

Home Health Nursing 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

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- 1. What is a responsibility of home health nurses regarding patient medication?**
 - A. To prescribe new medications**
 - B. To administer prescribed medications and educate about them**
 - C. To stop any medication regimen immediately**
 - D. To only keep records of medications without administering**

- 2. What type of support can aides and homemakers provide in home health care?**
 - A. Medical diagnosis and treatment**
 - B. Assistance with complex financial decisions**
 - C. Support in activities of daily living**
 - D. Planning and management of medication**

- 3. Why is it essential to provide an accurate picture of the type and quality of care?**
 - A. To secure funding from insurance companies**
 - B. To reflect the effectiveness of the care plan and progress**
 - C. To maintain a log of all patient complaints**
 - D. To ensure compliance with legal regulations**

- 4. Which framework is commonly used for ethical decision-making in nursing?**
 - A. The Code of Conduct for Nurses**
 - B. The ANA Code of Ethics**
 - C. The Nursing Practice Standards**
 - D. The Patient Care Ethics Guidelines**

- 5. What are some common psychosocial issues experienced by patients in home health care?**
 - A. Obesity and sleep disorders**
 - B. Isolation, anxiety, and depression**
 - C. Substance abuse and addiction**
 - D. Academic struggles and behavioral issues**

6. Which service category is LEAST likely associated with home health care?

- A. Intravenous therapy**
- B. Social services**
- C. Inpatient surgical services**
- D. Acquisition of medical supplies**

7. What are signs of potential infection a home health nurse should monitor for?

- A. Decreased patient mobility and fatigue**
- B. Increased redness, swelling, warmth, or discharge from a wound**
- C. Improved appetite and sleep patterns**
- D. Frequent changes in emotional status**

8. What defines "skilled nursing care" in home health?

- A. Care provided by unlicensed assistive personnel**
- B. Basic care offered by family members**
- C. Medical care that requires specialized education and training**
- D. Emergency medical services provided in critical situations**

9. What kind of organizations negotiate contracts with home health agencies for services?

- A. Local governmental agencies**
- B. Nonprofit charity organizations**
- C. Health maintenance organizations (HMOs) and preferred provider organizations (PPOs)**
- D. Educational institutions**

10. What is a common aspect of the setting for home health care?

- A. Hospital rooms**
- B. Skilled nursing facilities**
- C. Patients' private residences**
- D. Public health clinics**

Answers

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

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Explanations

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1. What is a responsibility of home health nurses regarding patient medication?

- A. To prescribe new medications**
- B. To administer prescribed medications and educate about them**
- C. To stop any medication regimen immediately**
- D. To only keep records of medications without administering**

Home health nurses play a critical role in managing patient medication. One of their primary responsibilities is to administer prescribed medications and educate patients about them. This dual role ensures that patients receive their medications correctly and understand their purpose, potential side effects, and the importance of adherence to the prescribed treatment regimen. By educating patients, home health nurses empower them to take an active role in their own health care, which can enhance medication adherence and improve health outcomes. This is essential in a home health setting where patients may have chronic conditions and complexities in their medication regimens. In contrast, the responsibilities to prescribe new medications typically fall to licensed providers such as physicians or nurse practitioners, not home health nurses. Stopping a medication regimen without guidance from a supervising provider could put a patient at risk and is not in the scope of practice for home health nurses. Lastly, solely keeping records of medications without administering them would undermine the nurse's role in patient care and support, which focuses on active patient engagement in their health management.

2. What type of support can aides and homemakers provide in home health care?

- A. Medical diagnosis and treatment**
- B. Assistance with complex financial decisions**
- C. Support in activities of daily living**
- D. Planning and management of medication**

In home health care, aides and homemakers primarily provide support in activities of daily living. This encompasses essential tasks that enable individuals to maintain their daily routines and independence at home. Activities of daily living (ADLs) include a variety of personal care tasks such as bathing, dressing, grooming, feeding, mobility, and toileting. These aides focus on enhancing the quality of life for clients by assisting them in performing these fundamental activities, ensuring their safety and comfort while promoting their dignity. They are not trained to conduct medical diagnoses or provide healthcare treatment; hence, they simply support personal care and daily living tasks rather than engage in medical or complex financial matters, which require specific expertise and certification. Their role is vital in enabling clients to remain in their homes and receive supportive care tailored to their individual needs.

