

HOSA NURSING ASSISTING ASSESSMENT PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. Which of the following terms describes inflammation of the pleura?**
 - A. Pleuritis
 - B. Pleurisy
 - C. Pleuraphy
 - D. Pleuracentesis

- 2. Why are bed rails padded when vest restraints are used?**
 - A. To enhance comfort for the patient
 - B. To prevent injuries during a fall
 - C. To comply with hospital policy
 - D. To make the bed visually appealing

- 3. Which of the following is NOT considered a form of harassment?**
 - A. Verbal abuse
 - B. Supportive counseling
 - C. Intimidation
 - D. Unwanted contact

- 4. According to OBRA requirements, how should food be served?**
 - A. Cold foods should be served hot
 - B. Hot foods and cold foods should be served hot and cold, respectively
 - C. Food presentation is not important
 - D. Both hot and cold foods can be served at room temperature

- 5. What is the primary role of an ombudsman in healthcare settings?**
 - A. A person who provides legal assistance
 - B. A person who supports the health, welfare, safety, and rights of residents
 - C. A professional who manages healthcare budgets
 - D. A consultant for medical innovations

- 6. In diet planning for individuals with diabetes mellitus, it is important to maintain what?**
 - A. A variety of foods daily
 - B. A consistent amount of carbohydrate daily
 - C. A low-calorie diet
 - D. High protein intake

7. In older persons, using restraints should be...

- A. Common
- B. Minimized and used only if necessary
- C. Encouraged
- D. Always the first option

8. Which type of muscle is involuntary and functions to pump blood?

- A. Skeletal muscle
- B. Cardiac muscle
- C. Connective tissue
- D. Striated muscle

9. What is the term for the unlawful restraint of a patient's freedom of movement?

- A. Assault
- B. False imprisonment
- C. Negligence
- D. Abandonment

10. Which condition is marked by chronic degeneration of the liver?

- A. Cirrhosis
- B. Hepatitis
- C. Fibrosis
- D. Steatosis

Answers

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

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Explanations

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1. Which of the following terms describes inflammation of the pleura?

- A. Pleuritis
- B. Pleurisy**
- C. Pleuraphy
- D. Pleuracentesis

Pleurisy is the term that specifically refers to inflammation of the pleura, which are the membranes surrounding the lungs and lining the chest cavity. The condition often leads to symptoms such as sharp chest pain that worsens with breathing or coughing. Pleurisy can occur due to various causes, including infections, autoimmune disorders, or injury. While pleuritis is a synonym for pleurisy, the more commonly used term is pleurisy in clinical contexts. Pleuraphy refers to a surgical procedure involving the pleura, and pleuracentesis is a procedure to remove fluid from the pleural space. Thus, of the terms given, pleurisy is the most broadly recognized and utilized term to describe this particular condition of pleural inflammation.

2. Why are bed rails padded when vest restraints are used?

- A. To enhance comfort for the patient
- B. To prevent injuries during a fall**
- C. To comply with hospital policy
- D. To make the bed visually appealing

Using padded bed rails in conjunction with vest restraints primarily serves to prevent injuries during a fall. When restraints are applied, there is an increased risk that the patient may try to move or may accidentally slide off the bed. Padded rails act as a protective barrier that can help cushion the impact if a patient unintentionally falls or rolls against the bed rails, reducing the likelihood of bruises or more serious injuries. While comfort is important and aesthetics can be a consideration, the primary focus in a clinical setting is always on safety and injury prevention. Compliance with hospital policy may also be a factor, but this would generally stem from the recognized need to protect patients from harm. Therefore, the use of padding is integral to a strategy aimed at ensuring patient safety while using restraints.

3. Which of the following is NOT considered a form of harassment?

- A. Verbal abuse
- B. Supportive counseling**
- C. Intimidation
- D. Unwanted contact

Supportive counseling is not considered a form of harassment because it is intended to provide help, guidance, and emotional support to individuals in need. This type of interaction is characterized by a respectful and caring approach aimed at promoting the well-being of the individual and is typically conducted in a safe and appropriate environment. In contrast, harassment involves unwanted behaviors that can create a hostile or intimidating atmosphere, such as verbal abuse, intimidation, and unwanted contact, all of which violate an individual's comfort and safety. Supportive counseling, therefore, stands apart as a constructive and positive form of interaction rather than one that is harmful or demeaning.

4. According to OBRA requirements, how should food be served?

- A. Cold foods should be served hot
- B. Hot foods and cold foods should be served hot and cold, respectively**
- C. Food presentation is not important
- D. Both hot and cold foods can be served at room temperature

The correct choice is that hot foods and cold foods should be served hot and cold, respectively. This aligns with the regulations established by the Omnibus Budget Reconciliation Act (OBRA), which emphasizes the importance of serving food at the appropriate temperatures for both safety and quality. Serving hot foods at the proper temperature ensures they are safe to eat by preventing the growth of harmful bacteria that can thrive in improperly stored food. Likewise, cold foods must be kept cold to maintain their freshness and to prevent foodborne illnesses. Maintaining the correct temperatures of food not only enhances the dining experience for residents in a healthcare setting but is also crucial for adherence to health and safety standards, as it reflects the facility's commitment to quality care. This underscores the importance of food presentation and safety in the overall well-being of individuals served in healthcare facilities, distinguishing it from options that downplay these factors.

