

Candidate Information Bulletin State of Alabama

CERTIFIED NURSING ASSISTANT EXAMINATION

PROMETRIC



NEW!

Interactive Practice Exams Now Available Online

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The Alabama Department of Public Health (ADPHA) has approved Prometric to administer its Certified Nurse Aide (CNA) Exam in nursing homes or qualified facilities in the state of Alabama. This bulletin describes the procedures for becoming an Alabama CNA and a member of the CNA Registry.

This bulletin describes the process for taking the nurse aide competency exam and becoming a CNA.



To become a certified nurse aide in Alabama

- 1** Review this bulletin thoroughly to understand the examination process.
- 2** Confirm the exact date, time and location of your exam with the test site where you will take your exam.
- 3** Prepare for your exam using the content outlines in this bulletin. (See "Examination Content Outlines" Section.)
- 4** Take the scheduled exam bringing the necessary identification with you to the test center. (See "What to Bring to the Exam" Section)
- 5** If you pass, your CNA certificate will be mailed to you and your name will be added to the Alabama CNA Registry.



To get answers not provided in this bulletin

Direct all questions and requests for information about the exam process to:

Prometric

7941 Corporate Drive
Nottingham, MD 21236

Phone: 800.899.3978

Fax: 800.347.9242

E-mail: alcna@prometric.com

www.prometric.com/NurseAide/AL

Direct questions about certification to:

Alabama Department of Public Health

P.O. Box 303017

Montgomery, AL 36130-3017

Phone: 800.482.2366 (8 a.m. to 5 p.m.) or 1.800.ALA.1818

www.adph.org

Eligibility to test

To take the test, you must have completed a state-approved nurse aide training program. Testing must be completed within two years of your training completion date. You are allowed three attempts to take the Written (Oral) Test and the Clinical Skills Test.

You must pass both the Written (Oral) Test and the Clinical Skills Test in the same eligibility period for the results to be provided to the state agency responsible for the Nurse Aide Registry.



Note If you do not successfully complete testing within the two-years of your training completion date, you must retake a state-approved training program for eligibility to test again.

If you fail one or both parts of the test three times, you are also required to retake a state-approved training program for eligibility to test again.

Scheduling the exam

Nursing homes and state-approved training programs in your state that are approved as test sites with Prometric may administer the Nurse Aide Competency Examination. The approved Regional test centers in Alabama are listed below. You must contact the facility directly to schedule your exam.

When you contact a test center, the site will identify the procedures for scheduling an appointment. This includes paying the test fees to the test center before an appointment will be confirmed. You will also be required to provide proof of completion of a state-approved training program.

If you choose one of Prometric’s regional sites, you will be taking both the Clinical Skills Test and the Written or Oral (Knowledge) Test on the date of testing. You are not allowed to take one part through Prometric and another part with another testing company.

Approved test center locations

To make an appointment to take the Alabama Certified Nurse Aide Competency Exam, contact one of the following:

- **Your Choice CNA Academy, LLC**, 850 9th St. NW, Alabaster, AL 35007, 205.602.6265
- **Saad’s CNA School**, 1515 South University Blvd, Mobile, AL 36609, 215.343.9600 ext 133, ask for Ms. Wanda Darawich.
- **Northeast Alabama Community College**, 138 Hwy 35 West, Rainsville, AL 35986, 256.228 6001 ext 323.



Note You must bring proof of your completion of a state-approved training program with you to the test site. If you do not bring this documentation with you, you will not be allowed to take the exam.

Regional test fees

Test fees are payable by credit card, money order or cashier’s check payable to the test site. Personal checks and cash are not accepted.

Tests and related fees are as follows:

Service	Fee
Clinical Skills Test	\$40
Knowledge (written or oral) Test	\$35
Test Site Administration Fee	\$40

Refund policy. Test fees are nonrefundable and nontransferable. Candidates who fail to complete testing during their eligibility period will not be refunded any unused test fees, nor will test fees be carried over to a new eligibility period.

Special test considerations

ADA accommodation. Reasonable testing accommodations are provided to allow candidates with documented disabilities recognized under the Americans with Disabilities Act (ADA) an opportunity to demonstrate their skills and knowledge. If you require testing accommodations under the ADA, this request must be submitted to Prometric prior to your preferred testing date.

All requests for testing accommodations must describe the accommodations being requested and include documentation such as a physician's or specialist's note on official letterhead that supports the testing need. The request will be reviewed to determine if and how we can respond to the requested accommodation. You will be notified before testing is scheduled as to the outcome of your review. There is no additional charge for these accommodations.

ESL accommodation. Translators are not permitted and translation dictionaries may not be used during the exam administration. However, the Written portion of the examination is offered in an oral version. Candidates for whom English is a Second Language should review the "Oral Test" section to determine if this is an appropriate option for them.

