

HOSA Clinical Nursing Assessment Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What do parasympathetic nerves stimulate?**
 - A. Muscle contraction**
 - B. Digestive activity**
 - C. Respiratory rate**
 - D. Cardiac output**
- 2. What micronutrient is essential for metabolic processes and is needed in small amounts?**
 - A. Water**
 - B. Minerals**
 - C. Carbohydrates**
 - D. Fiber**
- 3. Which symptom might indicate a more severe form of orbital cellulitis?**
 - A. Increased energy**
 - B. Photophobia**
 - C. Improved appetite**
 - D. Less eye discharge**
- 4. At what month does a neonate normally smile in response to a face and raise their head 30 degrees when lying prone?**
 - A. 1 month**
 - B. 2 months**
 - C. 3 months**
 - D. 4 months**
- 5. Maintaining a good diet can help middle-aged and older adults reduce the risks of which type of disease?**
 - A. Acute**
 - B. Chronic**
 - C. Infectious**
 - D. Genetic**

- 6. What visual milestone can be observed in neonates by 1 month of age?**
- A. Tracks objects 180 degrees**
 - B. Follows objects 8-12 inches away**
 - C. Reaches for objects**
 - D. Transfers objects from hand to hand**
- 7. Which nurses are required to sign their names on the form for medication disposal?**
- A. Only one**
 - B. Both**
 - C. Only the administering nurse**
 - D. Only the witnessing nurse**
- 8. When should narcotics be counted in a clinical setting?**
- A. Once a week**
 - B. Only at the end of the month**
 - C. At the beginning of each shift**
 - D. Frequently during shifts and drawer openings**
- 9. Which type of disorders often begin in adolescence and are characterized by unhealthy eating behaviors?**
- A. Mental health**
 - B. Eating**
 - C. Personality**
 - D. Substance abuse**
- 10. What are the four levels of residential care?**
- A. Independent living, assisted living, nursing home, hospice care**
 - B. Domiciliary care, sheltered housing, intermediate care, skilled care**
 - C. Home care, rehabilitation, long-term care, respite care**
 - D. Social care, psychiatric care, emergency care, outpatient care**

Answers

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

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Explanations

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1. What do parasympathetic nerves stimulate?

- A. Muscle contraction
- B. Digestive activity**
- C. Respiratory rate
- D. Cardiac output

The parasympathetic nervous system is primarily responsible for promoting the "rest and digest" functions of the body. This part of the autonomic nervous system works to conserve energy and enhance functions that occur during restful states. When parasympathetic nerves are stimulated, they activate digestive activity, promoting processes such as salivation, gastric secretion, and increased peristalsis in the intestines. This stimulation is crucial for efficient digestion and nutrient absorption after eating. In contrast, the other functions—muscle contraction, respiratory rate, and cardiac output—are primarily influenced by the sympathetic nervous system, which prepares the body for "fight or flight" responses. Thus, while muscle contractions can occur due to various stimuli, they are not specifically a function of parasympathetic stimulation. Similarly, respiratory rate and cardiac output are typically elevated during stress or physical activity, which again relies more on sympathetic activation rather than parasympathetic influence.

2. What micronutrient is essential for metabolic processes and is needed in small amounts?

- A. Water
- B. Minerals**
- C. Carbohydrates
- D. Fiber

Minerals are essential micronutrients that play a critical role in various metabolic processes in the body. They are required in small amounts but are vital for maintaining health and supporting numerous physiological functions. For instance, minerals such as calcium and potassium are crucial for bone health and muscle function, respectively. They assist in enzyme activation, electrolyte balance, and the maintenance of nerve and muscle function. Unlike macronutrients, which the body needs in larger quantities (such as carbohydrates, proteins, and fats), minerals are classified as micronutrients and contribute to a wide range of biochemical reactions necessary for the body to function effectively. Their importance cannot be overstated, as deficiencies can lead to significant health issues.

3. Which symptom might indicate a more severe form of orbital cellulitis?

- A. Increased energy**
- B. Photophobia**
- C. Improved appetite**
- D. Less eye discharge**

Photophobia, or sensitivity to light, can indicate a more severe form of orbital cellulitis because it often suggests increased inflammation and irritation within the eye or surrounding structures. In cases of orbital cellulitis, the infection can involve the eye muscles and optic nerve, leading to complications that affect visual function or cause pain, particularly when exposed to light. The presence of photophobia may also signal the possibility of associated issues like meningitis or decreased vision, which necessitates prompt medical evaluation and treatment. In contrast, symptoms such as increased energy, improved appetite, or less eye discharge would not be typical signs of a worsening condition; indeed, they could suggest a more stable or uncomplicated state rather than one that has escalated.

4. At what month does a neonate normally smile in response to a face and raise their head 30 degrees when lying prone?

- A. 1 month**
- B. 2 months**
- C. 3 months**
- D. 4 months**

A neonate typically begins to smile in response to a face and can raise their head to about 30 degrees when lying prone around 2 months of age. At this developmental stage, social engagement starts to emerge, and infants show recognition of familiar faces, leading to smiles. Additionally, motor skills are developing, allowing for some ability to lift their head while on their stomach, although they may still be quite wobbly and require further strengthening of neck and back muscles. By 1 month, infants have not yet developed responsive smiling to faces. By 3 months, smiles and head elevation become more pronounced, as infants can usually lift their heads higher and have more intentional social interactions. At 4 months, head control is even more advanced, and social smiles are frequent. Understanding these milestones helps in assessing typical infant development.