3. Why is it essential to provide an accurate picture of the type and quality of care?

- A. To secure funding from insurance companies**
- B. To reflect the effectiveness of the care plan and progress**
- C. To maintain a log of all patient complaints**
- D. To ensure compliance with legal regulations**

Providing an accurate picture of the type and quality of care is essential because it reflects the effectiveness of the care plan and the progress of the patient. This information is crucial for evaluating whether the interventions being used are achieving the desired outcomes. Consistent and precise documentation allows healthcare providers to assess changes in the patient's condition over time, adjust care strategies as needed, and identify successful elements of the care plan. This ultimately enhances patient safety and quality of care, ensuring that individuals receive the best possible interventions based on their unique needs. Also, this ongoing assessment plays a significant role in clinical decision-making, enabling providers to make informed choices about future care and treatment options.

4. Which framework is commonly used for ethical decision-making in nursing?

- A. The Code of Conduct for Nurses**
- B. The ANA Code of Ethics**
- C. The Nursing Practice Standards**
- D. The Patient Care Ethics Guidelines**

The ANA Code of Ethics is widely recognized as a foundational framework for ethical decision-making in nursing. This code serves as a set of guiding principles that delineate the ethical responsibilities of nurses toward patients, the profession, and society. It emphasizes the importance of respecting patient autonomy, providing competent care, and advocating for the vulnerable, thereby helping nurses navigate complex ethical dilemmas they may encounter in their practice. The ANA Code of Ethics also addresses issues such as confidentiality, informed consent, and the responsibility of nurses to uphold the dignity of all individuals. By providing a comprehensive ethical framework, it enables nurses to reflect on their values and the moral implications of their clinical decisions, promoting both ethical practice and professionalism in nursing. While other resources, such as The Code of Conduct for Nurses and the Nursing Practice Standards, provide important guidelines and regulations within the nursing profession, they do not specifically focus on the ethical decision-making process to the extent that the ANA Code of Ethics does. Similarly, the Patient Care Ethics Guidelines may offer situational advice but lack the broad application and foundational role served by the ANA Code of Ethics in shaping the ethical dimensions of nursing practice.

5. What are some common psychosocial issues experienced by patients in home health care?

- A. Obesity and sleep disorders**
- B. Isolation, anxiety, and depression**
- C. Substance abuse and addiction**
- D. Academic struggles and behavioral issues**

In home health care, patients often face unique challenges that stem from their living conditions and health status, which can significantly impact their mental and emotional well-being. Common psychosocial issues include feelings of isolation, anxiety, and depression. Many patients receiving home health care may be dealing with chronic illnesses, disabilities, or advanced age, which can limit their social interactions and mobility. This often leads to a sense of isolation, as they may feel cut off from family, friends, and community activities. Social connections are important for emotional health, and a lack of interaction can exacerbate feelings of loneliness. Anxiety frequently arises from patients' concerns about their health, treatment outcomes, and dependence on caregivers. This anxiety can be compounded by fears related to the future, potential changes in health status, or loss of independence. Depression is also a significant risk for patients in home health care. The combination of isolation and anxiety, coupled with dealing with chronic pain or diminishing health, creates a perfect storm for depression to develop. Patients may experience changes in mood, loss of interest in activities they once enjoyed, and can also have difficulty with daily functioning. While obesity, sleep disorders, substance abuse, academic struggles, and behavioral issues might be prevalent in certain contexts, they are

6. Which service category is LEAST likely associated with home health care?

- A. Intravenous therapy**
- B. Social services**
- C. Inpatient surgical services**
- D. Acquisition of medical supplies**

The service category that is least likely associated with home health care is inpatient surgical services. Home health care primarily focuses on providing medical and supportive services to patients in their homes, enabling them to receive care in a comfortable and familiar environment. Inpatient surgical services, on the other hand, are typically delivered in a hospital or clinical setting, where patients require comprehensive monitoring and immediate access to surgical teams and facilities. Inpatient surgical services involve significant medical interventions that necessitate advanced equipment, sterile environments, and specialized staffing that cannot be replicated in a home setting. Home health care typically includes services such as intravenous therapy, social services, and the acquisition of medical supplies, as these can be managed and delivered in the patient's home. Thus, the nature of inpatient surgical services aligns more closely with the acute care environment rather than home health care.