Rescheduling and retesting

If you need to reschedule an appointment, you must contact the test site directly.

If absent or late. If you miss your appointment or arrive late and are not allowed to test, you will forfeit your test fees and will be required to repay fees to reschedule another appointment.

Retesting. You have three opportunities to take and pass both parts of the competency exam. Each attempt requires the payment of a new test fee. You are only required to retake the test you failed.

If you fail the test(s), and remain eligible to retest, you may retake the test(s) on the same day at the discretion of the test site based on availability of testing appointment(s) and ability to pay the required testing fees. However, this option is not encouraged since candidates are not likely to have adequate opportunity to prepare for retesting.

Emergency closing. Severe weather or an emergency could require canceling scheduled exams. If this occurs, Prometric will attempt to contact you by phone; however, you may check for testing site closures by calling 800.899.3978. If the site is closed, your exams will be rescheduled without a rescheduling fee.

Exam information

The Nurse Aide Competency Examination consists of two separate tests. One test is a **Written (Knowledge) Test**. The other test is a hands-on skills demonstration referred to as the **Clinical Skills Test**. You may take the tests in either order. You are not required to pass one test before taking the other.

Written (Knowledge) Test overview

The Written Test consists of 55 multiple-choice questions. You will have 90 minutes to take the test. The content outline shown on is the basis for the Written test.

You will take your test on a computer. You do not need computer experience to take the Written Test. You will use a computer mouse to select answers. You will receive a tutorial before the test begins to become familiar with taking the test on a computer.

The review features:

- Moving the mouse and using the mouse to select answers.
- Marking a question for review.
- Viewing a summary list of questions showing answered and unanswered questions.
- Submitting the test for scoring.

Oral Test

The Written (Knowledge) Test may be taken in an oral form. During an oral test, you will hear the questions read to you while reading and answering questions on the computer. You may replay questions as many times as needed.

The Oral Test may be helpful to candidates who have difficulty reading or for those candidates who consider English their second language.

If you would like to take the oral test, you should notify the test proctor at least 30 days before your preferred test date. This request **cannot** be made on the day of testing.

Practice Exam

A Nurse Aide Practice Exam is available online at www.prometric.com/nurseaide. The practice exam is created in the same format and uses the same question types as the actual certification exam. The practice exam will also help you become familiar with the computer-based testing process.

During the practice exam, you will get immediate feedback to correct and incorrect responses, rational statements and reference listings, as well as overall feedback at the end of the session. If you like, you may print out the final practice exam results to help you with further test preparation.

There is a Clinical Skill Assessment and a Written Practice Test. Practice test fees range from \$7 to \$10 an exam. There are super pack versions available for \$25.

Sample Test

A Nurse Aide Certification Sample Test is located on Page 12 of this bulletin. The sample test is intended to help you become familiar with the exam format. How well you do on this sample test does not predict your results on your actual test.

Clinical Skills Test overview

The Clinical Skills test is a timed test. The skills that you will be asked to perform are assigned by computer at the time you are scheduled for testing. For your test, you will be scored on five skills. While performing three assigned skills, you will also be scored on two additional skills - Handwashing and Indirect Care. Indirect Care is care related to resident rights and preferences, communication with the resident, resident safety, comfort and needs, and infection control.

The amount of time you will have to take your test is based on the skills you are asked to perform. The times for this test vary since some skills take longer to perform than other skills. When you are given the instructions for the skills on your test, you will be told how much time you have for your test. You will be reminded how much time you have just before you begin your test. The time allowed for the Clinical Skills test ranges from 31 minutes to 40 minutes based on the skills you are asked to perform.

To pass the Clinical Skills Test, you must pass all five skills. To pass a skill, you are not required to perform the skill perfectly, but you are required to demonstrate competency of the skill. Each skill has a list of checkpoints. The Nurse Aide Evaluator (NAE) will watch you perform the skill and compare your performance to the checkpoints for the skill. The Clinical Skills Checklist is in this bulletin beginning on Page 11.

The rules for the Clinical Skills Test allow you to make corrections while performing a skill. You must tell the NAE that you are making a correction during the skill and you must actually perform the correction. Once you have completed a skill, you may not go back to correct a previous skill. There are times when a safety issue will be addressed by the NAE. If a safety issue has occurred, you will not be able to make a correction.

The NAE who administers the Clinical Skills Test is not permitted to teach, coach, or discuss your results or performance with you.

While you are waiting to take the Clinical Skills test, you will be given a copy of the **General Instructions for the Nurse Aide Clinical Skills Test** to read. These instructions describe the basic rules for the test and other candidate considerations.

