

# HESI Management of a Skilled Care Unit 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

- 1. What type of care is emphasized in skilled nursing facilities?**
  - A. Preventative care**
  - B. Acute and specialized nursing care**
  - C. Home-based care**
  - D. Holistic and alternative therapies**
- 2. What does fostering a supportive environment in skilled nursing facilities entail?**
  - A. Creating barriers between staff and residents**
  - B. Encouraging open communication and support**
  - C. Limiting staff interactions with residents**
  - D. Enforcing rigid schedules without flexibility**
- 3. Which of the following findings indicates potential underlying issues after the resident's fall?**
  - A. Right leg is shortened and outwardly rotated.**
  - B. Abrasions on the right side of the head.**
  - C. Confusion about time and place.**
  - D. All of the above.**
- 4. What is a critical outcome of effective wound care management?**
  - A. Decreasing the workload of nursing staff**
  - B. Minimizing costs associated with treatments**
  - C. Reducing the risk of complications or infections**
  - D. Improving the overall appearance of patients**
- 5. Why is resident satisfaction important in skilled nursing facilities?**
  - A. High resident satisfaction correlates with better outcomes and lower turnover**
  - B. It is an optional aspect of facility management**
  - C. Only staff satisfaction matters in skilled nursing**
  - D. Resident satisfaction is unrelated to care quality**



- 6. What should the nursing supervisor do in response to a UAP who is speaking harshly to a confused resident?**
- A. Ask the primary RN if this behavior is common from the UAP.**
  - B. Advise the primary RN to counsel the UAP on proper interactions.**
  - C. Demonstrate the correct approach towards the resident.**
  - D. Instruct the UAP to leave the dining room area immediately.**
- 7. What response best addresses a UAP's frustration with a confused resident?**
- A. Encouragement to be kinder and patient.**
  - B. A criticism of unprofessional behavior.**
  - C. Discussion about the challenges of confusion.**
  - D. A reminder of residents' rights for respect.**
- 8. What is one key outcome of adhering to established care protocols?**
- A. Increased incidence of errors in resident care**
  - B. Improved consistency in provided care**
  - C. Greater freedom for staff to develop personal approaches**
  - D. Less focus on resident safety initiatives**
- 9. What actions by the UAP require further education regarding communication with residents diagnosed with dementia?**
- A. Asking the resident how his or her day went.**
  - B. Calling the resident "honey."**
  - C. Redirecting resident who is agitated to looking at family photographs.**
  - D. Using the intercom to answer a call light.**
- 10. What is the primary significance of proper wound care management in skilled nursing facilities?**
- A. Enhancing the aesthetics of the patient**
  - B. Ensuring patients have no pain**
  - C. Preventing infections and promoting healing**
  - D. Reducing the need for hospitalization**

## **Answers**

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

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## **Explanations**

**1. What type of care is emphasized in skilled nursing facilities?**

- A. Preventative care**
- B. Acute and specialized nursing care**
- C. Home-based care**
- D. Holistic and alternative therapies**

Skilled nursing facilities are designed to provide a high level of medical care and support for individuals who require assistance due to illness, injury, or recovery from surgery. The emphasis on acute and specialized nursing care is crucial because residents may have complex medical needs that require continual assessment and intervention by licensed nursing professionals. In skilled nursing facilities, patients often receive rehabilitation services, including physical, occupational, and speech therapy. This level of care is tailored to individuals who need more than just basic assistance with activities of daily living but require skilled nursing interventions, such as medication management, wound care, and monitoring of chronic conditions. The focus on acute and specialized care distinguishes skilled nursing facilities from other types of care settings. For instance, preventative care typically aims to avoid disease and promote health before it becomes a problem, which is not the primary goal of skilled nursing facilities. Home-based care emphasizes independence and support in a patient's personal living environment, while holistic and alternative therapies focus on a broad approach to health that may not align with the medical interventions primarily offered in skilled nursing facilities.

**2. What does fostering a supportive environment in skilled nursing facilities entail?**

- A. Creating barriers between staff and residents**
- B. Encouraging open communication and support**
- C. Limiting staff interactions with residents**
- D. Enforcing rigid schedules without flexibility**

Fostering a supportive environment in skilled nursing facilities is centered around encouraging open communication and support. This approach involves creating an atmosphere where residents feel heard and valued. Open communication among staff, residents, and their families promotes trust, collaboration, and a sense of community, which is essential for the emotional and psychological well-being of the residents. By encouraging dialogue, staff can better understand the needs and preferences of residents, allowing for personalized care that enhances residents' quality of life. This environment also fosters positive relationships, which can lead to improved outcomes in both physical and mental health for those residing in the facility. In contrast to this supportive approach, creating barriers between staff and residents or limiting interactions would hinder the development of trust and compromise the quality of care. Rigid schedules without flexibility can negate the individualized attention and responsiveness that residents need, while supportive environments thrive on adaptability and an understanding of each resident's unique circumstances.