7. What are signs of potential infection a home health nurse should monitor for?

- A. Decreased patient mobility and fatigue**
- B. Increased redness, swelling, warmth, or discharge from a wound**
- C. Improved appetite and sleep patterns**
- D. Frequent changes in emotional status**

Monitoring for signs of potential infection is a critical aspect of home health nursing. Increased redness, swelling, warmth, or discharge from a wound are classic indicators of infection. These signs suggest that the body's immune response is actively working to fight off a pathogen in the area, which can be evidenced by localized inflammation. This physical response includes vasodilation, which causes warmth and increased blood flow, leading to redness and swelling. Additionally, any purulent discharge can indicate the presence of bacteria and the need for further assessment or intervention. In contrast, decreased patient mobility and fatigue may point to various health issues but are not direct signs of infection. Improved appetite and sleep patterns generally indicate recovery and wellness rather than infection, and frequent changes in emotional status could suggest psychological distress rather than a physiological infection. Thus, monitoring physical signs such as warmth, redness, swelling, and discharge provides clear, actionable information on a patient's infection status.

8. What defines "skilled nursing care" in home health?

- A. Care provided by unlicensed assistive personnel**
- B. Basic care offered by family members**
- C. Medical care that requires specialized education and training**
- D. Emergency medical services provided in critical situations**

"Skilled nursing care" in the context of home health is defined as medical care that necessitates specialized education and training. This type of care is typically delivered by healthcare professionals such as registered nurses, nurse practitioners, or therapists who have undergone extensive training in specific medical practices. Skilled nursing services may include wound care, administering medications, physical therapy, and other interventions that require professional assessment and clinical judgment. The emphasis on specialized training is crucial because it ensures that the individual receiving care is monitored for their medical needs and that interventions are carried out safely and effectively. Skilled nursing care is generally covered by health insurance when prescribed by a physician as part of a patient's overall care plan following a qualifying medical event or condition. Care provided by unlicensed assistive personnel or family members does not meet the standards required for skilled nursing, as these individuals do not possess the necessary credentials or training. Similarly, emergency medical services are focused on immediate life-threatening situations and do not provide the ongoing, comprehensive care associated with skilled nursing in a home health setting.

9. What kind of organizations negotiate contracts with home health agencies for services?

- A. Local governmental agencies**
- B. Nonprofit charity organizations**
- C. Health maintenance organizations (HMOs) and preferred provider organizations (PPOs)**
- D. Educational institutions**

Health maintenance organizations (HMOs) and preferred provider organizations (PPOs) play a crucial role in negotiating contracts with home health agencies for services. These types of organizations are part of managed care systems that aim to provide coordinated and cost-effective care to patients. HMOs and PPOs operate by establishing networks of healthcare providers, which include home health agencies, to ensure their members receive essential services while maintaining quality care standards. By negotiating contracts with home health agencies, HMOs and PPOs can control service delivery, manage costs, and create a streamlined process for patients to access home care services. The agreements often include stipulations regarding reimbursement rates, quality measures, and care coordination, which ultimately influence the availability and affordability of home health nursing services for patients. Other types of organizations, such as local governmental agencies or nonprofit charity organizations, may interact with home health services in different capacities but typically do not engage in the contract negotiation process in the same manner as HMOs and PPOs. Educational institutions are focused on training and research rather than the logistics and contractual aspects of healthcare service delivery.

10. What is a common aspect of the setting for home health care?

- A. Hospital rooms**
- B. Skilled nursing facilities**
- C. Patients' private residences**
- D. Public health clinics**

Home health care primarily occurs in patients' private residences, which is a defining characteristic of this type of care. This setting allows patients to receive medical and therapeutic care in a familiar environment, promoting comfort and emotional well-being. Home health care focuses on the individual needs of the patient in their own home, which can aid in recovery and improve quality of life. The services provided in this setting range from skilled nursing and rehabilitation therapies to assistance with daily activities, all tailored to meet the unique needs of each patient. Other settings, such as hospital rooms, skilled nursing facilities, and public health clinics, serve different purposes. Hospitals provide acute medical care, skilled nursing facilities offer long-term care for those who require constant supervision, and public health clinics focus on preventive services and community health initiatives. These environments do not typically offer the personalized, home-based approach that characterizes home health care.

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://homehealthnursing.examzify.com>

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

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