

SPRINGPACK

HEALTHCARE CAREER, LLC NURSING ASSISTANTS

EXAM 1



PLEASE DO NOT WRITE ON THE EXAM BOOKLET. THANKS

EXAM I

1. What is the term for a device used to take the place of a missing body part?
 - (A) Pronation
 - (B) Abduction
 - (C) External rotation
 - (D) Prosthesis

2. When a client has left-sided weakness, what part of a sweater is put on first?
 - (A) Both sleeves
 - (B) Left sleeve
 - (C) Client's choice
 - (D) Right sleeve

3. It is appropriate for a nurse aide to share the information regarding a client's status with:
 - (A) any one the nurse aide sees fit
 - (B) the client's family members
 - (C) the client's roommate
 - (D) the staff on the next shift

4. When helping a client who is recovering from a stroke to walk, the nurse aide should assist:
 - (A) on the client's strong side
 - (B) on the client's weak side
 - (C) from behind the client
 - (D) with a wheelchair

5. The nurse aide is caring for a client who is agitated. The nurse aide **SHOULD**:
 - (A) speak loudly so the client can hear the instructions
 - (B) ask to reassign the care of this client
 - (C) talk in a slow, calm, reassuring manner
 - (D) tell the client to be quiet

6. The purpose for padding side rails on the client's bed is to:
 - (A) use them as a restraint
 - (B) have a place to connect the call signal
 - (C) protect the client from injury
 - (D) keep the client warm

7. Exercises that move each muscle and joint are called:
 - (A) adduction
 - (B) range of motion
 - (C) abduction
 - (D) rotation

8. How can the nurse aide **BEST** help a client who is not accepting a loss?
 - (A) Leave the client alone
 - (B) Convince the client to accept the loss
 - (C) Encourage the client to talk
 - (D) Discourage individual activity

9. The Heimlich maneuver (abdominal thrust) is used for a client who has:
- (A) a bloody nose
 - (B) a blocked airway
 - (C) fallen out of bed
 - (D) impaired eyesight
10. To **BEST** communicate with a client who is totally deaf, the nurse aide should:
- (A) smile frequently and speak loudly
 - (B) smile often and talk rapidly
 - (C) avoid eye contact
 - (D) write out information
11. The nurse aide is asked by a confused client what day it is. The nurse aide should:
- (A) explain that memory loss is natural and the date is not important
 - (B) ignore the request
 - (C) point to the date on a calendar and say the date
 - (D) provide the date and then test the client later
12. To avoid pulling the catheter when turning a male client, the catheter tube must be taped to the client's:
- (A) bed sheet
 - (B) upper thigh
 - (C) bed frame
 - (D) hip
13. A nurse aide can assist clients with their spiritual needs by:
- (A) taking clients to the nurse aide's church
 - (B) allowing clients to talk about their beliefs
 - (C) avoiding any religious discussions
 - (D) talking about the nurse aide's own spiritual beliefs
14. A nurse aide **MUST** wear gloves when:
- (A) feeding a client
 - (B) doing peri-care
 - (C) giving a back rub
 - (D) doing range of motion
15. When getting ready to dress a client, the nurse aide **SHOULD**:
- (A) get the first clothes the nurse aide can reach in the closet
 - (B) give the client a choice of what to wear
 - (C) use the clothes the client wore the day before
 - (D) choose clothes that the nurse aide personally likes
16. If the nurse aide discovers fire in a client's room, the **FIRST** thing do is:
- (A) call the nurse in charge
 - (B) try to put out the fire
 - (C) open a window
 - (D) remove the client

17. In order to communicate clearly with a client who has hearing loss, the nurse aide should:

- (A) speak in a high pitched tone of voice
- (B) stand behind the client when speaking
- (C) speak in a loud and slow manner
- (D) look directly at the client when speaking

18. Which of the following stages of dying is usually the final stage?

- (A) Anger
- (B) Acceptance
- (C) Bargaining
- (D) Depression

19. If a client says, "God is punishing me" or "Why me?", how should the nurse aide respond?

- (A) Reply, "God doesn't punish people."
- (B) Listen quietly
- (C) Ignore the client
- (D) Make jokes

20. The role of the ombudsman is to:

- (A) run a group of nursing homes
- (B) work with the nursing home to protect clients' rights
- (C) control the nursing home budget
- (D) prepare classes that nurse aides take to learn about client hygiene

21. A nurse aide who is active in her church is assigned to care for a client who is not a member of any religious group. The nurse aide **SHOULD**:

