

# Certified Hospice and Palliative Assistant (CHPNA) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## 7. Use Other Tools

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

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- 1. Which treatment is generally required for opioid-induced constipation?**
  - A. Dietary fiber only**
  - B. Stool softener and stimulant laxative daily**
  - C. Increased fluid intake only**
  - D. High-calorie diet**
  
- 2. What do volunteer offender aides in hospice prisons often report?**
  - A. Feeling guilt associated with their past crimes**
  - B. Regretting their involvement in the program**
  - C. Finding value in atoning for their past offenses**
  - D. Believing they have achieved complete forgiveness**
  
- 3. What is a dose-limiting side effect of morphine?**
  - A. Constipation**
  - B. Respiratory depression**
  - C. Myoclonus**
  - D. Nausea and vomiting**
  
- 4. Which factor may hinder patients from completing their advance directives?**
  - A. Desire for comprehensive care**
  - B. Fear of substandard care**
  - C. Lack of understanding of the process**
  - D. Overconfidence in healthcare providers**
  
- 5. What is brachytherapy?**
  - A. A form of external radiation therapy**
  - B. A type of chemotherapy treatment**
  - C. Implanted radiation therapy**
  - D. A technique for pain relief**

**6. What is Reiki often defined as?**

- A. A type of physical therapy involving body manipulation**
- B. A Japanese technique relying on "life force energy"**
- C. An Ayurvedic practice for holistic healing**
- D. A form of cognitive behavioral therapy**

**7. What is the purpose of hospice care volunteer services?**

- A. To provide medical treatment**
- B. To supplement clinical staff**
- C. To offer emotional and practical support**
- D. To manage medication distribution**

**8. What is the primary focus of a life review in palliative care?**

- A. Planning for future medical procedures**
- B. Finding meaning and reflecting on memories of life events**
- C. Completing legal documents concerning healthcare**
- D. Fostering relationships with family members**

**9. Extrapiramidal symptoms (EPS) are commonly associated with which condition?**

- A. Parkinson's disease**
- B. Alzheimer's disease**
- C. Multiple sclerosis**
- D. Huntington's disease**

**10. How is spirituality defined in the context of healthcare?**

- A. The ability to engage in social activities**
- B. The search for meaning and purpose of life**
- C. A focus on physical health**
- D. Developing hobbies and interests**

## **Answers**

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1. B
2. C
3. C
4. B
5. C
6. B
7. C
8. B
9. A
10. B

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## **Explanations**

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## 1. Which treatment is generally required for opioid-induced constipation?

- A. Dietary fiber only
- B. Stool softener and stimulant laxative daily**
- C. Increased fluid intake only
- D. High-calorie diet

Opioid-induced constipation is a common side effect of opioid medications, which lead to a slowdown in gastrointestinal motility. The management of this condition often requires a proactive treatment approach. The recommended treatment typically includes both a stool softener and a stimulant laxative taken daily. The stool softener works by increasing the water content in the intestines, making stools easier to pass, while the stimulant laxative enhances bowel contractions and encourages movement of stool through the intestines. This combination is particularly effective because it addresses the multifaceted nature of opioid-induced constipation by softening the stool as well as promoting regular bowel movements. Regular use is important for consistent relief, given that opioids can create an ongoing need for management. In contrast, relying solely on dietary fiber may not be sufficient as fiber needs adequate fluid intake to be effective, and increasing fiber intake alone can sometimes worsen constipation if fluid intake doesn't follow it. Increasing fluid intake alone may also not provide the necessary intervention to stimulate bowel movements effectively. A high-calorie diet is not a treatment for constipation; it may even contribute to weight gain without addressing the bowel regularity that opioid users desperately need. Therefore, the combination of a stool softener and a stimulant laxative is the most appropriate and effective treatment

## 2. What do volunteer offender aides in hospice prisons often report?

- A. Feeling guilt associated with their past crimes
- B. Regretting their involvement in the program
- C. Finding value in atoning for their past offenses**
- D. Believing they have achieved complete forgiveness

Volunteer offender aides in hospice prisons often report finding value in atoning for their past offenses. Engaging in volunteer work within the hospice setting can provide these individuals with an opportunity to contribute positively to the lives of others, particularly to those who are facing terminal illness. This experience allows them to take on a role that is caring and supportive, which can be a meaningful way to express remorse and seek redemption for their past actions. By participating in the hospice program, they can experience a sense of purpose and fulfillment, recognizing the importance of compassion and empathy in their interactions with patients and their families. This opportunity for service not only benefits the patients, who gain from the care and attention given by the volunteers, but it also aids the volunteers in their personal journeys toward healing and making amends for their past behaviors. While some volunteers may grapple with feelings of guilt or seek forgiveness, the predominant sentiment reported is one of finding value and meaning in the act of giving back and helping others. This process of atonement can serve as a transformative experience, reinforcing their sense of humanity and improving their self-worth.