Resident actor

You will be asked to volunteer to act as the resident for another candidate testing on the same day. Specific instructions explaining this will be read before the test begins. The skills that may be performed on you when playing the role of the resident include:

Skills to be performed	
Assisting you to walk	Measuring your breathing
Brushing your teeth	Moving you from the bed into a wheelchair
Changing bed linens while you are in bed	Moving your arm or leg through simple exercises
Cleaning and shaping your nails	Placing you on a bedpan (clothes on)
Feeding you a small snack	Turning you on your side in bed
Measuring your pulse	Washing and applying lotion to one foot

When you are playing the role of the resident, you must be able to participate in the skills identified above. If you are unable to participate in any of the skills, speak with the NAE administering the test when you check-in at the test site.

Stopping the testing of a skill

During the Clinical Skills Test, the NAE can stop the testing of a skill if the resident actor/volunteer is in danger.

What to bring to the exam

You should arrive at least **30 minutes before** your scheduled test appointment. This allows time for you to sign in and for staff to verify your identification.

Required identification

You must present a valid form of identification before you can test.

That identification document **must**:

- Be government-issued (e.g., driver's license, passport, state-issued identification card or military identification card).
- Contain **both** a current photo and your signature.
- Have a name that exactly matches the name used to register for the exam

You must also provide:

- Your Social Security card; or
- A letter from the Social Security Administration that includes your name and Social Security number.

Your Social Security number is entered during registration for the exam and it is imperative that the Social Security number be entered accurately. Your results are reported to the state agency that oversees the Nurse Aide Registry. The agency requires that your results include your Social Security number, which is used as a primary identifier in the state registry database.



Important Failure to provide appropriate identification at the time of the test is considered a missed appointment. You will be required to pay another exam fee prior to scheduling another exam appointment. If you cannot provide the identification listed above, contact Prometric **before** scheduling your appointment to arrange an alternative way to meet this requirement.

Testing personnel have the right to refuse admission to any candidate who fails to provide the required identification or, when the identification presented:

- Appears to have been falsified or tampered with.
- Has a photo that does not appear to resemble the candidate testing. (Please make sure your identification has a recent photograph.)
- Has a signature that does not match the candidate's.

Late arrivals. If you are late for your test appointment, you will be denied entrance into the test. You will then have to pay a rescheduling fee equivalent to your original test fees prior to rescheduling your test.

What to wear

It is recommended that a uniform or scrubs and flat, nonskid, closed-toed shoes be worn. You may be refused entrance into the test if you fail to dress appropriately. If you are not allowed to take your test, you will lose your test fees and will have to pay another fee to reschedule your test. You should also wear or bring with you a watch with a second hand.



Note Completing both the Clinical Skills and Written (Oral) tests may take several hours. It is recommended that you bring snacks and/or lunch and beverages (nonalcoholic). While eating and drinking are not allowed during the test, you will be directed to areas where you are allowed to eat while waiting to test. Do not depend on vending machines being available at the test site.

Test site regulations

The following regulations will be observed at each test site. If you do not follow these rules, it will result in the disqualification of your exam. Prometric reserves the right to audiotape and videotape any examination session.

References

- No reference materials, papers or study materials are allowed in the testing room. If you are found with these or any other aids, you will not be allowed to continue the test and your answers will not be scored.

Personal items

Prometric is not responsible for personal items brought to the test center. It is recommended that personal items not be brought into the test site. Note the following:

- Electronic equipment is **not** permitted in the testing area. This includes **cell phones**, PDAs, pagers, cameras, tape recorders, etc. All of these items will be collected by the Nurse Aide Evaluator (NAE).
- Other personal items—purses, briefcases, etc.—are not permitted in the testing area. **Note:** It is recommended that purses not be brought to the test center. Access to purses will not be allowed during testing.

Restroom Breaks

- If you leave the testing room during a test, you must sign out/in on the roster and you will lose exam time.
- You will not have access to any personal items during this break.
- You are not allowed to use any electronic devices or phones during breaks.

Visitors

- No guests, visitors, children or family members are allowed at the test center.

Misconduct or disruptive behavior

- If you engage in any disruptive or offensive behaviors, you will be dismissed from the exam. If dismissed, your test results will be invalid. Examples are: giving or receiving help, **cell phones ringing in the test center**, resident actors talking, prompting or moving when not directed to do so, taking part in an act of impersonation, removing test materials or notes from the testing room, using rude or offensive language and behavior that delays or interrupts testing.

Weapons

- Weapons are not allowed at the test center.



Important Every time you enter the test room, you will be asked to turn your pockets inside out to confirm that you have no prohibited items. The test center administrator will collect any materials that violate the rules.

