

Appendix E: Final Exam

Multiple Choice. Choose the correct answer.

1. What is one important reason why bed linens should remain wrinkle-free?
 - (A) To help keep the skin healthy and prevent pressure injuries
 - (B) To keep nursing assistants (NAs) from having to change the sheets too often
 - (C) To keep sheets looking new
 - (D) To reduce the amount of dirt on the sheets
2. What is the term for a device that replaces a missing body part?
 - (A) Pronation
 - (B) Prone
 - (C) Personal protective equipment
 - (D) Prosthesis
3. Exercises that put each joint through its full arc of motion are called
 - (A) Weightlifting
 - (B) Range of motion
 - (C) Stretch and relax
 - (D) Rotation
4. Which of the following is the correct way to remove a gown?
 - (A) Unfasten the gown at the neck and the waist and roll the dirty side in while holding the gown away from the body.
 - (B) Unfasten the gown at the neck and the waist and pull the gown over the head.
 - (C) Unfasten the gown at the neck and the waist and pull the gown from the outside of the chest area until it comes off.
 - (D) Unfasten the gown at the neck and the waist and drop it to the floor.
5. How many times can disposable gloves be worn before being discarded?
 - (A) One time
 - (B) Two times
 - (C) Three times
 - (D) Multiple times, as long as they are washed in between uses
6. To best communicate with a resident who has a visual impairment, the NA should
 - (A) Ask the resident to “see” what is in front of him
 - (B) Identify herself when she enters the room
 - (C) Keep the lighting low at all times
 - (D) Touch the resident before identifying herself
7. The best way for an NA to provide foot care for a resident who has diabetes is to
 - (A) Encourage the resident to go barefoot most of the time
 - (B) Apply lotion between the toes to keep the areas soft
 - (C) Clip the resident’s toenails whenever they are long
 - (D) Observe the feet regularly for signs of sores or infection
8. If a resident starts to fall, the best thing an NA can do is to
 - (A) Catch the resident under the arms to stop the fall
 - (B) Widen her stance and bring the resident’s body close to her
 - (C) Lock her knees
 - (D) Reverse the fall if the resident is less than halfway down
9. An NA should use friction for at least _____ seconds when washing her hands.
 - (A) 60
 - (B) 30
 - (C) 20
 - (D) 10
10. Which of the following is a term for a legal document that designates what kind of care a person wants if he is unable to make that decision himself?
 - (A) Bill of Rights
 - (B) Advanced directive
 - (C) Protected health information
 - (D) Code of ethics

11. Which temperature site is generally considered to be the most accurate?
- Rectum (rectal)
 - Ear (tympanic)
 - Mouth (oral)
 - Armpit (axilla)
12. Which of the following tasks is outside the scope of practice for an NA?
- Counting a resident's pulse rate
 - Cleaning a resident after an episode of incontinence
 - Prescribing a new medication
 - Helping a resident walk with a cane
13. How should the NA respond if a resident tries to give him a gift?
- The NA should accept the gift if he plans to give the resident a gift too.
 - The NA should refuse the gift but say thank you.
 - The NA should refuse the gift unless the resident agrees to keep it confidential.
 - The NA should accept the gift if he knows that the resident cannot return it.
14. What does the term *empathy* mean?
- Empathy means being alert.
 - Empathy means being able to document honestly.
 - Empathy means being able to identify with the feelings of others.
 - Empathy means taking responsibility for one's own actions.
15. To monitor a resident's pulse rate, the NA will most commonly check the _____ pulse.
- Radial
 - Temporal
 - Carotid
 - Brachial
16. Slapping, shoving, and rough handling are all considered to be a type of _____
- Neglect
 - Physical abuse
 - Psychological abuse
 - Verbal abuse
17. With which of the following people may an NA share a resident's medical information?
- Resident's doctor
 - NA's friend
 - Resident's friend
 - Resident's priest
18. Which of the following sentences is an example of a fact?
- Mr. Gomez ate half of his scrambled egg.
 - Mr. Gomez was nohungry.
 - Mr. Gomez does not like the meals offered at our facility.
 - Mr. Gomez is too sick to eat.
19. Which is/are the most essential nutrient(s) for life?
- Proteins
 - Carbohydrates
 - Vitamins
 - Water
20. Objective information is _____
- Information that cannot be observed
 - Information collected using the senses
 - Information that the resident reported to the NA
 - Information that is untrue
21. Which of the following statements is true of documentation?
- NAs should document care before it is done if there will not be enough time to do it later.
 - NAs should document care the next day before beginning work again.
 - NAs should document care right after it has been done.
 - NAs should let residents help document their own care.
22. Standard Precautions should be practiced _____
- Only on people who look like they have a bloodborne disease
 - On every single person in the NA's care
 - Only on people who request that the NA follow them
 - Only on residents whose charts indicate they are infectious

