

HOSA Nursing Assisting Assessment 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

- 1. Which term is commonly used to refer to a complaint?**
 - A. Grievance**
 - B. Accusation**
 - C. Discontent**
 - D. Claim**
- 2. What is a common psychological theme experienced in older adulthood?**
 - A. Regret and guilt**
 - B. Reflection and acceptance**
 - C. Fear of death**
 - D. Desire for companionship**
- 3. 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**
- 4. What is the medical term for nearsightedness?**
 - A. Presbyopia**
 - B. Myopia**
 - C. Strabismus**
 - D. Glaucoma**
- 5. What emotional response is commonly faced during aging?**
 - A. Anxiety about the future**
 - B. Isolation from family**
 - C. Reflection on life accomplishments**
 - D. Frustration with technology**
- 6. What muscle is commonly referred to as the calf muscle?**
 - A. Gastrocnemius**
 - B. Soleus**
 - C. Quadriceps**
 - D. Hamstring**

- 7. What common condition is referred to as athlete's foot?**
- A. Bacterial infection**
 - B. Fungal infection usually in the skin of the toes and soles**
 - C. Parasitic infection affecting the feet**
 - D. Viral infection causing blisters**
- 8. Which of the following symptoms is associated with a patient having an infection?**
- A. Loss of appetite**
 - B. Increased weight**
 - C. High blood pressure**
 - D. Improved mood**
- 9. What is a common respiratory change that occurs with aging?**
- A. Increased lung capacity**
 - B. Stronger respiratory muscles**
 - C. Decreased ability to clear secretions**
 - D. Improved gas exchange**
- 10. What condition is characterized by decreased secretion of aldosterone?**
- A. Addison's disease**
 - B. Cushing's syndrome**
 - C. Prostatic hypertrophy**
 - D. Adrenal hyperplasia**

Answers

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

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Explanations

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1. Which term is commonly used to refer to a complaint?

- A. Grievance**
- B. Accusation**
- C. Discontent**
- D. Claim**

The term "grievance" is commonly used to refer to a complaint because it specifically denotes a formal complaint or concern expressed by an individual about a situation that they find unsatisfactory or unjust. In various contexts, particularly in workplace environments or formal procedures, a grievance is typically a documented issue that a person raises in order to seek resolution or redress. This term carries a sense of formality and recognition of the individual's feelings regarding a perceived wrong and is often used in policies and procedures for conflict resolution. In contrast, while "accusation" refers to a charge of wrongdoing that usually implies blame or fault, it does not encapsulate the broader notion of a complaint about conditions or treatment. "Discontent" describes a general feeling of dissatisfaction, but it is not a formal expression of a complaint. "Claim," although it can also refer to asserting something as a fact, often relates to requests for compensation or acknowledgment and does not inherently convey the notion of grievance in the same formal sense as the term "grievance" does. Therefore, "grievance" is the most accurate term for a complaint in contexts requiring formal acknowledgment and resolution.

2. What is a common psychological theme experienced in older adulthood?

- A. Regret and guilt**
- B. Reflection and acceptance**
- C. Fear of death**
- D. Desire for companionship**

In older adulthood, many individuals engage in a deep reflection on their lives, evaluating their experiences, accomplishments, and relationships. This phase is often characterized by a sense of acceptance regarding the choices they have made and the paths they have taken. This reflective process can lead to a greater understanding of oneself, acceptance of life's inevitabilities, and peace regarding past decisions. While other themes such as fear of death, desire for companionship, or feelings of regret and guilt can certainly be present in older adults, the overarching aspect of reflection leading to acceptance is a hallmark of this life stage. Older adults often seek to find meaning and closure, making this reflection and subsequent acceptance a crucial psychological theme during this period of life.

3. 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.

4. What is the medical term for nearsightedness?

- A. Presbyopia**
- B. Myopia**
- C. Strabismus**
- D. Glaucoma**

The medical term for nearsightedness is myopia. This condition occurs when the eye is too long relative to the focusing power of the cornea and lens, or when the cornea has too much curvature. As a result, light entering the eye focuses in front of the retina, causing distant objects to appear blurry while close objects can be seen clearly. Understanding myopia is essential for recognizing how vision correction might be achieved through glasses, contact lenses, or refractive surgery. Other terms like presbyopia refer to age-related changes in the eye that cause difficulty in focusing on close objects, strabismus denotes misalignment of the eyes, and glaucoma is a group of eye conditions that can lead to vision loss due to damage to the optic nerve, none of which pertain to nearsightedness.

5. What emotional response is commonly faced during aging?

- A. Anxiety about the future
- B. Isolation from family
- C. Reflection on life accomplishments**
- D. Frustration with technology

During aging, individuals often experience a significant emotional response related to reflection on life accomplishments. This introspective process allows older adults to evaluate their past experiences, contributions, and the legacy they will leave behind. Such reflection can lead to feelings of pride, satisfaction, and a sense of fulfillment if they believe they have lived a meaningful life. Conversely, this stage may also provoke mixed emotions, including regret or disappointment if they feel they haven't achieved their goals. This duality of emotion helps shape not only one's current state of mind but also their perspective on the aging process itself. While anxiety about the future, isolation from family, and frustration with technology can be prevalent issues that many older adults might face, the core emotional response associated with the aging process is often rooted in a contemplative review of life. This reflective period can be pivotal for personal growth and emotional stability, allowing individuals to find peace with their past and to approach the future with a clearer understanding of themselves.

