

HOSA NURSING ASSISTING ASSESSMENT PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://hosanursingassissting.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which developmental stage emphasizes peer relationships?**
 - A. Preschool
 - B. School age
 - C. Young adulthood
 - D. Middle adulthood
- 2. What evaluation should be done on glass and plastic items to prevent equipment accidents?**
 - A. Check if they are clean
 - B. Check for any leaks
 - C. Check for damage
 - D. Check for expiration dates
- 3. A person who is receiving a feeding tube is typically what?**
 - A. Eating solid foods
 - B. NPO
 - C. On a high-fiber diet
 - D. Receiving a normal diet
- 4. Which condition is defined as deficient production of parathyroid hormone?**
 - A. Hypoparathyroidism
 - B. Goiter
 - C. Graves disease
 - D. Renal calculus
- 5. What statement about musculoskeletal changes during aging is false?**
 - A. Bed rest is needed because of loss of strength
 - B. Joint stiffness may occur
 - C. Bone density decreases
 - D. Muscle mass typically declines

- 6. Which of the following conditions can be caused by the hardening of arteries?**
- A. Macular degeneration
 - B. Atherosclerosis
 - C. Glaucoma
 - D. Strabismus
- 7. Cirrhosis is recognized as a chronic condition affecting which organ?**
- A. Lung
 - B. Heart
 - C. Liver
 - D. Kidney
- 8. What is a common term for a kidney stone?**
- A. Renal calculus
 - B. Uremia
 - C. Hypoparathyroidism
 - D. Hyperparathyroidism
- 9. What is a characteristic behavior of the infancy stage?**
- A. Learning to walk
 - B. Cognitive development
 - C. Trust establishment with caregivers
 - D. Peer interaction
- 10. 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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which developmental stage emphasizes peer relationships?

- A. Preschool
- B. School age**
- C. Young adulthood
- D. Middle adulthood

The developmental stage that emphasizes peer relationships is during the school age. During this phase, typically ranging from ages 6 to 12, children begin to form meaningful connections outside of their families. They are developing social skills and learning how to interact with their peers, which is crucial for their emotional and social development. This stage is characterized by children seeking acceptance and belonging within a group, which helps them develop self-esteem, cooperation, and the ability to navigate social dynamics. While other stages also involve peer interactions, none emphasize this aspect as much as the school age. In preschool, interactions are generally more focused on parallel play and basic social skills. Young adulthood often shifts towards romantic relationships and establishing one's identity within society. Middle adulthood is typically characterized by responsibilities such as parenting and career, where peer relationships might be less central than in childhood. Thus, the school age is distinct in its focus on the formation and importance of friendships among peers.

2. What evaluation should be done on glass and plastic items to prevent equipment accidents?

- A. Check if they are clean
- B. Check for any leaks
- C. Check for damage**
- D. Check for expiration dates

Evaluating glass and plastic items for damage is crucial in preventing accidents in a healthcare or clinical setting. Damage can compromise the integrity of the equipment, leading to breakage or failure when in use, which can result in injury to both the staff and patients. For instance, a cracked glass vial can easily shatter, while damaged plastic equipment may break under pressure or stress. Checking for damage ensures that the items are safe to handle and use, minimizing the risk of accidents. Regular assessments by trained personnel also reinforce safety protocols and help maintain a secure environment, which is essential in care settings where patient safety is a top priority. While cleanliness, leak detection, and expiration dates are also important aspects of equipment checks, they do not specifically address the immediate risk posed by damaged materials, making evaluation for damage the most critical factor in accident prevention.

3. A person who is receiving a feeding tube is typically what?

- A. Eating solid foods
- B. NPO**
- C. On a high-fiber diet
- D. Receiving a normal diet

A person who is receiving a feeding tube is typically NPO, which stands for "nil per os," meaning nothing by mouth. This indicates that they are not allowed to consume any food or liquids orally, which is why a feeding tube is necessary to provide nutrients and hydration directly to the gastrointestinal tract. Patients may be NPO for various medical reasons including recovery from surgery, difficulty swallowing, or specific medical conditions that prevent oral intake. The feeding tube is used to ensure the patient receives adequate nutrition when oral feeding is not possible or safe. This contrasts with the other options, as eating solid foods, following a high-fiber diet, or receiving a normal diet would imply the ability to consume food orally, which is not the case for someone reliant on a feeding tube.

4. Which condition is defined as deficient production of parathyroid hormone?

A. Hypoparathyroidism

B. Goiter

C. Graves disease

D. Renal calculus

Hypoparathyroidism is defined as a condition in which there is insufficient production of parathyroid hormone (PTH). This hormone, produced by the parathyroid glands, is crucial for regulating calcium and phosphorus levels in the body. When the production of PTH is deficient, it leads to low levels of calcium in the blood, a condition known as hypocalcemia. This imbalance can result in various symptoms, such as muscle cramps, tingling sensations, and potentially more severe complications if not addressed. The other options represent different conditions unrelated to the direct production of parathyroid hormone. Goiter is primarily associated with thyroid hormone issues and signifies an enlargement of the thyroid gland. Graves disease is an autoimmune disorder that leads to the overproduction of thyroid hormones, leading to hyperthyroidism. Renal calculus, commonly known as kidney stones, pertains to the formation of crystalized minerals in the kidneys and is not related to parathyroid hormone production. Thus, the definition of hypoparathyroidism aligns specifically with the deficient production of PTH.