23. Which of the following statements is true of handwashing?
- (A) An NA should wash her hands before and after touching a resident.
 - (B) An NA does not need to wash her hands often.
 - (C) Handwashing has no effect on the spread of disease.
 - (D) An NA should let water run up her arms when washing her hands.
24. Using proper body mechanics includes
- (A) Twisting at the waist
 - (B) Carrying objects far away from the body
 - (C) Standing with the legs shoulder-width apart
 - (D) Keeping knees locked when lifting
25. What is one of the first signs that a pressure injury is forming?
- (A) Discoloration of the skin
 - (B) Nonintact skin
 - (C) Paralysis at the site
 - (D) Exposed muscle and bone
26. Which of the following is an example of a physical need?
- (A) Social interaction
 - (B) Food
 - (C) Intellectual stimulation
 - (D) Spirituality
27. Which of the following remarks is a cliché?
- (A) "Would you like me to go with you?"
 - (B) "It will all work out in the end."
 - (C) "How can I help?"
 - (D) "I understand you're feeling scared."
28. In which type of environment do microorganisms grow best?
- (A) Bright
 - (B) Light
 - (C) Cold
 - (D) Dark
29. An axillary temperature is measured
- (A) In the mouth
 - (B) In the rectum
 - (C) In the armpit
 - (D) In the ear
30. If a resident has just had a glass of iced tea, how long should the NA wait before measuring the resident's temperature via the oral method?
- (A) 5 to 10 minutes
 - (B) 10 to 20 minutes
 - (C) 30 to 40 minutes
 - (D) 60 minutes
31. Which of the following abbreviations means *nothing by mouth*?
- (A) NBM
 - (B) NOC
 - (C) NPO
 - (D) NWB
32. Which of the following canes has four rubber-tipped feet?
- (A) Quad cane
 - (B) Functional grip cane
 - (C) Cane
 - (D) Curved cane
33. In which of the following situations must a nursing assistant always wear gloves?
- (A) While feeding a resident
 - (B) While shaving a resident
 - (C) While performing range of motion exercises
 - (D) While transferring a resident from bed to a wheelchair
34. Which type of toileting equipment is used for elimination for residents who cannot assist with raising their hips onto a regular bedpan?
- (A) Urinal
 - (B) Portable commode
 - (C) Raised toilet seat
 - (D) Fracture pan
35. Hypertension is the medical term for
- (A) High blood pressure
 - (B) Rapid pulse rate
 - (C) Difficulty swallowing
 - (D) Rapid heartbeat
36. How often should an ostomy bag be emptied?
- (A) Every two days
 - (B) Once per hour
 - (C) Three times per day
 - (D) Whenever stool is eliminated

