

# Colorado Nursing Home Administrators (NHA) Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What is the renewal application late fee for a Colorado Nursing Home?**
  - A. Equal to the applicable renewal license fee including bed fees or operation/procedure room fees**
  - B. Equal to double the renewal license fee**
  - C. Equal to half the applicable renewal license fee**
  - D. There is no late fee**
- 2. How long does the facility have to complete the health records following a discharge?**
  - A. 15 days**
  - B. 30 days**
  - C. 45 days**
  - D. 60 days**
- 3. What is an ICF?**
  - A. Immediate Care Facility**
  - B. Intermediate Care Facility for individuals with developmental disabilities**
  - C. Intensive Care Facility**
  - D. Initial Care Facility**
- 4. What is the fee for change of ownership?**
  - A. \$1,000**
  - B. \$3,600**
  - C. \$360**
  - D. \$75**
- 5. If a resident is using a safety device, how often should they be monitored and documented?**
  - A. Every hour**
  - B. Every 2 hours**
  - C. Every 4 hours**
  - D. Every 8 hours**

- 6. How big should the bedroom exterior window be?**
- A. Exactly 1/8 of the floor area**
  - B. No less than 1/8 of the floor area**
  - C. Exactly 32" above floor level**
  - D. No less than 32" above floor level**
- 7. What must the facility have regarding the death of a resident?**
- A. Immediate cremation policy**
  - B. Transfer policy to the nearest hospital**
  - C. Deaths reportable to local county coroner (consistent with coroner's policy)**
  - D. Issuance of death certificate within 24 hours**
- 8. Who evaluates the resident regarding the suitability to be fed and hydrated by a feeding assistant?**
- A. Attending physician**
  - B. Dietary supervisor**
  - C. Interdisciplinary team**
  - D. Nursing supervisor**
- 9. What is a rural facility?**
- A. A facility located within city limits**
  - B. A facility within ten miles of the city center**
  - C. A facility within ten miles of a municipality of 15,000 or more**
  - D. A facility within walking distance to commercial areas**
- 10. If a centralized toilet facility is located between adjacent bedrooms, how many beds can one facility serve?**
- A. 2 beds**
  - B. 4 beds**
  - C. 6 beds**
  - D. 8 beds**

## **Answers**

SAMPLE

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

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## **Explanations**

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**1. What is the renewal application late fee for a Colorado Nursing Home?**

- A. Equal to the applicable renewal license fee including bed fees or operation/procedure room fees**
- B. Equal to double the renewal license fee**
- C. Equal to half the applicable renewal license fee**
- D. There is no late fee**

The renewal application fee for a Colorado Nursing Home is equal to the applicable renewal license fee, which includes any applicable bed or operation/procedure room fees. This means that the fee may vary depending on the size and services offered by the nursing home. Option B is incorrect because doubling the license fee is not accurate. Option C is also incorrect as it suggests the fee is only half of the applicable license fee. Finally, option D is incorrect as there is indeed a late fee for renewal applications in Colorado.

**2. How long does the facility have to complete the health records following a discharge?**

- A. 15 days**
- B. 30 days**
- C. 45 days**
- D. 60 days**

The facility has 30 days to complete the health records following a discharge. This is the standard time frame set by the Health Insurance Portability and Accountability Act (HIPAA). Option A (15 days) is too short of a time frame to adequately complete and review all the necessary information. Options C (45 days) and D (60 days) are too long and could result in delays for patients who might need their records sooner. It is important for facilities to adhere to the 30-day time frame to ensure timely access to health records for patients and to comply with HIPAA regulations.

**3. What is an ICF?**

- A. Immediate Care Facility**
- B. Intermediate Care Facility for individuals with developmental disabilities**
- C. Intensive Care Facility**
- D. Initial Care Facility**

An ICF stands for Intermediate Care Facility for individuals with developmental disabilities. This specific type of facility is designed to provide care and support to individuals with developmental disabilities who do not require the level of medical care provided in a hospital but still need assistance with daily activities and specialized services. The other options are not correct as they do not accurately represent the definition and purpose of an ICF.

**4. What is the fee for change of ownership?**

- A. \$1,000**
- B. \$3,600**
- C. \$360**
- D. \$75**

The correct answer is A, \$1,000. In Colorado, the fee for a change of ownership for a nursing home is \$1,000. This fee is required to be paid as part of the process when there is a change in ownership of a nursing home facility. It is crucial for Nursing Home Administrators to be aware of these fees and regulations to ensure compliance with state requirements.

