

NURSING ASSISTANT/NURSE AIDE
Knowledge Competency Examination
PRACTICE TEST

2 Hours

Directions: This test contains 50 questions. Each question has four suggested answers, (A), (B), (C), and (D). For each question, choose the ONE that best answers it.

1. A female resident's husband has asked for some time alone with his wife in her room. What should the nurse aide do?
 - (A) Let the husband visit but listen outside the door.
 - (B) Let the husband visit and leave the door open.
 - (C) Tell the husband not to disturb his wife.
 - (D) Let the husband visit in private.
2. A resident needs range of motion (ROM) exercises every day. When the nurse aide tries to help her do the exercises, the resident says she will not do them. She says that they are too hard. What is the nurse aide's best response?
 - (A) "Try harder and the exercises will be easier."
 - (B) "I understand, but try working slowly and resting often."
 - (C) "The doctor ordered the exercises because they are important."
 - (D) "Think of something good during the exercises and maybe they won't be so hard."
3. A nurse aide enters a room to check on a resident who is in restraints. The nurse aide finds that the resident has gotten out of the restraint and is partly out of the bed. What should the nurse aide do?
 - (A) Call for help to get the resident back into bed and put the restraint back on.
 - (B) Put the restraint back on tightly so that the resident cannot move.
 - (C) Leave the restraint off and report the problem to the charge nurse.
 - (D) Put a different type of restraint on the resident.
4. A resident does not want to wear her dentures. She says she has a sore in her mouth. The nurse aide should
 - (A) tell her to leave her dentures out for a few days.
 - (B) have the resident rinse her mouth with salt water.
 - (C) tell her that she will feel better if she wears the dentures.
 - (D) leave the dentures out and ask the nurse to check the resident's mouth.
5. After a resident has died, the nurse aide is often assigned to do which of the following?
 - (A) Prepare the resident's body.
 - (B) Call the resident's family.
 - (C) Call the resident's doctor.
 - (D) Call the undertaker.
6. A resident complains that he cannot fall asleep. What can the nurse aide do first to help him relax?
 - (A) Move him to the day room.
 - (B) Give the resident a back rub.
 - (C) Give the resident a sleeping pill.
 - (D) Report the resident's complaint to the charge nurse.
7. A resident is to start range of motion (ROM) exercises. When performing ROM exercises on a resident, what does the nurse aide do to each joint?
 - (A) Stretch it until it hurts.
 - (B) Rotate it in both directions until it hurts.
 - (C) Bend it to a 90-degree angle while supporting the limb.
 - (D) Move it to its fullest range or until the resident feels discomfort.

GO ON TO THE NEXT PAGE.

8. A sign on the resident's door says NPO. What does this sign tell the nurse aide about the resident?
- (A) The resident is receiving AM care.
 - (B) The resident is receiving oxygen therapy.
 - (C) The resident is not to be given any solid food.
 - (D) The resident is not to be given anything by mouth.
9. A resident is smoking a cigarette in the smoking area on the outside porch of the nursing home. The resident keeps dropping the cigarette in his lap. What should the nurse aide do first?
- (A) Stay with the resident until he is finished smoking.
 - (B) Tell the resident that he must be more careful.
 - (C) Check on the resident every few minutes.
 - (D) Go and report it to the charge nurse.
10. A nurse aide is assigned to care for a resident who asks her to stay with her because she thinks she is dying. What should the nurse aide do?
- (A) Scold the resident for talking that way.
 - (B) Ask the resident why she feels this way.
 - (C) Tell the resident, "That isn't true."
 - (D) Ignore the resident's behavior.
11. A resident is able to dress himself, but he is very slow. What should the nurse aide do to assist this resident to get to breakfast on time?
- (A) Dress the resident.
 - (B) Tell the resident to hurry.
 - (C) Start the resident dressing earlier.
 - (D) Warn the resident he is going to miss breakfast.
12. A nurse aide is caring for a resident on bedrest. The resident is not able to turn herself. What is the longest time that the nurse aide is allowed to leave the resident in one position?
- (A) 1 hour
 - (B) 2 hours
 - (C) 3 hours
 - (D) 4 hours
13. A resident's care plan calls for the resident to ambulate 50 feet twice a day. The resident tells the nurse aide that she is unable to do it now. What should the nurse aide do?
- (A) Ask the resident to be more helpful.
 - (B) Ask the charge nurse to change the care plan.
 - (C) Tell the resident that she can skip her walk today.
 - (D) Allow the resident to choose a better time to ambulate.
14. A nurse aide notices that a resident has very dry skin on the feet. How should the nurse aide care for the resident's feet?
- (A) Raise them on a pillow.
 - (B) Wash and dry them only.
 - (C) Keep socks on them at all times.
 - (D) Apply lotion after washing and drying the feet.
15. An elderly resident is normally alert, but today she is slightly confused. What should the nurse aide do?
- (A) Say, "It is not like you to act like this."
 - (B) Report the confusion to the charge nurse.
 - (C) Not worry because all old people get confused sometimes.
 - (D) Ignore the confusion because the resident may only be trying to get extra attention.
16. A nurse aide has found a fire in a resident's waste can. What should the nurse aide do first?
- (A) Pull the fire alarm.
 - (B) Pour water on the fire.
 - (C) Move residents out of immediate danger.
 - (D) Use the fire extinguisher to put out the fire.
17. What is the first thing a nurse aide should do after receiving the resident assignments for the shift?
- (A) Start giving care to the first resident on the assignment.
 - (B) Make rounds and see each resident briefly.
 - (C) Ask another nurse aide what to do first.
 - (D) Find out when the lunch break is.

