

Appendix C: Chapter Exams

Chapter 1: Exam

Multiple Choice. Choose the correct answer.

1. Which of the following healthcare settings is generally for people who will die in six months or less?
 - (A) Hospice care
 - (B) Long-term care
 - (C) Outpatient care
 - (D) Acute care
2. Which of the following statements is true of long-term care?
 - (A) People with terminal illnesses do not live in long-term care facilities.
 - (B) Most conditions seen in long-term care facilities are chronic.
 - (C) People who live in long-term care facilities are never able to return home.
 - (D) Long-term care takes place in a person's home.
3. A resident has purchased a special gift for her nursing assistant (NA). What would be the best response by the nursing assistant?
 - (A) The NA should refuse the gift but thank the resident for thinking of her.
 - (B) The NA should accept the gift because she is unsure about her facility's policy on gifts.
 - (C) The NA should accept the gift if the resident agrees to keep it confidential.
 - (D) The NA should refuse the gift and explain that her employer is very unfair about employees accepting gifts from residents.
4. A _____ is a method or way of doing something.
 - (A) Policy
 - (B) Procedure
 - (C) Survey
 - (D) Cite
5. Medicare will pay for
 - (A) All care requested by the recipient
 - (B) All care requested by the doctor
 - (C) All care requested by the long-term care facility
 - (D) Only care that it determines to be medically necessary
6. Which of the following is a core value associated with culture change?
 - (A) Doing everything for residents
 - (B) Treating all residents the same way
 - (C) Promoting self-determination and personal choice
 - (D) Making sure all residents participate in the same activities
7. Which member of the care team diagnoses disease and prescribes treatment?
 - (A) Nursing assistant (NA)
 - (B) Medical social worker (MSW)
 - (C) Physician (MD)
 - (D) Dietitian (RDN)
8. Which of the following care team members are licensed professionals who assign jobs to nursing assistants?
 - (A) Nursing assistants, nurses
 - (B) Dietitian, resident's family
 - (C) Nurses, physical therapists
 - (D) Nursing assistants, physicians
9. Which of the following statements is true of residents as a part of the care team?
 - (A) Residents cannot make their own decisions.
 - (B) Residents are not care team members.
 - (C) Residents should not try to make choices about the care they want to receive.
 - (D) The care team revolves around the resident and her condition, treatment, and progress.
10. Which of the following statements is true of a nursing assistant's responsibilities if an activity is not listed in the care plan?
 - (A) The NA should not perform the activity if it is not listed in the care plan.
 - (B) The NA should perform the activity if he believes it is best for the resident.
 - (C) The NA should only perform the activity if the resident says he wants it performed.
 - (D) The NA should consult other NAs to see if they would perform the activity.

11. A nursing assistant tells a resident that her grandchildren are noisy and disrupt the facility and suggests that next time her daughter visits, she should leave the kids at home. Which Residents' Right might this behavior violate?
- The right to voice complaints without fear of punishment
 - The right to refuse medication and treatment
 - The right to have visitors
 - The right to confidentiality
12. What is one reason why reporting a resident's changes and problems to the nurse is a very important role of the nursing assistant?
- The care plan must be updated as the resident's condition changes.
 - Reporting changes is not a task that the NA performs.
 - Depending on the resident's changes, the NA can decide if she wants to work that day or not.
 - The NA can decide what medication to prescribe for the resident's current condition.
13. Which of the following is a typical task that an NA performs?
- Changing a sterile dressing on an open wound
 - Helping residents with elimination needs
 - Administering medication
 - Prescribing treatments
14. Which of the following tasks is outside the scope of practice for an NA?
- Giving a resident a bath
 - Inserting a tube into a resident's body
 - Helping a resident eat dinner
 - Transferring a resident from the bed to a chair
15. A professional relationship between an NA and a resident includes
- Telling the resident about problems with the supervisor
 - Calling the resident *Dearie* and *Sweetie*
 - Letting a resident know if the NA is in a bad mood
 - Keeping resident information confidential
16. Which of the following is an example of an NA having a professional relationship with an employer?
- Documenting carefully
 - Never bothering the nurses with questions
 - Trying not to be late more than twice a week
 - Talking about management behind their backs
17. What is one function of the chain of command?
- It determines which residents go in which rooms.
 - It determines which shift an NA works.
 - It describes the care plan for each resident.
 - It helps protect nursing assistants and their employers from liability.
18. What is required of a nursing assistant if he suspects that a resident is being abused?
- The NA should call the police to report that the resident is being abused.
 - The NA should discuss the issue with the resident to find out if it is okay for him to report what he suspects.
 - The NA should report it to the charge nurse immediately.
 - The NA should immediately confront the abuser about what he suspects.
19. Ombudsmen are in facilities to assist and support
- Administrators
 - Directors of nursing
 - Residents
 - Nursing assistants
20. When a nursing assistant is performing a procedure on a resident, he should
- Try to distract the resident so she will not know what the NA is doing
 - Explain the procedure fully before performing it
 - Wait until the resident is sleeping before the NA starts the procedure
 - Talk to the resident's roommate so the resident does not become self-conscious

21. The Omnibus Budget Reconciliation Act (OBRA) sets minimum standards for
- (A) Facility cleanliness
 - (B) Resident rehabilitation
 - (C) Nursing assistant training
 - (D) Facility spending
22. How many hours of in-service education does OBRA require for nursing assistants every year?
- (A) At least 34 hours
 - (B) At least 28 hours
 - (C) At least 18 hours
 - (D) At least 12 hours
23. For nursing assistants, confidentiality means
- (A) Not telling the nurse about possible abuse of a resident
 - (B) Not documenting resident problems
 - (C) Keeping resident information private
 - (D) Sharing information with the NA's family
24. One reason that the Health Insurance Portability and Accountability Act (HIPAA) was created is to
- (A) Help keep health information private and secure
 - (B) Help ombudsmen monitor care in facilities
 - (C) Give nursing assistants proper health insurance coverage
 - (D) Prevent abuse and neglect of residents
25. Which of the following is an example of sexual abuse?
- (A) Rubbing up against a resident inappropriately
 - (B) Confining a resident in a separate physical space without the resident's consent
 - (C) Using alcohol in a harmful way
 - (D) Failing to provide needed care for a resident
26. An NA is caring for a resident who is paralyzed on her right side from a recent stroke. Some of her family members are visiting and one of them turns to the NA and says in a loud voice, "She looks so dumb with half of her face drooping down like that. Isn't there something you can do to fix that?" What kind of abuse is this?
- (A) Physical abuse
 - (B) Psychological abuse
 - (C) Sexual abuse
 - (D) Involuntary seclusion
27. If an NA makes a mistake in handwritten documentation, how should she correct it?
- (A) By erasing it and writing in the correct information
 - (B) By drawing a single line through it, then writing the correct information
 - (C) By using correction fluid to cover the error, then writing the correct information
 - (D) By discarding the chart and starting a new one
28. A resident's protected health information (PHI) may be shared with
- (A) The resident's friends who live in the facility
 - (B) Those who need the information for care or processing of records
 - (C) The nursing assistant's family and friends as long as they agree not to share it
 - (D) Anyone who works at the facility
29. Which of the following is an example of physical abuse?
- (A) Stealing from a resident
 - (B) Showing a resident pornographic material
 - (C) Shoving a resident
 - (D) Threatening a resident
30. What is the term for the person assigned by law to be the legal advocate for residents?
- (A) Activities director
 - (B) Ombudsman
 - (C) Medical social worker
 - (D) Administrator

31. Which of the following shows the correct conversion of 9:00 p.m. to military time?
(A) 2300 hours
(B) 2100 hours
(C) 2400 hours
(D) 2000 hours
32. Which of the following occurrences is considered an incident and requires a report to be completed?
(A) A resident uses the call light frequently.
(B) A resident yells at a family member.
(C) A resident accuses an NA of abusing her.
(D) An NA arrives late to work.
33. Which of the following shows the correct conversion of 0530 to regular time?
(A) 12:30 a.m.
(B) 12:30 p.m.
(C) 5:30 a.m.
(D) 5:30 p.m.
34. When should documentation be recorded?
(A) Immediately after care is given
(B) At the end of the shift
(C) Whenever there is time
(D) Before the care is given
35. Which of the following shows the correct conversion of 2:35 p.m. to military time?
(A) 2435 hours
(B) 1435 hours
(C) 2235 hours
(D) 1235 hours
36. Threatening to harm a resident if he tells another caregiver about a problem is an example of which type of abuse?
(A) Physical abuse
(B) Psychological abuse
(C) Financial abuse
(D) Substance abuse
37. Which of the following statements is true of electronic/computer documentation?
(A) When documenting on a computer, HIPAA guidelines do not apply.
(B) The NA should not have someone else enter the information for her, even if it is more convenient.
(C) Once documentation is complete, the NA should leave the resident's chart open in case other team members also want to document care.
(D) Once documentation is complete, the NA may access personal social media accounts.

Chapter 2: Exam

Multiple Choice. Choose the correct answer.