- (A) help the client understand the nurse aide's faith
- (B) tell the client that it is important for the client to join some church, even if it is not the nurse aide's church
- (C) respect the client's beliefs and avoid starting religious discussions
- (D) arrange to have the nurse aide's clergyman visit the client

22. The nurse aide notices that a client's mail has been delivered to the client's room. The nurse aide **SHOULD**:

- (A) open the mail and leave it on the client's table
- (B) open the mail and read it to the client
- (C) read the mail to make sure it doesn't contain upsetting news
- (D) give the client the unopened mail and offer help as needed

23. Which of the following is a correct measurement of urinary output?

- (A) 40 oz
- (B) 300 cc
- (C) 2 cups
- (D) 1 quart

24. The client offers a nurse aide a twenty dollar bill as a thank you for all that the nurse aide has done. The nurse aide **SHOULD**:
- (A) take the money so as not to offend the client
 - (B) politely refuse the money
 - (C) take the money and buy something for the floor
 - (D) ask the nurse in charge what to do
25. All of the following situations are examples of abuse or neglect **EXCEPT**:
- (A) restraining a client according to a physician's order
 - (B) leaving a client alone in a bathtub
 - (C) threatening to withhold a client's meals
 - (D) leaving a client in a wet and soiled bed
26. If a client is sitting in a chair in his room masturbating, the nurse aide **SHOULD**:
- (A) report the incident to the other nurse aides
 - (B) tell the client to stop
 - (C) laugh and tell the client to go in the bathroom
 - (D) leave the client alone and provide privacy
27. To convert four ounces of juice to milliliters (ml), the nurse aide should multiply:
- (A) 4 x 5 ml
 - (B) 4 x 10 ml
 - (C) 4 x 15 ml
 - (D) 4 x 30 ml
28. In giving care according to the client's Bill of Rights, the nurse aide **SHOULD**:
- (A) provide privacy during the client's personal care
 - (B) open the client's mail without permission
 - (C) use the client's personal possessions for another client
 - (D) prevent the client from complaining about care
29. The **LAST** sense a dying client will lose is:
- (A) smell
 - (B) hearing
 - (C) taste
 - (D) sight
30. A client wakes up during the night and asks for something to eat. The nurse aide **SHOULD**:
- (A) check client's diet before offering nourishment
 - (B) tell the client nothing is available at night
 - (C) explain that breakfast is coming in three hours
 - (D) tell the client that eating is not allowed during the night
31. The normal aging process is **BEST** defined as the time when:
- (A) people become dependent and childlike
 - (B) Alzheimer's disease begins
 - (C) normal body functions and senses decline
 - (D) people are over sixty-five years of age

32. If a client is confused, the nurse aide should:
- (A) ignore the client until he starts to make sense
 - (B) restrain the client so that he does not hurt himself
 - (C) keep the client away from other clients
 - (D) help the client to recognize familiar things and people
33. What is the process of restoring a disabled client to the highest level of functioning possible?
- (A) Responsibility
 - (B) Retention
 - (C) Rehabilitation
 - (D) Reincarnation
34. When changing an unsterile dressing, the nurse aide should wash hands:
- (A) before the procedure
 - (B) after the procedure
 - (C) before and after the procedure
 - (D) before, after removal of the soiled dressing, and after the procedure
35. Clean bed linen placed in a client's room but NOT used should be:
- (A) returned to the linen closet
 - (B) used for a client in the next room
 - (C) taken to the nurse in charge
 - (D) put in the dirty linen container
36. The nurse aide finds a conscious client lying on the bathroom floor. The FIRST thing the nurse aide should do is:
- (A) help the client into a sitting position
 - (B) call for assistance from the nurse in charge
 - (C) offer the client a drink of water
 - (D) check for signs of injury
37. If a nurse aide finds a client who is sad and crying, the nurse aide should:
- (A) ask the client if something is wrong
 - (B) tell the client to cheer up
 - (C) tell the client to stop crying
 - (D) call the client's family
38. Clients have the right to:
- (A) smoke in any area of the facility
 - (B) have access to a telephone
 - (C) go anywhere in the facility
 - (D) see other clients' medical reports
39. Proper use of a waist restraint requires that the nurse aide:
- (A) release the restraint every four hours
 - (B) watch for skin irritation
 - (C) tie restraints to the siderail
 - (D) apply the restraint tightly so the client cannot move

