can be fatal is

- A. asthma
- B. bronchitis
- C. chronic obstructive pulmonary disease
- D. pulmonary embolism

A pulse oximeter measures

- A. blood pressure and heart rate
- B. blood pressure and pulse rate
- C. blood oxygen level and pulse rate
- D. blood oxygen level and temperature

Sample Questions (continued)

Which is a thermotherapy modality?

- A. moist hot pack
- B. biofeedback
- C. therapeutic massage
- D. TENS

Which of these essential nutrients provides the most energy per unit?

- A. protein
- B. carbohydrates
- C. fat
- D. minerals

Which of these is a test for cardiovascular fitness?

- A. 3-minute step test
- B. push-up test
- C. sit-and-reach test
- D. vertical jump test

Signs of puberty include hair growth, voice changes, and

- A. early graying of the hair
- B. loss of height
- C. growth spurts
- D. decreasing hormone production

Transverse/Axial plane allows for which type of motion?

- A. flexion
- B. extension
- C. rotation
- D. abduction

Performance Assessment

NOCTI performance assessments allow individuals to demonstrate their acquired skills by completing actual jobs using the tools, materials, machines, and equipment related to the technical area.

Administration Time: 1 hour and 30 minutes

Number of Jobs: 5

Areas Covered:

12% Handwashing

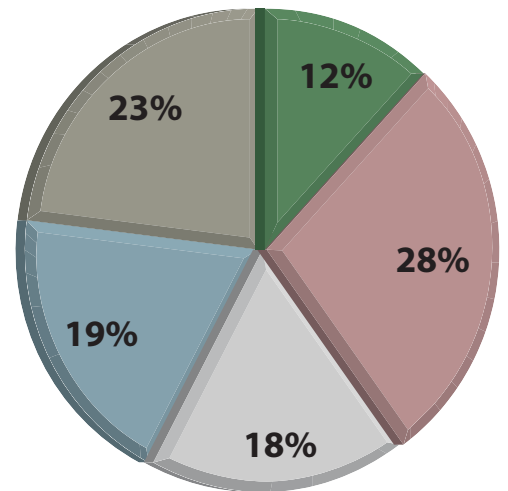
Participant will demonstrate proper handwashing procedure, demonstrate palpation of given anatomical landmarks, and leave workstation in clean and orderly condition when finished.

28% Vital Signs, Height, Weight, and BMI

Participant will go to work area and await patient/client, verbalize need to wash hands, gather and prepare equipment, explain procedure to patient/client, measure and record vital signs, obtain weight and height, calculate BMI, record results, and leave workstation in clean and orderly condition when finished.

18% AROM, MMT, and Flexibility

Participant will greet patient/client and introduce self, verbalize need to wash hands, explain procedure to patient/client, position patient/client for AROM, measure flexion and extension of knee, record findings, position patient/client for MMT of quadriceps and hamstrings, complete MMT, demonstrate flexibility exercises, and leave workstation in clean and orderly condition when finished.



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Areas Covered (continued)

19% PRICE

Participant will greet patient/client and introduce self, verbalize need to wash hands, explain procedure to patient/client, apply and secure cold modality, elevate ankle for appropriate amount of time, remove cold modality, perform post cold treatment, and leave workstation in clean and orderly condition when finished.

23% Ankle Taping and Crutch Fitting

Participant will greet patient/client and introduce self, verbalize need to wash hands, prepare and inspect skin for ankle taping, ask patient/client to hold ankle in correct position, apply pre-wrap, perform ankle taping, fit crutches, and leave workstation in clean and orderly condition when finished.

Sample Job

AROM, MMT, and Flexibility

Maximum Time: 15 minutes

Participant Activity: Participant will greet patient/client and introduce self, verbalize need to wash hands, explain procedure to patient/client, position patient/client for AROM, measure flexion and extension of knee using a goniometer, record findings, position patient/client for MMT of quadriceps and hamstrings, complete MMT using correct hand placement, demonstrate flexibility exercises, and leave workstation in clean and orderly condition when finished.