1. When should unsafe conditions be reported?
 - (A) When it looks likely that the facility will be involved in a lawsuit
 - (B) Before accidents occur
 - (C) Only if a resident wants to complain about something
 - (D) Whenever the nursing assistant has some extra time
2. Which of the following is an example of objective information?
 - (A) "Mrs. Johnson says she has a rash on her torso."
 - (B) "There are raised, red marks the size of pinpricks on Mrs. Johnson's torso."
 - (C) "Mrs. Johnson must have a rash because she said that she's itchy."
 - (D) "Mrs. Johnson needs some lotion."
3. What is a proper way for a nursing assistant (NA) to respond if a resident does not hear her or does not understand her?
 - (A) The NA should speak more quickly.
 - (B) The NA should speak more softly or whisper.
 - (C) The NA should speak slowly and clearly.
 - (D) The NA should shout.
4. Which of the following is an example of a barrier to communication?
 - (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.
5. Which of the following are ways for NAs to avoid barriers to communication?
 - (A) The NA should use slang so that the resident understands more easily.
 - (B) The NA should respond with "Why?" when the resident makes a statement.
 - (C) The NA should use medical terms when talking with the resident so the resident will more easily understand his condition.
 - (D) The NA should ask open-ended questions that require more than "yes" or "no" responses.
6. Why is it important for an NA to consider a resident's cultural background when communicating with him?
 - (A) It is not important to consider cultural background.
 - (B) Because the resident will certainly want to tell stories about his culture.
 - (C) Because the NA might know somebody with the same background and she can tell the resident about that person.
 - (D) Because cultural background helps determine how people communicate and can help the NA communicate better with the resident.
7. Which of the following senses is not used in making observations?
 - (A) Sight
 - (B) Touch
 - (C) Smell
 - (D) Taste
8. With whom should nursing assistants use medical terms and abbreviations?
 - (A) Residents
 - (B) Nurses
 - (C) Residents' friends
 - (D) Visitors
9. Which of the following should an NA report about a resident to the nurse immediately?
 - (A) Family fighting
 - (B) Chest pain
 - (C) Watching too much TV
 - (D) Acting lonely

10. The part of the word that is added to the end of a root to form a new word is called a(n)
- Root
 - Prefix
 - Suffix
 - Abbreviation
11. If a resident has a hearing impairment, the NA should
- Face away from the resident when speaking
 - Face the resident with the light on the NA's face
 - Shout so that the resident can hear the NA
 - Exaggerate the words so that the resident can read the NA's lips
12. One way that an NA can help a resident who is visually impaired is to
- Move the furniture to make it easier for the resident to get around
 - Keep the lights very low
 - Use the face of an imaginary clock to explain the position of objects
 - Walk behind the resident, lightly pushing the resident forward
13. The first two steps to take when approaching an emergency are
- Perform first aid and assess the situation
 - Call the victim's family and call 911
 - Assess the situation and assess the victim
 - Get assistance and perform CPR
14. What is the best way a nursing assistant can respond to a combative resident?
- The NA should let the resident know that he will be discharged from the facility if he does not stop what he is doing.
 - The NA should tell the resident that other NAs will refuse to care for him if he continues the behavior.
 - The NA should remain calm and lower the tone of her voice.
 - The NA should stand as close as possible to the resident.
15. A sign of the onset of diabetic ketoacidosis is breath that smells
- Sour
 - Sweet
 - Garlicky
 - Bitter
16. Why is it important for a nursing assistant not to overreact when a resident behaves inappropriately?
- It may actually reinforce the behavior.
 - Other residents may then copy the behavior.
 - The NA's supervisor will be angry with him.
 - The NA might surprise the resident.
17. With whom should an NA use Standard Precautions?
- With residents who have infectious diseases
 - With residents he suspects might have infectious diseases
 - With every resident in his care
 - With residents who request that they be used
18. Under Standard Precautions, the term *body fluids* includes
- Sweat
 - Water
 - Juice
 - Urine
19. Which of the following is true of wearing gloves?
- Disposable gloves can be washed and reused.
 - Gloves should be changed before contact with mucous membranes.
 - After giving care, gloves are not contaminated.
 - Gloves can continue to be worn if they are torn as long as the hole is covered.
20. In which of the following situations should an NA give abdominal thrusts to a resident?
- The resident is coughing.
 - The resident cannot speak, breathe, or cough.
 - The resident is breathing very rapidly.
 - The resident tells the NA that she feels short of breath.
21. When washing hands, an NA should use friction for
- At least 25 seconds
 - At least 20 seconds
 - At least 15 seconds
 - At least 5 seconds

22. Which of the following is the proper order to don personal protective equipment (PPE)?
- (A) Put on mask and goggles, gown, and gloves.
 - (B) Put on gloves, gown, and mask and goggles.
 - (C) Put on mask and goggles, gloves, and gown.
 - (D) Put on gown, mask and goggles, and gloves.
23. What is the medical term for difficulty breathing?
- (A) Dyspnea
 - (B) Syncope
 - (C) Hemiplegia
 - (D) Cyanosis
24. A nursing assistant will come into contact with microorganisms
- (A) Only in high-traffic areas of the facility
 - (B) Only during direct contact with residents
 - (C) Only during personal care procedures
 - (D) Every time the NA touches something
25. Which of the following is true of Transmission-Based Precautions?
- (A) An NA does not need to practice Standard Precautions if he practices Transmission-Based Precautions.
 - (B) They are exactly the same as Standard Precautions.
 - (C) They are practiced in addition to Standard Precautions.
 - (D) They will not be listed in the care plan so as not to alarm anyone.
26. When a resident is suspected of having a heart attack, a nursing assistant should
- (A) Loosen clothing around the neck
 - (B) Give the resident some water
 - (C) Put medication directly into the resident's mouth
 - (D) Wait and see if the episode subsides before doing anything
27. What is one way that bloodborne pathogens can be transmitted?
- (A) By hugging an infected person
 - (B) By infected blood entering the bloodstream
 - (C) By standing too close to an infected person when he coughs
 - (D) By touching something an infected person has touched
28. Insulin reaction can be caused by
- (A) Too little food
 - (B) Physical or emotional stress
 - (C) Too much food
 - (D) A cerebrovascular accident
29. Which of the following statements is true of preventing falls?
- (A) Clear walkways of clutter.
 - (B) Keep lights low.
 - (C) Leave spills for housekeeping to clean.
 - (D) Move call lights further away from residents.
30. When should a nursing assistant identify a resident?
- (A) After giving care
 - (B) When collecting meal trays
 - (C) When shifts change
 - (D) Before helping with feeding
31. In which position should a resident be placed for eating?
- (A) Lying flat on his back
 - (B) Reclining at a 45-degree angle
 - (C) Sitting as upright as possible
 - (D) Lying on his side with his arm propping up his head
32. Hand hygiene is
- (A) Washing hands with soap and water or using alcohol-based hand rubs
 - (B) Washing hands with soap and water only
 - (C) Using alcohol-based hand rubs only
 - (D) Wearing gloves when performing care procedures

33. Which of the following statements is true of body mechanics?
- (A) Body mechanics help save energy and prevent injury.
 - (B) The narrower a person's base of support, the more stable the person is.
 - (C) Proper alignment of the body means that the two sides of the body should not line up.
 - (D) Twisting at the waist is the best way to maintain body alignment.
34. When helping a resident sit up, stand up, or walk, the NA should
- (A) Keep her feet together
 - (B) Bend her upper body
 - (C) Bend her knees
 - (D) Try to catch the resident if he starts to fall
35. The single most important thing the NA can do to prevent the spread of disease is to
- (A) Carry dirty linen close to her uniform so as not to spread contaminants
 - (B) Wash and dry her disposable gloves before reusing them
 - (C) Remove gloves before cleaning spills
 - (D) Wash her hands
36. Which of the following is a way to use proper body mechanics?
- (A) The NA should twist at the waist when lifting objects.
 - (B) The NA should stand with her legs shoulder-width apart.
 - (C) The NA should lift objects, rather than push them.
 - (D) The NA should carry objects away from her body.
37. RACE is an acronym for a safety rule, and means
- (A) Run to A Close Exit
 - (B) Remove residents, Activate alarm or call 911, Contain fire, Extinguish
 - (C) Restore power, Activate alarm or call 911, Collect residents, Exit
 - (D) Remove window, Access outside, Call for help, Elderly residents first
38. If a resident is in shock, a nursing assistant should
- (A) Quickly give the resident something to eat that can be easily absorbed
 - (B) Elevate a body part if a broken bone is suspected
 - (C) Elevate the legs unless the resident has a head or abdominal injury
 - (D) Give the resident a type of strong liquor if it is available, like brandy
39. Which of the following is true of resident falls?
- (A) An incident report will need to be completed for all falls.
 - (B) If the resident can get up after the fall, the NA should not notify the nurse.
 - (C) A fall does not need to be reported unless the resident complains of pain.
 - (D) The resident can decide if the NA needs to report the fall.
40. To control bleeding, a nursing assistant should
- (A) Lower the wound below the heart
 - (B) Use a topical antibiotic cream on the wound
 - (C) Hold a thick pad against the wound and press down hard
 - (D) Apply light pressure with a bandage
41. How is methicillin-resistant *Staphylococcus aureus* (MRSA) most often spread?
- (A) By direct physical contact
 - (B) By indirect contact
 - (C) By being in enclosed spaces
 - (D) Through the air
42. What is the best way to control the spread of MRSA?
- (A) By taking medication
 - (B) Through proper handwashing
 - (C) By using masks
 - (D) By taking doses of the antibiotic vancomycin

