

HARTMAN'S NURSING ASSISTANT CARE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://hartmansnursingassistantcare.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Why is it important to follow the correct order of donning and doffing PPE?**
 - A. To save time during procedures
 - B. To ensure maximum comfort for the worker
 - C. To prevent contamination and infection
 - D. To improve overall appearance
- 2. What should you primarily consider when treating a person with a serious burn?**
 - A. Keep it cool and covered
 - B. Rub ointment on the burn
 - C. Let it air out
 - D. Assess for pain only
- 3. What is the main effect of scald burns?**
 - A. Caused by steam or hot liquid
 - B. Result in minor irritation
 - C. Only affect the dermis
 - D. Heal without scarring
- 4. What is a common misconception about hydration in healthcare settings?**
 - A. All drinks count towards hydration
 - B. Only water is beneficial for hydration
 - C. Hydration is not crucial for recovery
 - D. Hydration is only important in hot weather
- 5. What does ethics in healthcare refer to?**
 - A. Procedures for treatment
 - B. The rules governing healthcare facility operations
 - C. Knowledge of right and wrong
 - D. The standards for patient care
- 6. What does the Joint Commission do?**
 - A. Sets quality standards for healthcare staff
 - B. Implements emergency response protocols
 - C. Sets quality standards for accreditation of health care facilities
 - D. Defines patient care procedures

7. How is military time calculated for PM hours?

- A. Add 12 to the hour
- B. Subtract 12 from the hour
- C. Leave the hour unchanged
- D. Convert to 24-hour format without changes

8. Which entity sets quality standards for healthcare facilities?

- A. Department of Health
- B. Occupational Safety and Health Administration (OSHA)
- C. The Joint Commission
- D. American Medical Association (AMA)

9. How often should a nursing assistant check on a patient who is at risk for pressure ulcers?

- A. Once a day
- B. Every two hours, or as per facility protocol
- C. Every four hours
- D. Only when the patient requests assistance

10. What is the term used for a nosebleed?

- A. Epistaxis
- B. Hemoptysis
- C. Rhinorrhea
- D. Alveolar bleeding

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Why is it important to follow the correct order of donning and doffing PPE?

- A. To save time during procedures
- B. To ensure maximum comfort for the worker
- C. To prevent contamination and infection**
- D. To improve overall appearance

Following the correct order of donning (putting on) and doffing (taking off) personal protective equipment (PPE) is critical primarily to prevent contamination and infection. Proper technique helps to create a barrier against pathogens and can significantly reduce the risk of transferring harmful microorganisms from PPE to the healthcare worker or to other patients and surfaces. When donning PPE, each layer serves a specific protective function, and putting it on in the correct order ensures that no part of the body is exposed during the process. Conversely, doffing should also follow a specific sequence to minimize the risk of touching potentially contaminated surfaces and to ensure that when the equipment is removed, it is done in a way that contains the pathogens within the gear itself. This correct sequence plays a crucial role in infection control practices within healthcare settings, making it essential for the safety of both the healthcare workers and the patients they care for.

2. What should you primarily consider when treating a person with a serious burn?

- A. Keep it cool and covered**
- B. Rub ointment on the burn
- C. Let it air out
- D. Assess for pain only

When treating a person with a serious burn, the primary concern is to keep the area cool and covered. This is critical because cooling the burn reduces pain and helps prevent further tissue damage. Applying cool (not cold) water or a cool compress can help alleviate the heat from the burn, which is essential in minimizing damage to the skin and underlying tissues. Covering the burn with a clean, non-stick dressing helps protect the area from infection and further injury. Keeping the burn covered also helps to maintain a moist environment, which can promote healing. The other options are not appropriate when dealing with serious burns. Rubbing ointment on a severe burn can trap heat and lead to infection. Letting a burn air out can expose it to bacteria and other contaminants that may worsen the situation. Focusing solely on assessing pain neglects other critical factors in managing a burn, such as preventing infection and supporting the overall healing process.

3. What is the main effect of scald burns?

- A. Caused by steam or hot liquid**
- B. Result in minor irritation
- C. Only affect the dermis
- D. Heal without scarring

The primary effect of scald burns is that they are indeed caused by steam or hot liquid. Scald burns typically occur when skin comes into contact with these hot substances, leading to injury. The severity of a scald burn can vary depending on the temperature of the liquid and the duration of contact with the skin. Recognizing this cause is crucial for understanding how these burns occur and how to prevent them. While minor irritation can occur with many types of burns, scald burns can lead to more serious injuries that require medical attention. They may involve extensive damage, affecting not only the surface of the skin but also deeper layers, depending on the severity of the burn. Unlike other types of injuries, scald burns do not always heal without scarring, especially if they are more severe. Therefore, acknowledging the primary cause of scald burns helps to underscore their potentially harmful effects and the need for appropriate treatment and prevention strategies.

4. What is a common misconception about hydration in healthcare settings?

- A. All drinks count towards hydration
- B. Only water is beneficial for hydration
- C. Hydration is not crucial for recovery**
- D. Hydration is only important in hot weather

Hydration plays a vital role in the recovery process for patients in healthcare settings. Adequate fluid intake is essential for maintaining various bodily functions, supporting metabolism, and facilitating healing processes. Misunderstanding or underestimating the significance of hydration can lead to dehydration, which may impede recovery, prolong hospital stays, and increase the risk of complications. While it might be assumed that hydration becomes crucial only in specific circumstances, such as during hot weather or intense physical activity, hydration is consistently important for overall health and recovery, regardless of the external conditions. This emphasizes the need for healthcare providers to educate both patients and their families about the importance of staying well-hydrated at all times.

