

1. To obtain the most accurate patient weight, the nursing assistant should weigh the patient

- directly after a meal**
- 3-4 hours after eating**
- With two different scales**
- At the same time every day**

2. A nursing assistant is caring for a patient with MRSA and is wearing a gown and gloves whenever she provides the patient care. Where should she dispose of her gown and gloves when she needs to go care for another patient?

- In the dirty utility room**
- In the hallway**
- In the patient' room**
- In the next patient room before touching the patient**

3. What is another term is often interchangeable with "decubitus ulcer"?

- Perforation**
- Pressure Sore**
- Ulcerated cyst**
- Ulcerated Tumor**

4. Why is taking a resident's oral temperature the most common means of obtaining a reading?

- It offers the most ease of access and least inconvenience to the resident**
- It is more accurate than other methods**
- It is the only method residents will accept**
- It is the most cost effective means of taking a temperature**

5. When transferring a resident from a wheelchair to stationary chair, where should the nursing assistant stand?

- To the left of the side of the wheelchair**
- In front of the wheelchair**
- To the right side of the wheelchair**
- Behind the wheelchair**

6. A resident in your care is suffering chest pains. Which of the following is NOT a direction to follow?

- Call for help immediately**
- Have the resident take small sips of water and place them in downright position**
- Talk and act in a calm manner**
- Offer support and reassurance**

7. All of following are ways to prevent pressures sores EXCEPT:

- Changing position regularly**
- Changing soiled sheets quickly**
- Avoiding wrinkles in sheets**
- Providing extra blankets**

8. Which of the following describes stage 4 of a decubitus ulcer?

- Redness on the skin**
- Open area with damage reaching to the bone, joint or tendons**
- Superficial ulcer that looks blackened or like a deep crater**
- Open area with redness**

9. Which medical term is often used for, 'Burping, belching and passing gas'?

- Flank**
- Flatus**
- Fascia**
- Familial**

10. Making a bed, whether occupied or unoccupied, should end with which of the following?

- Washing your hands**
- Moving the call light**
- Adjusting the height of the bed**
- Mitering the corners**

11. Which of the following is least to contribute to skin tears?

- Length of nails**
- Resident falls**
- Length of hair**
- Equipment**

12. Which of the following treatments would be best to decrease swelling?

- Moist bandages**
- Heat compression**
- Dry bandage pressure**
- Cold compression**

13. Which of the following is the least likely to signal impending death?

- Unstable blood pressure**
- Cooled extremities**
- Increase in appetite**
- Labored breathing**

14. Which medical position can be described as, 'The patient's head is elevated with legs either bent or straight'.

- fowler's position**
- rose's position**
- sims' position**
- trendelenberg position**

15. Which of the following examples demonstrates using proper body mechanics when helping to lift a resident in bed?

- bending at the waist, knees unlocked, using arm muscles to lift
- bending at the waist, knees unlocked, using back muscles to lift
- bending at the waist, knees locked, using arm muscles to lift
- bending at the waist, knees partially flexed, using leg muscles to lift

16. The best use of alcohol-based sanitizer is:

- when hands have blood from a cut
- when helping with catheterization
- when hands are visibly soiled
- when hands are not visibly soiled

17. Which of the following is incorrect in reference to wearing gloves?

- Wash your hands before and after putting on gloves
- Upon removal, avoid letting the outer layer of the gloves contact your skin
- Always wear latex gloves because it is the most cost efficient for the facility
- Peel the glove away from you so it comes off inside out

18. If you are walking with a resident and they fall, which of the following is NOT an action you should take

- Inform the nurse
- Keep the resident from moving until you can assess if they have injuries
- Supply information for the nurse so proper documentation can be made
- Help the resident off the floor and in to the nearest chair

19. All of the following might be used in dealing with contractures EXCEPT

- Bandaging
- Hand Roll
- Physical therapy
- Repositioning

20. Select all that apply

- Eat dark chocolate
- Avoid spicy foods
- Weight loss
- Increase caffeine intake
- Elevating the head of the bed
- Smoking cessation

21. A nursing student is studying the body's response to an allergen. Which of the following immunoglobulins is released during an allergic response?

- IgE
- IgD
- IgG
- IgA

22. A dialysis nurse is treating a client with newly diagnosed acute renal failure who is receiving dialysis for the first time. What common complication must the nurse look out for?

- Increased respirations, hypotension, back pain**
- Headache, nausea, confusion**
- Bradycardia, tingling, weakness**
- Hypotension, wheezes, increased temperature**

23. The nurse is counseling a patient with anemia on iron-rich foods. Which of the following foods should the patient be encouraged to eat?

