

HOSA Nursing Assisting Assessment Practice Test (Sample)

Study Guide



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SAMPLE

Questions

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- 1. Which of the following can access the medical record within an agency?**
 - A. Only the primary physician**
 - B. Anyone working in the agency**
 - C. Only the nursing staff**
 - D. Only administrative personnel**
- 2. What are Resident's Rights in home health care?**
 - A. Regulations regarding funding for long-term care facilities**
 - B. Rights for home health care clients and residents provided by regulations**
 - C. Policies concerning staff behavior in nursing facilities**
 - D. Guidelines for family visitation in hospitals**
- 3. What do legal rights provide to individuals in a healthcare setting?**
 - A. Promotions within healthcare organizations**
 - B. Exclusive access to specialized services**
 - C. Rights of all people under the law**
 - D. Confidentiality of medical history**
- 4. What is the average daily fluid requirement for an adult to maintain normal fluid balance?**
 - A. 1000-1500 mL daily**
 - B. 1500-2000 mL daily**
 - C. 2000-2500 mL daily**
 - D. 2500-3000 mL daily**
- 5. Which of the following best describes the relationship between ethical standards and patient care?**
 - A. Ethical standards create restrictions on patient interaction**
 - B. Ethical standards ensure protection and proper treatment of patients**
 - C. Ethical standards mainly focus on financial accountability**
 - D. Ethical standards have little impact on clinical practice**

- 6. Fats, oils, and sweets should be consumed in what manner according to dietary guidelines?**
- A. Freely and generously**
 - B. Rarely and in moderation**
 - C. Daily in large quantities**
 - D. Only during special occasions**
- 7. How can grievances be appropriately handled in a professional setting?**
- A. By ignoring them**
 - B. By addressing them through a formal process**
 - C. By discussing them only with friends**
 - D. By escalating them without discussion**
- 8. How should one address a coworker who is often late and creating additional work?**
- A. Ignore the issue**
 - B. Explain the problem to your supervisor with specific instances**
 - C. Publicly confront them**
 - D. Do nothing, as it's their responsibility**
- 9. Reflection and acceptance are outcomes of what process in older adulthood?**
- A. Denial of aging**
 - B. Adjustment to life changes**
 - C. Complete withdrawal**
 - D. Negative self-image**
- 10. What condition is characterized by an enlarged thyroid gland?**
- A. Hypoparathyroidism**
 - B. Goiter**
 - C. Uremia**
 - D. Graves disease**

Answers

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

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Explanations

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1. Which of the following can access the medical record within an agency?

- A. Only the primary physician**
- B. Anyone working in the agency**
- C. Only the nursing staff**
- D. Only administrative personnel**

Access to the medical record within an agency is typically governed by specific policies aimed at ensuring patient confidentiality and the security of health information. Generally, anyone working within the agency may access medical records, as they need to provide appropriate care and services to the patients. This includes various professionals such as nurses, physicians, and administrative staff, each having a role that may require them to review a patient's medical history or current treatment plan. On the other hand, limiting access to only the primary physician or only nursing staff excludes other healthcare professionals who also play critical roles in patient care. Administrative personnel, while important for managing the healthcare facility, also need access to certain aspects of medical records for billing and operational purposes. Hence, allowing all individuals working within the agency to access medical records ensures a collaborative approach to patient care while adhering to privacy regulations.

2. What are Resident's Rights in home health care?

- A. Regulations regarding funding for long-term care facilities**
- B. Rights for home health care clients and residents provided by regulations**
- C. Policies concerning staff behavior in nursing facilities**
- D. Guidelines for family visitation in hospitals**

The concept of Resident's Rights in home health care pertains specifically to the protections and entitlements afforded to clients and residents receiving services in their own homes. These rights are established by various regulations and laws to ensure that individuals in home health care settings are treated with dignity, respect, and receive appropriate care. These rights typically include the right to privacy, the right to participate in their own care, the right to make choices about their care, and the right to receive information about their treatment options. By focusing on the specific needs and desires of individuals in home health situations, these regulations empower residents to have a say in their own health care decisions, providing them with the autonomy and respect that is crucial for their well-being. In contrast, the other options reference different aspects of health care and residential care environments. For example, regulations regarding funding for long-term care facilities do not directly address the rights of residents but rather the financial aspect of providing those services. Policies concerning staff behavior and family visitation guidelines are also relevant but do not specifically encapsulate the comprehensive rights that residents in home health settings are entitled to. Therefore, the selection that emphasizes the rights for home health care clients best aligns with the intended focus on the autonomy and protections for individuals receiving care in that context

