

# HHA Home Health Care 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 does OSHA stand for?**
  - A. Occupational Standards Health Association**
  - B. Occupational Safety And Health Administration**
  - C. Occupational Safety and Health Assessment**
  - D. Office of Safety and Health Administration**
- 2. Which temperature change in an infant should be reported?**
  - A. Temperature below 96.0°F**
  - B. Temperature below 94.5°F or above 100.4°F**
  - C. Temperature below 98.0°F**
  - D. No need to report temperature unless above 101°F**
- 3. What type of fluids are essential for body function?**
  - A. Only water**
  - B. Carbonated drinks**
  - C. Processed juices**
  - D. Water and blood**
- 4. What is dehydration primarily characterized by?**
  - A. Excessive fluid intake**
  - B. Fluid loss greater than fluid intake**
  - C. Balanced fluid retention**
  - D. Frequent urination**
- 5. What aspect of communication is highlighted as key in client care?**
  - A. Providing solutions before understanding needs**
  - B. Listening attentively to client concerns**
  - C. Speaking rather than listening**
  - D. Taking control of the conversation**
- 6. When lifting objects, where should your feet be positioned?**
  - A. Close together for stability**
  - B. Apart for a balanced stance**
  - C. In front of the object being lifted**
  - D. Behind the object to avoid obstruction**



- 7. Which of the following describes a person's rights under the Patient Bill of Rights?**
- A. They can refuse their rights**
  - B. They can choose to switch doctors at any time**
  - C. They can be denied information about their health**
  - D. They can be ignored during treatment**
- 8. When is it necessary to call 911 during a client accident?**
- A. Only if the client requests it**
  - B. If the situation requires urgent medical assistance**
  - C. When you're unsure of what to do**
  - D. After assessing the full situation**
- 9. Which of the following represents the normal axillary temperature for adults?**
- A. 99.6 F**
  - B. 98.6 F**
  - C. 97.6 F**
  - D. 96.6 F**
- 10. Which observation is part of assessing the integumentary system?**
- A. Appetite changes**
  - B. Skin color, temperature, and condition**
  - C. Sleeping patterns**
  - D. Bowel movements**

## **Answers**

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

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## **Explanations**

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## 1. What does OSHA stand for?

- A. Occupational Standards Health Association
- B. Occupational Safety And Health Administration**
- C. Occupational Safety and Health Assessment
- D. Office of Safety and Health Administration

OSHA stands for the Occupational Safety and Health Administration. This agency, part of the United States Department of Labor, was created in 1970 to ensure safe and healthy working conditions for workers by setting and enforcing standards and providing training, outreach, education, and assistance. By focusing on workplace safety and health, OSHA aims to reduce workplace hazards and implement safety programs to protect employees across various industries. The other options do not accurately reflect the official name of the agency. For example, the term "Occupational Standards Health Association" does not exist as a recognized entity related to workplace safety. Similarly, "Occupational Safety and Health Assessment" and "Office of Safety and Health Administration" either misrepresent the agency's full name or do not capture its primary purpose. Ensuring that you understand the correct name and function of OSHA is crucial for anyone involved in a work environment that prioritizes the health and safety of employees.

## 2. Which temperature change in an infant should be reported?

- A. Temperature below 96.0°F
- B. Temperature below 94.5°F or above 100.4°F**
- C. Temperature below 98.0°F
- D. No need to report temperature unless above 101°F

In infants, maintaining a stable body temperature is crucial due to their developing physiology and increased vulnerability to infections. A temperature below 94.5°F or above 100.4°F is significant and warrants immediate reporting to a healthcare provider. A temperature below 94.5°F indicates hypothermia, which can lead to serious complications as infants have a limited ability to regulate their body temperature. Similarly, a fever above 100.4°F can signal an underlying infection or illness that requires further evaluation and intervention. Monitoring these specific thresholds allows caregivers to promptly address potential health issues, ensuring the infant receives appropriate medical attention. This proactive approach is essential in home health care to safeguard the health and well-being of infants in care.

### 3. What type of fluids are essential for body function?

- A. Only water
- B. Carbonated drinks
- C. Processed juices
- D. Water and blood**

The selection of water and blood as essential fluids for body function is correct because both serve critical roles in maintaining homeostasis, supporting cellular processes, and ensuring overall well-being. Water is vital for hydration, facilitating numerous biochemical reactions within the body, regulating temperature, and transporting nutrients and waste products. Blood, composed largely of water, plays a key role in delivering oxygen and nutrients to tissues, removing carbon dioxide and metabolic wastes, and acting as a medium for immune cells and various proteins necessary for healing and defense against infections. Other options, like only water or various processed beverages, do not encompass the complexity of fluids necessary for bodily functions. Pure water is necessary for hydration and metabolic processes, but it alone does not address the circulatory and immune functions that blood provides. Carbonated drinks and processed juices may contain some water but often include sugars and additives that do not contribute positively to bodily functions and can, in fact, lead to health issues when consumed in excess. Thus, understanding the importance of both water and blood highlights the necessity of comprehensive fluid intake for optimal health.

### 4. What is dehydration primarily characterized by?

- A. Excessive fluid intake
- B. Fluid loss greater than fluid intake**
- C. Balanced fluid retention
- D. Frequent urination

Dehydration is primarily characterized by fluid loss that exceeds fluid intake. This condition occurs when the body does not have enough water to carry out its normal functions, which can lead to various physiological issues. The body relies on a precise balance of fluids to maintain cellular function, regulate temperature, and transport nutrients. When there is a deficit in fluid intake or an excessive loss of fluids—whether through sweating, urination, diarrhea, or vomiting—this imbalance manifests as dehydration. The consequence of this fluid deficit can vary from mild to severe, affecting organs and body systems. In any context—whether in the elderly, infants, or those with certain medical conditions—it's critical for caregivers to recognize the signs of dehydration and act promptly to restore fluid balance.

