

Hartman's Nursing Assistant Care Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. 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.

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. 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!

Questions

- 1. What should a nursing assistant do if they are unsure about a procedure?**
 - A. Guess based on previous experiences**
 - B. Proceed quietly and hope for the best**
 - C. Ask for guidance from a nurse or supervisor**
 - D. Ignore their doubts and continue as planned**
- 2. What condition is characterized by the ability to see distant objects better than close ones?**
 - A. Myopia**
 - B. Hyperopia**
 - C. Astigmatism**
 - D. Presbyopia**
- 3. What is the correct way to document patient care?**
 - A. With vague descriptions to ensure privacy**
 - B. Accurately and promptly, using clear and concise language**
 - C. By avoiding documentation for verbal orders**
 - D. Using medical jargon to convey details**
- 4. Which of the following is NOT considered a sense organ?**
 - A. Eyes**
 - B. Ears**
 - C. Lungs**
 - D. Skin**
- 5. In the correct order of doffing PPE, what is the first item to be removed?**
 - A. Mask**
 - B. Goggles**
 - C. Gloves**
 - D. Gown**

- 6. What does sterilization accomplish?**
- A. It reduces the number of pathogens**
 - B. It completely destroys all microbial life, including spores**
 - C. It is used for cleaning surfaces**
 - D. It eliminates viruses from surfaces**
- 7. When dressing a resident with left-sided weakness, which sleeve should be put on first?**
- A. Right sleeve**
 - B. Left sleeve**
 - C. Both sleeves at the same time**
 - D. Either sleeve based on comfort**
- 8. What does the knowledge of ethics in healthcare promote?**
- A. Patient satisfaction only**
 - B. Understanding of medical laws**
 - C. Awareness of right and wrong in care practices**
 - D. Development of healthcare technology**
- 9. What is the first step in the order of donning personal protective equipment?**
- A. Goggles**
 - B. Gown**
 - C. Mask**
 - D. Gloves**
- 10. Which beverage is least effective for maintaining patient hydration?**
- A. Water**
 - B. Herbal tea**
 - C. Caffeinated coffee**
 - D. Electrolyte drinks**

Answers

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

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Explanations

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1. What should a nursing assistant do if they are unsure about a procedure?

- A. Guess based on previous experiences**
- B. Proceed quietly and hope for the best**
- C. Ask for guidance from a nurse or supervisor**
- D. Ignore their doubts and continue as planned**

Seeking guidance from a nurse or supervisor is the most appropriate course of action when a nursing assistant is unsure about a procedure. This approach ensures that the procedure is performed safely and correctly, adhering to established protocols and standards of care. Nursing assistants are part of a larger healthcare team, and collaborating with more experienced colleagues is a critical aspect of providing quality care. When unsure, turning to a supervisor or nurse for clarification or additional training helps prevent potential mistakes that could harm patients or disrupt care. In contrast, relying on guesses from previous experiences, proceeding without clarity, or ignoring doubts can lead to significant risks, including errors in care, which may compromise patient safety and well-being. Therefore, asking for guidance reinforces a culture of safety and professionalism in the healthcare environment.

2. What condition is characterized by the ability to see distant objects better than close ones?

- A. Myopia**
- B. Hyperopia**
- C. Astigmatism**
- D. Presbyopia**

The condition characterized by the ability to see distant objects more clearly than those that are close is known as hyperopia, also referred to as farsightedness. In hyperopia, light entering the eye is focused behind the retina instead of directly on it, making it more challenging to focus on nearby objects. People with hyperopia often experience difficulty reading or doing other close-up tasks, but they may have clear vision for distant objects. In contrast, myopia (nearsightedness) is when close objects are seen clearly while distant objects appear blurry. Astigmatism is a condition where the cornea or lens is irregularly shaped, causing blurred vision at any distance. Presbyopia is an age-related condition that affects the ability to focus on close objects, typically starting around age 40. Understanding these distinctions clarifies why hyperopia is the correct answer for the provided question.

3. What is the correct way to document patient care?

- A. With vague descriptions to ensure privacy
- B. Accurately and promptly, using clear and concise language**
- C. By avoiding documentation for verbal orders
- D. Using medical jargon to convey details

The correct approach to documenting patient care is to do so accurately and promptly, using clear and concise language. Documentation serves as a vital communication tool among healthcare providers and ensures continuity of care for the patient. Accurate documentation minimizes the risk of errors and ensures that everyone involved in the patient's care has a clear understanding of the patient's condition and the interventions that have been carried out. Using clear and concise language helps to convey information efficiently and reduces the likelihood of misinterpretation. This is particularly important in a medical setting, where ambiguity can lead to potential complications in patient treatment. While ensuring privacy is important, vague descriptions do not provide the necessary clarity needed for effective care and could lead to misunderstandings among the healthcare team. Failing to document verbal orders creates gaps in the patient's care record, which can lead to confusion and miscommunication. Additionally, relying on medical jargon may alienate members of the healthcare team who are not familiar with the terms, making it essential to communicate in a way that is easily understood by all. Therefore, the emphasis should always be on accurate, prompt, and clear documentation.

4. Which of the following is NOT considered a sense organ?

- A. Eyes
- B. Ears
- C. Lungs**
- D. Skin

The lungs are classified as an organ involved in the process of respiration and gas exchange rather than a sense organ. While the lungs play a vital role in the respiratory system, they do not have the function of perceiving environmental stimuli, which is the primary role of sense organs. The eyes, ears, and skin all serve as sense organs. The eyes detect light and enable vision, the ears are responsible for hearing and balance, and the skin has receptors sensitive to touch, pressure, temperature, and pain, contributing to the sense of touch. Thus, understanding the specific functions of these organs clarifies why the lungs do not fit the definition of sense organs.