For more information on Prometric test center regulations, please visit:

www.prometric.com/en-us/for-test-takers/prepare-for-test-day/documents/TestCenterRegulations.pdf

Copyrighted questions. All test questions are the property of Prometric Inc. and are protected by copyright. Federal law provides severe civil and criminal penalties for the unauthorized reproduction, distribution, or exhibition of copyrighted materials.

If questions arise. Test site employees are not allowed to answer any questions about the exam content. If you do not understand a question on the test, you should answer the question to the best of your ability.

Exam results

Exam results are confidential and are not given out to unauthorized individuals or over the phone. Any questions or comments about your examination should be directed to Prometric at 800.899.3978.

Written or Oral (Knowledge) Test

Since your test is given on computer, you will get a score report when the test is done. The score report will list either pass or fail. The score report will also show the percentage you got correct in each major section of the test. These percentages tell you how you did in each section to help you prepare if you need to retest. Even when you are successful, you may wish to focus on those areas that require additional attention as you begin to provide care for the public. **Test site personnel are not permitted to discuss your results or performance with you.**

To pass the Written or Oral Test, you must get an overall number of questions correct. It is not necessary to pass each content area. This makes it possible to have a fail in several of the content areas on the Written or Oral Test and still have an overall result of pass.

Clinical Skills Test

Your score report will be given to you at the test site shortly after the completion of your test. The score report will list each skill and whether you passed or failed the skill. You must pass all five skills to pass the Clinical Skills Test. Candidates who do not pass their test will also receive information about retaking the test. **The nurse giving the Clinical Skills Test is not allowed to discuss your results or performance with you.**

Reporting results to the state

Prometric will send information on the candidate's successful completion of the Nurse Aide Competency Examination to the state's Nurse Aide Registry within two business days of the candidate passing the Clinical Skills Test and the Written (Oral) Test within the same eligibility period.

Appeals process

Our goal is to provide a quality exam and a pleasant testing experience for every candidate. If you are dissatisfied with either and believe we can correct the problem, we would like to hear from you. We provide an opportunity for general comments at the end of your exam. Your comments will be reviewed by our personnel, but you will not receive a direct response.

If you are requesting a response about exam content, registration, scheduling or test administration (testing site procedures, equipment, personnel, etc.), please submit an appeal in writing. Your appeal letter must provide your name, Prometric ID, the exam title, the date you tested and the details of your concern, including all relevant facts. Letters must be received within 60 days from exam date. Be sure to include your signature and return address. Mail your appeal letter to:

Prometric
ATTN: Appeals Committee
7941 Corporate Drive
Nottingham, MD 21236

The Appeals Committee will review your concern and send you a written response with acknowledgement of receipt within 10 business days.



Important Faxed appeals will not be accepted because an original signature is required.

Examination Content Outlines

The Competency Examination consists of two tests, a Written (Knowledge) Test and a performance-based Clinical Skills Test. The following outline describes the content of the Written Nurse Aide and Clinical Skills Competency examination

Written (Knowledge) Test Content Outline 60 questions—90 minute time limit

The following outline gives an overview of the content of Written Test. The test will include questions on the subjects contained in this outline.

- I. Role of the Nurse Aide - 18%**
 - A. Personal responsibility
 1. Reporting requirements
 2. Promotion of personal health and safety
 3. Promotion and protection of resident rights
 4. Time management and work prioritization
 5. Workplace standards, including ethical and unethical behaviors
 6. Nurse Aide Registry
 - B. Nurse aide as a member of the health care team
 1. Job responsibilities of the nurse aide, including duties and limitations
 2. Interdisciplinary team member roles
 3. Teamwork principles (e.g., collaboration, cooperation, sharing information, customer service)
 4. The care planning process and implementation
 5. Nurse aide's responsibility to provide care according to the care plan
 - C. Interpersonal relations/communication skills
- II. Promotion of Safety - 18%**
 - A. Potential hazards in the healthcare environment
 - B. Common injuries of residents (e.g., skin tears and shearing, falls, spills, burns, bruises)
 - C. Risks related to common injuries
 - D. Safety and comfort
 - E. Safety devices (e.g., wanderguard, alarms)
 - F. Infection prevention and control
 - G. Emergencies
 - H. Fire prevention and safety
- III. Promotion of Function and Health of Residents - 24%**
 - A. Personal care skills
 1. Feeding
 2. Bathing
 3. Perineal care, including catheter
 4. Foot/nail care
 5. Mouth care
 6. Skin care
 7. Toileting
 8. Grooming
 9. Dressing/undressing
 - B. Health maintenance/restoration
 1. Promoting circulation and skin integrity (e.g., specialized mattresses, chair cushions, positioning)
 2. Nutrition and hydration
 3. Sleep and rest needs
 4. Elimination (bowel and bladder)
 5. Mobility, including bed mobility
 6. Effects of immobility
 7. Care and use of assistive devices
 - C. Age-related changes
 1. Cognitive (e.g., memory) changes
 2. Psychosocial (e.g., relationships) changes
 3. Physical changes
 - D. Psychosocial needs of residents
 1. Fundamental human needs (e.g., Maslow's Hierarchy of Needs)
 2. Emotional support strategies
 3. Intervention strategies to assist residents in coping with losses and adjustments to nursing home placement (e.g., control, autonomy, privacy)
- IV. Basic Nursing Care Provided by the Nurse Aide - 26%**
 - A. Routine, chronic, non-life threatening situations
 1. Observation and reporting of physical changes
 2. Observation and reporting of behavioral changes
 - B. Acute emergency situations
 1. Chest pain
 2. Cardiac arrest
 3. Respiratory distress
 4. Difficulty swallowing
 5. Choking/aspirations
 6. Vomiting
 7. Seizures
 8. Changes in mobility, speech, or other potential signs of stroke
 9. Diabetic situations
 10. Sudden onset of confusion or agitation
 11. Changes in level of consciousness
 12. Falls
 13. Bleeding
 14. Burns

