

HESI Management of a Skilled Care Unit Practice Test (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

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- 1. What assessment data should the nursing supervisor be most concerned about after a fall?**
 - A. What medications did the resident take within an hour of the fall?**
 - B. Right leg appears shorter and is rotated out.**
 - C. Abrasions on the right side of the head.**
 - D. Blood pressure of 90/54 mmHg.**

- 2. Who is primarily responsible for ensuring regulatory compliance in a skilled care unit?**
 - A. Front desk staff**
 - B. Nurse aides only**
 - C. Nurse managers and administrators**
 - D. Patients themselves**

- 3. What orders should the nursing supervisor request from the physician?**
 - A. Transfer resident to a higher level of care.**
 - B. Administer oxygen at 2 liters per nasal cannula.**
 - C. Prescription for furosemide.**
 - D. All of the above.**

- 4. What is the significance of using the SBAR communication tool in nursing?**
 - A. It establishes a friendly conversation with the physician.**
 - B. It provides a clear and concise report regarding patient status.**
 - C. It reduces the time needed to contact the healthcare provider.**
 - D. It allows the nurse to prioritize their own tasks.**

- 5. Which behavior indicates a need for additional training among staff regarding HIV care?**
 - A. Seeking additional resources voluntarily.**
 - B. Expressing fear of caring for the patient.**
 - C. Providing supportive care consistently.**
 - D. Asking questions about infection control measures.**

- 6. Why is interdisciplinary collaboration important in a skilled care unit?**
- A. It allows for independent and segregated treatment**
 - B. It enhances patient satisfaction and outcomes**
 - C. It reduces the need for skilled nursing staff**
 - D. It is only relevant during emergencies**
- 7. Which practice is most effective for infection prevention in skilled nursing facilities?**
- A. Periodic handwashing**
 - B. Consistent hand hygiene and sanitation protocols**
 - C. Minimal use of PPE**
 - D. Ignoring infection control training**
- 8. What role does the nurse manager play in a skilled care unit?**
- A. Oversees recreational activities for residents**
 - B. Manages dietary needs of patients**
 - C. Ensures compliance with regulations and quality of care**
 - D. Provides direct care to all patients**
- 9. 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.**
- 10. What does patient-centered care prioritize in skilled nursing?**
- A. Healthcare provider preferences**
 - B. Technological advancements**
 - C. Respecting patients' preferences and needs**
 - D. Time spent in therapy**

Answers

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

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Explanations

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1. What assessment data should the nursing supervisor be most concerned about after a fall?

A. What medications did the resident take within an hour of the fall?

B. Right leg appears shorter and is rotated out.

C. Abrasions on the right side of the head.

D. Blood pressure of 90/54 mmHg.

The concern regarding a blood pressure reading of 90/54 mmHg after a fall indicates potential hypotension, suggesting that the resident may be experiencing shock or significant blood loss. This condition can be critically dangerous, as it implies inadequate perfusion to vital organs, which can lead to serious complications such as organ failure. After a fall, the nursing supervisor must prioritize vital signs and assess for any signs of instability that could jeopardize the resident's health. Hypotension can indicate internal bleeding or an injury that may not be immediately visible. Therefore, immediate assessment and intervention are necessary to stabilize the patient and prevent further deterioration. In this context, while the other assessment data are important and warrant attention, they do not represent an immediate, life-threatening condition like hypotension does. For instance, the medications taken may be relevant but are not as acute a concern as blood pressure. Similarly, structural injuries such as a shortened and rotated leg could imply a fracture, and abrasions might need treatment, but neither is as urgent as addressing significant low blood pressure. The focus should be on stabilizing the patient and ensuring that their cardiovascular status is secure after the fall.

2. Who is primarily responsible for ensuring regulatory compliance in a skilled care unit?

A. Front desk staff

B. Nurse aides only

C. Nurse managers and administrators

D. Patients themselves

In a skilled care unit, the primary responsibility for ensuring regulatory compliance lies with nurse managers and administrators. These roles are critical because they oversee the daily operations of the unit and implement policies and procedures that align with state and federal regulations. Nurse managers and administrators guide the care team and ensure that all staff adhere to the regulations that govern patient care, safety standards, and quality of service. Effective regulatory compliance entails ongoing education, training, and evaluation of the staff's adherence to guidelines. Nurse managers often take the lead in audits and assessments to identify areas for improvement and ensure that the unit meets all necessary standards. Their managerial position equips them with the authority to enforce compliance measures, conduct staff performance reviews, and make adjustments to protocols as needed. While other staff members play vital roles in maintaining quality care—like nurse aides providing direct support to patients—they do not have the overarching responsibility for compliance. Front desk staff and patients themselves also do not have regulatory oversight duties; their roles are more supportive or administrative in nature. Therefore, the designation of nurse managers and administrators as primarily responsible for regulatory compliance is fitting due to their leadership position, accountability, and expertise in managing care standards.