**3. Which of the following findings indicates potential underlying issues after the resident's fall?**

- A. Right leg is shortened and outwardly rotated.**
- B. Abrasions on the right side of the head.**
- C. Confusion about time and place.**
- D. All of the above.**

The identification of potential underlying issues after a resident's fall often requires a comprehensive assessment of multiple factors. Each of the findings listed contributes to the understanding of the situation. When the right leg is shortened and outwardly rotated, it suggests a potential hip fracture or dislocation. This orthopedic issue can lead to severe complications if not addressed promptly and highlights the need for immediate medical evaluation. Abrasions on the right side of the head may indicate a possible head injury, which can have serious neurological implications. Head trauma can lead to bleeding or swelling in the brain, so it is essential to monitor the resident closely for symptoms of a concussion or intracranial pressure changes. Confusion about time and place may signal acute confusion or delirium, which are critical signs following a fall. Such cognitive changes can indicate underlying issues such as a concussion, brain injury, or exacerbation of pre-existing cognitive impairments. Considering all these findings together reinforces the necessity for thorough evaluation and intervention. Each of these signs represents a risk for complications that require a multidisciplinary approach to ensure the resident's safety and well-being. Thus, acknowledging all of the findings as indicative of potential underlying issues is crucial for appropriate management after a fall incident.

**4. What is a critical outcome of effective wound care management?**

- A. Decreasing the workload of nursing staff**
- B. Minimizing costs associated with treatments**
- C. Reducing the risk of complications or infections**
- D. Improving the overall appearance of patients**

The critical outcome of effective wound care management primarily revolves around reducing the risk of complications or infections. This outcome is vital because wounds are susceptible to infection, which can lead to prolonged healing time, increased hospitalization, and more serious health issues if not managed properly. Effective wound care involves cleaning the wound, applying appropriate dressings, and monitoring for signs of infection, all of which contribute significantly to minimizing complications. A focus on reducing complications means that the patient's overall health and recovery are prioritized, leading to better healing outcomes and a reduced burden on healthcare resources. This aligns with the fundamental goals of nursing and patient care, where protecting patients from harm and promoting healing is the priority. While decreasing the workload of nursing staff, minimizing costs, and improving the overall appearance of patients are important considerations, they are secondary outcomes that result from effective wound care management rather than the primary objective. The paramount aim remains the health and safety of the patient, making the reduction of complications and infections the most critical outcome.

**5. Why is resident satisfaction important in skilled nursing facilities?**

- A. High resident satisfaction correlates with better outcomes and lower turnover**
- B. It is an optional aspect of facility management**
- C. Only staff satisfaction matters in skilled nursing**
- D. Resident satisfaction is unrelated to care quality**

Resident satisfaction is crucial in skilled nursing facilities because it often correlates with positive outcomes in both the quality of care provided and the overall success of the facility. When residents are satisfied, they are more likely to engage with their care, comply with treatment regimens, and utilize rehabilitation services effectively. This engagement can lead to improved health outcomes, such as better management of chronic conditions, reduced hospitalization rates, and enhanced recovery experiences. Furthermore, high levels of resident satisfaction can also contribute to lower staff turnover. Satisfied residents typically create a more harmonious environment, which positively influences staff morale. In turn, this can lead to better staff retention, continuity of care, and a stronger team dynamic, all of which are essential in a skilled nursing setting where familiarity and trust between staff and residents can significantly impact the quality of care delivered. In contrast, the other options diminish the importance of resident satisfaction. The notion that it is optional or unrelated to care quality undermines its significance in a facility committed to providing the best possible care. Only focusing on staff satisfaction ignores the essential feedback and wellness outcomes derived from the residents themselves, which are vital for a well-rounded approach to care management.

**6. What should the nursing supervisor do in response to a UAP who is speaking harshly to a confused resident?**

- A. Ask the primary RN if this behavior is common from the UAP.**
- B. Advise the primary RN to counsel the UAP on proper interactions.**
- C. Demonstrate the correct approach towards the resident.**
- D. Instruct the UAP to leave the dining room area immediately.**

In this scenario, the most appropriate action for the nursing supervisor is to instruct the UAP to leave the dining room area immediately. This response is justified because the immediate safety and dignity of the confused resident must be prioritized. When a staff member is speaking harshly to a vulnerable resident, it can negatively affect the resident's emotional well-being and contribute to a stressful or unsafe environment. Removing the UAP from the immediate situation not only protects the resident but also sends a clear message that such behavior is unacceptable. It allows time for the emotional environment to stabilize and gives the supervisor the opportunity to address the UAP's behavior in a separate setting, ensuring that it is managed appropriately without further disturbing the resident. Other potential actions, while they may seem appropriate at first glance, do not provide the immediate support needed for the resident in that moment. For example, consulting the primary RN or advising them to counsel the UAP may delay addressing the harmful situation. Similarly, demonstrating the correct approach is a useful educational technique, but it does not address the ongoing distress caused to the resident by the UAP's current behavior. Hence, ensuring the resident's protection by instructing the UAP to leave is the most effective and immediate response.