5. What statement about musculoskeletal changes during aging is false?

A. Bed rest is needed because of loss of strength

B. Joint stiffness may occur

C. Bone density decreases

D. Muscle mass typically declines

The statement indicating that bed rest is needed because of loss of strength is not accurate. While it is true that aging can lead to a decrease in muscle strength, prolonged bed rest can actually exacerbate the loss of strength and lead to a further decline in mobility and independence. Maintaining an active lifestyle and engaging in regular physical activity is often recommended to help preserve muscle strength and function in older adults. This approach helps counteract the negative effects of aging on the musculoskeletal system, such as muscle mass decline and bone density loss. In contrast, the other statements reflect true aspects of the aging process, including joint stiffness, decreased bone density, and reduced muscle mass, all of which are common changes experienced as one ages.

6. Which of the following conditions can be caused by the hardening of arteries?

- A. Macular degeneration
- B. Atherosclerosis**
- C. Glaucoma
- D. Strabismus

The correct answer is atherosclerosis, which specifically refers to the hardening and narrowing of the arteries due to the buildup of plaque. This condition is characterized by the accumulation of fats, cholesterol, and other substances in and on the artery walls, leading to reduced blood flow and increased risk of cardiovascular problems such as heart attack and stroke. Atherosclerosis is a crucial factor in the development of various cardiovascular diseases because it affects the overall function of the blood vessels, particularly those supplying vital organs. Understanding this condition is important as it highlights the impact of lifestyle choices and health management on vascular health. The other choices represent different medical conditions that do not relate directly to the hardening of arteries. Macular degeneration pertains to eye health affecting the retina, glaucoma is an eye condition related to increased pressure within the eye, and strabismus is a condition involving misalignment of the eyes. Each of these conditions has distinct causes and risk factors that do not involve the arterial hardening process seen in atherosclerosis.

7. Cirrhosis is recognized as a chronic condition affecting which organ?

- A. Lung
- B. Heart
- C. Liver**
- D. Kidney

Cirrhosis is a chronic condition that specifically affects the liver. This disease involves the gradual replacement of healthy liver tissue with scar tissue, leading to a decline in liver function. The liver plays a crucial role in various bodily functions, including detoxification, protein synthesis, and the production of biochemicals necessary for digestion. When cirrhosis occurs, these functions can be severely impaired, causing significant health issues. The liver's unique circulatory system, where it receives blood from both the hepatic artery and the portal vein, makes it particularly vulnerable to damage related to chronic conditions like alcohol abuse, hepatitis infections, and fatty liver disease, all of which can lead to cirrhosis. Understanding that cirrhosis primarily affects the liver underlines the importance of liver health and the potential systemic impacts of its dysfunction.

8. What is a common term for a kidney stone?

- A. Renal calculus**
- B. Uremia
- C. Hypoparathyroidism
- D. Hyperparathyroidism

A common term for a kidney stone is "renal calculus." This terminology is derived from Latin, where "renal" pertains to the kidneys, and "calculus" means a small stone. Kidney stones form when certain substances in the urine crystallize and stick together, leading to a variety of potential health issues, including severe pain and urinary tract obstruction. The other terms provided are related to different medical conditions. Uremia refers to a buildup of waste products in the blood, often due to kidney failure, while hypoparathyroidism and hyperparathyroidism are conditions that pertain to the parathyroid glands, affecting calcium levels in the body. These conditions do not relate directly to the formation of kidney stones, making "renal calculus" the specific and accurate term for that condition.

9. What is a characteristic behavior of the infancy stage?

- A. Learning to walk
- B. Cognitive development
- C. Trust establishment with caregivers**
- D. Peer interaction

The characteristic behavior of the infancy stage is establishing trust with caregivers. During this developmental phase, which typically ranges from birth to around 12 months, infants are highly reliant on their primary caregivers for basic needs such as feeding, comfort, and security. When caregivers consistently meet these needs, infants learn to trust them, fostering a sense of safety and reliability in their environment. This foundational trust is crucial as it sets the stage for healthy emotional and social development later in life. While learning to walk, cognitive development, and peer interaction are important aspects of growth, they occur at different stages. Learning to walk is typically seen in toddlers, cognitive development expands significantly beyond infancy, and peer interaction becomes more prominent in later stages when children begin to socialize with others outside their family unit. Hence, trust establishment during infancy is distinctive and central to this developmental period.

10. 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.

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!

SAMPLE