

# Introduction to Healthcare & Residents' Rights 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

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- 1. Which health care team member is primarily responsible for promoting mobility and healing through movement, and can address pain and prevent disability?**
  - A. Nurse**
  - B. Physical Therapist (PT)**
  - C. Occupational Therapist (OT)**
  - D. Registered Dietitian (RD)**
  
- 2. Which term describes taking unfair advantage of someone or exploiting them?**
  - A. Ethics**
  - B. Exploitation**
  - C. Confidentiality**
  - D. Fraud**
  
- 3. What is the member of the health care team who has completed a training program and state exam to assist nurses in nursing homes, hospitals, and other health care facilities?**
  - A. Certified Nursing Assistant (CNA)**
  - B. Home Health Aide**
  - C. Registered Nurse (RN)**
  - D. Licensed Practical Nurse (LPN)**
  
- 4. Which term refers to the plan developed to help achieve care goals and lists tasks and services for the care team?**
  - A. Care Plan**
  - B. Policy**
  - C. Procedure**
  - D. Outpatient Care**
  
- 5. A purposeful mistreatment that results in physical, mental, or emotional harm or pain?**
  - A. Harassment**
  - B. Neglect**
  - C. Abuse**
  - D. Assault**

- 6. Which term describes the pattern of using substances in a way that harms an individual or others?**
- A. Substance Misuse**
  - B. Addiction**
  - C. Dependence**
  - D. Substance Abuse**
- 7. A person makes a threat to harm someone, causing them to feel fearful. This is best described as which term?**
- A. Battery**
  - B. Assault**
  - C. Defamation**
  - D. Confidentiality**
- 8. Person receiving healthcare services living in a long term care facility.**
- A. Resident**
  - B. Patient**
  - C. Client**
  - D. Consumer**
- 9. An action or failure to act that results in unintended injury to a resident is best described as which term?**
- A. Involuntary Seclusion**
  - B. Neglect**
  - C. Laws**
  - D. Negligence**
- 10. Which term covers abuse, willful infliction of injury, unreasonable confinement, intimidation, or punishment that results in physical harm, pain, or mental anguish?**
- A. Neglect**
  - B. Assault**
  - C. Battery**
  - D. Willful Infliction of Harm**

## Answers

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

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## **Explanations**

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**1. Which health care team member is primarily responsible for promoting mobility and healing through movement, and can address pain and prevent disability?**

**A. Nurse**

**B. Physical Therapist (PT)**

**C. Occupational Therapist (OT)**

**D. Registered Dietitian (RD)**

Promoting mobility and healing through movement while addressing pain to prevent disability is the primary role of a physical therapist. A physical therapist specializes in movement: they assess how you move, identify limitations in range of motion, strength, balance, and gait, and then design a tailored plan of care. This plan often includes therapeutic exercises, manual techniques, and modalities that gradually improve strength, flexibility, and coordination. Through guided activity and progressive training, they help restore function, reduce pain, and prevent further disability, enabling safer and more independent movement. While nurses provide essential daily care and pain management, and occupational therapists focus on enabling daily activities and adapting tasks or environments, and dietitians address nutrition, none centers on leading movement-based rehabilitation in the same way.

**2. Which term describes taking unfair advantage of someone or exploiting them?**

**A. Ethics**

**B. Exploitation**

**C. Confidentiality**

**D. Fraud**

Exploitation is the act of taking unfair advantage of someone or using them for personal gain, often taking place when there is a power imbalance or vulnerability on the part of the other person. In healthcare and residents' rights contexts, this can mean pressuring a resident to sign over money or property, misusing funds, or coercing services to benefit the exploiter, all while disregarding the resident's rights and dignity. Ethics refers to the system of moral principles that guide decisions, not the action itself. Confidentiality is about protecting a resident's private information. Fraud involves deception to obtain money or something of value, which is a form of wrongdoing, but exploitation specifically describes the unfair advantage taken of someone. So the best fit for "taking unfair advantage of someone or exploiting them" is exploitation.

**3. What is the member of the health care team who has completed a training program and state exam to assist nurses in nursing homes, hospitals, and other health care facilities?**

**A. Certified Nursing Assistant (CNA)**

**B. Home Health Aide**

**C. Registered Nurse (RN)**

**D. Licensed Practical Nurse (LPN)**

The person described is a Certified Nursing Assistant. They complete an approved training program and then pass the state competency exam to become certified, which allows them to provide direct daily care and support under the supervision of licensed nurses in nursing homes, hospitals, and other health care facilities. This role focuses on core hands-on tasks like helping with activities of daily living, basic hygiene, mobility, and reporting changes to the nurse, rather than performing the more advanced duties that registered nurses or licensed practical nurses handle. Home Health Aides often work in patients' homes, and registered nurses or licensed practical nurses have broader clinical responsibilities and licensure requirements, so the described position fits the CNA pathway.

