

# Florida Nursing Assistant Competency Pracrice Exam (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. What is the primary purpose of a foot board in patient care?**
  - A. To prevent foot drop**
  - B. To provide comfort to the patient**
  - C. To elevate the feet**
  - D. To increase circulation**
  
- 2. What constitutes one complete respiration as counted by a Nurse Aid?**
  - A. One inhalation and one exhalation**
  - B. One inhalation only**
  - C. One exhalation only**
  - D. Two inhalations and one exhalation**
  
- 3. What does pain typically indicate?**
  - A. That everything is fine**
  - B. That something is wrong**
  - C. That the client is healthy**
  - D. That attention is unnecessary**
  
- 4. Which of the following is a key duty of a nursing assistant in a healthcare facility?**
  - A. Charting patient medical histories**
  - B. Bathing, dressing, grooming, and feeding**
  - C. Managing patient medication schedules**
  - D. Conducting physical therapy sessions**
  
- 5. When weighing a client using a bed scale, what should the nurse aid ensure?**
  - A. The client's body is touching the bed**
  - B. The scale is balanced**
  - C. The sling hangs freely**
  - D. The client stands on the scale properly**

**6. What is the correct procedure for measuring a patient's blood pressure?**

- A. Use a thermometer and stethoscope**
- B. Use a sphygmomanometer and stethoscope, ensuring the cuff is at heart level**
- C. Check the pulse and watch for symptoms**
- D. Use an automatic blood pressure cuff only**

**7. At what approximate temperature should client bath water be maintained?**

- A. 95 degrees**
- B. 100 degrees**
- C. 105 degrees**
- D. 110 degrees**

**8. When should nurse aides perform handwashing?**

- A. Only after caring for patients**
- B. Only during outbreaks of illness**
- C. Before and after caring for each client**
- D. Only when visibly dirty**

**9. What does "UTI" stand for in medical terminology?**

- A. Universal Treatment Intervention**
- B. Upper Tract Infection**
- C. Urinary Tract Infection**
- D. Uncommon Tactile Irritation**

**10. What type of exercises are crucial to prevent contractures?**

- A. Range of Motion (ROM) exercises**
- B. Strength training exercises**
- C. Endurance exercises**
- D. Static stretching exercises**

## **Answers**

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

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## **Explanations**

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**1. What is the primary purpose of a foot board in patient care?**

- A. To prevent foot drop**
- B. To provide comfort to the patient**
- C. To elevate the feet**
- D. To increase circulation**

The primary purpose of a foot board in patient care is to prevent foot drop. Foot drop is a condition in which a person is unable to lift the front part of the foot, which can lead to difficulties in walking and an increased risk of falls. The foot board acts as a support, keeping the feet in a proper position and reducing the likelihood of the toes dropping downward. By maintaining the feet in a neutral position, it also helps prevent complications related to prolonged immobility, such as muscle atrophy and pressure sores. While comfort, elevation, and circulation are important aspects of patient care, the main function of the foot board is more specifically focused on preventing foot drop. It is a key consideration for patients who may be bedridden or have limited mobility, ensuring that proper foot alignment is maintained.

**2. What constitutes one complete respiration as counted by a Nurse Aid?**

- A. One inhalation and one exhalation**
- B. One inhalation only**
- C. One exhalation only**
- D. Two inhalations and one exhalation**

One complete respiration is defined as one inhalation and one exhalation. This process captures the full cycle of breathing, encompassing the intake of air into the lungs (inhalation) and the subsequent expulsion of air (exhalation). By counting both movements together, one can accurately measure the activity of the respiratory system. Understanding this concept is crucial for nursing assistants, as monitoring respiratory rates can provide valuable insights into a patient's health status. It's important to differentiate between the complete cycle and the individual components of breathing, as some conditions may affect either the inhalation or exhalation independently. Counting both phases is fundamental in offering a comprehensive assessment of a person's respiratory function.