6. What muscle is commonly referred to as the calf muscle?

- A. Gastrocnemius**
- B. Soleus
- C. Quadriceps
- D. Hamstring

The muscle commonly referred to as the calf muscle is the gastrocnemius. This muscle is located in the back portion of the lower leg and is easily recognizable due to its prominent bulge, particularly when the foot is flexed at the ankle. The gastrocnemius plays a crucial role in walking, running, and jumping, as it helps to push the heel off the ground during these activities. Additionally, the gastrocnemius works together with the soleus muscle, which lies beneath it, to form what is known as the triceps surae, the main muscle group responsible for plantar flexion of the foot. When someone refers to the "calf muscle," they are typically thinking of the gastrocnemius, due to its size and visibility in the calf area. The other options—soleus, quadriceps, and hamstrings—represent different muscle groups in the body that do not share the same location or primary function as the gastrocnemius. The soleus is also part of the calf but is not as recognizable externally. The quadriceps are located in the front of the thigh, while the hamstrings are found at the back of the thigh, making them unrelated to the calf muscle specifically.

7. What common condition is referred to as athlete's foot?

A. Bacterial infection

B. Fungal infection usually in the skin of the toes and soles

C. Parasitic infection affecting the feet

D. Viral infection causing blisters

Athlete's foot is indeed a fungal infection that primarily affects the skin of the toes and soles. This condition is caused by dermatophytes, a type of fungus that thrives in warm, moist environments, such as inside shoes or communal showers. The infection leads to symptoms like itching, burning, and peeling skin, particularly between the toes and on the soles of the feet. Understanding that athlete's foot is a fungal infection highlights the importance of proper foot hygiene and hygiene in shared spaces to prevent its spread. The other options do not accurately describe athlete's foot; for instance, bacterial infections typically involve different pathogens and symptoms, parasitic infections are caused by organisms like worms or protozoa, and viral infections often result in symptoms such as fever or blisters, which do not align with the characteristics of athlete's foot.

8. Which of the following symptoms is associated with a patient having an infection?

A. Loss of appetite

B. Increased weight

C. High blood pressure

D. Improved mood

A loss of appetite is a common symptom associated with infections. When the body is fighting off an infection, it often responds by diverting its energy and resources to the immune system, which can lead to a decreased desire to eat. This response can be attributed to various factors, such as the release of inflammatory cytokines that can impact metabolism and appetite regulation. Infections can also cause discomfort, fever, or fatigue, further contributing to a person's decreased desire to consume food. While increased weight, high blood pressure, and improved mood are important health indicators, they do not typically correlate with the presence of an infection. Increased weight may suggest overnutrition rather than a response to illness, high blood pressure can be influenced by various lifestyle factors unrelated to infection, and an improved mood is generally not a symptom associated with illness. Thus, loss of appetite stands out as a clear symptom indicative of a potential infection.

9. What is a common respiratory change that occurs with aging?

- A. Increased lung capacity**
- B. Stronger respiratory muscles**
- C. Decreased ability to clear secretions**
- D. Improved gas exchange**

As individuals age, various physiological changes occur within the body, including in the respiratory system. One significant change is the decreased ability to clear secretions. This can happen due to several factors, such as weakened respiratory muscles and reduced ciliary function, which impairs the removal of mucus and other secretive debris from the airways. Consequently, this makes older adults more susceptible to respiratory infections and illnesses since trapped secretions can provide a breeding ground for bacteria. The other options highlight attributes that do not typically improve or become more pronounced with aging. For instance, lung capacity generally tends to decline with age, and respiratory muscles may weaken. As a result, the efficiency of gas exchange can also diminish, leading to potential respiratory challenges for older adults. Understanding these changes is crucial for providing appropriate care and support for the elderly population.

10. What condition is characterized by decreased secretion of aldosterone?

- A. Addison's disease**
- B. Cushing's syndrome**
- C. Prostatic hypertrophy**
- D. Adrenal hyperplasia**

The condition characterized by decreased secretion of aldosterone is Addison's disease. In Addison's disease, the adrenal glands do not produce sufficient amounts of hormones, including aldosterone, which is crucial for regulating blood pressure and maintaining electrolyte balance in the body. Aldosterone helps control the body's sodium and potassium levels, influencing fluid volume and blood pressure. When aldosterone levels are low, it can lead to symptoms such as fatigue, low blood pressure, dehydration, and an increase in potassium levels. Other conditions listed, such as Cushing's syndrome, prostatic hypertrophy, and adrenal hyperplasia, are associated with different hormonal imbalances or pathophysiological changes. Cushing's syndrome results from excessive cortisol production and is not related to decreased aldosterone secretion. Prostatic hypertrophy pertains to the prostate gland's enlargement and is unrelated to adrenal hormone levels. Adrenal hyperplasia often refers to an increase in adrenal hormone production, which would not involve decreased secretion of aldosterone. Thus, Addison's disease directly correlates with the decreased secretion of aldosterone, making it the correct answer.

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://hosanursingassissting.examzify.com>

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