

1. Many elderly residents lose their appetite due to:
 - a. a decrease in saliva
 - b. hardening of the arteries
 - c. decrease in number of taste buds
 - d. both a and c

2. The thinning of the fatty layer under the skin could cause the resident to:
 - a. lose their appetite
 - b. have difficulty walking
 - c. develop pressure sores
 - d. have slowed mental responses

3. Elderly residents sometimes appear stooped over and like they have lost height. This is due to:
 - a. the resident's increased difficulty in breathing
 - b. the deterioration of muscle tissue
 - c. loss of calcium causing changes in the spinal column
 - d. decreased cardiac output

4. One of the major reasons the elderly person is incontinent of urine is:
 - a. they are too lazy to go to the bathroom
 - b. they can't get a nurse aide to help them to the bathroom
 - c. the circulatory system is failing
 - d. the muscle that keeps urine in the bladder weakens

5. Constipation and indigestion can be result from:
 - a. slowed respirations
 - b. slowed mental response
 - c. slowed peristalsis
 - d. slowed brain waves

6. Strokes are seen in the elderly. Strokes are best described as:
 - a. when the muscles die
 - b. when the brain is deprived of oxygen
 - c. when the heart fails
 - d. when the lungs fill with fluid

7. Which statement is TRUE concerning sexuality in the elderly:
- sex and intimacy are not important
 - elderly women are not interested in sex
 - the elderly men and women are attracted to each other
 - elderly people are only interested in their health
8. One of the major causes of depression in the elderly is:
- inability to run their own lives
 - going to nursing home activities
 - living with their children
 - lack of money
9. Which of the following statements about aging is true:
- most elderly people are confused
 - most older people live in nursing homes
 - most older people are alert and oriented
 - most older people are sick and helpless
10. When dry, hard stool fills the rectum and will not pass, it is called:
- edema
 - incontinence
 - atrophy
 - impaction
11. A sitting or semi-setting position with the head of the bed elevated is called:
- prone
 - supine
 - lateral
 - fowlers
12. Which of the following statements about nursing home admissions is false:
- most families prefer to care for elderly relatives at home
 - some elderly people are unsafe at home
 - most people prefer to put elderly relatives in a long term care facility
 - family members may be unable to care for elderly relatives at home

13. Wasting or a decrease in the size of a muscle is called:
- a. decubitus
 - b. atrophy
 - c. impaction
 - d. edema
14. A confused resident tells you there is a monster in the closet. The nurse aide should:
- a. pretend to kill the monster in the closet
 - b. tell the resident there are no such things as monsters
 - c. open the closet and show the resident nothing is there
 - d. tell the resident you will take the monster home with you
15. All of the following are clues to aggressive behavior EXCEPT:
- a. clenched jaw
 - b. depressed mood
 - c. pacing
 - d. rocking
16. The primary reason for combative behavior in a resident is:
- a. anger and fear
 - b. confusion
 - c. the resident is evil
 - d. stubbornness
17. Hospice specializes in the care of persons who are:
- a. on medicare
 - b. chronically ill
 - c. on medicaid
 - d. terminally ill
18. Which of the following is a proper way to correct an error in charting:
- a. scribble it out with several lines
 - b. erase it completely
 - c. use correction fluid
 - d. draw a single line through it

19. Headaches, nausea and pain would be called:
- symptoms
 - observations
 - charting
 - recording
20. The nurse aide is giving care to Mr. T. and Mr. T calls the nurse aide by the name of his son who died several years ago. The nurse aide's BEST response is to:
- quickly finish the care and leave Mr. T alone
 - pretend to be Mr. T.'s son
 - ignore Mr. T. because he is confused
 - ask Mr. T. about his favorite memories of his son
21. Who supervises the work of a nursing aide:
- the nurse
 - the social worker
 - the office manager
 - the resident's family
22. Various factors will change pulse rate. Increased pulse rates can be caused by:
- depression
 - exercise
 - sleep
 - coma
23. The nurse aide notices on the flow sheet that a resident has not had a bowel movement for five days. The nurse aide should:
- report this to the charge nurse
 - ask the other nurse aides if the resident had a bowel movement that wasn't recorded
 - ask the resident's roommate if she saw the resident use the bathroom
 - wait to see if she uses the bathroom tomorrow
24. A resident has refused to eat breakfast and lunch. The nurse aide should:
- tell the resident's family to make him eat
 - tell the resident he will die if he doesn't eat soon
 - force feed the resident
 - report the refusals to the nurse for further assessment