5. Maintaining a good diet can help middle-aged and older adults reduce the risks of which type of disease?

- A. Acute**
- B. Chronic**
- C. Infectious**
- D. Genetic**

A good diet plays a crucial role in reducing the risks associated with chronic diseases, especially among middle-aged and older adults. Chronic diseases include conditions such as heart disease, diabetes, obesity, and hypertension, which often develop over time and can be influenced by lifestyle factors, including diet. A well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help manage weight, lower blood pressure, improve cholesterol levels, and enhance overall metabolic health. This dietary approach supports the prevention and management of these chronic conditions, making it essential for promoting long-term health and wellness in this age group. While other types of diseases may also be affected by diet to some extent, such as infectious diseases in terms of overall immune health, the most significant impact of dietary choices is on chronic diseases, especially given the risk factors associated with aging.

6. What visual milestone can be observed in neonates by 1 month of age?

- A. Tracks objects 180 degrees**
- B. Follows objects 8-12 inches away**
- C. Reaches for objects**
- D. Transfers objects from hand to hand**

By 1 month of age, neonates typically demonstrate the ability to follow objects that are 8-12 inches away from their eyes. This range is crucial because it corresponds to the distance most caregivers' faces will be when they are holding the infant, allowing for initial visual engagement and bonding. At this age, visual acuity is not fully developed, and the baby is still establishing the ability to track moving objects smoothly. The focus on objects within this specific distance helps to support their developing visual skills. As infants grow older, they will begin to gain more control over their eye movements and improve their tracking abilities, including wider ranges of motion, such as tracking objects in a 180-degree arc or reaching for and transferring objects, which typically develops later in infancy. Thus, the ability to follow objects specifically at a distance of 8-12 inches is a key visual milestone observed at around 1 month of age.

7. Which nurses are required to sign their names on the form for medication disposal?

- A. Only one**
- B. Both**
- C. Only the administering nurse**
- D. Only the witnessing nurse**

The requirement for both nurses to sign the medication disposal form is essential for ensuring accountability and traceability within medication management practices. This procedure typically necessitates two nurses to confirm that the medication has been properly disposed of, which reduces the risk of medication errors, fraud, or diversion. By having both nurses sign the form, it establishes a clear record that attests to the proper handling of the medication, reinforcing due diligence on both parts. This practice not only upholds safety standards but also aligns with regulatory requirements that aim to ensure medications are accounted for at each step of the process. The dual-signature approach serves as a safeguard, contributing to a culture of safety within healthcare settings. In this context, the involvement of two nurses helps maintain trust and integrity within the medication management system, distinguishing it from scenarios where only one person's signature might leave room for ambiguity or liability.

8. When should narcotics be counted in a clinical setting?

- A. Once a week**
- B. Only at the end of the month**
- C. At the beginning of each shift**
- D. Frequently during shifts and drawer openings**

In a clinical setting, narcotics should be counted frequently during shifts and drawer openings to ensure accurate tracking and accountability for these controlled substances. This practice is essential for maintaining patient safety and compliance with legal regulations surrounding narcotics use. Frequent counting helps prevent discrepancies that could indicate misuse or theft, ensuring that all healthcare personnel are aware of the current inventory levels. This regular monitoring also allows for immediate identification of any issues, facilitating quick responses to potential problems. Counting at the beginning of each shift alone may not be sufficient, as discrepancies can arise at any time due to administration or other activities throughout the shift. Performing checks more frequently strengthens the overall management of narcotics within healthcare facilities.

9. Which type of disorders often begin in adolescence and are characterized by unhealthy eating behaviors?

- A. Mental health**
- B. Eating**
- C. Personality**
- D. Substance abuse**

Eating disorders are a specific category of mental health conditions that commonly arise during adolescence and are distinguished by significant disturbances in eating behavior and related thoughts and feelings. Adolescence is a critical developmental period when individuals often experience various pressures, including social, emotional, and environmental influences that can contribute to unhealthy patterns of eating. These disorders can manifest in several forms, such as anorexia nervosa, bulimia nervosa, and binge eating disorder. Each type of eating disorder has its own characteristics, but they all involve an unhealthy focus on body weight, shape, and food, which can lead to severe health complications if not addressed. The other types of disorders listed, such as mental health disorders, may encompass a wide range of issues beyond eating behaviors, including anxiety, depression, and mood disorders. Personality disorders typically involve enduring patterns of behavior and inner experience, while substance abuse relates to the harmful use of psychoactive substances. While all these categories can intersect and impact a person's mental and physical health, the specific focus on unhealthy eating behaviors directly aligns with the nature of eating disorders, making them the correct choice in this context.

10. What are the four levels of residential care?

- A. Independent living, assisted living, nursing home, hospice care**
- B. Domiciliary care, sheltered housing, intermediate care, skilled care**
- C. Home care, rehabilitation, long-term care, respite care**
- D. Social care, psychiatric care, emergency care, outpatient care**

The four levels of residential care focus on the varying degrees of assistance and supervision provided to individuals based on their needs. Domiciliary care, which refers to care provided in a person's home, is the least intensive level, allowing for independence while still offering support when necessary. Sheltered housing provides a supportive living environment for seniors who are generally independent but may require some assistance. Intermediate care typically refers to transitional services aimed at rehabilitating individuals and preparing them for more independent living. Skilled care represents the highest level, delivered in nursing homes, where individuals receive 24-hour nursing support due to significant health issues or disabilities. This understanding of the levels of residential care highlights the importance of tailored approaches to meet the diverse needs of individuals, ensuring they receive the appropriate level of support for their specific circumstances.