

Item	HCQ Name	Key Details	PC used	English Question	English Answer Choice	English Answer Choice	English Answer Choice	English Answer Choice	Correct Answer	Marking	
1	1. H5/N3036: Coordinate for Work organization and management		PC1. Follow health, safety, and hygiene standards, rules, and instructions.	A client coughs while you're assisting them. How can you protect yourself from getting sick?	Ask them to cough into their elbow	Continue working without interrupting them	Wear a mask if you have one available	Ask a colleague to take over for you	1	7	
2			PC7. Ensure safe and ergonomic working practices	You're feeling tired and sore after a long shift. What's the best way to prevent future fatigue?	Work through the pain and keep helping clients	Ask the clients to do more tasks for themselves	Ignore the fatigue and workload, as it's part of the job	Take breaks to stretch and move around throughout your shift	4	10	
3			PC2. Discard waste ecologically	What is the best practice for a health and social care practitioner when discarding waste ecologically?	Throw all waste in a single bin for convenience	Sort waste into recyclable and non-recyclable categories	Sort waste into recyclable and non-recyclable categories	Dispose of waste in the nearest water body	Burn waste to reduce volume	2	5
4			PC1. Work sensitively with clients	What should a health and social care practitioner do to ensure sensitivity in their interactions with clients?	Use harsh language and tone	Disregard cultural differences	Listen actively and validate their feelings	Avoid discussing anything with them		3	7
5	2. H5/N3037: Follow communication and interpersonal skills as desired		PC1. Use therapeutic communication methods in the delivery of care, including active listening, questioning techniques, interpretation of non-verbal signals, and appropriate situational techniques	Your client seems withdrawn and doesn't want to talk much. How can you encourage them to open up?	Listen patiently and offer a comforting presence	Tell them stories about your own life	Ask them a lot of personal questions	Speak to their family member only	1	10	
6			PC4. Use coaching techniques to enable clients to learn new skills	Which technique should a practitioner use to help clients learn new life skills?	Criticizing mistakes	Using coaching techniques	Avoiding feedback	Ignoring progress	2	5	
7			PC3. Value the individual, take a strong interest and gain a deep understanding of their client	What is the continuing responsibility of a health and social care practitioner regarding client interaction?	Only focusing on physical care	Avoiding client interaction	Disregarding the client's personality	Valuing and interacting professionally with clients		4	7
8			PC3. Determine the root cause(s) of client's problems through careful and structured discussion/questioning/observation	A client seems withdrawn and has lost interest in activities they used to enjoy. What could be a cause for concern?	They're probably just tired and need more rest	They're getting older and their interests are changing	They might be feeling lonely or depressed	The weather has been gloomy lately		3	10
9	3. H5/N3038: Align for Problem solving, innovation, and creativity		PC8. Create, develop, and negotiate 'new safe ways of working' to improve the daily life of clients and their systems, e.g. use of aids to support mobility	You notice a client seems bored and isolated. What can you suggest to improve their daily life?	Tell them to watch TV all day	Talk to them about their interests and suggest activities	Offer to clean their house for them	Leave them alone to rest	2	5	
10				PC1. Identify assess the client's environments and situations to accurately determine care needs, recognizing boundaries of role	How should a practitioner approach assessing client care needs?	By carefully assessing environments and situations	By disregarding boundaries of role	By avoiding client environments	By ignoring the client's family	1	7
11	4. H5/N3039: Assessing needs and planning client care		PC1. Identify assess the client's environments and situations to accurately determine care needs, recognizing boundaries of role	How should a health and social care practitioner plan to support a client's rehabilitation process?	By avoiding any interaction with the client	By working professionally and interactively with the client	By conducting regular check-ins with the client's family only	By delegating all responsibilities to other health care providers	2	5	
12			PC3. Create a positive environment for clients and deliver their client services around meeting care. What can you do to make a positive environment?	Your client seems anxious about receiving care. What can you do to make a positive environment?	Push through the care process to save time	Tell them there's nothing to worry about	Explain what you're going to do in a calm and steady way	Use medication they might not understand		3	5
13	5. H5/N3040: Managing and delivering client care		PC4. Educate clients in the promotion of a healthy lifestyle, e.g. do exercise regularly, stop smoking	A client smokes and wants to quit. What kind of support can you offer?	Tell them quitting is easy and they should just do it	Provide information about resources and programs to help them quit smoking	Offer them nicotine gum or patches without consulting a doctor	Persuade them to quit immediately	2	7	
14			PC3. Recognize what makes clients happy and what they consider to be wellbeing	How can a health and social care practitioner understand what makes a client happy?	By assuming their preferences without asking	By working in isolation without involving the client	By disregarding the client's preferences	By communicating and interacting with the client		4	5
15	6. H5/N3041: Evaluating client care		PC1. Judge the extent to which care plans are helping clients	You've been helping a client with exercises to improve their mobility. They seem to be moving around more easily. What does this suggest?	The client is naturally getting stronger with age	The care plan, including the exercises, might be working	It's too early to tell if the care plan is effective	You must be a very good caregiver	2	5	
16				<b>Nos. Total</b>							
										<b>100</b>	