37. How should an NA work when helping a resident with range of motion exercises?
- Begin at the feet and work up the body
 - Begin at the shoulders and work down the body
 - Begin at the fingertips and work inward
 - Begin at the knees and work up to the shoulders
38. A(n) _____ is the permanent and painful shortening of a muscle or tendon.
- Abrasion
 - Contracture
 - Pressure injury
 - Fracture
39. Which of the following is generally used when documenting the amount of fluid a resident drinks?
- Milliliters
 - Cups
 - Feet
 - Inches
40. How should a fracture pan be positioned?
- With the handle toward the head of the bed
 - With the handle toward the foot of the bed
 - With the handle facing the side the nursing assistant is standing on
 - With the handle facing the window
41. In order to communicate with a resident who has a hearing impairment, the NA should
- Face the resident directly when speaking
 - Stand behind the resident when speaking
 - Shout and mouth words in an exaggerated way so that the resident understands
 - Use a high-pitched tone of voice
42. Which of the following is an example of physical abuse?
- Isolating a resident
 - Pinching a resident
 - Saying something embarrassing about the resident to his friend
 - Stealing 10 dollars from a resident
43. Joking with a resident's roommate about the resident's incontinence is what type of abuse?
- Psychological abuse
 - Physical abuse
 - Sexual abuse
 - Involuntary seclusion
44. Which of the following statements is true of mental health disorders?
- People who have a mental health disorder can control their symptoms if they want to be well.
 - A mental health disorder is a disorder that produces signs and symptoms like any physical disorder.
 - People who have a mental health disorder are pretending to be sick.
 - A mental health disorder rarely disrupts a person's ability to function.
45. An appropriate resource for an NA to turn to if he is experiencing stress is
- His resident
 - His supervisor
 - His resident's family
 - His resident's friends
46. In order for an object to be called clean in a healthcare setting, it must be
- Contaminated with pathogens
 - Free of pathogens
 - Washed in hot water, then dried with a clean towel
 - Soaked in water
47. Which of the following is an example of a whole grain food?
- White rice
 - Hard-boiled egg
 - Whole wheat bread
 - Raw strawberries
48. The serious condition that occurs when a person does not have enough fluid in the body is called
- Fluid balance
 - Edema
 - Dehydration
 - Aspiration

49. Which of the following is an example of a plant-based protein?
(A) Fried chicken
(B) Poached salmon
(C) Roasted turkey
(D) Refried beans
50. According to the USDA's MyPlate, most fruit choices should be
(A) Fruit smoothies
(B) Fruit juice
(C) Whole fruit
(D) Fruit-flavored drinks
51. Which of the following statements is true of helping to prevent aspiration during eating?
(A) The NA should help the resident into a reclining position before eating.
(B) The NA should offer big pieces of food.
(C) The NA should place food in the stronger side of the mouth.
(D) The NA should place food in the weaker side of the mouth.
52. Which of the following is true of Transmission-Based Precautions?
(A) NAs do not need to practice Standard Precautions if they are practicing Transmission-Based Precautions.
(B) They are practiced in addition to Standard Precautions.
(C) They are exactly the same as Standard Precautions.
(D) They are no longer used.
53. An example of a physical restraint is
(A) A wheelchair at the head of the bed
(B) A bed with the blankets folded down to the foot of the bed
(C) Raised side rails on a bed
(D) A bedside commode placed beside the bed
54. What does the abbreviation *ADLs* stand for?
(A) As doctor likes
(B) Activities of daily living
(C) After doctor leaves
(D) Active data learning
55. Which kind of care helps residents restore or improve function after an illness or injury?
(A) Subacute care
(B) Acute care
(C) Adult day services
(D) Rehabilitation
56. The medical term for chest pain, pressure, or discomfort is
(A) Atherosclerosis
(B) Nitroglycerin
(C) Ketoacidosis
(D) Angina pectoris
57. An NA can demonstrate ethical behavior by
(A) Protecting a resident's privacy
(B) Changing the care plan if the NA believes it is inappropriate for a resident
(C) Performing a task outside the NA's scope of practice when a resident requests that the NA do so
(D) Accepting a gift from a resident for a job well done
58. Which of the following shows the correct conversion of 4:00 p.m. to military time?
(A) 1400 hours
(B) 1500 hours
(C) 1600 hours
(D) 1700 hours
59. Barriers to communication include which of the following?
(A) NA uses medical terminology with the resident.
(B) NA asks the resident to repeat a sentence.
(C) NA speaks the same language as the resident.
(D) NA speaks clearly using a professional tone of voice.
60. Which of the following is an example of non-verbal communication?
(A) A resident yells for a drink.
(B) A resident asks for a glass of water.
(C) A resident points to a glass.
(D) A resident's daughter requests that a glass of water be brought to her mother.