**5. What aspect of communication is highlighted as key in client care?**

- A. Providing solutions before understanding needs**
- B. Listening attentively to client concerns**
- C. Speaking rather than listening**
- D. Taking control of the conversation**

Listening attentively to client concerns is a critical aspect of effective communication in client care. This approach prioritizes the client's needs and feelings, allowing caregivers to fully understand their situation, preferences, and any specific issues they may be experiencing. By actively listening, caregivers can gather essential information, build trust, and foster a supportive environment where clients feel valued and heard. This not only improves the quality of care provided but also enhances the overall client experience. Other options do not emphasize the importance of listening. Providing solutions before understanding needs can lead to miscommunication and potentially failing to address the actual concerns of the client. Speaking rather than listening suggests that the caregiver may dominate the conversation, which can hinder meaningful dialogue and understanding. Taking control of the conversation may make clients feel unheard or dismissive of their concerns, which can negatively impact the therapeutic relationship.

**6. When lifting objects, where should your feet be positioned?**

- A. Close together for stability**
- B. Apart for a balanced stance**
- C. In front of the object being lifted**
- D. Behind the object to avoid obstruction**

When lifting objects, positioning your feet apart for a balanced stance is essential for maintaining stability and minimizing the risk of injury. By spreading your feet shoulder-width apart, you create a solid base that allows you to support your body weight effectively while engaging the muscles necessary for lifting. This stance helps distribute the load evenly, reduces the strain on your back, and allows for greater control of the movement. It is important to avoid keeping your feet close together, as this can lead to a less stable base and increase the likelihood of losing balance during the lift. Additionally, positioning your feet in front of or behind the object can interfere with your ability to lift effectively, as it does not provide the necessary support and alignment needed for a safe lifting technique. Therefore, maintaining feet apart not only enhances safety but also improves performance during lifting tasks in home health care practices.

**7. Which of the following describes a person's rights under the Patient Bill of Rights?**

- A. They can refuse their rights**
- B. They can choose to switch doctors at any time**
- C. They can be denied information about their health**
- D. They can be ignored during treatment**

The Patient Bill of Rights outlines the fundamental rights that patients have regarding their healthcare. One of these essential rights is the ability to choose their healthcare provider, including the option to switch doctors at any time. This empowers patients to seek out the healthcare professionals with whom they feel most comfortable and confident, ensuring that they receive the best possible care tailored to their needs. This choice is crucial for fostering a trusting relationship between patients and providers, where open communication and collaboration are key elements of effective healthcare. It also encourages healthcare providers to maintain a standard of excellence in delivering their services, knowing that patients have the autonomy to make decisions regarding their own care. Understanding this aspect of patient rights helps emphasize the importance of patient autonomy and encourages individuals to advocate for their own health and well-being.

**8. When is it necessary to call 911 during a client accident?**

- A. Only if the client requests it**
- B. If the situation requires urgent medical assistance**
- C. When you're unsure of what to do**
- D. After assessing the full situation**

Calling 911 is necessary when the situation requires urgent medical assistance, which is crucial for ensuring that the client receives timely help. Emergencies can include situations such as severe injuries, difficulty breathing, unresponsive behavior, or any scenario that poses an immediate risk to the client's health or safety. In such cases, the priority is to get professional medical help as quickly as possible. While it can be beneficial to assess the situation, there are instances where any delay could worsen the client's condition. Immediate action is often required in emergencies, and knowing to call 911 when urgent medical assistance is needed is a critical aspect of providing safe and effective care. Other options may imply hesitation or prioritize the client's input over the urgency of the situation, which can be inappropriate in life-threatening emergencies. The focus should always remain on the best interest of the client's health and safety.



**9. Which of the following represents the normal axillary temperature for adults?**

- A. 99.6 F**
- B. 98.6 F**
- C. 97.6 F**
- D. 96.6 F**

The normal axillary temperature for adults is typically considered to be around 97.6°F. This measurement reflects the temperature taken from the armpit, which is usually lower than the oral or rectal temperatures due to the influence of external factors and the specific site of measurement. While 98.6°F is often cited as the average normal body temperature, that figure more accurately represents an oral or rectal temperature. Therefore, understanding the context of different temperature measurement sites is crucial when determining what is considered normal for axillary readings.

**10. Which observation is part of assessing the integumentary system?**

- A. Appetite changes**
- B. Skin color, temperature, and condition**
- C. Sleeping patterns**
- D. Bowel movements**

Assessing the integumentary system specifically involves observing the skin and its characteristics, including skin color, temperature, and overall condition. This assessment provides vital information about a person's health status. Changes in skin color can indicate various issues, such as jaundice, pallor, or flushing, which may reflect underlying medical conditions. Measuring skin temperature can help identify issues with circulation, while the condition of the skin itself, such as the presence of rashes, dryness, or lesions, can be indicative of numerous health concerns. The other options, while they may be relevant to general health assessments, do not pertain directly to the integumentary system. Appetite changes relate more to nutritional status. Sleeping patterns concern overall wellness and mental health, while bowel movements are associated with digestive health. Thus, the focus on skin characteristics distinctly identifies the observation relevant to assessing the integumentary system.

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

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