25. A resident weighs over 300 pounds and needs repositioned in the bed. The nurse aide should:
- tell the resident to lose weight so she can be moved easier
 - tell the resident to wait until a strong person comes on shift
 - get another nurse aide to assist in repositioning the resident
 - ignore the resident, she always complains anyway
26. A resident has just been admitted to the facility. The nurse aide should:
- ignore the new resident, he has too much to remember anyway
 - introduce him to his roommate
 - announce his arrival at dinner
 - do whatever the charge nurse says
27. A diabetic resident asks the nurse aide to cut her toenails. The nurse aide should:
- go ahead and do it, it is part of the job
 - tell the resident ok, but the resident will have to soak her feet first
 - tell the resident "not on your life"
 - tell the resident that the nurse aide can not do this, but will report it to the charge nurse
28. To count a respiration, a respiration includes:
- one inhalation
 - one exhalation
 - one inhalation and two exhalations
 - one inhalation and one exhalation
29. The fire alarm has sounded. The nurse aide should FIRST:
- ask the charge nurse for direction
 - make sure all the residents are out of the hallway and close all doors
 - take the nearest fire extinguisher to the nurses station
 - call the fire department
30. If the resident is smoking and the nurse aide needs to take an oral temperature, what should the nurse aide do:
- brush the resident's teeth first
 - take a rectal temperature
 - tell the next shift to take the temperature
 - wait 15 minutes to take the temperature

31. What can the nurse aide give the resident who has an order for NPO?
- unlimited fluids
 - no food or liquids
 - small amounts of ice
 - only clear liquids
32. Which action would help prevent skin breakdown around a stoma if the resident has a colostomy?
- clean the stoma with alcohol
 - clean the stoma with water and mild soap
 - use petroleum jelly (Vaseline) around the stoma site
 - wipe the stoma site with tissues until clean
33. Residents in the long term care facility depend on who for their safety:
- the director of nursing
 - the safety/risk manager
 - all employees of the facility
 - the nurse aide
34. Mouth care should be given to an unconscious person:
- once a day
 - every two hours
 - every shift
 - every night
35. A Hepatitis B vaccination protects the person receiving it against a disease that affects:
- liver
 - heart
 - kidneys
 - skin
36. Why should heat NOT be applied to a diabetic resident's feet?
- the feet have more oil glands
 - diabetics have decreased sensitivity which means they cannot feel the heat and could cause a burn
 - their feet are dirty
 - it makes their feet wrinkle

37. Which of the following WILL NOT assist bowel elimination:
- a. drinking a lot of water
 - b. using a bedside commode
 - c. taking a walk
 - d. reading the newspaper
38. Which will NOT prevent pressure sores:
- a. repositioning or turning every two (2) hours
 - b. applying lotion to dry skin
 - c. keeping bed linens clean, dry, and free of wrinkles
 - d. scrubbing and rubbing the skin vigorously
39. Water for the resident's bath should be:
- a. 75 degrees F
 - b. 160 degrees F
 - c. 110 degrees F
 - d. 90 degrees F
40. When assisting a resident with a weak left side from a wheelchair, the nurse aide should support the client's:
- a. weak side
 - b. strong side
 - c. front side
 - d. back side
41. How should the nurse aide position the resident to apply elastic stockings:
- a. lying down in bed
 - b. sitting on the edge of the bed
 - c. standing at the side of the bed
 - d. sitting in a wheelchair
42. A resident's dentures should be stored in
- a. tissue paper
 - b. an emesis basin
 - c. a labeled cup in water
 - d. the utility room

43. The Heimlich maneuver (abdominal thrust) should be used if the resident is:
- confused
 - choking
 - vomiting
 - diabetic
44. The nurse aide is going to take Mr. Heath's vital signs. What should the nurse aide do to get Mr. Heath to cooperate and reduce his anxiety?
- wash her hands before and after the procedure
 - gather all equipment before beginning
 - wear disposable gloves for all procedures
 - explain the procedures to Mr. Heath
45. What is the purpose of using the chain of command in a long term care facility:
- to keep communication about a problem flowing smoothly
 - to be sure residents follow the rules
 - to prevent residents from going behind the nurses station
 - To provide more jobs in nursing
46. Signs of poor circulation are:
- paleness, cold skin, edema
 - perspiration, red skin
 - warm, dry, pink skin
 - hot flashes
47. A foley catheter is used:
- to drain the bladder and remove urine
 - to use as a rectal tube
 - for gastric feeding
 - to suction stomach contents
48. When transferring a heavy resident from the bed to a wheelchair for the first time:
- a mechanical lift should never be used
 - one person should always try to transfer the resident
 - the aide should review the care plan or check with the nurse
 - tell the resident they are too heavy for you to transfer