**5. If a resident is using a safety device, how often should they be monitored and documented?**

- A. Every hour**
- B. Every 2 hours**
- C. Every 4 hours**
- D. Every 8 hours**

It is important to monitor and document the use of safety devices for residents regularly to ensure their safety. Option A (Every hour) may be too frequent and disruptive for the resident, while option D (Every 8 hours) may not provide enough time to catch any potential issues. Option C (Every 4 hours) could also be insufficient as some residents may require closer monitoring. Option B (Every 2 hours) strikes a balance between being thorough and not being overly intrusive, making it the best choice.

**6. How big should the bedroom exterior window be?**

- A. Exactly 1/8 of the floor area**
- B. No less than 1/8 of the floor area**
- C. Exactly 32" above floor level**
- D. No less than 32" above floor level**

The correct answer is B. The bedroom exterior window should be no less than 1/8 of the floor area. This requirement is in place to ensure proper ventilation and light in the bedroom space for the well-being and comfort of the residents. Having a window that meets this size requirement helps to promote air circulation and natural light, which are important factors in creating a healthy and pleasant living environment in a nursing home setting. Option A is incorrect because it states that the window should be exactly 1/8 of the floor area, which does not allow for any flexibility in size. Option C is incorrect because specifying that the window should be exactly 32" above floor level does not address the size of the window in relation to the floor area, which is the crucial factor in this case. Option D is incorrect because it sets a minimum height requirement for the window placement above the floor level but does not address the size of the window itself in relation to the floor area.

**7. What must the facility have regarding the death of a resident?**

- A. Immediate cremation policy**
- B. Transfer policy to the nearest hospital**
- C. Deaths reportable to local county coroner (consistent with coroner's policy)**
- D. Issuance of death certificate within 24 hours**

The correct answer is C. This is because it is essential for a nursing home facility to have a policy in place to report all deaths of residents to the local county coroner, following the coroner's guidelines and regulations. This is important in ensuring that proper procedures are followed, and any necessary investigations can be carried out as needed. Options A, B, and D are incorrect as they do not address the legal and regulatory requirements related to reporting resident deaths to the appropriate authorities.

**8. Who evaluates the resident regarding the suitability to be fed and hydrated by a feeding assistant?**

- A. Attending physician**
- B. Dietary supervisor**
- C. Interdisciplinary team**
- D. Nursing supervisor**

The attending physician is responsible for evaluating the resident's condition and determining if they are suitable to be fed and hydrated by a feeding assistant. The dietary supervisor may oversee the feeding assistant's tasks and may provide recommendations, but they are not responsible for evaluating the resident's condition. The interdisciplinary team may discuss the resident's care plan, but ultimately it is the attending physician who makes the final decision. The nursing supervisor may also oversee the resident's care, but they do not have the expertise or authority to determine if a resident can be fed and hydrated by a feeding assistant.

**9. What is a rural facility?**

- A. A facility located within city limits**
- B. A facility within ten miles of the city center**
- C. A facility within ten miles of a municipality of 15,000 or more**
- D. A facility within walking distance to commercial areas**

A rural facility is defined as one that is situated within ten miles of a municipality with a population of 15,000 or more. This definition helps to establish a clear boundary for what constitutes a rural area in relation to population density and accessibility to urban resources. This distinction is significant as it influences various aspects such as funding, regulatory requirements, and the types of services that a facility may provide. Understanding this definition assists nursing home administrators in determining the classification and available resources for their facilities. The other choices do not accurately capture the specific criteria necessary to define a rural facility based on population metrics. Options that reference proximity to city limits or commercial areas fail to consider the essential demographic aspect, which is crucial for understanding and identifying rural versus urban facilities.

**10. If a centralized toilet facility is located between adjacent bedrooms, how many beds can one facility serve?**

**A. 2 beds**

**B. 4 beds**

**C. 6 beds**

**D. 8 beds**

A centralized toilet facility located between adjacent bedrooms is typically designed to serve a limited number of residents for practical and safety reasons. In a standard setup, having a centralized toilet likely indicates that it is intended to efficiently support the immediate surrounding bedrooms while maintaining adequate privacy and accessibility for residents. When a standardized approach is used - especially in residential care settings such as nursing homes - regulations often dictate that a centralized facility should ideally serve two adjacent rooms or bedrooms. This ensures that the residents have easy access while also minimizing the wait time and maintaining hygiene standards. Therefore, the configuration supporting two beds is a reflection of both practicality in shared use of communal facilities and adherence to regulatory compliance regarding privacy and convenience in care settings. In contrast, serving more beds, such as four, six, or eight, might create challenges in terms of accessibility, privacy, and efficient use of the facilities, likely breaching best practices in resident care in such environments.