**7. What response best addresses a UAP's frustration with a confused resident?**

- A. Encouragement to be kinder and patient.**
- B. A criticism of unprofessional behavior.**
- C. Discussion about the challenges of confusion.**
- D. A reminder of residents' rights for respect.**

Addressing a UAP's frustration with a confused resident effectively requires an approach that emphasizes respect and dignity for all individuals involved. Reminding the UAP of the residents' rights for respect is crucial because it reinforces the ethical responsibility of caregivers to uphold the dignity of residents, regardless of their cognitive status. In skilled care settings, residents have the right to be treated with kindness and respect at all times, which is a fundamental principle of care. Such a reminder not only supports the UAP in managing their feelings but also encourages a more compassionate approach to resident care. This fosters an environment where residents feel safe and valued, despite their confusion. By focusing on respect, the UAP can shift their perspective and enhance their interactions with the resident, improving the overall atmosphere of the care unit. In contrast, discussing the challenges of confusion or offering encouragement to be kinder may not directly address the UAP's feelings of frustration or provide a clear parameter for behavior. Criticizing unprofessional behavior may lead to defensiveness or resentment rather than promoting understanding and positive change. Thus, emphasizing residents' rights to respect serves as the most constructive and supportive approach in this context.

**8. What is one key outcome of adhering to established care protocols?**

- A. Increased incidence of errors in resident care**
- B. Improved consistency in provided care**
- C. Greater freedom for staff to develop personal approaches**
- D. Less focus on resident safety initiatives**

Adhering to established care protocols leads to improved consistency in the care provided to residents. This consistency is vital in skilled nursing and care environments, where uniformity in procedures fosters a predictable and reliable atmosphere. When staff follow agreed-upon protocols, it helps ensure that every resident receives the same high standard of care, minimizing variations that can occur with informal practices. Consistent application of care protocols not only helps in delivering effective treatment but also contributes to better communication among staff, as everyone is on the same page regarding the procedures. This collaboration can enhance outcomes, improve accountability, and reinforce best practices for resident care. By integrating these protocols into daily routines, care teams can reduce the risk of errors and complications, ultimately promoting better health and safety for all residents.



**9. What actions by the UAP require further education regarding communication with residents diagnosed with dementia?**

- A. Asking the resident how his or her day went.**
- B. Calling the resident "honey."**
- C. Redirecting resident who is agitated to looking at family photographs.**
- D. Using the intercom to answer a call light.**

Calling a resident "honey" reflects a lack of understanding regarding appropriate communication techniques with individuals diagnosed with dementia. Such terms of endearment can be perceived as patronizing and may not respect the individuality or dignity of the resident. Residents with dementia often benefit from communication that acknowledges their autonomy and treats them with respect. Using first names or engaging in respectful conversation helps to establish trust and can foster better relationships. Furthermore, using a resident's preferred name or title is crucial in maintaining their sense of identity, which is essential for individuals experiencing cognitive decline. In contrast, asking a resident how their day went can promote engagement and stimulate cognitive functions, while redirecting an agitated resident to look at family photographs is a therapeutic approach that helps ground them in their memories and provides comfort. Using the intercom to respond to a call light is a standard practice that ensures residents' needs are addressed promptly and efficiently.

**10. What is the primary significance of proper wound care management in skilled nursing facilities?**

- A. Enhancing the aesthetics of the patient**
- B. Ensuring patients have no pain**
- C. Preventing infections and promoting healing**
- D. Reducing the need for hospitalization**

The primary significance of proper wound care management in skilled nursing facilities is to prevent infections and promote healing. Effective wound care is crucial as wounds can become breeding grounds for bacteria, leading to infections that can complicate recovery and overall health. In skilled nursing facilities, where patients often have compromised immune systems due to age or underlying health conditions, the risk of infection is heightened. By implementing appropriate wound care techniques, healthcare professionals can create an environment conducive to healing. This includes regular wound assessments, maintaining a moist wound environment, and using sterile techniques. Promoting healing not only improves the patient's health status but also enhances their quality of life. Proper wound management minimizes complications and the overall length of recovery, which can ultimately reduce the incidence of hospital readmissions. While factors like aesthetics, pain management, and potentially reducing hospitalizations are important considerations in patient care, they are secondary to the fundamental goal of preventing infections and encouraging effective healing. Addressing these primary issues through diligent wound care practices serves to significantly improve patient outcomes in skilled nursing facilities.

## 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://hesimgmtofskilledcareunit.examzify.com>**

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