

Examination Content Outline - 2025 Exam

1 Patient Care: Activities of Daily Living	33
1A Assist with Hygiene	
1A1 routine personal care (e.g., bathing, shaving)	
1A2 oral care	
1A3 personal odor control (e.g., colostomy, perineal, wounds)	
1A4 skin care	
1B Assist with Grooming	
1B1 hair care	
1B2 nail care (e.g., cleaning, filing)	
1B3 foot care (e.g., soaking, cleaning)	
1B4 hearing aids and eyeglasses	
1B5 dressing and undressing (clothing and accessories)	
1C Assist with Ambulation/Mobility	
1C1 foster/maintain independence	
1C2 use of durable medical equipment (DME) (e.g., walker, mechanical lift)	
1C3 positioning	
1C4 exercise and range of motion	
1C5 transfers	
1C6 prevention of falls	
1D Assist with Toileting	
1D1 bowel and bladder training (e.g., scheduled toileting)	
1D2 catheter care	
1D3 ostomy care	
1D4 adaptive equipment (e.g., raised toilet seat, bedside commode)	
1E Nutrition/Hydration	
1E1 support patient decision not to eat/drink	
1E2 feed patient safely	
1E3 offer fluids/foods according to patient's choice and comfort	
1E4 observe and report issues related to tube feeding and IV hydration	
2 Patient Status and Environment	30
2A Observe and Report on Patient Condition	
2A1 patient status in relation to the documented diagnosis	
2A2 level of pain (e.g., on a 0-10 scale)	
2A3 changes in level, type, and location in pain	
2A4 nonverbal cues	
2A5 effectiveness and side effects of medications	
2B Facilitate Non-Drug Treatment for Symptoms	
2B1 therapeutic support (e.g., meditation, music, massage)	
2B2 deep breathing	
2B3 diversional/recreational activities	
2B4 hot/cold compresses	
2B5 repositioning	



2C Maintain Infection Control

- 2C1 universal/standard precautions
- 2C2 biohazardous waste disposal (e.g., sharps, fluids)
- 2C3 isolation techniques

2D Provide and Maintain Best Possible Environment to Support Patient

- 2D1 personal environment (e.g., familiar objects, pictures, homelike)
- 2D2 death in patient's place of choice
- 2D3 care according to the patient's preferred schedule
- 2D4 safety (e.g., fall precautions, prevention of hazards, storage and use of oxygen)
- 2D5 privacy

2E Identify Changes in Physical Status

- 2E1 activity level
- 2E2 vital signs and weight changes
- 2E3 skin impairment (e.g., breakdown, rash, itching)
- 2E4 injury
- 2E5 elimination habits
- 2E6 swallowing ability
- 2E7 nausea/vomiting
- 2E8 edema and ascites
- 2E9 signs of impending death
- 2E10 seizure activity

2F Identify Changes in Mental Status

- 2F1 confusion
- 2F2 responsiveness
- 2F3 emotional change (e.g., anxiety, fear, depression)
- 2F4 agitation
- 2F5 terminal restlessness

2G Identify Changes in Functional Status

- 2G1 mobility
- 2G2 weakness
- 2G3 sleepiness
- 2G4 fatigue
- 2G5 appetite

2H Identify Changes in Respiratory Status

- 2H1 effectiveness of interventions (e.g., nebulizers, inhalers, oxygen therapy, air circulation)
- 2H2 change in breathing patterns (e.g., cough, apnea)
- 2H3 increased secretions

3 Psychosocial/Spiritual Care of the Patient and Family/Caregivers

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3A Spiritual Care

- 3A1 identify spiritual issues (e.g., guilt, estrangement, meaning of life)
- 3A2 honor and support individual spiritual beliefs
- 3A3 enable spiritual practices (e.g., sacraments, prayer, arrange transport services)
- 3A4 provide patient and family/caregivers support with letting go



An ETS Company

3B Respect Differences and Maintain Neutral Attitude Regarding:

- 3B1 race, ethnicity, and cultural background
- 3B2 religious/spiritual preference
- 3B3 sexual preference
- 3B4 age
- 3B5 social and economic circumstances
- 3B6 treatment choices (e.g., advance directives, holistic approach)
- 3B7 veterans
- 3B8 gender identity
- 3B9 criminal background

3C Identify and Assist Patient and Family/Caregiver Needs

3C1 Education

- 3C1a signs and symptoms of end of life
- 3C1b agency/community services
- 3C1c grief and loss
- 3C1d infection control practices
- 3C1e nutrition/hydration (including unique needs as the patient declines)
- 3C1f personal care techniques and comfort measures

3C2 Patient and Family/Caregiver Support

- 3C2a respite (including volunteer support)
- 3C2b companionship and compassion
- 3C2c advocacy for patient and family/caregivers
- 3C2d reframing hope (patient's expectations)
- 3C2e end of life concerns

3D Assure Dignity and Honor Patient and Family/Caregiver Choices at the Time of Death

- 3D1 allow closure time for loved ones
- 3D2 bereavement resources (e.g., support groups, literature)
- 3D3 post-mortem care (e.g., care of body, care of room)
- 3D4 allow for cultural or spiritual practices at time of death

3E Assist with Communication Between Patient, Family/Caregivers, and Care Providers

- 3E1 barriers to communication
- 3E2 active listening
- 3E3 adaptive communication devices (e.g., word boards)
- 3E4 use of interpreters

3F Provide Support for Changes in Body Image

- 3F1 physical appearance (e.g., weight change, hair loss, amputation)
- 3F2 elimination changes (e.g., ostomies, incontinence, catheters)
- 3F3 loss of independence

3G Provide Support for Changes in Mental Status

- 3G1 memory
- 3G2 medication-related altered mental status
- 3G3 depression
- 3G4 anxiety
- 3G5 post-traumatic stress disorder



3H Observe and Report Threats to Patient and Family/Caregiver Safety

- 3H1 physical abuse
- 3H2 neglect
- 3H3 substance abuse
- 3H4 caregiver's inability to provide care
- 3H5 suicidal ideation

4 Professional Skills

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4A Interdisciplinary Collaboration

- 4A1 encourage patient and family/caregiver involvement in the plan of care
- 4A2 provide input to team members in carrying out the plan of care
- 4A3 provide support and communication during changes in levels of care and across care settings (e.g., assisted living, hospitalization, respite)
- 4A4 recognize and report change in family/caregiver dynamics
- 4A5 review death with the team

4B Ethics, Roles, and Responsibilities

- 4B1 identify and respond to ethical issues (e.g., confidentiality, honest communication)
- 4B2 maintain boundaries (e.g., within job description, with patient/family/caregivers)
- 4B3 assist in resolving work-related conflicts
- 4B4 maintain accurate and timely documentation according to the patient's plan of care
- 4B5 identify risks to personal safety (e.g., firearms in the home)
- 4B6 serve as a mentor/trainer for new staff
- 4B7 participate on committees, professional organizations, and performance-improvement projects
- 4B8 maintain continuing education
- 4B9 promote hospice and palliative care in the community
- 4B10 practice self-care (e.g., stress management)

Secondary Classifications

Cognitive Level	Number of items
Recall	20
Application	80