43. Which of the following is an NA responsibility related to infection prevention?
- (A) Deciding which residents need Transmission-Based Precautions
 - (B) Telling all visitors which patients have bloodborne diseases
 - (C) Following Standard Precautions in caring for all residents
 - (D) Capping needles and other sharps before disposing of them in the trash
44. Which of the following is a correct response if a resident is having a seizure?
- (A) Hold the resident down if he is shaking severely.
 - (B) Give the resident a hard piece of candy to prevent choking.
 - (C) Move furniture away to prevent injury to the resident.
 - (D) Open the resident's mouth to move the tongue to the side to prevent choking.
45. A sign that a stroke is occurring is
- (A) Abdominal pain
 - (B) Gasping for air
 - (C) Low blood pressure
 - (D) The inability to speak or to speak clearly
46. To serve hot liquids to residents, a nursing assistant should
- (A) Pour hot drinks away from residents
 - (B) Place hot drinks on the edges of tables so that they will be easier to reach
 - (C) Take lids off of hot drinks just before serving them
 - (D) Make sure residents are standing up before serving hot drinks
47. What information does a Safety Data Sheet (SDS) contain?
- (A) Cost of the chemical
 - (B) Comparisons with other chemicals
 - (C) Names of other facilities using the chemical
 - (D) Description of emergency response actions
48. Tuberculosis may be transmitted
- (A) Through a protective mask
 - (B) By dancing
 - (C) By wearing gloves
 - (D) By coughing
49. What is the best way to control the spread of *C. difficile*?
- (A) By limiting contact of the infected person with others
 - (B) By using more powerful antibiotics
 - (C) By giving more enemas to clean out the GI tract
 - (D) Through proper handwashing with soap and water
50. If an NA needs to clean up a spill, what is the first step that she should take?
- (A) Put the waste directly into the nearest trash can.
 - (B) Spray bleach solution on the spill.
 - (C) Put on gloves.
 - (D) Vacuum the spill.

Chapter 3: Exam**Multiple Choice.** Choose the correct answer.

1. Holistic care focuses on
 - (A) The person's physical, mental, and social well-being
 - (B) Disease and disability
 - (C) How sick a person is
 - (D) The absence of disease and illness
2. Which of the following is a physical need?
 - (A) The need for social interaction
 - (B) The need for water
 - (C) The need for self-esteem
 - (D) The need for independence
3. Which of the following is an example of a psychosocial need?
 - (A) The need for food
 - (B) The need for sleep
 - (C) The need for activity
 - (D) The need for acceptance
4. What is one way a nursing assistant can promote a resident's independence?
 - (A) Finishing a resident's task if he takes a long time to complete it
 - (B) Allowing a resident to do a task by himself no matter how long it takes him
 - (C) Deciding where a resident should sit in the dining room
 - (D) Deciding what a resident should wear for the day
5. Activities of daily living (ADLs) include
 - (A) Reading
 - (B) Taking part in facility activities
 - (C) Attending a worship service
 - (D) Brushing teeth
6. Mrs. Goldman, a resident, begins to tell her nursing assistant, Gene, about the last religious service she attended. Gene does not believe in God. Gene's best response is to
 - (A) Listen quietly to Mrs. Goldman
 - (B) Tell Mrs. Goldman that he does not believe in God and would prefer not to discuss it
 - (C) Tell Mrs. Goldman that her beliefs are wrong
 - (D) Ask Mrs. Goldman what makes her think that there is a God
7. If a nursing assistant encounters a consenting adult resident in a sexual situation, she should
 - (A) Provide privacy and leave the room
 - (B) Tell him that what he is doing is wrong
 - (C) Ask him to stop what he is doing
 - (D) Discuss the incident with the resident's family
8. How can regular activity promote health?
 - (A) It decreases the appetite.
 - (B) It increases energy.
 - (C) It increases the risk of heart disease.
 - (D) It raises the risk of falls.
9. Families help residents by
 - (A) Creating the care plan for them
 - (B) Telling them what to do
 - (C) Diagnosing residents' illnesses
 - (D) Communicating with the care team
10. Which of the following statements is true of the normal aging process?
 - (A) Most elderly people are entirely dependent on others.
 - (B) Most elderly people are disabled and cannot walk.
 - (C) Most elderly people are active and engaged in activities.
 - (D) Most elderly people cannot manage their own money.
11. Normal changes of aging include
 - (A) Depression
 - (B) Thinner, drier skin
 - (C) Significant weight loss
 - (D) Incontinence
12. Which of the following is true of developmental disabilities?
 - (A) Developmental disabilities are temporary.
 - (B) Developmental disabilities restrict physical and/or mental ability.
 - (C) Developmental disabilities are a form of mental health disorders.
 - (D) People with developmental disabilities can never live or work independently.
13. A _____ is an intense, irrational fear of or anxiety about an object, place, or situation.
 - (A) Phobia
 - (B) Coping mechanism
 - (C) Fallacy
 - (D) Situation response

14. Signs and symptoms of clinical depression include
- (A) Apathy
 - (B) Intense hunger
 - (C) Sudden chest pain
 - (D) Breath that smells fruity
15. Development in children from 6 to 10 years old centers on cognitive development. Cognitive development means
- (A) Developing touching and feeling skills
 - (B) Learning right from wrong
 - (C) Developing thinking and learning skills
 - (D) Developing social relationship skills
16. Which of the following is an appropriate way for a nursing assistant to care for a resident with a mental health disorder?
- (A) The NA should do everything for the resident.
 - (B) The NA should administer the resident's medication.
 - (C) The NA should support the resident and his family and friends.
 - (D) The NA should encourage the resident to stop being ill and just get better.
17. The fear of being in a confined space is called
- (A) Posttraumatic stress disorder
 - (B) Obsessive compulsive disorder
 - (C) Claustrophobia
 - (D) Schizophrenia
18. A brain disorder that affects a person's ability to think clearly and understand reality is
- (A) Clinical depression
 - (B) Claustrophobia
 - (C) Bipolar disorder
 - (D) Schizophrenia
19. If a nursing assistant notices abusive behavior from a family member towards a resident, she should
- (A) Report it to the nurse immediately
 - (B) Ask the family member to explain what he did before she reports the incident
 - (C) Ask the resident for her permission to report the incident to the nurse
 - (D) Not get involved because it is a private family matter
20. When caring for a dying resident with diminished senses, a nursing assistant should
- (A) Ask many questions to see what is comfortable for the resident
 - (B) Turn on as many lights as possible
 - (C) Observe body language
 - (D) Encourage all visitors to remain silent
21. How can an NA give emotional support to a resident who is dying?
- (A) By leaving the resident alone as much as possible
 - (B) By listening more
 - (C) By sharing her religious beliefs with the resident
 - (D) By letting the resident know that it will all be over soon
22. One way that an NA can respect the rights of a resident who is dying is to
- (A) Keep visitors away from the resident
 - (B) Let the family know if the NA does not agree with the resident's medical decisions
 - (C) Promise the resident that he will get better
 - (D) Promote privacy for the resident
23. Which of the following is part of *The Dying Person's Bill of Rights*?
- (A) I have the right to be told what to believe about life after death.
 - (B) I have the right to be cared for by someone who will always tell me what she thinks I want to hear.
 - (C) I have the right to have my questions answered honestly.
 - (D) I have the right to be treated with forced cheerfulness.
24. In infants, physical development moves from
- (A) The feet up
 - (B) The head down
 - (C) The spine out
 - (D) The hands up
25. _____ is the special care that focuses on the dignity and comfort of a dying person.
- (A) Postmortem
 - (B) Cheyne-Stokes
 - (C) Hospice
 - (D) Terminal

26. The NA's responsibilities regarding postmortem care include
- (A) Placing drainage pads where needed
 - (B) Removing tubes from the dead resident
 - (C) Removing equipment from the room
 - (D) Examining the body to help determine the cause of death
27. Which of the following stages of child development involves children learning to speak, gaining coordination of their limbs, and gaining control over their bladders and bowels?
- (A) Preschool (ages 3 to 6)
 - (B) Toddler (ages 1 to 3)
 - (C) Infancy (birth to 12 months)
 - (D) School-age (ages 6 to 10)
28. Which of the following is true of advance directives?
- (A) Advance directives must be honored as long as family members agree with the resident's decisions.
 - (B) Advance directives must be honored unless NAs do not agree with the diagnosis.
 - (C) Advance directives must be honored.
 - (D) Advance directives should be changed when the resident's spiritual leader does not agree with the resident's decision.
29. What does palliative care involve?
- (A) The resident's recovery
 - (B) Pain relief and comfort
 - (C) Teaching the resident to care for himself
 - (D) Curing the resident's illness
30. The last sense to leave the body is usually the sense of
- (A) Hearing
 - (B) Sight
 - (C) Taste
 - (D) Touch
31. Which of the following is a sign of approaching death?
- (A) Decreasing blood pressure
 - (B) Sharper vision
 - (C) Warm, dry skin
 - (D) Heightened sense of touch
32. Children in their _____ years develop language skills, learn to play cooperatively in groups, and begin to learn right from wrong.
- (A) School-age (ages 6 to 10)
 - (B) Toddler (ages 1 to 3)
 - (C) Adolescent (ages 12 to 19)
 - (D) Preschool (ages 3 to 6)
33. An attitude that is helpful in hospice work is
- (A) Being sensitive to individual needs
 - (B) Pushing residents to talk about their feelings
 - (C) Joining in the conversation during personal visits
 - (D) Helping the resident embrace the NA's faith before death

Chapter 4: Exam**Multiple Choice.** Choose the correct answer.