V. Providing Specialized Care for Residents with Changes in Health - 14 %

- A. Physical problems
 - 1. Common physical impairments and related care
 - 2. Providing for safety, care, and comfort of residents with physical impairments
 - 3. Impact of impairment on resident safety, care, and comfort
- B. Psychological problems
 - 1. Common psychological impairments and related care (e.g., confusion, anxiety, depression, delirium, phobias, addiction)
 - 2. Special considerations for the safety, care, and comfort of residents with psychological impairments
- C. Care of the dying resident and post-mortem care
 - 1. Grief process
 - 2. Responding to the emotional needs of the resident, other residents, family and caregivers in the grief process
 - 3. Factors influencing responses to grief (e.g., spiritual beliefs, culture, past experience)
 - 4. Physical changes and needs as death approaches
- 5. Post-mortem care procedures

Clinical Skills Checklist

The clinical skills that you may be asked to perform during the test are listed below. A checklist for these skills may be found online at

www.prometric.com/NurseAide/AL.

Handwashing Note: Your handwashing technique is evaluated at the beginning of the test. This skill is not prompted, which means you will not be told to wash your hands. Nursing assistants are expected to know to wash their hands before and after physical contact (touching) with the resident.

I. Clinical Skills List

- A. Ambulate the resident using a transfer/gait belt
- B. Assist resident needing to use a bedpan
- C. Change bed linen while the resident remains in bed
- D. Change resident's position to a supported side-lying position
- E. Dress a resident who has a weak arm
- F. Empty contents of resident's urinary drainage bag, and measure and record urine output on an Intake and Output (I&O) form
- G. Feed a resident who is sitting in a chair
- H. Measure and record a resident's radial pulse
- I. Measure and record a resident's respirations
- J. Provide catheter care to a female resident who has an indwelling urinary catheter
- K. Provide foot care to a resident who is sitting in a chair
- L. Provide mouth care to a resident who has a denture
- M. Provide mouth care to a resident who has teeth
- N. Provide perineal care to a female resident who is incontinent of urine
- O. Provide resident hand and nail care
- P. Provide resident a partial bed bath and back rub
- Q. Provide resident with passive range of motion (ROM) exercises to one elbow and wrist
- R. Provide resident with passive range of motion (ROM) exercises to one shoulder
- S. Provide resident with passive range of motion (ROM) exercises to one hip, knee and ankle
- T. Transfer the resident from the bed into a wheelchair using a pivot technique and a transfer/gait belt

Nurse Aide Certification Sample Test



Notice: This Sample Test is provided as a courtesy to individuals who are preparing to take a Prometric Nurse Aide Competency Examination. You are reminded that how well you do on these practice questions, does not predict results on your actual examination.