### 3. What is a dose-limiting side effect of morphine?

- A. Constipation
- B. Respiratory depression
- C. Myoclonus**
- D. Nausea and vomiting

The most appropriate choice for a dose-limiting side effect of morphine is respiratory depression. This phenomenon occurs when the drug depresses the central nervous system to the point where it can significantly lower the respiratory rate, leading to insufficient oxygen absorption and high carbon dioxide levels in the blood. Because respiratory depression can be life-threatening, it is often the key factor that dictates the maximum dose that can be safely administered to a patient. While constipation, myoclonus, and nausea and vomiting are all common side effects of morphine use, they are generally manageable and can often be addressed with additional medications or supportive care. Constipation is particularly common in opioid use, but it tends to be more chronic and can usually be treated with laxatives. Myoclonus, which refers to muscle spasms or twitching, can occur but is not typically life-threatening and does not impede the use of morphine as severely as respiratory depression does. Nausea and vomiting can also be treated with antiemetics, making them less of a concern when determining safe dosage limits. Therefore, respiratory depression stands out as the most critical and significant dose-limiting reaction associated with morphine.

### 4. Which factor may hinder patients from completing their advance directives?

- A. Desire for comprehensive care
- B. Fear of substandard care**
- C. Lack of understanding of the process
- D. Overconfidence in healthcare providers

The factor that may hinder patients from completing their advance directives is a fear of substandard care. This fear can arise from concerns that if they express specific wishes for their end-of-life care, they may receive lower-quality treatment or that their preferences will not be honored by medical staff. Patients may worry that by stipulating certain directives, they could be perceived as difficult or that the healthcare system may not prioritize their comfort or quality of life. This concern can lead to hesitation in documenting their preferences in advance directives, as they might feel uncertain about how those directives will influence their actual care experience. In contrast, the other options reflect different factors that do not influence the completion of advance directives as directly. For instance, a desire for comprehensive care suggests a positive outlook towards treatment and support, likely motivating patients to document their wishes. Lack of understanding of the process indicates a barrier, but it does not inherently reflect a fear that would prevent someone from completing directives. Overconfidence in healthcare providers could lead to a belief that their care will always be excellent, which might actually reduce the urgency to document preferences rather than hinder the process outright.

## 5. What is brachytherapy?

- A. A form of external radiation therapy
- B. A type of chemotherapy treatment
- C. Implanted radiation therapy**
- D. A technique for pain relief

Brachytherapy is a form of localized radiation therapy that involves the placement of radioactive sources directly inside or very close to the tumor. This allows for a high dose of radiation to be delivered to the cancerous tissue while minimizing exposure to surrounding healthy tissues. The implants can be temporary or permanent, and their placement is guided by the specific type and location of the cancer being treated. Unlike external radiation therapy, where radiation is delivered from outside the body, brachytherapy provides a more targeted approach that can lead to better treatment outcomes and potentially fewer side effects. It is particularly effective for certain cancers, such as prostate cancer, cervical cancer, and breast cancer. In contrast, external radiation therapy involves directing radiation beams from outside the body, chemotherapy involves the use of drugs to kill cancer cells or stop their growth, and techniques for pain relief may involve different modalities unrelated to radiation therapy, such as medication or palliative procedures. Each of these alternative choices lacks the specific mechanism of localized radiation delivery that defines brachytherapy. This targeted approach is key to understanding why brachytherapy is categorized specifically as implanted radiation therapy.

## 6. What is Reiki often defined as?

- A. A type of physical therapy involving body manipulation
- B. A Japanese technique relying on "life force energy"**
- C. An Ayurvedic practice for holistic healing
- D. A form of cognitive behavioral therapy

Reiki is often defined as a Japanese technique that relies on "life force energy." This practice is based on the belief that there is a universal energy that can be harnessed to promote healing and balance within the body. Practitioners of Reiki use a hands-on approach to channel this energy, helping to clear blockages and promote relaxation, which can enhance the body's natural healing processes. This definition is rooted in the foundational concepts of Reiki, which emphasize the significance of energy flow and wellbeing. By focusing on the life force energy, Reiki aims to help individuals maintain or restore their physical and emotional health. The practice is holistic, addressing not just the physical symptoms but also the emotional, mental, and spiritual aspects of healing. The other options do not accurately describe Reiki. While physical therapy focuses on physical rehabilitation through manipulation, or Ayurvedic practices emphasize natural healing methods from ancient Indian medicinal systems, these do not capture the essence of Reiki's energetic approach. Similarly, cognitive behavioral therapy is a psychological intervention that addresses thoughts and behaviors, which is distinct from the energy-centric view of healing in Reiki.