1. Which anatomical term means toward the midline of the body?
 - (A) Lateral
 - (B) Proximal
 - (C) Medial
 - (D) Posterior
2. A resident with AIDS who has nausea and is vomiting should eat
 - (A) Small, frequent meals
 - (B) Quickly
 - (C) High-fat dairy products
 - (D) Spicy foods
3. Which anatomical term means the front of the body?
 - (A) Anterior
 - (B) Inferior
 - (C) Superior
 - (D) Posterior
4. Rheumatoid arthritis is an autoimmune illness. With an autoimmune illness, the body's _____ system attacks normal tissue.
 - (A) Lymphatic
 - (B) Immune
 - (C) Circulatory
 - (D) Endocrine
5. Which of the following statements is true of the skin?
 - (A) It feels heat, cold, pain, touch, and pressure.
 - (B) It becomes more elastic as a person ages.
 - (C) It is the chemical substance that is created by the body and controls body functions.
 - (D) It becomes thicker as a person ages.
6. What should an NA do when providing oral care for a resident with cancer?
 - (A) The NA should use a commercial mouthwash for rinsing.
 - (B) The NA should use a hard-bristled toothbrush.
 - (C) The NA should assist the resident with brushing and flossing regularly.
 - (D) The NA should avoid giving oral care or give limited oral care.
7. A resident with a head or spinal cord injury should be repositioned at least every _____ hours.
 - (A) 2
 - (B) 3
 - (C) 4
 - (D) 5
8. One way a nursing assistant can help with normal changes of aging related to the integumentary system is to
 - (A) Withhold fluids so a resident will not go to the bathroom often
 - (B) Clip toenails frequently
 - (C) Keep sheets wrinkle-free
 - (D) Rub lotion into red or irritated spots on the resident's skin
9. Which of the following is true of muscles?
 - (A) They provide movement of body parts.
 - (B) Two muscles meet at a joint.
 - (C) They produce toxins.
 - (D) They prevent contractures from occurring.
10. How many bones are in the human body?
 - (A) 154
 - (B) 272
 - (C) 189
 - (D) 206
11. Guidelines for caring for a resident with multiple sclerosis include which of the following?
 - (A) Rushing the resident through tasks to help with decision-making skills
 - (B) Administering medications
 - (C) Preventing falls
 - (D) Encouraging the resident to speak faster to improve cognition
12. Homeostasis is
 - (A) Abnormal changes in the body systems
 - (B) The condition in which all of the body systems are working their best
 - (C) The building block of the body
 - (D) A group of cells that perform a similar task
13. When atrophy occurs
 - (A) The muscle slowly becomes stronger
 - (B) The muscle increases in size
 - (C) The muscle remains the same size
 - (D) The muscle decreases in size

14. Which of the following is a function of the nervous system?
- (A) It pumps blood throughout the body.
 - (B) It helps the body take in oxygen and remove carbon dioxide.
 - (C) It senses and interprets information from outside the body.
 - (D) It helps the body digest food.
15. Which of the following statements is true of how an NA should assist a resident with one-sided weakness after a stroke?
- (A) The NA should lead with the weaker side.
 - (B) The NA should stand on the weaker side.
 - (C) The NA should use the terms *bad* or *messed up* so it is clear which side is the weaker side.
 - (D) The NA should not use a gait belt during transfers.
16. High blood pressure
- (A) Can be detected just by looking at a person
 - (B) Cannot be treated with medication
 - (C) Is never a serious condition
 - (D) Is a consistent measurement of 130/80 or higher
17. The eye and ear are part of
- (A) The nervous system
 - (B) The integumentary system
 - (C) The respiratory system
 - (D) The circulatory system
18. Residents with chronic obstructive pulmonary disease (COPD) have trouble with
- (A) Breathing
 - (B) Urination
 - (C) Losing weight
 - (D) Vision
19. Osteoporosis causes
- (A) Vision impairment
 - (B) Bones that can break easily
 - (C) Weakening of the immune system
 - (D) Problems with breathing
20. Which of the following is a function of the circulatory system?
- (A) It senses and interprets information from the environment.
 - (B) It supplies food, oxygen, and hormones to cells.
 - (C) It controls and coordinates all body functions.
 - (D) It allows humans to reproduce.
21. Respiration consists of
- (A) Intake and output
 - (B) Inspiration and expiration
 - (C) Systole and diastole
 - (D) Dilation and contraction
22. Which of the following is helpful for a resident who has had a heart attack?
- (A) High-sodium diet
 - (B) High-fat diet
 - (C) Regular exercise
 - (D) Cold temperatures
23. A(n)___ stocking is a special stocking that can help with circulation after a knee replacement.
- (A) Anti-embolic
 - (B) Sheer
 - (C) Clotting
 - (D) Sleeve
24. The respiratory system is made up of
- (A) Kidneys, ureters, urethra
 - (B) Brain, spinal cord, nerves
 - (C) Trachea, bronchi, lungs
 - (D) Atria, ventricles, aorta
25. When helping a resident who has had a hip replacement get dressed, how should the nursing assistant (NA) begin?
- (A) Start with the stronger side
 - (B) Start with the left side
 - (C) Start with the weaker side
 - (D) Start with the feet and move upward
26. The best way for an NA to provide foot care for a resident who has diabetes is to
- (A) Cut the resident's toenails to keep them short and clean
 - (B) Encourage the resident not to wear socks
 - (C) Make sure the resident is barefoot most of the time
 - (D) Observe the feet regularly for signs of irritation

27. What is one way a nursing assistant can assist residents with normal changes of aging related to the urinary system?
- (A) NAs should offer frequent trips to the bathroom.
 - (B) NAs should withhold fluids to prevent urinary incontinence.
 - (C) NAs should keep residents from using the toilet too often.
 - (D) NAs should make sure every resident wears incontinence briefs.
28. What does the abbreviation *PWB* stand for?
- (A) Previously-weakened bones
 - (B) Partial weight-bearing
 - (C) Patient's weight before
 - (D) Patient wants baths
29. Which of the following are symptoms commonly experienced by people who have diabetes?
- (A) Excessive thirst, extreme hunger, frequent urination
 - (B) Weight gain, poor appetite, leg swelling
 - (C) Diarrhea, hyperactivity, dark yellow urine
 - (D) Infrequent urination, swollen lymph nodes, excessive energy
30. What is one reason why females are more likely to have urinary tract infections than males?
- (A) The different location of the meatus
 - (B) Having a shorter urethra
 - (C) Not filtering blood properly in the kidneys
 - (D) Urinary incontinence
31. A normal change of aging for the female reproductive system is
- (A) The continuation of menstruation
 - (B) An increase in moisture of the vaginal walls
 - (C) A weakening of the voice
 - (D) A loss of calcium
32. Which of the following is true of spinal cord injuries?
- (A) Residents with spinal cord injuries will not be able to perform any self-care.
 - (B) Rehabilitation is not helpful with spinal cord injuries.
 - (C) The lower the injury, the greater the loss of function.
 - (D) The higher the injury, the greater the loss of function.
33. The yellowish fluid that carries disease-fighting cells is called
- (A) Sperm
 - (B) Lymph
 - (C) Urine
 - (D) Blood
34. How should a resident with COPD be positioned?
- (A) Flat on his back
 - (B) Sitting upright
 - (C) Lying on his stomach
 - (D) Lying on his side
35. How does the immune system protect the body from disease?
- (A) Through nonspecific and specific immunity
 - (B) Through hormones
 - (C) Through digestion and elimination
 - (D) Through inspiration and expiration
36. Where should the NA stand when helping with ambulation for a resident who is recovering from a stroke?
- (A) On either side, but very close to the resident
 - (B) On the resident's stronger side
 - (C) On the resident's weaker side
 - (D) A few feet in front of the resident
37. Parkinson's disease typically causes
- (A) A shuffling gait
 - (B) Extremely straight posture
 - (C) Memory loss
 - (D) Aggressive behavior
38. The medical term for high blood pressure is
- (A) Angina pectoris
 - (B) Atherosclerosis
 - (C) Nitroglycerin
 - (D) Hypertension