- Potatoes and rice**
- Chicken liver and apricots**
- Bananas and lobster**
- Tomatoes and cheese**

24. A nurse should instruct a client receiving hemodialysis to eat meals containing how much protein?

- 0.60-1.0 g/kg/day**
- 2-3 g/kg/day**
- 1.2 g/kg/day**
- 1.2-1.3g/kg/day**

25. The nurse admits a client in the ED and performs an arterial bloods gas. The results are pH: 7.51, PCO₂: 49, PO₂: 85, and HCO₃: 35. Which of the following describes this ABG result?

- Uncompensated metabolic alkalosis**
- Compensated respiratory acidosis**
- Partially compensated metabolic alkalosis**
- Uncompensated metabolic acidosis**

26. Which type of white blood cells release histamine during an anaphylactic reaction?

- Lymphocytes**
- Neutrophils**
- Eosinophils**
- Basophils**

27. The nurse is providing medication teaching to a client recently prescribed clopidogrel 75 mg PQ daily for the prevention of myocardial infarction (MI). The nurse explains that clopidogrel is a (n):

- ACE**
- Antiplatelet medication**
- Statin**
- Diuretic**

28. A nurse has tested negative for HIV after a recent exposure to contaminated blood.

Which of the following is correct?

- The nurse has immunity**
- The nurse is not infected with HIV**
- The nurse is not contagious**
- Repeat the test in 6 months**

29. The nurse reviewing the complete blood count (CBC) of a healthy patient. Which of the following white blood cells should the nurse expect to be most numerous?

- Neutrophils**
- Lymphocytes**
- Basophils**
- Eosinophils**

30. Which of the following clients is at the highest risk for kidney disease?

- A 50 year-old with a tooth infection**
- A 61 year-old with uncontrolled blood sugars**
- An 80 year-old retired x-ray technologist**
- A 38 year-old with pre-hypertension**

31. Applying friction in the handwashing process is very important. According to CDC recommendations, how long should the scrubbing portion of handwashing take?

- 60 seconds**
- 10 seconds**
- There is not a set time recommended; scrub until hands feel clean**
- 20 seconds**

32. The following precautions should be followed when using a transfer-gait belt, EXCEPT:

- Proper body mechanics are not necessary when using a gait belt**
- Transfer belts should be placed around the resident's waist**
- Never use a frayed or worn transfer-gait belt**
- Slight rocking and pulling when using a gait belt on a resident in a sitting position can be helpful**

33. Which of the following is considered an accurate method for counting respiration rate?

- The nursing assistant watches the abdomen while the nurse looks at her watch to time 30 seconds**
- The nursing assistant looks at the resident's abdomen and a watch at the same time**
- The nursing assistant counts to 30 while watching the resident's abdomen**
- The resident counts to 30 while the nursing assistant counts respirations**

34. Which of the following is NOT true when taking a blood pressure reading?

- Blood pressure reading can be a little higher in the mornings
- The optimum position for the resident is sitting with both feet on the floor
- It is best if the resident does not talk while their blood pressure reading is being taken
- The optimum position for the resident is lying down with their feet elevated

35. A resident has the following symptoms: Dizziness-feels faint, blood pressure below 90/60 and cold, sweaty skin. They are most likely suffering from:

- Hypotension
- Hypoglossitis
- Hypertension
- Hypodermia

36. Alcohol-based hand cleanser is appropriate for all of the following EXCEPT:

- When hands have observable dirt
- When soap and water are not available
- After walking a resident down the hall
- After handling a resident's clothes

37. Which of the following incidences necessitates a nursing assistant to wait for a 15 minute period:

- Taking an oral temperature if the resident has had a cold drink
- Reporting a fall to the supervising nurse
- Assisting a resident in the bathroom so they don't feel rushed
- Going to the resident's room when they've pulled a "help cord" to see if they can help themselves first

38. Which of the following applies to proper hand washing procedures?

- Use friction for 15 seconds
- Use only antibacterial soap when washing hands
- If at all possible, use a towel to turn off the faucet
- If the soap doesn't lather it is important to use longer friction time

39. Why is an axillary reading generally lower than the other forms of taking a temperature?

- It is taken for a shorter period of time
- It is not inside the body
- It is placed deeper in the body
- It is taken at the back of the body

40. Which of the following is the correct step in taking a radial pulse?

- Count the amount of beats in 30 seconds and then triple it
- Press lightly against the radial bone with your fingers
- Press lightly on the side of the neck with the pads of two fingers
- If the pulse rate is erratic, count an extra 90 seconds

