



Australian Government

A U S T R A L I A N
A P P R E N T I C E S H I P S

Your Life. Your Career. Your Future.

Allied Health

Practice Aptitude Quiz

Practice Aptitude Quiz

Part 1: About this quiz

Use this quiz to prepare for an Apprenticeship in Allied Health

This quiz:

- Is NOT a formal assessment tool or pre-requisite for any job application
- Shows key learning standards for the Allied Health industry
- Has been developed with the help of industry leaders, TAFE and high schools

Quiz details

This quiz will:

- Take approximately 60 minutes to complete
- Ask you numeracy and literacy questions specific to the Allied Health industry
- Assess your literacy and numeracy at a Year 11 standard
- Allow you to use a calculator
- Share correct answers at the end

Who should take this quiz?

You should complete this quiz if you:

- Are thinking about starting an Apprenticeship in Allied Health
- Want to practise for a formal aptitude test

Need help with your literacy and numeracy skills?

If you want to improve your literacy and numeracy skills, reach out to any of the below:

- Australian Apprenticeship Support Network providers
- Your Registered Training Organisation when you start training
- Reading Writing Hotline:
1300 655 506
www.readingwritinghotline.edu.au
- Careers advisers and your teachers (if you're in high school)

More information about the Allied Health industry

Visit www.yourcareer.gov.au/industries/q/health-care-and-social-assistance

On this page you'll be able to:

- See the most popular Allied Health occupations
- Get general information and statistics about the industry
- Search for Allied Health courses

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How to use this quiz

This is an interactive form that can be filled out on your computer.

You can either:

- Fill it out on your computer; OR
- Print it out; OR
- Write your answers down on paper as you go.

Use the answers section at the end of the quiz to see how you went.

How to complete this quiz on your computer

1. Download and save the quiz onto your computer
2. Open the file from your computer
3. Fill in the form using a keyboard and mouse

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Part 2: The Quiz

Section 1: Language and Literacy

1. Select the correct word for each of the following sentences:

a. Julie enjoys working in Allied Health and her supervisor says that Julie is always...

punctual punctaul punctal punnctual

b. As an Allied Health Worker, you may assist physiotherapists to deliver...

progremmes pregraims programs progaimes

c. Infection control routines are used in health...

services cervices survices servises

d. It is important for everyone working in the health industry to look after their own health and...

wellbing well-being welbeing willbeing

2. Select the word which can replace the word in the sentence that appears underlined:

a. Health and safety hazards can be minimised by enforcing good health and safety practices within the workplace.

increased reduced maximised prevented

b. As an Allied Health Worker, you will provide assistance to Allied Health Professionals such as a nutritionist to implement their programs.

opinions knowledge support answers

c. Workers in the Health industry must be careful to ensure patient confidentiality.

gossip lies conversation privacy

Practice Aptitude Quiz

d. When undertaking and working with daily activities in the health industry, knowledge of the correct hand washing technique is an essential requirement.

unnecessary

mandatory

helpful

optional

3. Select the correct spelling of the following words:

- | | | | | |
|----|-------------|------------|------------|------------|
| a. | Privasy | Privacy | Prevacv | Pryvacy |
| b. | Podiatriste | Podiatrist | Podietrise | Poditricts |
| c. | Steril | Steeril | Sterile | Starile |
| d. | Manual | Mannuelle | Manal | Mannual |

4. The following words are related to Allied Health work. Write them in alphabetical order in the right-hand column:

Allied	_____
Exercise	_____
Confidentiality	_____
Therapy	_____
Medication	_____
Injury	_____
Professional	_____
Brace	_____

5. The following procedure for washing hands is not in the correct order. Rewrite the numbers in the correct order in the box below:

1. When soap has foamed, rinse well with water.
2. Dispose the paper towel correctly.
3. Thoroughly rinse hands with water.
4. Dry hands thoroughly using clean paper towel.
5. Use medicated hand wash and rub thoroughly over both hands for 20 seconds.

Practice Aptitude Quiz

6. Read the following article and answer the questions that follow:

Sources of Infection

(Extract from 'Working safely in Aged Care' by Aspire)

Infection is a medical condition that is caused by micro-organisms. These are very small particles that lodge in the human body and multiply, causing disease. A disease is an illness, sickness or medical condition. One of the most common infections is the common cold.

Infection is a risk for everybody. A variety of organisms can cause infections.

The most common ones are:

- **Bacteria** - bacteria are a form of plant life, often called germs. They are so small that they can only be seen under a microscope. Infections caused by bacteria can be treated with antibiotics. Antibiotics are medicines with an anti-bacterial effect;
- **Viruses** - viruses are smaller than bacteria and cannot be seen with a microscope. Viruses need a body to live in and multiply. A virus lives in the cell of a living plant or animal or person. Viruses are able to move and infect other cells. This is how a virus grows and spreads. Viral infections tend to be more severe and are harder to treat. They do not respond to antibiotics;
- **Fungi** - fungi are like mushrooms and mould and are present in the air, water and soil. Very few cause infections.

Some of these organisms are present all around us and in normal numbers do not cause infection. For example there are bacteria that live in our bowel and help us with the digestion of food.