39. Which of the following statements is true of congestive heart failure (CHF)?
- (A) Residents may take medication that makes them urinate more often.
 - (B) Residents will usually have a *force fluids* order directing them to drink more fluids.
 - (C) The NA will administer nitroglycerin to relieve painful episodes.
 - (D) Residents with CHF will generally need to eat a diet high in sodium to eliminate swelling.
40. How is glaucoma often treated?
- (A) With eye drops
 - (B) By artificial eye transplants
 - (C) With special eyeglasses
 - (D) By reducing the amount of light in the room or area
41. What kind of shoes are best for residents with diabetes to wear?
- (A) Plastic shoes
 - (B) Breathable shoes (leather, cotton, or canvas)
 - (C) Wooden clogs
 - (D) Rubber shoes
42. Which of the following is helpful when an NA is providing skin care for a resident who has cancer?
- (A) Not using lotion on dry, delicate skin
 - (B) Not offering backrubs
 - (C) Avoiding applying lotion to areas receiving radiation therapy
 - (D) Avoiding moving the resident at all
43. Which of the following is helpful for a resident who has AIDS and has numbness, tingling, and pain in his feet?
- (A) Wrapping the feet tightly in elastic bandages
 - (B) Wearing snug, firm shoes
 - (C) Tucking the sheet around the feet
 - (D) Wearing loose slippers
44. What can a nursing assistant do to help prevent urinary tract infections?
- (A) The NA should restrict fluids.
 - (B) The NA should encourage baths, rather than showers.
 - (C) The NA should wipe from front to back when giving perineal care.
 - (D) The NA should ask the resident not to drink cranberry juice.
45. Which of the following would best help a resident who has gastroesophageal reflux disease (GERD)?
- (A) Serving more spicy foods
 - (B) Asking the resident not to lie down for at least two to three hours after eating
 - (C) Serving the largest meal of the day at dinner
 - (D) Making sure the resident eats in a reclined position
46. What happens when a cataract develops?
- (A) The lens of the eye disappears.
 - (B) The lens of the eye becomes cloudy.
 - (C) The lens of the eye stops functioning.
 - (D) The lens of the eye becomes swollen.

Chapter 5: Exam

Multiple Choice. Choose the correct answer.

1. Which of the following should a nursing assistant do if a resident is confused?
 - (A) Not mention the date or the location, as it will further confuse the resident
 - (B) Stay calm and provide a quiet environment
 - (C) Leave the resident alone until he is acting normally
 - (D) Avoid explaining care, as it will only agitate the resident
2. Confusion may be caused by
 - (A) Too much television viewing
 - (B) An unpleasant roommate
 - (C) Exercise
 - (D) A urinary tract infection
3. The ability to think logically and clearly is called
 - (A) Cognition
 - (B) Dementia
 - (C) Awareness
 - (D) Dysphagia
4. Which of the following statements is true of Alzheimer's disease (AD)?
 - (A) Skills a person has used over a lifetime are usually kept longer.
 - (B) Residents with AD will show the same signs at the same times.
 - (C) NAs should do everything for residents with AD.
 - (D) Alzheimer's disease is a normal part of aging.
5. When a resident with AD is frightened, the NA should
 - (A) Speak in a room where the television is on
 - (B) Check her body language to make sure she is not tense or hurried
 - (C) Use longer sentences
 - (D) Not tell the resident what she is going to do
6. When a resident with AD shows memory loss, the NA should
 - (A) Repeat herself using the same words
 - (B) Tell the resident that she already answered that question
 - (C) Remind the resident every time she forgets something
 - (D) Give the resident a list of instructions to review
7. If a resident with AD has lost most of his verbal skills, the NA should
 - (A) Assume the resident cannot understand what is being said
 - (B) Use touch, smiles, and laughter
 - (C) Ask the resident questions
 - (D) Not involve the resident in activities because he will find that frustrating
8. If a resident with AD is incontinent, the NA should
 - (A) Withhold fluids
 - (B) Dim the bathroom lights
 - (C) Mark the bathroom with a sign or picture
 - (D) Check resident every four hours to help determine a "bathroom time"
9. If a resident with AD has problems with bathing, the NA should
 - (A) Schedule bathing when the resident is least agitated
 - (B) Hurry the resident through the bath
 - (C) Insist that the resident bathe even if she does not want to
 - (D) Surprise the resident with the bath
10. One way for an NA to help a resident with AD with eating is to
 - (A) Put a few types of food on the plate at the same time
 - (B) Use dishes without a pattern and a simple place setting
 - (C) Withhold food until the resident is really hungry
 - (D) Serve steaming hot foods and drinks

11. If a resident with AD has problems with dressing, the NA should
- Lay out clothes in the order they should be put on
 - Dress the resident in the hallway
 - Choose the resident's clothing for him
 - Give the resident multiple steps to follow
12. A helpful way for an NA to respond to hallucinations is to
- Tell the resident that what she thinks she sees is not real
 - Tell the resident that she can see the hallucination too
 - Reassure a resident who is upset and worried
 - Laugh to ease tension and encourage the resident to laugh
13. An NA can respond to sundowning by
- Adding more caffeine to the resident's diet
 - Setting a bedtime routine and keeping it
 - Restricting exercise during the day
 - Scheduling activities during this time
14. When a resident with AD perseverates, the NA should
- Answer questions each time they are asked
 - Try to silence the resident by letting him know he just asked that question
 - Use a thesaurus to find new ways to say things
 - Ignore the resident until he stops
15. If a resident with AD shows violent behavior, the NA should
- Hit back
 - Yell at the resident to distract him
 - Leave the resident alone until he calms down
 - Remove triggers
16. When a resident with AD cannot understand basic instructions, it is a good idea to use
- A notepad to write out instructions
 - Longer words to catch the resident's interest
 - A very loud voice
 - Short words, pictures, and gestures
17. Which of the following would be the best way for an NA to respond to inappropriate sexual behavior?
- The NA should warn other residents that it is happening.
 - The NA should take the resident to a private area.
 - The NA should inform the resident's family that the resident is being inappropriate.
 - The NA should reprimand the resident to shame him into stopping.
18. When a resident with AD hoards and rummages, the NA should
- Warn the family that the resident is stealing things
 - Try to confine the resident to his room
 - Tell the resident that he needs to return the stolen items
 - Provide a rummage drawer
19. Which of the following statements is true of using validation therapy?
- An NA makes no attempt to reorient the resident to actual circumstances.
 - An NA reminds the resident that he is not living in the past.
 - An NA reminds the resident about what is real and what is not real.
 - An NA tells the resident he is having delusions.
20. Which of the following is a type of therapy that involves having residents with Alzheimer's disease remember and talk about the past?
- Reality orientation
 - Validation therapy
 - Reminiscence therapy
 - Activity therapy
21. When is using activity therapy a good idea for residents with AD?
- Late stages of AD
 - Most stages of AD
 - When residents are totally disoriented
 - Never

Chapter 6: Exam

Multiple Choice. Choose the correct answer.

1. When using a transfer belt, the NA should
 - (A) Place it underneath the resident's clothing
 - (B) Place it around the resident's shoulders
 - (C) Place it around the resident's chest
 - (D) Place it over the resident's clothing
2. When transferring a resident from a bed into a wheelchair, where should the wheelchair be placed?
 - (A) On the stronger side
 - (B) On the weaker side
 - (C) On the left side
 - (D) On the affected side
3. Which of the following is an example of an activity of daily living (ADL)?
 - (A) Praying
 - (B) Eating
 - (C) Reading
 - (D) Talking to a family member
4. 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) Move out of the way
5. What is a way for a nursing assistant to promote respect, dignity, and privacy when helping a resident with care?
 - (A) If a resident takes too long choosing a shirt for the day, the NA should choose one for her.
 - (B) The NA should knock on the door while a resident is in the bathroom to see if the resident can finish quickly.
 - (C) The NA should encourage the resident to do as much as possible for herself.
 - (D) The NA should ask the resident to move faster if she is not moving quickly enough.
6. When skin begins to break down, a resident may experience
 - (A) Bone that is protruding in the affected area
 - (B) Skin that is red or is a different color than the surrounding area
 - (C) Partial skin loss in the affected area
 - (D) Blistering in the affected area
7. Which of the following is a condition that increases the risk of pressure injuries?
 - (A) Flexibility
 - (B) Cold air
 - (C) Good circulation
 - (D) Restricted mobility
8. Which of the following statements is true about pressure injuries?
 - (A) Pressure injuries are usually caused by exercising too much.
 - (B) Pressure injuries are difficult to heal but do not hurt much.
 - (C) Pressure injuries are impossible to prevent.
 - (D) Pressure injuries can lead to life-threatening infections.
9. Which of the following areas is at a higher risk of skin breakdown?
 - (A) Front of neck
 - (B) Face
 - (C) Tailbone (sacrum)
 - (D) Hands
10. An NA should reposition immobile residents at least every
 - (A) Two hours
 - (B) Three hours
 - (C) Ten minutes
 - (D) Twenty minutes
11. A ___ keeps the covers from resting on a resident's legs and feet.
 - (A) Hand roll
 - (B) Bed cradle
 - (C) Trochanter roll
 - (D) Draw sheet
12. Which of the following should be washed every day?
 - (A) Hair
 - (B) Perineum
 - (C) Chest
 - (D) Knees