41. Which statement is false pertaining to taking a rectal temperature?

- Insert the thermometer 2-4 cm.
- A rectal temperature reading may be slightly higher than an oral temperature
- Mercury thermometers are preferred for accuracy and comfort
- Wipe the resident's rectum when finished, if needed

42. A pulse can be taken in all these areas EXCEPT:

- The back of the head
- The side of the neck
- The inner wrist
- Behind the knee

43. Transmission-based precautions are:

- Part of the standard-based precautions for all residents
- Not as stringent as other precaution
- Only used during times when an epidemic is declared
- Added to standard-based precautions when a resident is known or suspected of having a communicable disease

44. A resident has the following symptoms: Expelled brown fluid from the rectum, excessive amounts of flatus and light abdominal cramping. Which of following is the likely cause of these symptoms?

- A heart attack
- A stroke
- A blood clot
- An enema

45. What is the medical term for a device with two soft plastic prongs that attach to a plastic tube delivering oxygen?

- A nasal shunt
- A nasal antihistamine
- An oxygen diffuser
- A nasal cannula

46. A CAN is recording the 24-hour urine output of a patient with kidney issues. What 24-hour urine value would warrant a report to the nurse?

- 800 cc
- 1900 cc
- 600 cc
- 1400 cc

47. Your patient has a low pulse, seems slightly confused, and has sweet, fruity-smelling breath. You suspect:

- Hypertension
- Hypotension
- Hyperglycemia
- Hypoglycemia

48. Which of the following is the most important purpose of handwashing

- To promote hand circulation
- To prevent the transfer of microorganism
- To avoid touching the client with a dirty hand
- To provide comfort

49. The nurse prepare IM infection that is irritating to the subcutaneous tissue. Which of following is the best action in order to prevent tracking of the medication

- Use a small gauge needle
- Apply ice on the infection site
- Administer at a 45° angle
- Use the Z-track technique

50. Hormones secreted by islets of Langerhans

- Progesterone
- Testosterone
- Insulin
- Hemoglobin

51. The most important purpose of cleansing bed bath is:

- To cleanse, refresh and give comfort to the client who must remain in bed
- To expose the necessary parts of the body
- To develop skills in bed bath
- To check the body temperature of the client in bed

52. It best describe as a systematic, rational method of planning and providing nursing care for individual, families, group and community

- Assessment
- Nursing Process
- Diagnosis
- Implementation

53. A nurse obtained a client's pulse and found the rate to be above normal. The nurse document this findings as:

- Tachypnea
- Hyperpyrexia
- Arrhythmia
- Tachycardia

54. A client who is unconscious needs frequent mouth care. When performing a mouth care, the best position of a client is:

- Fowler's position
- Side lying
- Supine
- Trendelenburg

55. The first techniques used examining the abdomen of a client is:

- Palpation**
- Auscultation**
- Percussion**
- Inspection**

56. The nurse is preparing to take vital sign in an alert client admitted to the hospital with dehydration secondary to vomiting and diarrhea. What is the best method used to assess the client's temperature?

- Oral**
- Axillary**
- Radial**
- Heat sensitive tape**

57. The nurse prepares to administer buccal medication. The medicine should be placed...

- On the client's skin**
- Between the client's cheeks and gums**
- Under the client's tongue**
- On the client's conjunctiva**

58. Which of the following is the appropriate route of administration for insulin?

- Intramuscular**
- Intradermal**
- Subcutaneous**
- Intravenous**

59. What should be done in order to prevent contaminating of the environment in bed making?

- Avoid fanning soiled linens**
- Strip all linens at the same time**
- Finished both sides at the time**
- Embrace soiled linen**

60. Another name for knee-chest position is:

- Genu-dorsal**
- Genu-pectoral**
- Lithotomy**
- Sim's**

61. Which of the following is the nurse's role in the health promotion

- Health risk appraisal**
- Teach client to be effective health consumer**
- Worksite wellness**
- None of the above**

62. A client had oral surgery following a motor vehicle accident. The nurse assessing the client finds the skin flushed and warm. Which of the following would be the best method to take the client's body temperature?

- Oral**
- Axillary**
- Arterial line**
- Rectal**

63. The first techniques used examining the abdomen of a client is:

- Palpation**
- Auscultation**
- Percussion**
- Inspection**

64. A nurse is assessing a 45-year-old African American female who is diagnosed with hypertension. During the patient's initial assessment, she informed the nurse that she drinks on occasion, smokes, has a stressful job, and walks to work everyday. Which of the following options is a risk factor that is most likely adding to her hypertension?