40. To prevent the spread of infection, how should the nurse aide handle the soiled linens removed from a client's bed?
- (A) Shake them in the air
 - (B) Place them in a neat pile on the floor
 - (C) Carry them close to the nurse aide's body
 - (D) Put them in the dirty linen container
41. A client needs to be repositioned but is heavy, and the nurse aide is not sure she can move the client alone. The nurse aide should:
- (A) try to move the client alone
 - (B) have the family do it
 - (C) ask another nurse aide to help
 - (D) go on to another task
42. To prevent dehydration of the client, the nurse aide **SHOULD**:
- (A) offer fluids frequently while the client is awake
 - (B) wake the client hourly during the night to offer fluids
 - (C) give the client frequent baths
 - (D) feed the client salty food to increase thirst
43. When transferring a client, **MOST** of the client's weight should be supported by the nurse aide's:
- (A) back
 - (B) shoulders
 - (C) legs
 - (D) wrists
44. To be sure that a client's weight is measured accurately, the client should be weighed:
- (A) after a meal
 - (B) by a different nurse aide
 - (C) at the same time of day
 - (D) after a good night's sleep
45. How many tips does a quad-cane base have?
- (A) 1
 - (B) 2
 - (C) 3
 - (D) 4
46. **BEFORE** taking the oral temperature of a client who has just finished a cold drink, the nurse aide should wait:
- (A) 10 to 20 minutes
 - (B) 25 to 35 minutes
 - (C) 45 to 55 minutes
 - (D) at least 1 hour
47. Which of the following methods is the **CORRECT** way to remove a dirty isolation gown?
- (A) Pull it over the head
 - (B) Let it drop to the floor and step out of it
 - (C) Roll it dirty side in and away from the body
 - (D) Pull it off by the sleeve and shake it out

48. What would be the **BEST** way for the nurse aide to promote client independence in bathing a client who has had a stroke?
- (A) Give the client a complete bath only when the client requests it
 - (B) Encourage the client to do as much as possible and assist as needed
 - (C) Leave the client alone and assume the client will do as much as she can
 - (D) Limit the client to washing her hands
49. A safety device used to assist a **DEPENDENT** client from a bed to a chair is called a:
- (A) posey vest
 - (B) hand roll
 - (C) transfer/gait belt
 - (D) foot board
50. If a nurse aide needs to wear a gown to care for a client in isolation, the nurse aide **MUST**:
- (A) wear the same gown to care for all other assigned clients
 - (B) leave the gown untied
 - (C) take the gown off before leaving the client's room
 - (D) take the gown off in the dirty utility room
51. When making an occupied bed, the nurse aide **SHOULD**:
- (A) put the dirty sheets on the floor
 - (B) help the client to sit in a chair while the bed is being made
 - (C) lower both side rails before changing the sheets
 - (D) raise side rail on unattended side
52. The nurse aide is in the employee dining room. A group of nurse aides are eating lunch together and begin discussing how rude a certain client was acting. The nurse aide **SHOULD**:
- (A) join in the conversation
 - (B) suggest that this is not the place to discuss the client
 - (C) be quiet and not say anything to the other nurse aides
 - (D) return to the unit and tell the client what was said
53. The nurse aide enters a client's room, and the client states that he has pain. What should the nurse aide do?
- (A) Report it to the nurse in charge
 - (B) Tell the client to get out of bed for awhile
 - (C) Tell the client that the pain will go away soon
 - (D) Ignore the client's statement

54. A client is upset and crying over the recent death of her husband. How should the nurse aide respond?

- (A) Tell her not to cry because it will make her feel sad
- (B) Close the door and leave the client to cry alone
- (C) Take the client to an activity to help her forget her husband
- (D) Sit with the client and allow her to talk about her feelings

55. Which temperature is considered **MOST** accurate?

- (A) Oral
- (B) Axillary
- (C) Groin
- (D) Rectal

56. What is a beginning sign of a pressure sore?

- (A) Swelling
- (B) Numbness
- (C) Discoloration
- (D) Coolness

57. While assisting a client with denture care the nurse aide observes that the upper plate is cracked. The nurse aide **SHOULD**:

- (A) clean the dentures and return them to the client's mouth
- (B) call the client's family
- (C) call the dentist and make an appointment
- (D) report the damage to the nurse in charge

58. A new client refuses to wear a clothing protector at lunch. The nurse aide **SHOULD**:

- (A) tell the client that he must wear it
- (B) put the clothing protector on the client
- (C) report this to the nurse in charge
- (D) respect the client's wishes

59. The nurse aide can **BEST** show that he is listening to the client by:

- (A) changing the subject frequently
- (B) responding when appropriate
- (C) correcting the client's mistakes
- (D) directing the conversation

60. The **BEST** time to prepare for a disaster is:

- (A) while evacuating residents
- (B) during lunch
- (C) when everyone is safely in bed
- (D) before it happens