13. Which of the following is true of mechanical lifts?
- (A) Mechanical lifts prevent injury.
 - (B) It is safer for the NA to lift residents without the use of a mechanical lift.
 - (C) There is only one kind of mechanical lift.
 - (D) When using a mechanical lift, the NA should raise it approximately five feet over the bed before moving the resident.
14. When bathing a resident, an NA should
- (A) Leave the resident alone to promote self-care
 - (B) Get each item needed as the resident asks for it
 - (C) Use bath oil to moisturize the resident's skin
 - (D) Make sure the room is warm enough before beginning
15. When cleaning the perineal area, the NA should
- (A) Work from front to back
 - (B) Work from back to front
 - (C) Work from side to side
 - (D) Work from dirtiest to cleanest
16. Which of the following statements is true of positioning?
- (A) Residents will not need help getting into comfortable positions.
 - (B) Constant pressure on an area helps prevent pressure injuries.
 - (C) NAs should check residents' skin each time they are repositioned.
 - (D) Bedbound residents should be repositioned every three hours.
17. Which of the following is true of nail care?
- (A) An accidental cut when providing nail care poses no great risk.
 - (B) An orangewood stick should be used to smooth calluses and corns.
 - (C) Nail care should be provided when the nails are dirty.
 - (D) Nail equipment can be shared among residents as long as it is clean.
18. How can an NA help promote independence and dignity while assisting with grooming?
- (A) By doing things residents can do for themselves only when the NA is in a hurry
 - (B) By letting residents make choices once in a while
 - (C) By styling the resident's hair in cute, new ways
 - (D) By honoring the resident's preferences
19. During which of the following procedures must an NA always wear gloves?
- (A) Shaving a resident
 - (B) Combing a resident's hair
 - (C) Dressing a resident
 - (D) Turning a resident
20. Which of the following statements is true of hair care?
- (A) Residents' hair should be handled gently because hair can be pulled out when combing or brushing it.
 - (B) Residents' hair should be combed or brushed into childish hairstyles because they look cute on elderly people.
 - (C) Nursing assistants should cut residents' hair when it gets long and when residents request it.
 - (D) Pediculosis (lice) cannot spread quickly.
21. Which of the following is an appropriate way for an NA to refer to a resident's weakened side when assisting with dressing?
- (A) Broken side
 - (B) Stiff side
 - (C) Limp side
 - (D) Involved side
22. Which of the following is true of helping a resident dress?
- (A) An NA should choose the resident's clothing for the day.
 - (B) If a resident has weakness on one side, the NA should start with the weaker side when dressing.
 - (C) If a resident has weakness on one side, the NA should start with the stronger side when dressing.
 - (D) Residents should dress in nightclothes during the day because it promotes comfort.

23. Oral care should be done at least _____time(s) a day.
(A) One
(B) Two
(C) Three
(D) Four
24. Which of the following statements is true of dentures?
(A) Dentures should be cleaned with hot water to remove bacteria.
(B) Clean dentures should be returned to the resident or stored in a denture cup.
(C) Dentures are not expensive.
(D) Wearing gloves is not required for cleaning dentures.
25. Ways to prevent aspiration during oral care of residents who are unconscious include
(A) Using as little liquid as possible when giving oral care
(B) Turning residents on their stomachs when giving oral care
(C) Not giving frequent mouth care
(D) Pouring water slowly into the resident's mouth
26. Dangling means
(A) Sitting up with the legs over the side of the bed
(B) Sitting up in a chair with the feet on the floor
(C) Lying in bed with the feet over the side of the bed
(D) Hanging both arms over chair rests
27. How often should bedbound residents be repositioned?
(A) At least every two hours
(B) Once per shift
(C) Twice a day
(D) At least every three hours
28. How often should residents in wheelchairs be repositioned?
(A) At least every hour
(B) At least every two hours
(C) At least every three hours
(D) At least every four hours
29. A resident who is lying on either her left or her right side is in the _____position.
(A) Supine
(B) Lateral
(C) Prone
(D) Fowler's
30. A resident who has her head and shoulders elevated and is in a semi-sitting position (45 to 60 degrees) is in the _____position.
(A) Sims'
(B) Fowler's
(C) Prone
(D) Lateral
31. A resident who is lying on her stomach with her arms at her sides is in the _____position.
(A) Sims'
(B) Fowler's
(C) Prone
(D) Lateral
32. A resident who is lying on her left side with her upper knee flexed and raised toward the chest is in the _____position.
(A) Sims'
(B) Fowler's
(C) Prone
(D) Supine
33. A resident who is lying flat on his back with his head and shoulders supported by a pillow is in the _____position.
(A) Sims'
(B) Fowler's
(C) Prone
(D) Supine
34. A _____is used for residents who cannot assist to raise their hips onto a bedpan.
(A) Fracture pan
(B) Urinal
(C) Portable commode
(D) Toilet

35. Which of the following statements is true of properly positioning a standard bedpan?
- (A) A standard bedpan should be positioned with the narrower end aligned with the resident's buttocks.
 - (B) A standard bedpan can be positioned either toward the foot or head of the bed.
 - (C) A standard bedpan should be positioned with the wider end aligned with the resident's buttocks.
 - (D) A standard bedpan should be positioned sideways and slightly tilted.
36. Residents who are unconscious may still be able to
- (A) Speak
 - (B) Gesture
 - (C) Hear
 - (D) See

Chapter 7: Exam**Multiple Choice.** Choose the correct answer.

1. Which of the following is the normal temperature range for the oral method?
 - (A) 97.6–99.6 degrees Fahrenheit
 - (B) 96.6–98.6 degrees Fahrenheit
 - (C) 93.6–97.9 degrees Fahrenheit
 - (D) 98.6–100.6 degrees Fahrenheit
2. What can an overbed table be used for?
 - (A) Placement of dirty linens
 - (B) Placement of bedpans
 - (C) Placement of meals
 - (D) Placement of urinals
3. Which of the following thermometers is used to measure temperature from the ear?
 - (A) Oral thermometer
 - (B) Rectal thermometer
 - (C) Tympanic thermometer
 - (D) Axillary thermometer
4. Which temperature site is considered to be the most accurate?
 - (A) Oral
 - (B) Rectal
 - (C) Axillary
 - (D) Tympanic
5. What should be done with soiled bed linens?
 - (A) They should be shaken out to be sure none of the residents' personal belongings are put in the wash.
 - (B) They should be rolled up with the dirty side in.
 - (C) They should be rolled up with the clean side in.
 - (D) They should be left in a pile outside the resident's door for housekeeping to pick up.
6. Under which of the following conditions should an NA not measure a person's temperature orally (via the mouth)?
 - (A) The person has influenza.
 - (B) The person almost certainly has a fever.
 - (C) The person is over six years old.
 - (D) The person is confused or disoriented.
7. Where should the call light be placed when an NA leaves a resident's room?
 - (A) On the bedside table beside the telephone
 - (B) Next to the television remote
 - (C) Within the resident's reach
 - (D) On a chair next to the resident's bed
8. Which of the following should an NA do during a resident's admission?
 - (A) The NA should get the admission process completed as quickly as possible.
 - (B) The NA should introduce the resident to other residents and staff members.
 - (C) The NA should call the resident by her first name to make her feel comfortable more quickly.
 - (D) The NA should place the resident's personal items where the NA thinks is best.
9. Which of the following statements is true of measuring rectal temperatures?
 - (A) The NA does not need to explain the procedure before starting to measure a rectal temperature.
 - (B) Rectal temperatures can only be measured with digital thermometers.
 - (C) The NA must hold on to the thermometer at all times while measuring a rectal temperature.
 - (D) The NA does not need the resident's cooperation to measure a rectal temperature.
10. The most common pulse that is used for measuring pulse rate is the
 - (A) Radial pulse
 - (B) Brachial pulse
 - (C) Carotid pulse
 - (D) Pedal pulse
11. The normal respiration rate for adults ranges from
 - (A) 18 to 30 breaths per minute
 - (B) 15 to 25 breaths per minute
 - (C) 12 to 20 breaths per minute
 - (D) 8 to 10 breaths per minute
12. The normal pulse rate for adults is
 - (A) 25 to 50 beats per minute
 - (B) 60 to 100 beats per minute
 - (C) 100 to 150 beats per minute
 - (D) 150 to 175 beats per minute

