

# 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