18. A nurse aide is walking with a resident. The resident says that she is going to faint. What should the nurse aide do?
- (A) Open a window to give the resident air.
 - (B) Walk the resident to her room quickly.
 - (C) Assist the resident to sit slowly on the floor.
 - (D) Hold the resident on her feet until she feels better.
19. A resident is upset after a family visit. The resident tells the nurse aide not to allow the family to visit again. Which of the following is the nurse aide's best response?
- (A) "OK, I will tell them not to visit."
 - (B) "I will inform the receptionist immediately."
 - (C) "Can you tell me why you are so upset?"
 - (D) "You will feel differently about it tomorrow."
20. A nurse aide is feeding a resident a pureed diet. How should the nurse aide feed the resident?
- (A) By feeding all of one food at a time.
 - (B) By giving portions from each food on the tray.
 - (C) By mixing the food together to make feeding easier.
 - (D) Any way the nurse aide wishes because pureed food has no taste.
21. A resident is on oxygen. He tells the nurse aide that he is not getting enough oxygen through the tubing. What should the nurse aide do first?
- (A) Turn up the oxygen.
 - (B) Turn off the oxygen.
 - (C) Check the tubing.
 - (D) Tell the patient to breathe faster to get more oxygen.
22. Which of the following is a true statement about the elderly?
- (A) They have no sex drive.
 - (B) They prefer to be alone.
 - (C) They often have problems with vision.
 - (D) They are not concerned about privacy.
23. A resident refuses to have a bath and to shave every day. He has not bathed for a week. What should the nurse aide do?
- (A) Force the resident to take a bath and shave every day.
 - (B) Ask the charge nurse for assistance with the problem.
 - (C) Leave the resident alone as he will want a bath some day.
 - (D) Tell the resident's family that the resident has not bathed in a week.
24. A resident usually dresses himself for breakfast. Today the nurse aide finds him in pajamas at 10:00 am. What should the nurse aide do?
- (A) Nothing
 - (B) Dress the resident
 - (C) Ask him "Is there anything wrong today?"
 - (D) Tell him "I don't have time to dress you."
25. A nurse aide finds a male resident in bed with a female resident who is confused. What should the nurse aide do?
- (A) Scold the male resident.
 - (B) Report this to the charge nurse.
 - (C) Close the door and the privacy curtains.
 - (D) Put a "Do Not Disturb" sign on the door.
26. A resident with poor vision was admitted to the unit. What should the nurse aide do to ensure the resident's safety?
- (A) Arrange the furniture against the walls.
 - (B) Tell the resident to walk around the room by herself.
 - (C) Remove all furniture, except the bed and chair, from the room.
 - (D) Help the resident become familiar with the location of the furniture in the room.