61. Which of the following occurrences is considered an incident and requires a report to be completed?
- (A) A nursing assistant arrives late for her shift.
 - (B) A resident requests a food item that is not included in his special diet.
 - (C) A resident falls.
 - (D) A resident shows signs of improvement.
62. An employer must offer an NA a free vaccine for .
- (A) Cancer
 - (B) HIV
 - (C) Hepatitis B
 - (D) Chickenpox
63. Draw sheets are used to
- (A) Make residents more comfortable
 - (B) Help keep residents warm
 - (C) Reposition residents without causing shearing
 - (D) Prevent the bed from getting wet from episodes of incontinence
64. When assisting a resident with a standard bedpan, where should the wider end of the bedpan be placed?
- (A) Toward the foot of the bed
 - (B) In alignment with the resident's buttocks
 - (C) Inside the portable commode
 - (D) Toward the side of the bed where the NA is standing
65. Blood pressure is measured using a
- (A) Thermometer
 - (B) Watch
 - (C) Finger
 - (D) Sphygmomanometer
66. One safety device that helps transfer residents is called a
- (A) Waist restraint
 - (B) Posey vest
 - (C) Transfer belt
 - (D) Geriatric chair
67. Generally speaking, how many ounces of water or other fluids should residents be encouraged to drink each day?
- (A) 64 ounces
 - (B) 48 ounces
 - (C) 92 ounces
 - (D) 36 ounces
68. The medical term for skin that is blue or gray is
- (A) Dermatitis
 - (B) Cyanotic
 - (C) Dysphagic
 - (D) Necrotic
69. Which of the following shows the correct conversion of midnight (12:00 a.m.) to military time?
- (A) 2400 hours
 - (B) 1200 hours
 - (C) 0800 hours
 - (D) 0400 hours
70. The Omnibus Budget Reconciliation Act (OBRA) requires that nursing assistants complete at least how many hours of training before being able to work as nursing assistants.
- (A) 75
 - (B) 120
 - (C) 30
 - (D) 50
71. How many ounces are equal to 90 milliliters?
- (A) 3 ounces
 - (B) 30 ounces
 - (C) 90 ounces
 - (D) 120 ounces
72. Regular inspections performed in facilities to make sure they are following state and federal regulations are called
- (A) Surveys
 - (B) Citations
 - (C) Procedures
 - (D) Licenses

73. How can an NA keep a resident's health information confidential?
- (A) By discussing the information away from care facilities so that residents cannot hear it
 - (B) By bringing friends to the facility to meet residents
 - (C) By storing, filing, or shredding documents according to facility policy
 - (D) By posting updates about favorite residents on her Facebook page to avoid being overheard
74. What are typical duties of an ombudsman?
- (A) An ombudsman advocates for staff members involved in disputes with management.
 - (B) An ombudsman advocates for residents and helps settle disputes.
 - (C) An ombudsman teaches nursing assistant training classes.
 - (D) An ombudsman organizes activities and outings for residents.
75. Which of the following topics is required by OBRA to be covered during nursing assistant (NA) training?
- (A) Healthcare coverage for nursing assistants
 - (B) Promoting residents' independence
 - (C) Meal preparation for residents
 - (D) Hours and days that nursing assistants are available to work
76. Which of the following behaviors promotes Residents' Rights?
- (A) Keeping a change in the care plan confidential so as not to upset the resident
 - (B) Treating a resident badly if he has made a complaint about an NA
 - (C) Encouraging a resident to participate in care planning
 - (D) Borrowing money from a resident if it helps the NA continue to work
77. Which of the following terms means harming a person physically, mentally, or emotionally by failing to provide needed care?
- (A) Neglect
 - (B) Assault
 - (C) Battery
 - (D) Abuse
78. Which of the following terms means to steal, take advantage of, or improperly use the money, property, or other assets of another person?
- (A) Substance abuse
 - (B) Financial abuse
 - (C) Verbal abuse
 - (D) Sexual abuse
79. OBRA was passed as a response to
- (A) Lack of funding for long-term care facilities
 - (B) Reports of poor care and abuse in long-term care facilities
 - (C) Nursing assistants being unable to pass competency exams
 - (D) Staff members not reporting accurate work hours
80. Which of the following statements is true of touch?
- (A) All people like to be touched.
 - (B) Nursing assistants do not need to touch residents.
 - (C) Nursing assistants can softly pat residents' shoulders to communicate caring.
 - (D) All residents will feel more comfortable when there is little physical contact.
81. Tuberculosis is
- (A) A bloodborne disease
 - (B) A sexually transmitted disease
 - (C) An airborne disease
 - (D) Completely eradicated (no longer exists)
82. Which of the following statements is true of diabetes?
- (A) To best conserve energy, people with diabetes should skip meals when they are not hungry.
 - (B) People with diabetes must follow their diet instructions carefully.
 - (C) People with diabetes must avoid exercise so that they do not burn too much glucose.
 - (D) For people with diabetes, monitoring their intake of protein is more important than monitoring their intake of carbohydrates.