13. Why should respirations be counted immediately after taking the pulse, while the fingers are still on the wrist?
- (A) It is less work for the NA to count respirations right after taking the pulse.
 - (B) People may breathe more quickly if they know they are being observed.
 - (C) The chest will not rise and fall if the rate is not counted immediately.
 - (D) The respiration rate will be different if the NA waits to take it.
14. What is an NA's responsibility during an in-house transfer of a resident?
- (A) The NA decides that the resident must be transferred.
 - (B) The NA must keep the fact that a transfer will occur a secret.
 - (C) The NA should pack all of the resident's belongings.
 - (D) The NA should tell the resident's roommate about the transfer.
15. Which of the following blood pressures falls within the normal range?
- (A) 119/75
 - (B) 135/90
 - (C) 91/70
 - (D) 140/80
16. Hypertension is
- (A) High fever
 - (B) High blood pressure
 - (C) High pulse rate
 - (D) Low blood pressure
17. Which way is an example of a correct way to write a blood pressure reading?
- (A) 120/75
 - (B) 120+75
 - (C) 120-75
 - (D) 120*75
18. Which of the following statements is true of pain?
- (A) Everyone experiences pain in the same way.
 - (B) Everyone will express freely when they are in pain.
 - (C) Pain is a different experience for each person.
 - (D) Pain levels do not need to be monitored.
19. Which of the following measures can help reduce pain?
- (A) Pounding the resident on the back
 - (B) Doing jumping jacks
 - (C) Squeezing the body part hard
 - (D) Changing position
20. Which of the following is true of non-sterile dressings?
- (A) They cover open wounds.
 - (B) They are applied to dry wounds.
 - (C) They cover draining wounds.
 - (D) Nursing assistants are never allowed to handle them.
21. Which of the following statements is true of IV therapy?
- (A) Nursing assistants insert IV lines.
 - (B) Nursing assistants will observe the IV site for problems.
 - (C) Nursing assistants will remove IV lines.
 - (D) Nursing assistants will change IV lines when the bag is empty.
22. Which is true of nursing assistants and catheters?
- (A) NAs remove but do not insert catheters.
 - (B) NAs insert but do not remove catheters.
 - (C) NAs irrigate catheters only when the nurse tells them to do so.
 - (D) NAs observe and report regarding catheters.
23. Guidelines for proper catheter care by a nursing assistant include the following:
- (A) Making sure the drainage bag hangs higher than the level of the hips or bladder
 - (B) Disconnecting the catheter when positioning or transferring the resident
 - (C) Keeping the genital area clean to prevent infection
 - (D) Resting the drainage bag on the floor
24. How far should a tympanic thermometer be inserted into the ear?
- (A) $\frac{1}{4}$ to $\frac{1}{2}$ inch
 - (B) $\frac{3}{4}$ inch
 - (C) 1 inch
 - (D) $1\frac{1}{2}$ to 2 inches

25. Which type of urine specimen does not include the first and last urine in the sample?
(A) Routine
(B) Clean-catch
(C) Morning
(D) 24-hour
26. Eight ounces are equal to _____ milliliters.
(A) 180
(B) 240
(C) 210
(D) 120
27. To convert ounces to milliliters, the NA should multiply by
(A) 30
(B) 20
(C) 60
(D) 15
28. Restraints can be applied
(A) As punishment from staff when a resident is not behaving properly
(B) Only with a doctor's order
(C) When a staff member does not have time to watch a resident closely
(D) When an NA judges a resident is a danger to himself or others
29. One serious problem that may result from restraint use is
(A) Jaundice
(B) Headache
(C) Increased activity
(D) Pressure injury
30. An example of a restraint alternative is
(A) Tying the resident to the bed
(B) Removing the resident's call light
(C) Leaving the resident alone for long periods of time
(D) Giving the resident a repetitive task
31. Which of the following is another word for *armpit*?
(A) Axilla
(B) Rectum
(C) Tympanum
(D) Temporal
32. An oral thermometer is usually color-coded
(A) Green or blue
(B) Red or orange
(C) Black or white
(D) White or yellow
33. Which of the following is a machine that changes air in a room into air with more oxygen?
(A) Oxygen filter
(B) Oxygen tank
(C) Oxygen concentrator
(D) Oxygen supply valve
34. Which type of urinary catheter remains inside a person for a period of time?
(A) Drainage catheter
(B) Straight catheter
(C) Indwelling catheter
(D) I&O catheter
35. Before weighing a resident, the scale should be balanced at
(A) Zero
(B) Five pounds
(C) The resident's last known weight
(D) Negative two pounds to account for clothing

Chapter 8: Exam**Multiple Choice.** Choose the correct answer.

1. To help prevent aspiration, residents should be in the _____ position when eating.
 - (A) Upright
 - (B) Lying down
 - (C) Prone
 - (D) Lateral
2. A nursing assistant's duties regarding tube feedings include
 - (A) Inserting tubes
 - (B) Doing the feedings
 - (C) Observing the feeding and reporting problems
 - (D) Cleaning the tubes
3. Which is the most essential nutrient for life?
 - (A) Vegetables
 - (B) Water
 - (C) Grains
 - (D) Protein
4. Which of the following is a good source of protein?
 - (A) Corn oil
 - (B) An orange
 - (C) Fish
 - (D) Grape jelly
5. Which of the following is an example of a plant-based protein?
 - (A) Salmon
 - (B) Tofu
 - (C) Steak
 - (D) Bacon
6. According to the USDA's MyPlate icon, which food groups should make up at least half of a person's plate?
 - (A) Grains and proteins
 - (B) Vegetables and fruits
 - (C) Dairy and proteins
 - (D) Grains and fruits
7. According to MyPlate, what percentage of milk fat should a person's dairy choices contain?
 - (A) 0% or 1%
 - (B) 2%
 - (C) 3%
 - (D) 4%
8. Which of the following is true about food preferences?
 - (A) Residents are old enough that their preferences will not change.
 - (B) It is not important to honor residents' food preferences.
 - (C) Education is never a factor in determining food preference.
 - (D) Religion might influence food preference.
9. Which of the following is an effective way for an NA to help prevent dehydration?
 - (A) The NA should encourage a resident to drink every time she sees him.
 - (B) The NA should insist that the resident drink juice because it is healthy.
 - (C) The NA should withhold fluids if a resident is incontinent.
 - (D) The NA should leave a carton of milk with the resident each time she leaves the room.
10. What does the abbreviation *NPO* mean?
 - (A) Nothing pureed only
 - (B) Not prepared on-site
 - (C) Nothing by mouth
 - (D) Note preferences only
11. Which of the following are signs of unintended weight loss that should be reported?
 - (A) Eating lean cuts of meat
 - (B) Eating dessert before dinner
 - (C) Avoiding fried foods and sweets
 - (D) Coughing or choking while eating
12. Which of the following statements about mealtime is true?
 - (A) Social interaction is an important part of mealtime.
 - (B) Mealtime is only about getting proper nourishment.
 - (C) Mealtime is a good time for NAs to chat with coworkers since the residents are busy eating.
 - (D) If an NA thinks a resident's meal looks unappetizing, she should let the resident know.

13. At which angle should residents be positioned for eating?
(A) 90 degrees
(B) 120 degrees
(C) 180 degrees
(D) 98 degrees
14. If a resident refuses to wear a clothing protector, the NA should
(A) Respect the resident's refusal
(B) Refuse to serve the resident until she puts it on
(C) Insist that the resident wear it
(D) Point out to the resident that she is making her work more difficult
15. Residents who need some assistance with eating may benefit from
(A) The NA doing everything for the resident
(B) The NA insisting the resident manage eating alone so he can learn to be independent
(C) The NA using the hand-over-hand approach
(D) The NA urging the resident's family to visit at mealtimes to help
16. How can an NA best help residents with eating?
(A) The NA should make the choice about which foods residents eat first.
(B) The NA should review her documentation paperwork while residents are eating since residents will be busy.
(C) The NA should identify the food and fluids in front of residents.
(D) The NA should do everything for residents during mealtime so residents will not be anxious.
17. Which of the following is a sign of dysphagia (difficulty swallowing)?
(A) Eating everything on the tray at every meal
(B) Sweating during meals
(C) Fever during meals
(D) Watering eyes during meals
18. Which of the following is a reason why a resident might be placed on a special diet?
(A) Because the NA thinks the resident is too heavy
(B) Because the dietary department is testing out new recipes
(C) Because the resident does not care for eggs
(D) Because the resident has food allergies
19. Which of the following is first restricted in a low-sodium diet?
(A) Milk
(B) Salt
(C) Poultry
(D) Foods high in fat
20. Which statement best describes a pureed diet?
(A) This diet consists of food that is blended into a thick paste for easier swallowing.
(B) This diet consists of clear juices, broth, gelatin, and popsicles.
(C) This diet consists of lean cuts of meat and nonfat dairy products.
(D) This diet restricts protein for people who have kidney disease.
21. In order to lose weight, a resident may be placed on this diet:
(A) Pureed diet
(B) Soft diet
(C) Diabetic diet
(D) Modified calorie diet
22. A diet that consists of foods that are chopped to help people who have trouble chewing and swallowing is called a
(A) Low-fat diet
(B) Low-protein diet
(C) Low-sodium diet
(D) Soft diet
23. Which of the following is a common reason why a resident may be on a fluid-restricted diet?
(A) The resident has heart disease.
(B) The resident has urinary incontinence.
(C) The resident has constipation.
(D) The resident has pressure injuries.