27. A nurse aide finds clean linen lying on the floor near the linen cart. What should the nurse aide do?
- (A) Discard the linen in the soiled linen hamper.
 - (B) Place the linen on the clean linen cart and cover the cart.
 - (C) Place the linen in a resident's room for immediate use.
 - (D) Leave the linen on the floor for housekeeping staff to remove.
28. A resident cannot walk by herself. What must the nurse aide do before leaving her room?
- (A) Give her a bedpan.
 - (B) Tell her to shout if she needs help.
 - (C) Put the call light where she can reach it.
 - (D) Let another nurse aide know that she is in her room.
29. A resident has trouble finding her room. What could the nurse aide do to help this resident?
- (A) Speak sharply to her whenever she goes to the wrong room.
 - (B) Assign another resident to watch her.
 - (C) Make a special sign for her door.
 - (D) Keep her in her room.
30. A resident dies during the night. At breakfast, another resident who was his friend, begins to talk to the nurse aide about the death. What should the nurse aide do?
- (A) Distract the resident by talking about the news of the day.
 - (B) Tell the resident to find someone else to talk to.
 - (C) Find out who told the resident about the death.
 - (D) Allow the resident to talk about the death.
31. A resident is lying on the floor having a seizure when the nurse aide walks into the room. What should the nurse aide do first?
- (A) Restrain the residents arms.
 - (B) Put a screen around the resident for privacy.
 - (C) Place a padded tongue blade between her teeth.
 - (D) Move any objects which could injure the resident and support her head.
32. A resident was given a stuffed animal as a gift. The resident wants to keep the stuffed animal with her much of the time. What should the nurse aide do?
- (A) Explain that adults do not hold stuffed animals.
 - (B) Ask her relatives to take the stuffed animal home.
 - (C) Let her hold the stuffed animal whenever she wants to.
 - (D) Suggest that she keep the stuffed animal on the windowsill.
33. A resident is dehydrated. The nurse aide's assignment says "Force fluids." What should the nurse aide do?
- (A) Decrease the resident's fluid intake.
 - (B) Increase the resident's fluid intake.
 - (C) Give liquids with meals only.
 - (D) Measure output.
34. A nurse aide wants to get a resident involved in her own care. Which of these statements would best encourage the resident's involvement?
- (A) "Stop feeling sorry for yourself."
 - (B) "It's time for us to eat our breakfast."
 - (C) "I want to brush your hair right now."
 - (D) "Do you want to take your bath now or after breakfast?"

35. A resident has an indwelling catheter. As the nurse aide cares for him, which of these should the nurse aide report to the charge nurse immediately?
- (A) The resident complains of pain and burning.
 - (B) The urine in the collection bag is clear and light yellow in color.
 - (C) The resident tells the nurse aide that he hates to have a catheter.
 - (D) The urine in the collection bag is hanging below the level of the bladder.
36. What is the best source of information about the care a nurse aide needs to give a resident?
- (A) The resident's family
 - (B) The resident's roommate
 - (C) The resident's plan of care
 - (D) Other nurse aides on the unit.
37. A resident tells the nurse aide that her hearing aid is not working. What should the nurse aide do first?
- (A) Turn up the volume.
 - (B) Change the battery.
 - (C) Tell the charge nurse.
 - (D) Check to see that the hearing aid is turned on.
38. While making rounds at 3:00 A.M., a nurse aide hears a resident crying softly. How should the nurse aide respond?
- (A) Tell the resident that everything will be better in the morning.
 - (B) Tell the resident that everything is fine and to cheer up.
 - (C) Pretend not to notice that the resident is crying.
 - (D) Ask the resident what is wrong.
39. A resident is being discharged from the nursing home. He tells the nurse aide that he feels worried about the change. What is the nurse aide's most helpful response?
- (A) Encourage the resident to talk about his feelings.
 - (B) Tell the resident not to worry as things will work out fine.
 - (C) Tell the resident that he should be happy to leave the nursing home.
 - (D) Suggest to the resident that his worries will go away if he ignores them.
40. A nurse aide is called away from a resident's bedside. When the nurse aide returns, the resident screams, "I'm too old and too sick to be left alone." How should the nurse aide respond?
- (A) "You're fine. Don't carry on so."
 - (B) "I understand, but I have other things to do."
 - (C) "Why don't you just forget it and rest awhile?"
 - (D) "I'm sorry I had to leave. Can I help you now?"
41. A nurse aide is cleaning a resident's closet. He finds moldy food and throws it away. The resident shouts, "Leave my food alone." What is the best response by the nurse aide?
- (A) "Why are you saving this food? Do you get hungry between meals?"
 - (B) "You should eat all your meals, so that you are not hungry later on."
 - (C) "Hiding food is against health laws."
 - (D) "This moldy food smells awful."
42. A nurse aide observes that a new resident is upset and frightened while getting ready for bed. The resident tells the nurse aide that a dark room frightens her. What is the nurse aide's best response?
- (A) "Darkness can't hurt you."
 - (B) "As old as you are, you should not be afraid."
 - (C) "You will soon get used to sleeping in the dark."
 - (D) "I will leave the door open so the light can come in."