83. The most common form of diabetes is
- Type 1 diabetes
 - Type 2 diabetes
 - Pre-diabetes
 - Gestational diabetes
84. HIV can be transmitted by
- Telephones
 - Toilets
 - Hugs
 - Blood
85. One common treatment for cancer is:
- Surgery
 - Meditation
 - Sugar-free diet
 - Herbal supplements
86. Baseline vital signs are
- Initial values that can be compared to future measurements
 - Normal ranges for vital signs
 - Vital signs that are out of normal range
 - Changes in vital signs from one measurement to another
87. Which of the following is the best way an NA can communicate with a resident who has cancer?
- The NA should insist that the resident tell the NA what he is going through.
 - The NA should give the resident medical advice if the resident asks for it.
 - If the resident is worried, the NA should tell him, "It'll all be fine."
 - The NA should listen to the resident if he feels like talking.
88. Which of the following is an example of physically restraining a resident?
- Asking the resident to stay in his bed
 - Telling the resident's roommate to press the call button if the resident gets up
 - Leaving the resident's door ajar
 - Leaving both side rails up on the bed
89. A resident with AIDS who has an infection of the mouth may need to eat food that is
- Spicy
 - Soft
 - Dry
 - Hot
90. To convert four ounces to milliliters, the NA should multiply four by
- 15
 - 20
 - 25
 - 30
91. Which of the following shows the correct conversion of 1900 hours to standard time?
- 7:00 a.m.
 - 10:00 a.m.
 - 7:00 p.m.
 - 10:00 p.m.
92. Where is long-term care offered?
- In adult day services facilities
 - In hospitals
 - In skilled nursing facilities
 - In ambulatory surgical centers
93. Which of the following statements is true of urinary incontinence?
- Urinary incontinence occurs naturally as people age.
 - Nursing assistants should not give fluids to residents who have urinary incontinence.
 - Urinary incontinence does not need to be documented, as long as it is a small amount of urine.
 - Certain nervous system diseases can cause urinary incontinence.
94. After an amputation, a resident may experience phantom sensation. Phantom sensation is
- Not real
 - The feeling that the amputated body part is still there
 - An artificial body part
 - The removal of a body part

95. When should bed sheets be changed?
- (A) Daily
 - (B) Twice a week
 - (C) Every other day
 - (D) When they are soiled or damp
96. Which of the following is a type of advance directive?
- (A) Durable Power of Attorney for Health Care
 - (B) Power of Attorney
 - (C) Divorce Decree
 - (D) Last Will and Testament
97. _____ is taking in and eliminating equal amounts of fluid.
- (A) Dehydration
 - (B) Input
 - (C) Fluid balance
 - (D) Fluid restriction
98. What member of the care team might help a resident learn to use adaptive devices for eating and dressing?
- (A) Speech-language pathologist
 - (B) Occupational therapist
 - (C) Activities director
 - (D) Registered dietitian
99. When encountering a fire, an NA should first
- (A) Put the fire out
 - (B) Leave through the closest exit
 - (C) Remove residents from danger
 - (D) Gather her personal belongings
100. Nursing assistants are not allowed to
- (A) Change sterile dressings
 - (B) Bathe residents
 - (C) Help residents use walkers
 - (D) Assist with elimination needs