3. What orders should the nursing supervisor request from the physician?

- A. Transfer resident to a higher level of care.**
- B. Administer oxygen at 2 liters per nasal cannula.**
- C. Prescription for furosemide.**
- D. All of the above.**

The most appropriate approach in this scenario involves considering the overall health and needs of the resident, indicating a comprehensive approach to care management. Requesting a transfer to a higher level of care is critical if the resident's condition has deteriorated and cannot be effectively managed in the current setting. This decision ensures that they receive the specialized care they may require. Administering oxygen at a specific rate demonstrates an immediate intervention for a resident facing respiratory issues. This measure can help stabilize their condition, ensuring they receive adequate oxygenation. The prescription for furosemide, a diuretic, can be essential if the resident is experiencing fluid overload, which may be causing respiratory distress or other complications. By controlling fluid retention, the medication can alleviate symptoms and support the patient's overall health. Combining all these actions shows a comprehensive care strategy that addresses various potential patient needs—transferring to a suitable facility, providing respiratory support, and managing fluid balance. Each intervention plays a significant role in enhancing the resident's clinical status, making this approach well-rounded and appropriate in a skilled care setting.

4. What is the significance of using the SBAR communication tool in nursing?

- A. It establishes a friendly conversation with the physician.**
- B. It provides a clear and concise report regarding patient status.**
- C. It reduces the time needed to contact the healthcare provider.**
- D. It allows the nurse to prioritize their own tasks.**

The significance of using the SBAR communication tool in nursing lies in its ability to provide a clear and concise report regarding patient status. SBAR, which stands for Situation, Background, Assessment, and Recommendation, promotes structured communication that conveys crucial information efficiently. This structured approach ensures that all relevant details about a patient's condition are presented in a logical manner, which aids in effective decision-making and enhances patient safety. By implementing SBAR, nurses can efficiently share critical information with other members of the healthcare team, ensuring that everyone is informed and aligned regarding the patient's needs and treatment plans. This effective communication minimizes the likelihood of misunderstandings or omissions that could lead to adverse outcomes. The focus on clarity and brevity makes it easier for healthcare providers, especially in fast-paced environments, to grasp the patient's status quickly, enabling timely interventions.

5. Which behavior indicates a need for additional training among staff regarding HIV care?

- A. Seeking additional resources voluntarily.**
- B. Expressing fear of caring for the patient.**
- C. Providing supportive care consistently.**
- D. Asking questions about infection control measures.**

Expressing fear of caring for the patient is indicative of a knowledge gap or lack of confidence in handling HIV care situations. This behavior suggests that the staff may not fully understand the transmission routes, management strategies, and support needed for patients living with HIV. Rather than demonstrating appropriate professional competence, this fear can hinder the delivery of quality care and may result in reluctance to engage with patients or advocate for their needs. In contrast, seeking additional resources voluntarily, providing supportive care consistently, and asking questions about infection control measures are behaviors that reflect a willingness to learn, understand, and improve care practices. These actions show that the staff are actively trying to enhance their knowledge and skills, which is important in a healthcare setting, especially when dealing with complex conditions like HIV. Training could focus on increasing understanding of HIV, addressing misconceptions, and fostering a supportive environment for both patients and caregivers.

6. Why is interdisciplinary collaboration important in a skilled care unit?

- A. It allows for independent and segregated treatment**
- B. It enhances patient satisfaction and outcomes**
- C. It reduces the need for skilled nursing staff**
- D. It is only relevant during emergencies**

Interdisciplinary collaboration in a skilled care unit is crucial because it leads to enhanced patient satisfaction and improved outcomes. When healthcare professionals from various disciplines—such as nursing, physical therapy, occupational therapy, social work, and nutrition—work together, they combine their expertise and perspectives to create a comprehensive plan tailored to the individual needs of each patient. This collaborative approach ensures that all aspects of a patient's health and well-being are considered, which can lead to more effective interventions and coordinated care. Improved communication among team members minimizes the risk of errors and oversight, fosters a sense of trust among patients and providers, and promotes a holistic view of health. Ultimately, this synergy not only benefits the patient's experience but also supports better overall clinical outcomes, such as reduced hospital readmission rates and quicker recovery times. The other options do not reflect the primary advantages of interdisciplinary collaboration. Independent and segregated treatment does not provide the benefits of shared knowledge and resource optimization. Reducing the need for skilled nursing staff undermines the collaborative model, as each member plays a crucial role in patient care. Lastly, stating that collaboration is only relevant during emergencies overlooks its ongoing importance in regular patient management and care continuity.