49. A pressure ulcer or decubitus ulcer is caused by:
- burns
 - abrasions
 - inadequate turning
 - fatigue
50. Diabetes mellitus make a resident more prone to develop:
- chills
 - fever
 - infections
 - cancer
51. A resident is NPO for tests. The nurse aid should:
- encourage fluids for hydration
 - allow the resident to eat ice chips
 - remove the water pitcher and glass from the room
 - allow the resident to drink water only
52. The nurse aide is assigned to a resident with a diagnosis of aphasia. The nurse aide knows:
- the resident can not walk
 - the resident can not swallow
 - the resident can not talk
 - none of these
53. The nurse aide is caring for a diabetic resident. The nurse aide finds the resident trying to scrape off a callous on the little toe. The nurse aide should FIRST:
- scold the resident
 - report the behavior to the nurse
 - help the resident remove the callous
 - put socks on the resident to keep the resident from scraping
54. The exchange of oxygen and carbon dioxide takes place:
- in the lungs
 - in the heart
 - around the kidneys
 - in the intestines

55. A resident who has not been discharged insists she is going home. What should the nurse aide do:
- tell her she cannot leave without a doctor's order
 - notify the charge nurse immediately
 - restrain her immediately
 - tell her she can leave if she wants to
56. The nurse aide is making a bed with an unconscious resident in it. Which of the following is most appropriate:
- be quiet and concentrate on your work
 - don't explain because the resident can't hear you
 - explain what you are doing to the resident
 - talk to your co-worker while you make the bed
57. The most important way for the nurse aide to gather information about the safety and well being of the resident is:
- listen to other nurse aides at break
 - listen to the nurses talk in the med room
 - observation
 - flow sheets
58. When communicating with a non-ambulatory resident, the nurse aide should use all of the following **EXCEPT**:
- block the view so the resident will listen
 - position yourself at eye-level with the resident
 - avoid talking about the resident as if he is not present
 - include the resident in conversation in the room
59. The loss of the ability to express one's self is:
- verbal communication
 - empathy
 - speech therapy
 - aphasia

60. To remove a hearing aide the nurse aide should:
- turn it off with the volume set at low
 - leave it on and set volume at high
 - call the nurse
 - turn the hearing aid off with volume set on high
61. Negative body language would include:
- placing hands on your hips
 - leaning toward the resident to communicate
 - shaking hands
 - touching a resident's shoulder while talking
62. Which is the best way to talk to a vision impaired resident:
- touch the resident before you begin talking
 - verbally announce your presence before touching the resident
 - use hand gestures and body movements
 - talk loudly and use exaggerated lip movements
63. The most basic rule of body mechanics is to:
- keep the arms flexed
 - bend from the knees and hips
 - twist as you lift
 - never use a lift belt
64. Proper body mechanics dictates that when lifting an object, the nurse aide place his feet:
- 3ft-5ft apart
 - 6in-12in apart
 - 12in - 18 in apart
 - it doesn't matter
65. When lifting a heavy object, which muscle groups should be utilized:
- muscles of stomach
 - muscles of legs
 - muscles of back
 - muscles of hands

66. The nurse aide knows to wear which of the following to perform resident care:
- comfortable, clean uniforms
 - non-skid shoes
 - loop earrings
 - a and b only
67. When lifting, the nurse aide should have his feet separated in the standing position to:
- relieve the pressure on his corns
 - distribute body weight evenly
 - provide a wide base of support
 - to prevent straining his knees
68. Which environment promotes the growth of bacteria:
- cold, dark, moist places
 - warm, dark, dry places
 - warm, sunny, moist places
 - dark, warm, moist places
69. Used disposable supplies and equipment should be discarded:
- in the resident's wastebasket
 - in the dirty utility room
 - in the clean utility room
 - in the bathroom wastebasket
70. The most important way to prevent the spread of infection is:
- isolating sick residents
 - wearing gloves
 - hand washing
 - wearing masks
71. Mrs. Jones is in her wheelchair in the hallway stating she needs a pillow behind her back. The nurse aide should:
- get Mrs. Jones' pillow from her room and place it behind her back
 - get any pillow and put it behind Mrs. Jones so she will stop complaining
 - tell Mrs. Jones that a pillow is not good for her back
 - nothing is needed because Mrs. Jones always says her back hurts