3. What do legal rights provide to individuals in a healthcare setting?

- A. Promotions within healthcare organizations**
- B. Exclusive access to specialized services**
- C. Rights of all people under the law**
- D. Confidentiality of medical history**

Legal rights in a healthcare setting are essential as they ensure that all individuals, regardless of their circumstances, are afforded certain protections and entitlements under the law. These rights encompass a wide range of areas, including the right to informed consent, the right to privacy, and the right to receive appropriate medical care. By recognizing these rights, healthcare providers are obligated to treat patients lawfully and uphold their dignity, autonomy, and well-being. These rights are established to prevent discrimination and to provide a framework that supports a respectful and equitable healthcare delivery system. When individuals are aware of and can exercise their legal rights, it empowers them to advocate for their own health and to seek recourse if those rights are violated. While promotions within healthcare organizations, exclusive access to specialized services, and confidentiality of medical history are relevant to healthcare, they do not encapsulate the broader and fundamental scope of what legal rights provide to individuals in the healthcare context. Legal rights are about safeguarding equal treatment and protecting the interests of all people under the law, making them a cornerstone of ethical healthcare practices.

4. What is the average daily fluid requirement for an adult to maintain normal fluid balance?

- A. 1000-1500 mL daily**
- B. 1500-2000 mL daily**
- C. 2000-2500 mL daily**
- D. 2500-3000 mL daily**

The average daily fluid requirement for an adult to maintain normal fluid balance is generally recognized to be between 2000-2500 mL. This volume accounts for the body's needs to replace fluids lost through various processes such as urine output, perspiration, respiration, and even normal metabolic processes. Adequate hydration is essential for numerous bodily functions, including digestion, circulation, temperature regulation, and waste elimination. Maintaining this fluid balance is crucial as both dehydration and overhydration can lead to serious health complications. The recommended range takes into consideration not only the water consumed but also the moisture contained in food and other beverages. Depending on individual factors such as age, weight, activity level, and climatic conditions, the fluid requirement may vary, but the 2000-2500 mL range serves as a general guideline for healthy adults under normal circumstances.

5. Which of the following best describes the relationship between ethical standards and patient care?
- A. Ethical standards create restrictions on patient interaction
 - B. Ethical standards ensure protection and proper treatment of patients**
 - C. Ethical standards mainly focus on financial accountability
 - D. Ethical standards have little impact on clinical practice

The relationship between ethical standards and patient care is fundamentally rooted in the principle that ethics guide healthcare professionals to provide the best possible care while respecting patient rights and dignity. When ethical standards are adhered to, they establish a framework that prioritizes the safety, well-being, and autonomy of patients. This means that healthcare providers are obligated to treat patients with compassion, respect their wishes, and ensure they receive care that is not only effective but also fair and equitable. These standards also help in fostering trust between patients and healthcare providers, as patients can feel secure that their rights are being upheld and that they are being treated appropriately. By ensuring protection and promoting proper treatment, ethical standards play a crucial role in enhancing the overall quality and effectiveness of patient care, which is vital in the healthcare environment. While ethical standards do relate to accountability and interacting with patients, their primary focus is on ensuring that patients receive care that is respectful and protective, making option B the best description of this important relationship.

6. Fats, oils, and sweets should be consumed in what manner according to dietary guidelines?
- A. Freely and generously
 - B. Rarely and in moderation**
 - C. Daily in large quantities
 - D. Only during special occasions

Fats, oils, and sweets are components of the diet that should be managed carefully due to their potential impact on health when consumed excessively. Dietary guidelines recommend that these items should be consumed rarely and in moderation. This approach emphasizes the importance of a balanced diet where the majority of caloric intake comes from nutrient-dense foods, such as fruits, vegetables, whole grains, and lean proteins. By limiting fats, oils, and sweets, individuals can reduce their calorie intake and decrease the risk of chronic conditions such as obesity, heart disease, and diabetes. This recommendation allows for occasional enjoyment of these items without compromising overall dietary quality or health. In contrast, consuming fats, oils, and sweets freely and generously can lead to overconsumption of calories and unhealthy dietary patterns. Daily large quantities would also contribute to similar health issues and does not align with the principle of moderation that dietary guidelines advocate. While saving them for special occasions might limit their consumption, it does not adequately address the need for balanced and healthy eating patterns as suggested by dietary practices.