5. What is the primary role of an ombudsman in healthcare settings?

- A. A person who provides legal assistance
- B. A person who supports the health, welfare, safety, and rights of residents**
- C. A professional who manages healthcare budgets
- D. A consultant for medical innovations

The primary role of an ombudsman in healthcare settings focuses on supporting the health, welfare, safety, and rights of residents. This individual acts as an advocate for patients and residents, ensuring their concerns are addressed and their rights are upheld within the healthcare system. Ombudsmen often investigate complaints, facilitate communication between residents and healthcare providers, and help resolve disputes, thereby promoting a positive environment for care. In contrast, providing legal assistance is a function that may be handled by attorneys or legal advisors, while managing healthcare budgets is typically the responsibility of financial administrators or managers. Consulting for medical innovations relates to advising healthcare organizations on new technologies and practices, which is not the central concern of an ombudsman whose focus remains on patient advocacy and rights. Thus, the appropriate answer clearly emphasizes the ombudsman's dedication to enhancing the experience of residents within healthcare facilities.

6. In diet planning for individuals with diabetes mellitus, it is important to maintain what?

- A. A variety of foods daily
- B. A consistent amount of carbohydrate daily**
- C. A low-calorie diet
- D. High protein intake

In the management of diabetes mellitus, maintaining a consistent amount of carbohydrate daily is crucial because carbohydrates significantly affect blood glucose levels. This consistency helps individuals with diabetes monitor and manage their blood sugar levels more effectively. Carbohydrates are the primary macronutrient that can lead to fluctuations in blood sugar, so having a stable intake allows for better control and reduces the risk of hyperglycemia (high blood sugar) or hypoglycemia (low blood sugar). By focusing on a consistent carbohydrate intake, individuals can work with healthcare professionals to determine the appropriate amount based on their specific dietary needs, activity levels, and medication regimens. This approach helps in planning balanced meals that incorporate the necessary nutrients while avoiding drastic spikes and drops in blood glucose levels throughout the day. In contrast, while maintaining a variety of foods, a low-calorie diet, or a high protein intake can have their own benefits in certain contexts, they do not directly address the critical need for stable carbohydrate consumption in the context of diabetes management.

7. In older persons, using restraints should be...

- A. Common
- B. Minimized and used only if necessary**
- C. Encouraged
- D. Always the first option

Using restraints on older persons should be minimized and used only if necessary due to a variety of ethical and safety considerations. Restraints can have significant physical and psychological effects on elderly individuals, including increased agitation, depression, and the potential for injury. Instead of relying on restraints, it is essential to explore alternative strategies that promote safety and dignity, such as environmental modifications, regular monitoring, and providing appropriate supervision. These alternatives place priority on the autonomy and comfort of the individual while ensuring their safety. The use of restraints should be a last resort, only implemented when absolutely necessary to prevent harm to the individual or others when no other strategies are effective. This approach aligns with a person-centered care philosophy, emphasizing the well-being and rights of older adults.

8. Which type of muscle is involuntary and functions to pump blood?

- A. Skeletal muscle
- B. Cardiac muscle**
- C. Connective tissue
- D. Striated muscle

Cardiac muscle is the type of muscle that is involuntary and specifically functions to pump blood throughout the body. This muscle makes up the walls of the heart and is unique due to its branching structure and intercalated discs, which allow for synchronized contractions. The involuntary nature of cardiac muscle means it operates without conscious control, managed instead by the autonomic nervous system. This is essential for maintaining the heartbeat and ensuring an adequate blood supply to meet the body's needs. Skeletal muscle, while striated like cardiac muscle, is under voluntary control and is responsible for movements of the skeleton. Connective tissue does not have muscular properties and does not contract to produce movement. Striated muscle refers broadly to muscles with a banded appearance, which includes both skeletal and cardiac muscle, but it does not specify the involuntary function of pumping blood.

9. What is the term for the unlawful restraint of a patient's freedom of movement?

- A. Assault
- B. False imprisonment**
- C. Negligence
- D. Abandonment

The term for the unlawful restraint of a patient's freedom of movement is false imprisonment. This legal concept specifically refers to situations where an individual is confined or restrained against their will without legal justification. In healthcare, this could occur if a patient is physically restrained without appropriate consent or against their wishes, indicating a violation of their personal rights and autonomy. Understanding this term is crucial in the nursing profession, as it emphasizes the importance of respecting patients' rights and ensuring that their freedom of movement is not unjustly restricted. This awareness contributes to ethical patient care and helps maintain a positive, trusting relationship between healthcare providers and patients.

10. Which condition is marked by chronic degeneration of the liver?

- A. Cirrhosis**
- B. Hepatitis
- C. Fibrosis
- D. Steatosis

Cirrhosis is recognized as a chronic degenerative condition of the liver characterized by the progressive replacement of healthy liver tissue with scar tissue. This fibrosis results from long-term damage to the liver, which can arise from various factors such as chronic alcohol abuse, viral hepatitis, or metabolic disorders. The process of cirrhosis alters liver function and structure, leading to complications like liver failure and portal hypertension. The other conditions listed do not specifically indicate the same chronic degenerative process of the liver as cirrhosis. Hepatitis refers to inflammation of the liver, which can be acute or chronic but does not inherently imply degeneration of liver tissue. Fibrosis indicates scarring of the liver tissue but is more of an earlier stage that can lead to cirrhosis, rather than being synonymous with it. Steatosis, commonly known as fatty liver, is characterized by the accumulation of fat in liver cells and may be a reversible condition rather than a chronic degeneration. Thus, cirrhosis is the distinctive condition that aligns with the chronic degenerative status of the liver.

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:

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

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