## 7. What is the purpose of hospice care volunteer services?

- A. To provide medical treatment
- B. To supplement clinical staff
- C. To offer emotional and practical support**
- D. To manage medication distribution

The primary purpose of hospice care volunteer services is to offer emotional and practical support to patients and their families during terminal illness. Volunteers play a crucial role in enhancing the quality of life for both the patient and their loved ones. This support can include spending time with patients, listening to their concerns, providing companionship, assisting with daily activities, and helping family members cope with the emotional aspects of end-of-life care. Volunteers are often trained to recognize the emotional needs of patients and families, allowing them to provide a compassionate presence that clinical staff may not always be able to offer due to time constraints. They can help create a comforting environment during a challenging time, thus improving the overall experience of hospice care for families facing grief and loss. In contrast, roles such as providing medical treatment, supplementing clinical staff, or managing medication distribution primarily involve clinical expertise and oversight. These functions are typically reserved for licensed healthcare professionals, ensuring that patients receive appropriate medical care and treatment tailored to their needs.

## 8. What is the primary focus of a life review in palliative care?

- A. Planning for future medical procedures
- B. Finding meaning and reflecting on memories of life events**
- C. Completing legal documents concerning healthcare
- D. Fostering relationships with family members

The primary focus of a life review in palliative care is to help individuals find meaning and reflect on their memories of life events. This process allows patients to engage in storytelling and recollection of significant moments, promoting a sense of closure and understanding of their life's journey. Life reviews can bring comfort as patients assess their past experiences, relationships, and achievements, which can enhance their emotional well-being during a challenging time. By encouraging individuals to revisit both joyful and difficult memories, healthcare providers can support them in recognizing the meaning in their lives, reinforcing personal value, and preparing them for the end-of-life process. In contrast, planning for future medical procedures, completing legal documents concerning healthcare, and fostering relationships with family members may be components of palliative care but are not the central elements of a life review. A life review specifically centers on the individual's narrative and personal experiences rather than logistical planning or relationship-building.

**9. Extrapiramidal symptoms (EPS) are commonly associated with which condition?**

- A. Parkinson's disease**
- B. Alzheimer's disease**
- C. Multiple sclerosis**
- D. Huntington's disease**

Extrapiramidal symptoms (EPS) are a group of movement disorders that can occur as a result of certain neurological conditions or as side effects of medications, particularly antipsychotics. Parkinson's disease is primarily associated with EPS due to the degeneration of dopaminergic neurons in the basal ganglia, a key area of the brain responsible for regulating movement. In Parkinson's disease, the lack of dopamine leads to symptoms such as tremors, rigidity, bradykinesia (slowness of movement), and postural instability. These motor symptoms resemble EPS and highlight the condition's connection to extrapiramidal pathways. While Alzheimer's disease, multiple sclerosis, and Huntington's disease can present with a range of motor and cognitive symptoms, they are not primarily characterized by EPS. Alzheimer's disease focuses more on cognitive decline, multiple sclerosis involves a range of neurological symptoms due to demyelination, and although Huntington's disease has some motor aspects, such as chorea, its pattern of movement disturbance is distinct from typical EPS. Thus, the presence of EPS is most closely linked with Parkinson's disease, making it the best answer to the question.

**10. How is spirituality defined in the context of healthcare?**

- A. The ability to engage in social activities**
- B. The search for meaning and purpose of life**
- C. A focus on physical health**
- D. Developing hobbies and interests**

In the context of healthcare, spirituality is fundamentally understood as the search for meaning and purpose in life. This encompasses an individual's values, beliefs, and experiences that contribute to their understanding of their existence and the larger world around them. It involves contemplating existential questions and seeking a deeper connection or understanding of one's purpose, which can significantly impact mental, emotional, and spiritual well-being. This perspective is crucial in healthcare, especially in hospice and palliative settings, where patients often confront life-limiting conditions and may be seeking to find meaning in their experiences, relationships, and overall life journey. Addressing spirituality can facilitate holistic care, recognizing that a person's quality of life involves not only physical health but also their mental and spiritual needs. Other options, while relevant in different contexts, do not encapsulate the essence of spirituality. Engaging in social activities, focusing solely on physical health, or developing hobbies and interests might contribute to a person's overall well-being but do not directly address the explorative and often introspective nature of spirituality.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://chpna.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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