5. What does ethics in healthcare refer to?

- A. Procedures for treatment
- B. The rules governing healthcare facility operations
- C. Knowledge of right and wrong**
- D. The standards for patient care

Ethics in healthcare encompasses the understanding and application of moral principles that guide practitioners in determining what is right and wrong in patient care and treatment decisions. It involves evaluating situations considering the best interests of patients, their rights, and the implications of healthcare practices on individuals and society. This ethical framework is essential for ensuring that healthcare providers make decisions that are not only legally sound but also morally responsible, prioritizing the well-being and dignity of patients. While the other options each represent important aspects of healthcare, they do not directly define what ethics in healthcare means. Procedures for treatment focus on the methods used for giving care, rules governing operations pertain to regulations that manage how healthcare facilities function, and standards for patient care relate to the benchmarks set for the quality of services provided. However, the core concept of ethics fundamentally lies in understanding the moral dimensions of those practices.

6. What does the Joint Commission do?

- A. Sets quality standards for healthcare staff
- B. Implements emergency response protocols
- C. Sets quality standards for accreditation of health care facilities**
- D. Defines patient care procedures

The Joint Commission is a key organization that establishes quality standards crucial for the accreditation of healthcare facilities. Accreditation is an essential process that healthcare organizations undergo to demonstrate their commitment to providing safe and effective care. By setting these quality standards, the Joint Commission evaluates healthcare facilities to ensure they meet high performance and safety benchmarks. This process helps to enhance the overall quality of care and patient safety in hospitals and other healthcare environments. The other options, while related to healthcare management and procedures, do not accurately describe the primary function of the Joint Commission. For instance, while emergency response protocols are important, they are not the central focus of the Joint Commission's role. Similarly, quality standards for healthcare staff and specific patient care procedures are important areas, but they fall outside the Joint Commission's primary mission of accrediting facilities based on comprehensive quality standards.

7. How is military time calculated for PM hours?

- A. Add 12 to the hour**
- B. Subtract 12 from the hour
- C. Leave the hour unchanged
- D. Convert to 24-hour format without changes

Military time, also known as the 24-hour clock system, is calculated by adding 12 to any hour that falls between 1 PM and 11 PM. This conversion process ensures that the afternoon and evening hours are represented distinctly from the morning hours, which are represented as 1 to 12. For example, 1 PM becomes 13, 2 PM becomes 14, and so on, up to 11 PM, which becomes 23. This method helps eliminate confusion that may arise from the AM/PM designation used in the 12-hour clock format, providing a clear and unambiguous way to indicate time, especially important in fields such as healthcare and military operations where precise timing is crucial. Thus, adding 12 to the hour correctly transitions the PM hours into the accurate military time format.

8. Which entity sets quality standards for healthcare facilities?

- A. Department of Health
- B. Occupational Safety and Health Administration (OSHA)
- C. The Joint Commission**
- D. American Medical Association (AMA)

The Joint Commission is the entity that sets quality standards for healthcare facilities. It is an independent, non-profit organization that accredits and certifies healthcare organizations and programs in the United States. By establishing rigorous standards, The Joint Commission plays a crucial role in ensuring that facilities provide safe and effective care to patients. Accreditation from this organization indicates that the facility meets certain performance benchmarks and quality measures, which helps maintain high standards of patient care. While the Department of Health plays a significant role in regulating healthcare at the state level and can set standards, it does not standardize practices across all facilities in the same way The Joint Commission does. The Occupational Safety and Health Administration focuses primarily on workplace safety and health regulations, rather than directly on quality standards for patient care in healthcare entities. The American Medical Association is primarily concerned with the interests of physicians and their practice and does not set healthcare facility quality standards. These differences highlight the specialized role of The Joint Commission in promoting healthcare quality across the entire spectrum of healthcare organizations.

9. How often should a nursing assistant check on a patient who is at risk for pressure ulcers?

- A. Once a day
- B. Every two hours, or as per facility protocol**
- C. Every four hours
- D. Only when the patient requests assistance

A patient who is at risk for pressure ulcers requires close monitoring to prevent skin breakdown. Checking on such a patient every two hours, or according to the facility's specific protocol, is essential because it allows nursing assistants to assess the patient's skin condition frequently, reposition them as needed, and provide necessary interventions to promote skin integrity. This regular monitoring is crucial, particularly for individuals who may have limited mobility or sensory impairment, as pressure ulcers can develop quickly if not addressed promptly. By adhering to a two-hour checking protocol, nursing assistants can ensure that any potential issues are identified and managed before they escalate, significantly reducing the risk of developing pressure ulcers. The emphasis on facility protocol also highlights that while there is a general standard, some settings may have tailored procedures to further ensure patient safety and care quality.

10. What is the term used for a nosebleed?

- A. Epistaxis
- B. Hemoptysis
- C. Rhinorrhea
- D. Alveolar bleeding

The term used for a nosebleed is "epistaxis." This medical term specifically refers to bleeding that originates from the nasal cavity, often due to various factors such as dry air, nasal injuries, or underlying health conditions. Understanding this terminology is important for nursing assistants as it helps in accurately communicating patient conditions and addressing any concerns related to nasal bleeding. The other terms listed represent different medical situations. "Hemoptysis" refers to coughing up blood from the respiratory tract, which is distinct from a nosebleed. "Rhinorrhea" describes a condition of having a runny nose, typically due to allergies or a cold, not bleeding. "Alveolar bleeding" involves bleeding from the alveoli in the lungs, which is unrelated to the nasal area. Recognizing the correct terminology enables healthcare professionals to provide precise information and care for the patient.

SAMPLE

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!

SAMPLE