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

-
1. A resident often carries a doll with her, treating it like her baby. One day she is wandering around crying that she can't find her baby. The nurse aide should
 - (A) ask the resident where she last had the doll.
 - (B) ask the activity department if they have any other dolls.
 - (C) offer comfort to the resident and help her look for her baby.
 - (D) let the other staff know the resident is very confused and should be watched closely.
 2. A nurse aide is asked to change a urinary drainage bag attached to an indwelling urinary catheter. The nurse aide has never done this before. The best response by the nurse aide is to
 - (A) change the indwelling catheter at the same time.
 - (B) ask another nurse aide to change the urinary drainage bag.
 - (C) change the bag asking for help only if the nurse aide has problems.
 - (D) ask a nurse to watch the nurse aide change the bag since it is the first time.
 3. Before feeding a resident, which of the following is the best reason to wash the resident's hands?
 - (A) The resident may still touch his/her mouth or food.
 - (B) It reduces the risk of spreading airborne diseases.
 - (C) It improves resident morale and appetite.
 - (D) The resident needs to keep meal routines.
 4. Which of the following is a job task performed by the nurse aide?
 - (A) Participating in resident care planning conferences
 - (B) Taking a telephone order from a physician
 - (C) Giving medications to assigned residents
 - (D) Changing sterile wound dressings
 5. Which of the following statements is true about range of motion (ROM) exercises?
 - (A) Done just once a day
 - (B) Help prevent strokes and paralysis
 - (C) Require at least ten repetitions of each exercise
 - (D) Are often performed during ADLs such as bathing or dressing
 6. While the nurse aide tries to dress a resident who is confused, the resident keeps trying to grab a hairbrush. The nurse aide should
 - (A) put the hairbrush away and out of sight.
 - (B) give the resident the hairbrush to hold.
 - (C) try to dress the resident more quickly.
 - (D) restrain the resident's hand.
 7. A resident who is lying in bed suddenly becomes short of breath. After calling for help, the nurse aide's next action should be to
 - (A) ask the resident to take deep breaths.
 - (B) take the resident's vital signs.
 - (C) raise the head of the bed.
 - (D) elevate the resident's feet.
 8. A resident who has cancer is expected to die within the next couple of days. Nursing care for this resident should focus on
 - (A) helping the resident through the stages of grief.
 - (B) providing for the resident's comfort.
 - (C) keeping the resident's care routine, such as for bathing.
 - (D) giving the resident a lot of quiet time and privacy.
 9. While giving a bedbath, the nurse aide hears the alarm from a nearby door suddenly go off. The nurse aide should
 - (A) wait a few minutes to see if the alarm stops.
 - (B) report the alarm to the charge nurse immediately.
 - (C) make the resident being bathed safe and go check the door right away.
 - (D) stop the bedbath and go check on the location of all assigned residents.

10. Gloves should be worn for which of the following procedures?
- (A) Emptying a urinary drainage bag
 - (B) Brushing a resident's hair
 - (C) Ambulating a resident
 - (D) Feeding a resident
11. When walking a resident, a gait or transfer belt is often
- (A) worn around the nurse aide's waist for back support.
 - (B) used to keep the resident positioned properly in the wheelchair.
 - (C) used to help stand the resident, and then removed before walking.
 - (D) put around the resident's waist to provide a way to hold onto the resident.
12. Which of the following statements is true about residents who are restrained?
- (A) They are at greater risk for developing pressure sores.
 - (B) They are at lower risk of developing pneumonia.
 - (C) Their posture and alignment are improved.
 - (D) They are not at risk for falling.
13. A resident has diabetes. Which of the following is a common sign of a low blood sugar?
- (A) Fever
 - (B) Shakiness
 - (C) Thirst
 - (D) Vomiting
14. When providing foot care to a resident it is important for the nurse aide to
- (A) remove calluses and corns.
 - (B) check the feet for skin breakdown.
 - (C) keep the water cool to prevent burns.
 - (D) apply lotion, including between the toes.
15. When feeding a resident, frequent coughing can be a sign the resident is
- (A) choking.
 - (B) getting full.
 - (C) needs to drink more fluids.
 - (D) having difficulty swallowing.
16. When a person is admitted to the nursing home, the nurse aide should expect that the resident will
- (A) have problems related to incontinence.
 - (B) require a lot of assistance with personal care.
 - (C) experience a sense of loss related to the life change.
 - (D) adjust more quickly if admitted directly from the hospital.
17. A resident gets dressed and comes out of his room wearing shoes that are from two different pairs. The nurse aide should
- (A) tease the resident by complimenting the resident's sense of style.
 - (B) ask if the resident realizes that the shoes do not match.
 - (C) remind the resident that the nurse aide can dress the resident.
 - (D) ask if the resident lost some of his shoes.
18. A resident's wife recently died. The resident is now staying in his room all the time and eating very little. The best response by the nurse aide is to
- (A) remind the resident to be thankful for the years he shared with his wife.
 - (B) tell the resident that he needs to get out of his room at least once a day.
 - (C) understand the resident is grieving and give him chances to talk.
 - (D) avoid mentioning his wife when caring for him.
19. When a resident refuses a bedbath, the nurse aide should
- (A) offer the resident a bribe.
 - (B) wait awhile and then ask the resident again.
 - (C) remind the resident that people who smell don't have friends.
 - (D) tell the resident that nursing home policy requires daily bathing.
20. When a resident is combative and trying to hit the nurse aide, it is important for the nurse aide to
- (A) show the resident that the nurse aide is in control.
 - (B) call for help to make sure there are witnesses.
 - (C) explain that if the resident is not calm a restraint may be applied.
 - (D) step back to protect self from harm while speaking in a calm manner.
21. During lunch in the dining room, a resident begins yelling and throws a spoon at the nurse aide. The best response by the nurse aide is to
- (A) remain calm and ask what is upsetting the resident.
 - (B) begin removing all the other residents from the dining room.