Other organisms such as the flu virus are highly contagious. This means that they can spread very easily from one person to another. You do not have to be in contact with the virus for very long to catch it and get sick. Most people have an immune system that helps to prevent infections. Your immune system is your natural defence against illness. However as people get older, the immune system is less effective due to the ageing process.

a. What is an infection?

Practice Aptitude Quiz

7. Read the following information about the role of an Allied Health Assistant:

The role of the Allied Health Assistant varies depending on the workplace and services provided. You could be involved in assisting a healthcare professional such as a Physiotherapist, Osteopath, Podiatrist, Speech Therapist or Dietician to undertake their prescribed care plan so as to enable the client to live as independently and comfortably as possible.

This could be assisting the client to practice exercises, regain their daily living skills after a stroke or accident, provide basic foot care, or help with speech therapy and exercises.

In some cases, to communicate effectively with the clients in your care you may need to use a variety of approaches such as sign language, drawings, talking slowly, listening carefully, writing, verbal responses, and using a computer appropriately.

You will also need to communicate with your colleagues and other health care professionals by providing feedback after a patient or client session and, in some cases, helping to maintain patient or client records. This means that verbal and non-verbal communication, as well as accurate spelling, grammar and numeracy, are important skills for people employed as Allied Health Assistants.

Additionally, to enable you to undertake your duties effectively you will be required to have a basic knowledge of medical terminology, a basic understanding of the human body and its systems, as well as the ability to follow safe work practices to maintain your own health and safety.

Allied Health Assistants can have a high risk of back injuries. The greatest risk of back injury is when you are lifting, carrying and lowering things. Ways to prevent injuries when lifting include:

1. Using equipment such as a hoist or trolley designed to carry a person or equipment like wheel chairs when residents have to be moved long distances;
2. Lifting only as a last resort - the best option is NOT to lift heavy items;
3. Planning the move - think about how you will move the person before you do;
4. Bending your knees;
5. Keeping the object close to your body;
6. Working with a partner;
7. Lifting in small stages - for example floor to chair, then to table;
8. Wearing appropriate clothing and shoes;
9. Asking your supervisor if you are not sure how to lift any load.

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Thinking about the information you have just read, please answer the following questions:

- a. You have been asked to set up the gym for a physiotherapy session and you notice that the large box with 15 pairs of 2.5kg hand weights that are needed for the session is in the storeroom. What course of action would you take? Select the correct response.

Drag the box on the ground to the gym

Try to move the box on your own to save time

Get someone to help you move the box using a trolley

- b. If the box was light enough to lift on your own, which of the following options would be an incorrect option when picking up and carrying the weights? Select the correct response.

Plan the move before you lift

Carry as much as possible in any one trip

Bend your knees when lifting

Keep the object close to the body when lifting

- c. List five methods of communication that an Allied Health Assistant may use when working with clients:

- d. Why are communication skills such as grammar and spelling important in the role of the Allied Health Assistant? List two reasons.

Practice Aptitude Quiz

8. Medical words come from Latin and the word root is the basic building block of a medical term. It provides the main meaning of the word and it usually indicates a body part. The following table contains some examples of medical word roots:

WORD ROOT	BODY PART	EXAMPLE	MEANING
Gastr	Stomach	Gastric Juices	Acids in the stomach
Cardi	Heart	Cardiac arrest	A heart attack
Trache	Windpipe	Trachetitis	Inflammation of the windpipe
Dremat	Skin	Dermatitis	Inflammation of the skin
Rhin	Nose	Rhinoplasty	Surgical repair of the nose

Which parts of the body are the following words referring to?

Medical Terms	Body Part
Rhinitis	
Cardiology	
Gastritis	
Dermatology	

Practice Aptitude Quiz

9. Read the following information about the systems of the body:

Respiratory - takes in/expels air, absorbs oxygen into the blood, removes carbon dioxide.

Digestive - takes in food, processes/extracts nutrients, expels waste.

Cardiovascular - pumps oxygenated blood around the body and returns oxygen-poor blood to the lungs.

Urinary - controls the volume and composition of blood, filters and expels waste.

Nervous - regulates and coordinates physical and mental body activity.

Reproduction - creation, development and nurturing of babies.

Integumentary - protects against dehydration and injury - the skin, eyelashes, nails.

Muscular - holds body erect, allows movement, generates body heat, moves body fluids.

Skeletal - supports and shapes the body, protects vital organs, forms some blood cells, stores minerals.

Endocrine - integrates all body functions.

Match each body system with the correct functions:

Body System	Body System Letter	Body System Function	Write Corresponding Body System Letter In This Column:
Urinary	A	Creation, development and nurturing of babies	
Integumentary	B	Gives support and shape to the body and protects vital organs	
Nervous	C	Takes in and expels air, absorbing oxygen into the bloodstream and removing carbon dioxide	
Reproductive	D	Protects against injury and dehydration	
Digestive	E	Pumps oxygen-rich blood to all areas of the body and returns oxygen-poor blood to the lungs	
Respiratory	F	Regulates and coordinates physical and mental body activity	
Skeletal	G	Takes in food, processes it, extracts nutrients then expels waste	
Cardiovascular	H	Controls the volume and composition of blood, filters and expels waste	

Practice Aptitude Quiz

10. Read the following and answer the questions:

Mr Murali has had a stroke that has affected his speech and his range of movements. You have been asked to assist with his exercises to help him regain movement in his right arm.