### 3. What does pain typically indicate?

- A. That everything is fine
- B. That something is wrong**
- C. That the client is healthy
- D. That attention is unnecessary

Pain is a significant indicator that typically signals that something is wrong within the body. It serves as a crucial warning system, alerting individuals, healthcare providers, and caregivers that there may be an injury, illness, or other medical conditions requiring attention. Understanding that pain is not a neutral or positive sensation underscores its role as a vital sign in assessing a person's health status. Furthermore, recognizing pain helps guide effective interventions and care—ensuring that the underlying causes are investigated and addressed appropriately. Ignoring or dismissing pain can lead to complications and worsening health conditions, making it essential for nursing assistants and healthcare providers to acknowledge and report it with seriousness.

### 4. Which of the following is a key duty of a nursing assistant in a healthcare facility?

- A. Charting patient medical histories
- B. Bathing, dressing, grooming, and feeding**
- C. Managing patient medication schedules
- D. Conducting physical therapy sessions

Bathing, dressing, grooming, and feeding are fundamental duties of a nursing assistant in a healthcare facility. These tasks contribute significantly to the day-to-day care of patients, particularly those who may have difficulty performing these activities on their own due to age, illness, or disability. Nursing assistants provide essential support that helps maintain the dignity and hygiene of individuals they care for, promoting comfort and well-being. In contrast, the other tasks mentioned require specialized training, licensure, or fall under the responsibilities of different healthcare professionals. For example, charting patient medical histories is typically performed by nurses or physicians who have the training to accurately assess and document medical information. Managing patient medication schedules involves knowledge of pharmaceuticals and potential interactions, which is a responsibility often designated to licensed nurses. Similarly, conducting physical therapy sessions generally requires a licensed physical therapist who has the specialized training to develop and implement therapeutic exercise programs safely. Therefore, while all these roles are vital to patient care, bathing, dressing, grooming, and feeding distinctly highlight the nursing assistant's direct involvement in assisting patients with their personal care needs.

**5. When weighing a client using a bed scale, what should the nurse aid ensure?**

- A. The client's body is touching the bed**
- B. The scale is balanced**
- C. The sling hangs freely**
- D. The client stands on the scale properly**

When weighing a client using a bed scale, ensuring that the sling hangs freely is crucial for obtaining an accurate weight measurement. A bed scale typically involves a sling or a hammock-like structure that cradles the client. If the sling is not hanging freely, it may cause the weight to be distributed unevenly, potentially leading to inaccuracies in the weight reading. A properly balanced and freely hanging sling allows for the client's weight to be measured accurately without additional pressure or tension affecting the reading. In the context of weighing a client, it is also important that the scale is balanced before use, as this ensures reliability in the weight measurement. The client's body should indeed be in contact with the bed, as this is necessary for the measurement process. However, for bed scales specifically, the client does not stand on the scale; rather, they are positioned in the sling. Therefore, the condition of the sling hanging freely is the key aspect for ensuring accurate weight measurement in this scenario.

**6. What is the correct procedure for measuring a patient's blood pressure?**

- A. Use a thermometer and stethoscope**
- B. Use a sphygmomanometer and stethoscope, ensuring the cuff is at heart level**
- C. Check the pulse and watch for symptoms**
- D. Use an automatic blood pressure cuff only**

The correct procedure for measuring a patient's blood pressure involves using a sphygmomanometer and stethoscope while ensuring that the cuff is positioned at heart level. This method is widely recognized for its accuracy in obtaining blood pressure readings. When the cuff is inflated, it occludes the blood flow in the artery, and as the cuff slowly deflates, the healthcare provider listens with a stethoscope for specific sounds known as Korotkoff sounds. The first sound is indicative of the systolic pressure (the pressure during heartbeats), and the point at which the sounds disappear marks the diastolic pressure (the pressure when the heart is at rest between beats). Maintaining the cuff at heart level is crucial because changes in the arm's position can directly affect the accuracy of the readings due to gravitational effects. Using a thermometer and stethoscope is not appropriate for measuring blood pressure, as these instruments serve different purposes in patient assessment. Checking the pulse and watching for symptoms does not provide specific blood pressure measurements; while they may offer insights into a patient's overall cardiovascular health, they are not a substitute for direct measurement. Using an automatic blood pressure cuff can be convenient but may not be suitable for all patients or settings, and manual measurement is often