- (C) scold the resident and ask the resident to leave the dining room immediately.
 (D) remove the resident's plate, fork, knife, and cup so there is nothing else to throw.
22. Which of the following questions asked to the resident is most likely to encourage conversation?
 (A) Are you feeling tired today?
 (B) Do you want to wear this outfit?
 (C) What are your favorite foods?
 (D) Is this water warm enough?
23. When trying to communicate with a resident who speaks a different language than the nurse aide, the nurse aide should
 (A) use pictures and gestures.
 (B) face the resident and speak softly when talking.
 (C) repeat words often if the resident does not understand.
 (D) assume when the resident nods his/her head that the message is understood.
24. While walking down the hall, a nurse aide looks into a resident's room and sees another nurse aide hitting a resident. The nurse aide is expected to
 (A) contact the state agency that inspects the nursing facility.
 (B) enter the room immediately to provide for the resident's safety.
 (C) wait to confront the nurse aide when he/she leaves the resident's room.
 (D) check the resident for any signs of injury after the nurse aide leaves the room.
25. Before touching a resident who is crying to offer comfort, the nurse aide should consider
 (A) the resident's recent vital signs.
 (B) the resident's cultural background.
 (C) whether the resident has been sad recently.
 (D) whether the resident has family that visits routinely.
26. When a resident is expressing anger, the nurse aide should
 (A) correct the resident's misperceptions.
 (B) ask the resident to speak in a kinder tone.
 (C) listen closely to the resident's concerns.
 (D) remind the resident that everyone gets angry.
27. When giving a backrub, the nurse aide should
 (A) apply lotion to the back directly from the bottle.
 (B) keep the resident covered as much as possible.
 (C) leave extra lotion on the skin when completing the procedure.
 (D) expect the resident to lie on his/her stomach.
28. A nurse aide finds a resident looking in the refrigerator at the nurses' station at 5 a.m. The resident, who is confused, explains he needs breakfast before he leaves for work. The best response by the nurse aide is to
 (A) help the resident back to his room and into bed.
 (B) ask the resident about his job and if he is hungry.
 (C) tell him that residents are not allowed in the nurses' station.
 (D) remind him that he is retired from his job and in a nursing home.
29. Which of the following is true about caring for a resident who wears a hearing aid?
 (A) Apply hairspray after the hearing aid is in place.
 (B) Remove the hearing aid before showering.
 (C) Clean the earmold and battery case with water daily, drying completely.
 (D) Replace batteries weekly.
30. Residents with Parkinson's disease often require assistance with walking because they
 (A) become confused and forget how to take steps without help.
 (B) have poor attention skills and do not notice safety problems.
 (C) have visual problems that require special glasses.
 (D) have a shuffling walk and tremors.
31. A resident who is inactive is at risk of constipation. In addition to increased activity and exercise, which of the following actions helps to prevent constipation?
 (A) Adequate fluid intake
 (B) Regular mealtimes
 (C) High protein diet
 (D) Low fiber diet