5. In the correct order of doffing PPE, what is the first item to be removed?

- A. Mask**
- B. Goggles**
- C. Gloves**
- D. Gown**

The first item to be removed when doffing personal protective equipment (PPE) is gloves. This is crucial because gloves are designed to protect the wearer from contamination and help to prevent the spread of pathogens. Removing gloves first minimizes the risk of touching your face or exposed skin with contaminated surfaces. After gloves are removed, it's important to follow proper protocols for removing the remaining items in the correct sequence to further reduce the risk of contamination. Typically, the gown would be next, followed by goggles and finally the mask. This sequence ensures that the areas of the body that are most likely to be contaminated are dealt with first, thereby maintaining safety for the healthcare worker and preventing cross-contamination.

6. What does sterilization accomplish?

- A. It reduces the number of pathogens**
- B. It completely destroys all microbial life, including spores**
- C. It is used for cleaning surfaces**
- D. It eliminates viruses from surfaces**

Sterilization is a process specifically designed to eliminate all forms of microbial life, including bacteria, viruses, fungi, and spores. This makes it extremely effective in preventing any possibility of infection or contamination since it ensures that not even the most resistant microorganisms remain. This is particularly important in medical and surgical settings, where the risk of infection must be minimized to protect patient health. In contrast, reducing the number of pathogens, cleaning surfaces, and eliminating viruses from surfaces do not achieve the same level of thoroughness as sterilization. These processes may reduce contamination but do not ensure the complete destruction of all microbial life. Therefore, the essence of sterilization lies in its absolute effectiveness in providing a completely germ-free environment.

7. When dressing a resident with left-sided weakness, which sleeve should be put on first?

- A. Right sleeve**
- B. Left sleeve**
- C. Both sleeves at the same time**
- D. Either sleeve based on comfort**

When dressing a resident with left-sided weakness, the appropriate approach is to put on the left sleeve first. This technique is vital for ensuring the comfort and safety of the individual. By dressing the weaker side first, you can support the arm better and prevent unnecessary strain or discomfort. It also allows the resident to participate in the dressing process more easily, fostering independence and dignity. Placing the left sleeve on first helps accommodate any limitations in movement or strength, ensuring that the resident does not become frustrated or feel overwhelmed while being dressed. Additionally, dressing the weaker side first helps maintain the resident's balance and stability during the process, reducing the risk of falls or accidents. Other options, such as dressing the right sleeve first, would not be appropriate since the focus should always be on the weaker side. Attempting to dress both sleeves simultaneously would likely put the resident at risk of injury and is generally not practical. Choosing either sleeve based on comfort does not address the specific needs of individuals with weakness and is less effective in promoting their independence and safety during dressing.

8. What does the knowledge of ethics in healthcare promote?

- A. Patient satisfaction only**
- B. Understanding of medical laws**
- C. Awareness of right and wrong in care practices**
- D. Development of healthcare technology**

The knowledge of ethics in healthcare promotes awareness of right and wrong in care practices, which is essential for ensuring that patients receive compassionate, respectful, and dignified care. This ethical understanding guides healthcare professionals in making decisions that prioritize patient welfare, uphold their rights, and maintain confidentiality. It also supports practitioners in navigating complex situations where moral dilemmas may arise, fostering an environment where practitioners are equipped to advocate for patients' needs and make choices aligned with ethical standards. This foundation ultimately leads to improved patient outcomes and trust in the healthcare system. While understanding medical laws is important for compliance, and patient satisfaction is a valuable aspect of care, these elements alone do not encompass the breadth of ethical considerations that directly influence the quality of care provided to patients. Similarly, the development of healthcare technology, while beneficial, is not a direct outcome of ethical knowledge but rather a separate area of healthcare advancement.

9. What is the first step in the order of donning personal protective equipment?

- A. Goggles**
- B. Gown**
- C. Mask**
- D. Gloves**

The first step in donning personal protective equipment (PPE) is to put on the gown. This is crucial because the gown serves as a primary barrier to prevent contamination of the clothing and skin from potential infectious materials. By putting on the gown first, healthcare workers can ensure that they are protecting themselves right from the outset of the donning process. After the gown is securely in place, other protective equipment like masks, goggles, and gloves can be added. Each item of PPE plays a specific role in infection control; however, for optimal effectiveness, the gown is foundational as it establishes a barrier that protects the worker's clothing and body from exposure to pathogens.

10. Which beverage is least effective for maintaining patient hydration?

- A. Water**
- B. Herbal tea**
- C. Caffeinated coffee**
- D. Electrolyte drinks**

Caffeinated coffee is the least effective choice for maintaining patient hydration because caffeine has diuretic properties, which can lead to increased urine production and potentially contribute to dehydration. While coffee and other caffeinated beverages can still contribute some level of hydration, their diuretic effect may offset the hydration benefits they provide. In contrast, water, herbal tea, and electrolyte drinks are all much better options for staying properly hydrated. Water is the most direct and effective means of hydration, herbal tea offers hydration along with additional health benefits, and electrolyte drinks not only provide hydration but also help replace essential salts lost through perspiration or illness, making them excellent for maintaining hydration levels in various settings. Therefore, while caffeinated coffee can still hydrate to some extent, it is not as effective as the other options.

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.

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

<https://hartmansnursingassistantcare.examzify.com>

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