24. Which type of vegetarian diet eliminates poultry, meats, fish, and eggs, but allows dairy products?
- (A) Ovo-vegetarian diet
 - (B) Lacto-ovo vegetarian diet
 - (C) Lacto-vegetarian diet
 - (D) Vegan diet
25. Which type of vegetarian diet eliminates all poultry, meats, fish, eggs, and dairy products, along with all foods that are derived from animals?
- (A) Lacto-ovo vegetarian diet
 - (B) Lacto-vegetarian diet
 - (C) Ovo-vegetarian diet
 - (D) Vegan diet
26. Which type of residents may have an order for thickened liquids?
- (A) Residents who have swallowing problems
 - (B) Residents who refuse to drink water
 - (C) Residents who do not eat meat
 - (D) Residents who have certain religious beliefs
27. Which of the following is one way that residents who have diabetes eat a healthy diet?
- (A) By counting carbohydrates (carb-counting)
 - (B) By eating whatever they want but keeping track of it in a food diary
 - (C) By adding more sugar into their diet
 - (D) By eating large amounts of food and then exercising vigorously to burn calories
28. This type of diet is ordered as either *clear* or *full*.
- (A) Low-protein diet
 - (B) Pureed diet
 - (C) Liquid diet
 - (D) Vegetarian diet
29. Why is it important for NAs to observe plates and meal trays when residents have finished eating?
- (A) It helps the NA decide what to feed residents first.
 - (B) Residents who are trying to lose weight will want the NA to keep a record of how much they have eaten.
 - (C) It helps the NA write a new diet order if the current one is not working.
 - (D) It helps to identify a change in residents' food preferences.
30. When assisting residents who have had a stroke, the NA should
- (A) Watch for signs of choking
 - (B) Place food in the weaker side of the resident's mouth
 - (C) Offer another bite of food before the resident has swallowed the last bite
 - (D) Encourage the resident to take large bites

Chapter 9: Exam

Multiple Choice. Choose the correct answer.

1. Which of the following observations about restorative care should be reported to the nurse?
 - (A) Whether family is visiting
 - (B) How much television the resident watches
 - (C) Whether the resident uses the call light more than twice a day
 - (D) Signs of depression
2. Which of the following statements is true of a nursing assistant's role in restorative care?
 - (A) If a resident takes too long in doing a task by himself, the NA should do it for him.
 - (B) The NA should combine short steps into a longer list to keep the resident motivated.
 - (C) The NA should recognize that setbacks occur and reassure the resident.
 - (D) The NA should let the resident know when he is not making progress as quickly as the NA expected.
3. Regular activity and exercise help improve
 - (A) Interaction between the resident and his roommate
 - (B) The resident's spiritual fulfillment
 - (C) The resident's family's opinion of the facility
 - (D) The quality and health of the skin
4. Where should the NA be when helping a resident who has a visual impairment to walk?
 - (A) The NA should be beside and slightly in front of the resident.
 - (B) The NA should be beside and slightly behind the resident.
 - (C) The NA should be about three feet away from the resident.
 - (D) It does not matter where the NA stands when helping the resident.
5. When a resident can walk, he is
 - (A) Ambulating
 - (B) Accessorizing
 - (C) Abducting
 - (D) Adducting
6. Abduction is
 - (A) Bending a body part backward
 - (B) Straightening a body part
 - (C) Turning a joint
 - (D) Moving a body part away from the midline of the body
7. Bending a body part is called
 - (A) Extension
 - (B) Rotation
 - (C) Flexion
 - (D) Supination
8. Passive range of motion exercises are done
 - (A) When a resident cannot move on her own
 - (B) By the resident herself, without help
 - (C) By the resident with some help and support from the NA
 - (D) By a doctor or physical therapist only
9. Which of the following terms refers to the type of ROM exercises that a resident does on his own, without any help from the NA?
 - (A) Active range of motion (AROM) exercises
 - (B) Active assisted range of motion exercises (AAROM)
 - (C) Passive range of motion (PROM) exercises
 - (D) Planned range of motion (PLROM) exercises
10. Immobile residents should be repositioned at least every ____ hours.
 - (A) Two
 - (B) Three
 - (C) Four
 - (D) Five
11. Which of the following is an example of a prosthesis?
 - (A) An artificial eye to replace an eye that has been lost
 - (B) Handrolls to keep residents' fingers from curling too tightly
 - (C) Special shoes to help residents with flat feet
 - (D) An adaptive device to assist residents with dressing

12. Which of the following is a guideline for assisting with bladder or bowel retraining?
- (A) NAs do not need to wear gloves when handling body wastes.
 - (B) NAs should encourage residents to drink plenty of fluids.
 - (C) NAs do not need to provide privacy during elimination if residents are in bed.
 - (D) NAs should let residents know when they are taking too long to have a bowel movement.
13. Which of the following body parts is included in passive range of motion (PROM) exercises?
- (A) Finger
 - (B) Neck
 - (C) Back
 - (D) Buttock
14. How many times should each range of motion exercise be performed for each body part?
- (A) At least one time
 - (B) At least two times
 - (C) At least three times
 - (D) At least four times
15. Which of the following canes has four rubber-tipped feet?
- (A) Quad cane
 - (B) Functional grip cane
 - (C) C cane
 - (D) Crutch cane
16. How should a resident use a cane to aid ambulation?
- (A) Place the cane about six inches in front of his weaker leg.
 - (B) Place the cane about six inches in front of his stronger leg.
 - (C) Take the cane along in case he gets tired.
 - (D) Allow the cane to drag about six inches behind him.
17. What should an NA do if a resident's walker seems too short for the resident to use properly?
- (A) The NA should adjust the height of the walker for the resident.
 - (B) The NA should inform the nurse.
 - (C) The NA should see if the resident can adjust the height of the walker.
 - (D) The NA should suggest to the resident that she needs a new one.

Chapter 10: Exam**Multiple Choice.** Choose the correct answer.

1. Which of the following are considered forms of identification?
 - (A) References and NA certificates
 - (B) Driver's license and high school diploma
 - (C) Social security card and driver's license
 - (D) Job application and GED
2. Which statement is true of references?
 - (A) They should come from relatives.
 - (B) They should come from former employers.
 - (C) They should come from friends.
 - (D) They should come from parents.
3. Ideally speaking, how many pages long should a résumé be?
 - (A) One page
 - (B) Two pages
 - (C) Three pages
 - (D) As many pages as needed to convey all important information
4. Why might an employer perform a criminal background check on newly-hired NAs?
 - (A) NAs are known to steal from facilities.
 - (B) It is best never to trust anyone.
 - (C) Employers like to have power over their employees.
 - (D) The law may require it for the protection of residents.
5. Which of the following statements is true of job applications?
 - (A) The candidate should leave anything blank that he does not want to answer.
 - (B) The candidate can write "N/A" for questions that do not apply to him.
 - (C) The candidate should complete the application before reading it all the way through to save time.
 - (D) The candidate should not tell the truth if certain answers will make him look bad.
6. What should a candidate for a nursing assistant job be sure to do when going for an interview?
 - (A) Find someone to care for her children so she does not have to take them along.
 - (B) Put on all of her most striking jewelry.
 - (C) Wear perfume so that she smells nice.
 - (D) Wear flip-flops so that she feels comfortable and relaxed.
7. Which of the following would be the least appropriate thing to say to a potential employer when interviewing for a job?
 - (A) "I love the idea of making people's lives more comfortable and helping them get better."
 - (B) "I have three younger siblings so I really started taking care of others as a child."
 - (C) "I left my last job because my boss was always criticizing me even though I wasn't doing anything wrong."
 - (D) "My last supervisor was fantastic and I learned a lot at that job, but I'm really excited to gain new skills as a nursing assistant."
8. Which of the following is one reason a job description is important?
 - (A) It can show the resident what the NA is supposed to do.
 - (B) It outlines the steps the NA needs to take if she has a disagreement with another care team member.
 - (C) It can reduce misunderstandings between the NA and her employer about the NA's job duties.
 - (D) The NA can refer to it if she forgets how to perform certain procedures.
9. The best response an NA can give to hostile criticism is
 - (A) "It's not my fault."
 - (B) "You'd better apologize to me."
 - (C) "You are being irrational."
 - (D) "I'm sorry you're disappointed."

10. Which of the following is a tip regarding appropriate body language to use when resolving conflict?
- (A) Lean back in your seat and cross your arms as you talk to the other person.
 - (B) Maintain eye contact and lean forward slightly.
 - (C) Lean far forward in your seat and stare at the other person.
 - (D) Slouch to show you are relaxed.
11. Which of these statements is an example of constructive feedback?
- (A) "You really need to remember to speak kindly to the residents, even when you're having a hard day."
 - (B) "You're rude and disrespectful."
 - (C) "I've never seen somebody take such a long time to learn this job."
 - (D) "Did you sleep through your entire training course? You should know how to do this."
12. Which department often maintains a state's nursing assistant registry?
- (A) Department of Revenue
 - (B) Department of Homeland Security
 - (C) Department of Health
 - (D) Department of Agriculture
13. The federal government requires that NAs have ___ hours of continuing education each year.
- (A) 10
 - (B) 12
 - (C) 14
 - (D) 16
14. Which of the following is true of stress?
- (A) Only negative experiences cause stress.
 - (B) When a person recognizes stress, he can use simple methods to help manage it.
 - (C) A new job is never stressful.
 - (D) Everybody knows when they are experiencing stress.
15. Which of the following is a guideline for managing stress appropriately?
- (A) Drink whenever it makes you feel more relaxed.
 - (B) Get enough sleep.
 - (C) Skip meals in order to get more done.
 - (D) Take regular smoking breaks.
16. With whom would it be appropriate for an NA to discuss her work-related stress?
- (A) Resident's friend who visits almost every day
 - (B) Facility dietitian
 - (C) NA's supervisor
 - (D) Activities director