- Her race**
- Her age**
- Her gender**
- Her activity level**

65. A nurse is working with a patient who has heart disease. The patient who has heart disease. The patient's height is 5'10' and his weight is 220 pounds. The nurse informs the patient that he should keep his body mass index (BMI) between 19 and 25. What is the patient's current BMI?

- 16.6**
- 41.8**
- 23.1**
- 31.6**

66. A patient is exhibiting signs of a cardiovascular disease and the patient's physician would like to diagnose the patient's condition by measuring the amount of oxygen in the patient's heart and by taking biopsy tissue from the patient's heart.

Which of the following cardiovascular diagnostic tests would the physician most likely use?

- Echocardiography**
- Electrocardiography**
- Angiography**
- Cardiac catheterization**

67. A dietitian is helping an individual with a cholesterol level of 250 mg/dL choose an appropriate meal plan. Which of the following types of food would be most beneficial to add to this individual's meal plan?

- Kidney beans**
- Ground turkey**
- Cheese**
- Coconut oil**

68. A 38-year-old female patient comes into the emergency room complaining of palpitations. You lay the patient in a bed. You provide supplemental oxygen and attach a monitor to the patient. The rhythm on the monitor is a narrow complex tachyarrhythmia at a rate of 150 beats per minute. You obtain vital signs and they are all within normal parameters. What should be done first?

- Vagal maneuvers**
- Cardiovert the patient**
- Start an intravenous line of normal saline**
- Defibrillate the patient**

69. A nurse is administering a parenteral medication to a patient. The patient asks the nurse why the medication is being administered using this route instead of an enteral route. How should the nurse respond to the patient?

- The parenteral route is safer to administer than the enteral route**
- The parenteral route is less expensive to administer than the enteral route**
- The parenteral route is more convenient to administer than the enteral route**
- The parenteral route allows for a more rapid adsorption of the medication than the enteral route**

70. Nurse Brenda is teaching a patient about a newly prescribed drug. What could cause a geriatric patient to have difficulty retaining knowledge about prescribed medication?

- Decreases plasma drug levels**
- Sensory deficits**
- Lack of family support**
- History of Tourette syndrome**

71. When examining a patient with abdominal pain the nurse in charge should assess:

- Any quadrant first**
- The symptomatic quadrant first**
- The symptomatic quadrant last**
- The symptomatic quadrant either second or third**

72. Which of the following planes divides the body longitudinally into anterior and posterior regions?

- Frontal plane**
- Sagittal plane**
- Midsagittal plane**
- Transverse plane**

73. When performing care activities, gloves should be worn:

- When you are changing a resident's clothing**
- When you are feeding a resident**
- When performing peri-care**
- When you are helping with ambulation of a resident**

74. An endoscopy is a procedure used to visualize which part of the body?

- The vagina**
- The respiratory tract**
- The digestive tract**
- The urinary tract**

75. What is the minimum BMI value that would designate a person as obese?

- 28.0**
- 25.0**
- 35.0**
- 30.0**

76. A patient has a mass on his abdomen. Which examination technique would be used to feel its size and position?

- Auscultation**
- Percussion**
- Manipulation**
- Palpation**

77. Where should the V 1 electrode be placed for an ECG (electrocardiogram)?

- The fifth intercostal space at the right mid-clavicular line**
- The fifth intercostal space at the left mid-clavicular line**
- The fourth intercostal space to the left of the sternum**
- The fourth intercostal space to the right of the sternum**

78. Which of the following may cause a specimen to be rejected by the lab?

- All of these**
- The specimen has the patient's name, but no identification number**
- The specimen arrived 2 hours late**
- The specimen contains less fluid than requested**

79. Which of the limb electrodes is considered the ground?

- LL-left leg**
- RA-right arm**
- RL-right leg**
- LA-left arm**

80. What happens during ventricle systole?

- The ventricles relax and fill with blood from the atria**
- The ventricles contract and blood is forced into the vena cava**
- The ventricles relax, forcing blood through the tricuspid and mitral valves**
- The ventricles contract and blood is forced into the aorta and pulmonary artery**

81. In an ECG, what does the PR interval represent?

- The contraction period of the ventricles**
- The resting period of the ventricles**
- The time it takes for the electrical impulse to travel from the SA node to the AV node**
- Atrial contraction and rate**

82. What is the best definition of asystole?

- No cardiac activity**
- Slow cardiac activity**
- Fast cardiac activity**
- Normal cardiac activity**

83. On a patient's ECG, you recognize the P waves are unidentifiable or perhaps hidden in a previous T wave. What is likely the cause?

- Premature atrial contraction**
- Ventricular tachycardia**
- Atrial tachycardia**
- Premature ventricular contraction**