72. Mr. Spaulding's daughter requests that the nurse aide perform mouth care for Mr. Spaulding. The nurse aide should:
- wash his/her hands, put on gloves and perform the requested care
 - put on gloves and perform the requested care
 - tell Mr. Spaulding's daughter that mouth care was done about 30 minutes ago and doesn't need to be done right now
 - perform the care as soon as possible after other required tasks are done
73. When changing the bed linens on a soiled bed, the nurse aide should:
- make sure there are enough sheets on the linen cart
 - comment to the other nurse aides about how many beds have to be changed in a day
 - wear gloves
 - let the next shift re-make the bed
74. After Mr. Johnson's bath, the nurse aide realizes she needs another towel to completely dry Mr. Johnson. The nurse aide should:
- use what appears to be a clean towel left in the shower room by another aide
 - ask another staff member to obtain a clean towel for her from the clean linen cart
 - tell Mr. Johnson you'll both go back to his room when he air dries
 - Ask Mr. Johnson if he is dry enough and continue to dress him
75. During a bed bath, Mrs. Smith uses a washcloth to clean her perineal area and puts the washcloth into the basin of water, but the nurse aide needs to wash Mrs. Smith's face. The nurse aide should:
- scold Mrs. Smith for washing her perineal area first
 - do nothing, continue with the bath
 - obtain a clean cloth, change the water in the basin and continue the bath
 - let Mrs. Smith give her own bath the way she wants to
76. What is the best response if you are not sure how to use a piece of equipment:
- do the best you can
 - don't use the equipment
 - find a different way to complete the task
 - ask the nurse to explain

77. The nurse aide is making an occupied bed. Which of the following is the most restorative approach:
- a. encourage the resident to help
 - b. do everything for the resident
 - c. tell the resident to get out of bed
 - d. lower both side rails
78. The primary goal of restorative care is:
- a. keep the resident comfortable in the nursing home
 - b. take care of the resident's personal business
 - c. do everything for the resident
 - d. return the resident to a normal life at home
79. Equipment used to help the resident maintain correct body alignment includes all of the following **EXCEPT**:
- a. foot supports
 - b. cones
 - c. splints
 - d. bed cradles
80. The plan, which begins on the resident's admission that assists when the resident goes home, is called:
- a. treatment plan
 - b. nurse aide flow record
 - c. discharge plan
 - d. nursing care plan
81. The nurse aide just admitted a new resident. Which of the following is the most restorative approach:
- a. unpack all of his clothes and put them away for him
 - b. encourage a family member to unpack for him
 - c. tell him he'll need to unpack for himself
 - d. encourage the resident to participate in unpacking

82. A mentally challenged resident is having difficulty cutting and eating her roast beef. What should the nurse aide do:
- feed the resident
 - cut the meat into small pieces allowing her to feed herself
 - tell her to chew the big pieces longer
 - take away the roast beef
83. When the nurse aide moves a joint during ROM (range of motion) exercises, and the resident complains of pain, the nurse aide should:
- ask the nurse to give pain medication so the exercises can continue
 - push past the point where the pain occurs to see if it hurts worse
 - stop the movement at the point the pain occurs and report to the nurse
 - stop giving the resident any ROM exercises
84. A contracture (tightening, or shortening of a muscle) is caused by:
- too much exercise
 - lack of movement of the muscle
 - pressure on the muscle
 - old age
85. The nurse aide documents that about 45 minutes after the resident is put to bed for an afternoon nap, the resident urinates in bed. To help with bladder training, the nurse aide should:
- take the resident to the bathroom right before going to bed
 - scold the resident for always messing up the clean bed
 - report to the registered nurse that the resident will not succeed in bladder training
 - take the resident to the bathroom after about 30 minutes of being in bed for the nap
86. Mr. Schwartz is concerned about his son and asks to speak to his rabbi. The nurse aid should:
- ask the nurse if rabbis are allowed in the facility
 - ask the nurse to contact Mr. Schwartz's rabbi and invite him to visit
 - tell Mr. Schwartz his son is going to be fine and not to worry
 - tell Mr. Schwartz's family about his request

