

Idaho Nurse Aide Examination Content Outline

The following outline describes the content of the Written Nurse Aide examination. The examination contains 60 questions. You will have 2 hours to complete the exam. The areas of nurse aide knowledge covered in the exam are:

I. Role of the Nurse Aide - 9 questions [18%]

- A. Personal Responsibilities
 - 1. Reporting requirements
 - 2. Promoting personal health and safety
 - 3. Protecting resident rights
 - 4. Organizing work
 - 5. Workplace standards including ethical and unethical behaviors
- B. Nurse Aide as a Member of the Health Care Team
 - 1. Job responsibilities of the nurse aide, including duties and limitations
 - 2. Understanding roles of multi-disciplinary team members
 - 3. Principles of teamwork (e.g., collaboration, cooperation, sharing information)
 - 4. Resident care conferences
 - 5. Resident plan of care
 - 6. Responsibility to provide care according to plan of care
- C. Interpersonal Relations and Communication Skills
 - 1. Principles of communication
 - 2. Types of communication
 - 3. Factors affecting communication
 - 4. Supportive communication techniques

II. Promotion of Safety - 8 questions [16%]

- A. Potential hazards in the resident environment
- B. Common injuries and related risk factors
- C. Providing a safe and comfortable environment
 - 1. Comfort needs of the resident
 - 2. Accident prevention including fall prevention protocols
 - 3. Use of restraints and restraint alternatives
- D. Fire prevention and safety
- E. Infection control
 - 1. Maintaining a clean environment
 - 2. Factors that contribute to spread of disease causing organisms
 - 3. Practices that decrease the risk of exposure to disease causing organisms
 - 4. Signs and symptoms of infections
- F. Emergencies
 - 1. Responses to emergency and disaster situations
 - 2. Providing for immediate life-safety of residents
 - 3. Evacuation procedures

III. Promotion of Function and Health of Residents - 12 questions [24%]

- A. Personal care skills
 - 1. Feeding
 - 2. Bathing
 - 3. Perineal care
 - 4. Foot/nail care
 - 5. Mouth care
 - 6. Skin care
 - 7. Toileting
 - 8. Grooming
 - 9. Dressing/undressing

- B. Health maintenance and restoration
 1. Circulation and skin integrity
 2. Nutrition
 3. Hydration
 4. Elimination (bowel and bladder)
 5. Mobility
 6. Promoting self-care and independence
- C. Age-related changes
 1. Cognitive
 2. Emotional
 3. Physical
- D. Psychosocial needs
 1. Basic human needs including support of diversity
 2. Responses to change (e.g., role changes, living situation, finances, health and body image, aging)
 3. Effects of institutionalization (e.g., socialization, dependency, loss of privacy)
 4. Promoting resident sense of well-being including emotional support strategies

IV. Basic Nursing Care Provided by the Nurse Aide - 13 questions [26%]

- A. Routine, chronic, non-life threatening situations
 1. Observing, reporting and responding (physical status)
 2. Observing, reporting and responding (behavioral changes)
- B. Acute Emergency Situations: observing, reporting and responding
 1. Chest pain
 2. Respiratory distress
 3. Choking/aspiration
 4. Seizures
 5. Difficulty swallowing
 6. Diabetic situations
 7. Changes in level of consciousness
 8. Cardiac arrest
 9. Falls
 10. Bleeding
 11. Burns
 12. Vomiting
 13. Changes in mobility, speech or other potential signs of stroke
 14. Sudden onset of confusion or agitation

V. Specific Care Provided for Residents with Changes in Health - 8 questions [16%]

- A. Physical problems
 1. Common physical impairments and related care (e.g., sensory changes and changes in mobility, skin, elimination, nutrition)
 2. Impact of impairments on resident safety, care and comfort
 3. Providing for safety, care and comfort of residents with physical impairments
- B. Psychological problems
 1. Common psychological impairments and related care (e.g., confusion, anxiety, combativeness, fear, agitation, pain)
 2. Impact of impairments of resident safety, care, comfort and ability to communicate needs
 3. Providing for safety, care and comfort of residents with psychological impairments
- C. Care of the dying resident
 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 such as spiritual beliefs, culture and past experiences
 4. Physical changes and needs as death approaches
 5. Post-mortem care procedures