7. How can grievances be appropriately handled in a professional setting?

- A. By ignoring them
- B. By addressing them through a formal process**
- C. By discussing them only with friends
- D. By escalating them without discussion

Addressing grievances through a formal process is essential in a professional setting as it ensures that concerns are documented, investigated, and resolved in a systematic manner. This approach fosters an environment of trust and accountability, allowing individuals to feel heard and respected. A formal process typically includes steps such as reporting the grievance to a supervisor or human resources, outlining the specific issues, and following up on resolutions. Using a formal grievance process allows the organization to maintain consistency in handling similar issues, ensuring fairness and clarity. It can also help identify patterns or systemic problems within the workplace that need to be addressed, ultimately leading to a more positive and effective work environment. Properly addressing grievances in a professional manner helps in building better relationships among staff, promoting teamwork, and enhancing overall morale.

8. How should one address a coworker who is often late and creating additional work?

- A. Ignore the issue
- B. Explain the problem to your supervisor with specific instances**
- C. Publicly confront them
- D. Do nothing, as it's their responsibility

Addressing a coworker who frequently arrives late and creates extra work for others requires a thoughtful approach, and explaining the problem to your supervisor is the most effective solution. This approach allows you to bring the issue to someone in a position of authority who can help address the situation appropriately. By providing specific instances, you give your supervisor concrete information that can help them understand the impact of the coworker's behavior on the team and work environment. This method promotes accountability and encourages an organized resolution rather than placing blame directly on the coworker. Other options could lead to unresolved issues or increased tension in the workplace. Ignoring the issue does not address the problem, while public confrontation could create hostility and diminish teamwork. Additionally, doing nothing would allow the behavior to persist without any efforts to improve the situation, negatively affecting productivity and morale. Thus, talking to a supervisor with clear examples is a proactive and professional strategy to foster a better working environment.

9. Reflection and acceptance are outcomes of what process in older adulthood?

- A. Denial of aging**
- B. Adjustment to life changes**
- C. Complete withdrawal**
- D. Negative self-image**

Reflection and acceptance are key components of the process associated with adjustment to life changes in older adulthood. As individuals age, they encounter numerous transitions such as retirement, loss of loved ones, physical decline, and shifts in social roles. Successfully navigating these changes often involves reflecting on past experiences and finding a way to integrate them into their current identity and lifestyle. During this adjustment period, older adults may engage in meaningful introspection, leading to greater acceptance of their circumstances and the realities of aging. This acceptance can contribute to improved emotional well-being and a sense of peace about the life they have lived. Essentially, this process fosters a healthier coping mechanism that helps individuals come to terms with their new reality, promoting resilience and a positive outlook on life. Other options suggest more negative outcomes; denial of aging might prevent individuals from facing their reality, while complete withdrawal indicates isolation and disengagement, both of which hinder the reflective process. A negative self-image can also complicate acceptance and adjustment. Therefore, the process of adjustment to life changes directly facilitates the positive outcomes of reflection and acceptance.

10. What condition is characterized by an enlarged thyroid gland?

- A. Hypoparathyroidism**
- B. Goiter**
- C. Uremia**
- D. Graves disease**

An enlarged thyroid gland is known as a goiter. This condition can occur due to various factors, including iodine deficiency, which is essential for the production of thyroid hormones. When there is not enough iodine in the diet, the thyroid gland may enlarge in an attempt to produce more hormones. It can also result from other thyroid-related disorders, such as Graves disease or Hashimoto's thyroiditis, but the term "goiter" specifically refers to the enlargement itself, irrespective of the underlying cause. Understanding goiter is important, especially in regions where iodine intake is low, as it can lead to various metabolic dysfunctions and symptoms associated with both hyperthyroidism and hypothyroidism. While Graves disease is a form of hyperthyroidism that can also result in goiter, the term specifically indicating the enlargement is what makes "goiter" the most accurate answer in this context.