43. A nurse aide is assisting a resident with lunch. The resident grabs his throat and cannot speak. What should the nurse aide do first?
- (A) Offer the resident a drink.
 - (B) Perform the Heimlich maneuver.
 - (C) Place the resident on the floor and elevate his feet.
 - (D) Keep the resident warm by putting a blanket on him.
44. A nurse aide realizes from the assignment sheet, that a resident has not has a bowel movement for more than 3 days. What should the nurse aide do?
- (A) Ignore the problem.
 - (B) Give the resident an enema.
 - (C) Report the finding to the charge nurse.
 - (D) Sit the resident on the toilet until he has a bowel movement.
45. A resident has had a stroke and has weakness on her right side. Where should the nurse aide stand when helping the resident walk?
- (A) On the resident's right side
 - (B) On the resident's left side
 - (C) In front of the resident
 - (D) Behind the resident
46. A resident is grieving over the recent death of her husband. How can the nurse aide best offer support to the resident?
- (A) Leave the resident alone as much as possible.
 - (B) Encourage the resident to express her feelings.
 - (C) Change the subject when the resident speaks about her husband.
 - (D) Tell the resident about the nurse aide's own experiences with death.
47. A nurse aide is assigned to care for a resident who has wandered over to another unit. What is the nurse aide's most helpful response, when the nurse aide brings the resident back?
- (A) "Let me walk with you."
 - (B) "How did you get over here?"
 - (C) "Don't you know where you belong?"
 - (D) "Don't you realize I have a lot to do?"
48. A resident has a cold and is using tissues for his nose. There are used tissues on the resident's bed, floor, and bedside stand. What should the nurse aide do to control the spread of infection?
- (A) Report the resident's behavior to the resident council.
 - (B) Ask the resident to throw his used tissues in the toilet.
 - (C) Pick up the used tissues in the resident's room once a day.
 - (D) Attach a paper bag to the resident's bed and ask him to put the used tissues in it.
49. A resident tells a nurse aide he is going to kill himself. What should the nurse aide do?
- (A) Nothing, because people who threaten suicide usually do not kill themselves.
 - (B) Call the resident's family and ask them to come and sit with him.
 - (C) Tell the resident that things are not as bad as they seem.
 - (D) Stay with the resident and call for help.
50. A nurse aide sees the charge nurse swallow medication that belongs to a resident. What should the nurse aide do?
- (A) Ignore the incident because the charge nurse might get the nurse aide fired.
 - (B) Tell the resident's family that the charge nurse is stealing medication.
 - (C) Report the incident to the administrator or nursing supervisor.
 - (D) Suggest the nurse get help immediately.

Nurse Aide/Assistant Practice Test Answer Key

Question #	Correct Response
1	D
2	B
3	A
4	D
5	A
6	B
7	D
8	D
9	A
10	B
11	C
12	B
13	D
14	D
15	B
16	C
17	B
18	C
19	C
20	B
21	C
22	C
23	B
24	C
25	B

Question #	Correct Response
26	D
27	A
28	C
29	C
30	D
31	D
32	C
33	B
34	D
35	A
36	C
37	D
38	D
39	A
40	D
41	A
42	D
43	B
44	C
45	A
46	B
47	A
48	D
49	D
50	C