32. A resident has an indwelling urinary catheter. While making rounds, the nurse aide notices that there is no urine in the drainage bag. The nurse aide should first
- (A) ask the resident to try urinating.
 - (B) offer the resident fluid to drink.
 - (C) check for kinks in the tubing.
 - (D) obtain a new urinary drainage bag.
33. A resident who is incontinent of urine has an increased risk of developing
- (A) dementia.
 - (B) urinary tract infections.
 - (C) pressure sores.
 - (D) dehydration.
34. When cleansing the genital area during perineal care, the nurse aide should
- (A) cleanse the penis with a circular motion starting from the base and moving toward the tip.
 - (B) replace the foreskin when pushed back to cleanse an uncircumcised penis.
 - (C) cleanse the rectal area first, before cleansing the genital area.
 - (D) use the same area on the washcloth for each washing and rinsing stroke for a female resident.
35. Which of the following is considered a normal age-related change?
- (A) Dementia
 - (B) Contractures
 - (C) Bladder holding less urine
 - (D) Wheezing when breathing
36. A resident is on a bladder retraining program. The nurse aide can expect the resident to
- (A) have a fluid intake restriction to prevent sudden urges to urinate.
 - (B) wear an incontinent brief in case of an accident.
 - (C) have an indwelling urinary catheter.
 - (D) have a schedule for toileting.
37. A resident who has stress incontinence
- (A) will have an indwelling urinary catheter.
 - (B) should wear an incontinent brief at night.
 - (C) may leak urine when laughing or coughing.
 - (D) needs toileting every 1-2 hours throughout the day.
38. The doctor has told the resident that his cancer is growing and that he is dying. When the resident tells the nurse aide that there is a mistake, the nurse aide should
- (A) understand that denial is a normal reaction.
 - (B) remind the resident the doctor would not lie.
 - (C) suggest the resident ask for more tests.
 - (D) ask if the resident is afraid of dying.
39. A slipknot is used when securing a restraint so that
- (A) the restraint cannot be removed by the resident.
 - (B) the restraint can be removed quickly when needed.
 - (C) body alignment is maintained while wearing the restraint.
 - (D) it can be easily observed whether the restraint is applied correctly.
40. When using personal protective equipment (PPE) the nurse aide correctly follows Standard Precautions when wearing
- (A) double gloves when providing perineal care to a resident.
 - (B) a mask and gown while feeding a resident that coughs.
 - (C) gloves to remove a resident's bedpan.
 - (D) gloves while ambulating a resident.
41. To help prevent resident falls, the nurse aide should
- (A) always raise siderails when any resident is in his/her bed.
 - (B) leave residents' beds at the lowest level when care is complete.
 - (C) encourage residents to wear larger-sized, loose-fitting clothing.
 - (D) remind residents who use call lights that they need to wait patiently for staff.
42. As the nurse aide begins his/her assignment, which of the following should the nurse aide do first?
- (A) Collect linen supplies for the shift
 - (B) Check all the nurse aide's assigned residents
 - (C) Assist a resident that has called for assistance to get off the toilet
 - (D) Start bathing a resident that has physical therapy in one hour

43. Which of the following would affect a nurse aide's status on the state's nurse aide registry and also cause the nurse aide to be ineligible to work in a nursing home?
- (A) Having been terminated from another facility for repeated tardiness
 - (B) Missing a mandatory infection control inservice training program
 - (C) Failing to show for work without calling to report the absence
 - (D) Having a finding for resident neglect
44. To help prevent the spread of germs between patients, nurse aides should
- (A) wear gloves when touching residents.
 - (B) hold supplies and linens away from their uniforms.
 - (C) wash hands for at least two minutes after each resident contact.
 - (D) warn residents that holding hands spreads germs.
45. When a sink has hand-control faucets, the nurse aide should use
- (A) a paper towel to turn the water on.
 - (B) a paper towel to turn the water off.
 - (C) an elbow, if possible, to turn the faucet controls on and off.
 - (D) bare hands to turn the faucet controls both on and off.
46. When moving a resident up in bed who is able to move with assistance, the nurse aide should
- (A) position self with knees straight and bent at waist.
 - (B) use a gait or transfer belt to assist with the repositioning.
 - (C) pull the resident up holding onto one side of the drawsheet at a time.
 - (D) bend the resident's knees and ask the resident to push with his/her feet.
47. The resident's weight is obtained routinely as a way to check the resident's
- (A) growth and development.
 - (B) adjustment to the facility.
 - (C) nutrition and health.
 - (D) activity level.
48. Which of the following is a right that is included in the Resident's Bill of Rights?
- (A) To have staff available that speak different languages on each shift
 - (B) To have payment plan options that are based on financial need
 - (C) To have religious services offered at the facility daily
 - (D) To make decisions and participate in own care
49. Which of the following, if observed as a sudden change in the resident, is considered a possible warning sign of a stroke?
- (A) Dementia
 - (B) Contractures
 - (C) Slurred speech
 - (D) Irregular heartbeat
50. Considering the resident's activity, which of the following sets of vital signs should be reported to the charge nurse immediately?
- (A) Resting: 98.6°-98-32
 - (B) After eating: 97.0°-64-24
 - (C) After walking exercise: 98.2°-98-28
 - (D) While watching television: 98.8°-72-14

Answer Key			
1 - C	14 - B	27 - B	39 - B
2 - D	15 - D	28 - B	40 - C
3 - A	16 - C	29 - B	41 - B
4 - A	17 - B	30 - D	42 - C
5 - D	18 - C	31 - A	43 - D
6 - B	19 - B	32 - C	44 - B
7 - C	20 - D	33 - C	45 - B
8 - B	21 - A	34 - B	46 - D
9 - C	22 - C	35 - C	47 - C
10 - A	23 - A	36 - D	48 - D
11 - D	24 - B	37 - C	49 - C
12 - A	25 - B	38 - A	50 - A
13 - B	26 - C		