He appears to have trouble understanding and completing the exercises and is becoming frustrated. You decide to assist Mr Murali by drawing some 'step by step' pictures of the exercises, and once again demonstrate the exercises yourself. You speak slowly and calmly, making direct eye contact with Mr Murali as you repeat your explanation of the exercises. You also acknowledge that Mr Murali is frustrated and upset about his condition. You encourage him to persist and remain positive.

Mr Murali agrees to attempt the exercises again and successfully completes the session.

a. List two ways in which you have helped Mr Murali better understand the exercises:

b. Looking at this scenario, which of the following strategies would not be part of an effective session? Select the correct response.

Acknowledge the patient's situation and feelings

Provide encouragement to the patient

Ask the patient not to complain until after the session is completed

Communicate clearly so that the patient clearly understands your instructions

Practice Aptitude Quiz

Section 2: Numeracy

1. Convert the following:

\$2.21 to cents

4500 cents to dollars

196 days to weeks

156 weeks to years

2. Calculate the number of hours and minutes from 3:00 pm to 11:15 pm:

3. Calculate the following:

74×33

$280 \div 2.5$

4. Write as a number:

One thousand, three hundred and two

Twenty four thousand and twenty eight

5. Calculate the following:

$333 + 998$

$111 + 357$

$7000 - 555$

$1233 - 77$

6. Calculate the following:

7500×29

35×12

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7. You arrive at work at 3.00 p.m. and leave at 10.15 p.m. How long have you been at work? Write your answer in number of hours and number of minutes.

8. You have been asked to monitor the fluid intake of one of your clients during each exercise session. If your client drinks the following quantities, how much has your client drunk in total? Provide the answer in millilitres (mls).

Session 1 = 500 mls of water

Session 2 = 290 mls of energy drink

Session 3 = 600 mls of water

Session 4 = 300 mls of water

Total fluid intake: millilitres

9. You are sorting out occupational therapy materials for the children's therapy centre. If you have 20 boxes of rubber balls and each box contains 50 balls, how many rubber balls do you have in total?

10. If you work for 70 hours a fortnight and earn \$19 dollars an hour, what will your earnings per week be before tax deduction?

11. A cleaning fluid must be diluted to a ratio of 1:5 with water before it can be used.

If you have 100mls of cleaning fluid, how much water will have to be added before you can use the fluid?

12. You have been provided with a tin of toffees to distribute equally to the staff members in your team. If the box contains 200 toffees and you have a total number of 8 staff, how many toffees does each staff member receive:

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ANSWERS

Section 1: Language and Literacy

1. a. punctual b. programs c. services d. well-being
 2. a. reduced b. support c. privacy d. mandatory
 3. a. Privacy c. Podiatrist c. Sterile d. Manual

4.

Allied
Brace
Confidentiality
Exercise
Infection
Injury
Medication
Professional
Therapy

5. 3, 5, 1, 4, 2

6. a. A medical condition
 b. Everyone
 c. Viruses are smaller and are harder to treat. They do not respond to antibiotics.
 d. A condition that is easily spread from one individual to another
7. a. Get someone to help you move the box using a trolley
 b. Carry as much as possible in any one trip
 c. Sign language, drawings, talking slowly, listening carefully, writing, verbal responses, and using computers.
 d. Communication skills are important to ensure that feedback to your colleagues and health professionals is understood and patient or client records are maintained.

8.

Medical Term	Body Part
Rhinitis	Nose
Cardiology	Heart
Gastritis	Stomach
Dermatology	Skin

9.

Match these functions with the correct Body System Letter	Body System Letter in this column
Creation, development and nurturing of babies	D
Gives support and shape to the body and protects vital organ	G
Takes in and expels air, absorbing oxygen into the bloodstream and removing carbon dioxide	F
Protects against injury and dehydration	B
Pumps oxygen rich blood to all areas of the body and returns oxygen poor blood to the lungs	H
Regulates and coordinates physical and mental body activity	C
Takes in food, processes it, extracts nutrients then expels was	E
Controls the volume and composition of blood, filters and expels waste	A

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10. a. By drawing some 'step by step' pictures of the exercises and by demonstrating the exercises, yourself. You speak slowly and calmly, making direct eye contact while you give the explanation of the exercises.
b. Ask the patient not to complain until after the session is completed

Section 2: Numeracy

1. a. 221 cents b. \$45.00 c. 28 weeks d. 3 years
2. 8 hours and 15 minutes
3. a. 2442 b. 112
4. a. 1302 b. 24028
5. a. 1331 b. 468 c. 6,445 d. 1156
6. a. 217500 b. 420
7. 7 hours and 15 minutes
8. 1690 millilitres
9. 1000
10. \$665
11. 500 mls
12. 25