7. Which practice is most effective for infection prevention in skilled nursing facilities?

- A. Periodic handwashing**
- B. Consistent hand hygiene and sanitation protocols**
- C. Minimal use of PPE**
- D. Ignoring infection control training**

The most effective practice for infection prevention in skilled nursing facilities is consistent hand hygiene and sanitation protocols. This approach is critical because effective infection control relies heavily on the regular and thorough application of hand hygiene techniques, such as washing hands with soap and water or using hand sanitizer, especially after contact with patients, bodily fluids, or contaminated surfaces. Implementing consistent sanitation protocols—cleaning and disinfecting surfaces and equipment regularly—also helps eliminate pathogens that could lead to outbreaks. This combined focus on hand hygiene and environmental cleanliness creates a foundational barrier against the spread of infections. Other practices, such as periodic handwashing, may not provide the same level of protection because they imply inconsistent application, leaving gaps in infection control. Minimal use of personal protective equipment (PPE) compromises safety, as PPE is an essential component in safeguarding healthcare workers and patients from exposure to infectious agents. Ignoring infection control training altogether is detrimental, as it prevents staff from understanding and implementing effective measures to prevent infection, which is critical in a skilled nursing environment where residents may have compromised immune systems. Thus, adherence to consistent hand hygiene and sanitation is vital for preventing infections in such settings.

8. What role does the nurse manager play in a skilled care unit?

- A. Oversees recreational activities for residents**
- B. Manages dietary needs of patients**
- C. Ensures compliance with regulations and quality of care**
- D. Provides direct care to all patients**

The nurse manager plays a critical role in ensuring compliance with regulations and quality of care within a skilled care unit. This involves overseeing the implementation of healthcare policies and procedures that align with local, state, and federal regulations. A nurse manager must ensure that the care delivered meets established quality standards, which includes regular assessments of patient outcomes, staff performance, and adherence to best practices. In this role, the nurse manager is responsible for monitoring the work of nursing staff, conducting audits and reviews, and implementing any necessary training or corrective measures to improve care quality. They also serve as the point of contact during regulatory inspections, providing necessary documentation and demonstrating compliance with established guidelines. This commitment to quality and regulatory compliance fosters an environment of safety and optimal care for residents, thereby enhancing their overall well-being. While overseeing recreational activities and managing dietary needs are important in a skilled care unit, those tasks typically fall under the purview of activity coordinators and dietitians, respectively. Likewise, while direct patient care is vital, a nurse manager's primary focus is on leadership and administrative responsibilities rather than providing hands-on care to every patient.

- 9. 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.

- 10. What does patient-centered care prioritize in skilled nursing?**
- A. Healthcare provider preferences**
 - B. Technological advancements**
 - C. Respecting patients' preferences and needs**
 - D. Time spent in therapy**

Patient-centered care in skilled nursing prioritizes respecting patients' preferences and needs because it is fundamentally focused on the individual being cared for. This approach emphasizes the importance of recognizing patients as active participants in their own care, valuing their personal experiences, preferences, and values. By considering what is important to patients, healthcare providers can tailor their services to promote better outcomes, enhance satisfaction, and improve the overall quality of care. In a patient-centered model, communication between healthcare providers and patients is essential, allowing for shared decision-making and fostering a therapeutic alliance. This means that care plans are designed not just around medical needs but also around what matters most to the patient, which can lead to increased adherence to treatment and a greater sense of empowerment for the patient. In contrast, focusing primarily on healthcare provider preferences or technological advancements can lead to care that may neglect individual patient experiences or needs. Additionally, while time spent in therapy is important for rehabilitation, it should be an aspect woven into the broader context of what the patient values and needs in their care management. Prioritizing patient preferences ensures that care is holistic and tailored to enhance the patient's overall well-being.

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://hesimgmtofskilledcareunit.examzify.com>

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

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