



HEALTHCARE SERVICES NCII & CAREGIVING NCII ASSESSMENT SURVIVAL CHECKLIST

***“What to Review 7 Days
Before the Assessment?”***

A calm, structured, and professional guide designed for
Healthcare and Caregiving NC II examinees.

DAY 7 – Understand the NC II Exam

- Review the NC II exam format (Written & Practical)
- Understand examiner expectations: safety, sequence, communication
- Focus on judgment, not memorization NC II tests how you think as a caregiver.

DAY 6 – Core Caregiving Principles

- Proper body mechanics and positioning Hand hygiene and infection control
- Use of PPE and safety precautions
- Always choose the safest action for the patient.

DAY 5 – Daily Living Care Skills

- Bed bath, oral care, perineal care
- Skin, hair, nail care
- Privacy, dignity, comfort Correct sequence matters.

DAY 4 – Mobility & Transfers

- Turning and repositioning
- Bed to wheelchair transfers
- Use of side rails and assistive devices *What should be done first?*

DAY 3 – Vital Signs & Observation

- Temperature, pulse, respiration
- Basic blood pressure understanding
- Reporting abnormal findings Explain, observe, and report properly.

DAY 2 – Situational Questions

- Practice NC II situational questions
- Focus on safety and least invasive actions
- Avoid shortcuts and panic Choose the best answer, not just a correct one.

DAY 1 – Exam Day Preparation

- Light review only – no cramming
- Prepare ID, attire, materials
- Sleep well and arrive early I am prepared. I will stay calm.

Final Reminder

You chose caregiving because you care. This exam is only one step, and you are capable of passing it. Confidence + Correct Process = PASSING