**7. At what approximate temperature should client bath water be maintained?**

- A. 95 degrees**
- B. 100 degrees**
- C. 105 degrees**
- D. 110 degrees**

Maintaining bath water at approximately 105 degrees Fahrenheit is generally considered safe and comfortable for most clients. This temperature strikes a balance between warmth and safety, minimizing the risk of burns while still providing a soothing experience. Water that is too cold may not be relaxing and can deter clients from properly enjoying their bath, while water that is excessively hot can pose a serious risk of scalding or cause discomfort, especially in vulnerable populations such as the elderly or those with sensitive skin. Therapeutic bathing practices often recommend this temperature to enhance relaxation, promote circulation, and improve overall well-being without compromising safety. Therefore, 105 degrees is the ideal temperature for bathing that aligns with commonly accepted standards in healthcare settings.

**8. When should nurse aides perform handwashing?**

- A. Only after caring for patients**
- B. Only during outbreaks of illness**
- C. Before and after caring for each client**
- D. Only when visibly dirty**

Handwashing is a critical practice in healthcare to prevent the spread of infections and maintain cleanliness. The recommendation for nurse aides to perform handwashing before and after caring for each client is based on the principles of infection control. This practice significantly reduces the risk of transmitting pathogens between patients and from healthcare workers to patients. Performing hand hygiene before care helps to ensure that any bacteria or viruses present on the hands do not enter the patient's environment or body. Following care, washing hands removes any contaminants acquired during the process, thereby protecting the next individual that the aide might assist. This diligent approach contributes to the overall safety and well-being of both patients and staff within the healthcare setting. Other options do not encompass the full scope of when handwashing should occur. Relying solely on washing hands after caring for patients or only when visibly dirty does not adequately prevent infection transmission, nor should it be limited to specific illness outbreaks, as pathogens can be present at any time. Therefore, the comprehensive practice of washing hands before and after each client interaction is essential for effective infection control.

## **9. What does "UTI" stand for in medical terminology?**

- A. Universal Treatment Intervention**
- B. Upper Tract Infection**
- C. Urinary Tract Infection**
- D. Uncommon Tactile Irritation**

In medical terminology, "UTI" stands for Urinary Tract Infection. This term refers to an infection that can occur anywhere along the urinary tract, which includes the kidneys, ureters, bladder, and urethra. Understanding what a UTI entails is crucial for nursing assistants as it helps in recognizing symptoms and providing appropriate care and support to patients. Common symptoms of a UTI may include frequent urination, a strong and persistent urge to urinate, burning sensation during urination, and sometimes cloudy or strong-smelling urine. Knowledge of UTIs is particularly important in patient education and encouraging proper hygiene practices, as well as in identifying potential complications if infections are left untreated. The other definitions do not accurately reflect the common medical understanding of UTI, which helps to clarify why Urinary Tract Infection is the correct answer.

## **10. What type of exercises are crucial to prevent contractures?**

- A. Range of Motion (ROM) exercises**
- B. Strength training exercises**
- C. Endurance exercises**
- D. Static stretching exercises**

Range of motion (ROM) exercises are specifically designed to maintain or improve the flexibility and mobility of a joint. By actively moving the joints through their full range, these exercises help prevent contractures, which are the permanent shortening of muscles, tendons, or ligaments that can occur when a joint is immobilized for a period of time. Regularly practicing ROM exercises encourages blood circulation, reduces stiffness, and keeps tissues healthy, effectively preventing the development of contractures. Strength training exercises, while beneficial for building muscle and enhancing stability, are not primarily focused on maintaining joint flexibility. Endurance exercises are aimed at improving cardiovascular fitness and stamina rather than specifically targeting joint range. Static stretching, though helpful for flexibility, does not provide the dynamic movement essential for preventing contracture formation as effectively as ROM exercises do. Overall, engaging in regular ROM exercises is crucial in a healthcare context to ensure that patients maintain functional mobility and minimize the risk of developing contractures.

# 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://florida-nursingassistantcompetency.examzify.com>**

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

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