87. The nurse aide reported bruises on Mr. Jenkins' arm last week. Today, during A.M. care, there were more bruises. The nurse aide should:
- report the abuse again, this time to a different nurse or call the abuse hotline at the state office
 - do nothing, Mr. Jenkins did not complain
 - tell another nurse aide to report the new bruises
 - call the police because nothing has been done
88. Once a nurse aide's name is placed on the abuse registry for neglect he may:
- never work as a nurse aide again
 - continue to work as a nurse as long as he abuses no one else
 - work only with young children
 - petition the nurse aide program to have his name removed from the abuse registry after one year
89. A nurse aide reclines a resident in a geri-chair so the resident cannot attempt to stand. This is a violation of:
- the resident's right to cooperation
 - the resident's right to be free from restraints
 - the nurse aide to practice safety for the resident
 - the resident's right to walk
90. Mr. Joseph overhears the nurse aide speaking to the nurse about his roommate's diagnosis and demands that the nurse aide discuss the roommate's condition with him. The nurse aide should:
- firmly but politely explain she cannot discuss another resident's condition
 - tell Mr. Joseph it is not his concern, he should worry about himself
 - tell Mr. Joseph to ask the roommate's family
 - tell Mr. Joseph that if his roommate wants him to know, the roommate will tell Mr. Joseph
91. Respect is demonstrated by the nurse aide for the resident by:
- correcting the resident's mistakes
 - keeping the resident's room free of clutter
 - agreeing with the resident
 - always listening to what the resident has to say

92. Mr. Black was admitted this morning to the facility. The nurse aide should:
- give him a list of tasks to complete before morning
 - encourage other residents to welcome Mr. Black
 - introduce Mr. Black to others
 - both b and c
93. There are two kinds of restraints:
- masks and goggles
 - chemical and medication
 - belts and wristbands
 - chemical and physical
94. Mr. Smith refused to take a bath. The nurse aide bathed him anyway. What resident right was violated:
- the right to be free from odor
 - the right to refuse treatment
 - the right to privacy
 - the right to complain
95. You observe your co-worker verbally abusing a resident. What should you do:
- talk to her after work
 - tell the resident's family
 - do nothing, words won't hurt the resident
 - report it to the charge nurse
96. If a resident has long hair, which procedure can NOT be done by the nurse aide:
- shampooing
 - daily brushing and combing
 - braiding or styling the hair
 - cutting the hair to remove tangles
97. Forgetting to raise the side rails as ordered causes a resident to fall and be injured. This could be called:
- an accidental fall, it could not be helped
 - neglect to keep the resident safe
 - unreported incident
 - safety standard

98. You hear another nurse aide tell a confused resident, "If you don't eat, I'll lock you in your room." You should:
- do nothing, the resident is too confused to understand
 - tell the other aides so they can watch this aide with alert residents
 - tell the charge nurse
 - tell the aide if she does it again, you will report her
99. A nurse aide refuses to discuss a resident's condition with a neighbor. Which one of the resident's rights is being protected:
- informed consent
 - privacy
 - confidentiality
 - respect
100. Each resident in a long term care facility has the right:
- to be free from chemical and physical restraints
 - to have their hair done weekly at the beauty shop free of charge
 - to use any supplies their roommate has
 - to call long distance from the nurse's station to relatives

ANSWER KEY
REGISTERED NURSE AIDE SAMPLE TEST
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- | | | | |
|-------|-------|-------|--------|
| 1. C | 26. B | 51. C | 76. D |
| 2. C | 27. D | 52. C | 77. A |
| 3. C | 28. D | 53. D | 78. D |
| 4. D | 29. B | 54. A | 79. B |
| 5. C | 30. D | 55. B | 80. C |
| 6. B | 31. B | 56. C | 81. D |
| 7. C | 32. B | 57. C | 82. B |
| 8. A | 33. C | 58. A | 83. C |
| 9. C | 34. B | 59. D | 84. B |
| 10. D | 35. A | 60. A | 85. A |
| 11. D | 36. B | 61. A | 86. B |
| 12. C | 37. D | 62. B | 87. A |
| 13. B | 38. D | 63. B | 88. D |
| 14. C | 39. C | 64. C | 89. B |
| 15. B | 40. A | 65. B | 90. A |
| 16. A | 41. A | 66. D | 91. D |
| 17. D | 42. C | 67. C | 92. D |
| 18. D | 43. B | 68. D | 93. D |
| 19. A | 44. D | 69. B | 94. B |
| 20. D | 45. A | 70. C | 95. D |
| 21. A | 46. A | 71. A | 96. D |
| 22. B | 47. A | 72. A | 97. B |
| 23. A | 48. C | 73. C | 98. C |
| 24. D | 49. C | 74. B | 99. C |
| 25. C | 50. C | 75. C | 100. A |