**4. Which term refers to the plan developed to help achieve care goals and lists tasks and services for the care team?**

**A. Care Plan**

**B. Policy**

**C. Procedure**

**D. Outpatient Care**

A care plan is the plan developed to help achieve care goals and lists tasks and services for the care team. It starts with the assessment, then sets specific goals and the interventions or therapies needed to reach them. It assigns who is responsible for each task, outlines timelines and follow-up, and tracks progress so the team can coordinate care across disciplines. Because it guides what everyone does for this patient, it's continually updated as the patient's situation changes, ensuring care stays focused and organized. Policies are organizational rules guiding behavior, not individualized patient tasks. Procedures describe exact steps for performing a task, not the overall care goals for a patient. Outpatient care refers to care provided without admission, in clinics or similar settings.

**5. A purposeful mistreatment that results in physical, mental, or emotional harm or pain?**

- A. Harassment**
- B. Neglect**
- C. Abuse**
- D. Assault**

Abuse is intentional mistreatment that causes physical, mental, or emotional harm or pain. The key idea is the deliberate nature of the harm and the impact on the resident's well-being. This covers a range of harmful actions, from physical harm to emotional and psychological damage, all done with the intent to hurt or with disregard for the person's safety. In contrast, neglect is about failing to provide necessary care or protection, which can be harmful but comes from omission rather than deliberate harm. Harassment involves repeated unwanted behavior that creates distress or a hostile environment, but it doesn't inherently require causing direct harm in every case. Assault centers on a specific act or threat of violence at a particular moment, rather than ongoing mistreatment. Understanding abuse as intentional harm in various forms best fits the description given.

**6. Which term describes the pattern of using substances in a way that harms an individual or others?**

- A. Substance Misuse**
- B. Addiction**
- C. Dependence**
- D. Substance Abuse**

Substance abuse describes using drugs or alcohol in a way that harms the person or others. The term highlights a pattern of use that leads to health problems, safety risks, or negative consequences in work, relationships, or legal situations, not just experimentation. It captures the idea of ongoing use despite these harms. This differs from addiction, which implies a compulsive, cravings-driven pattern often with withdrawal and inability to stop, and from dependence, which refers to physical adaptation to a substance with withdrawal symptoms. Substances may be called misuse when used inappropriately, but abuse specifically signals the harmful pattern exams focus on.

7. A person makes a threat to harm someone, causing them to feel fearful. This is best described as which term?

A. Battery

**B. Assault**

C. Defamation

D. Confidentiality

The concept being tested is how threats and fear relate to unlawful contact. A threat to harm someone that causes them to fear imminent harm fits the definition of assault. Assault is an intentional act that creates in the other person a reasonable anticipation of immediate harmful or offensive contact. The key element is the fear of imminent harm, not actual injury or touching. Why this is the best fit: the person's feeling of fear from the threat shows a frightening anticipation of harm, which satisfies the core aspect of assault—the mental state of apprehension about imminent harm resulting from someone's actions. This differs from the other terms in important ways. Battery involves actual harmful or offensive contact with a person, which isn't described here since there's no indication of physical touching. Defamation concerns false statements that harm someone's reputation, not threats or fear of harm. Confidentiality relates to protecting private information, not threats or fear of harm either.

8. Person receiving healthcare services living in a long term care facility.

**A. Resident**

B. Patient

C. Client

D. Consumer

In long-term care settings, the person who lives there and receives ongoing healthcare is best described as a resident. This term emphasizes that the individual resides in the facility and has an ongoing, home-like relationship with the care team, which aligns with the routines, rights, and person-centered approach of long-term care. Patient is typically used for someone receiving care in hospitals or during a specific medical episode, where the focus is on treatment rather than daily living. Client can be used in some professional or service contexts but often implies a more transactional relationship. Consumer is more market-driven, highlighting choice and purchasing power rather than the living arrangement and ongoing care dynamic. So, resident is the most appropriate and respectful term for someone living in a long-term care facility.

**9. An action or failure to act that results in unintended injury to a resident is best described as which term?**

- A. Involuntary Seclusion**
- B. Neglect**
- C. Laws**
- D. Negligence**

Negligence is the failure to provide the standard of care that a reasonably careful caregiver would, and when that lapse results in unintended injury to a resident, it describes what happened. In practice, this means missing a needed intervention, failing to monitor a risk, or not responding promptly, and those omissions lead to harm that wasn't intended. Involuntary seclusion involves isolating a resident against their will, which is a different abuse-related issue and not about injury from standard care. Laws are general rules and don't pinpoint the specific act or omission causing harm. Neglect can describe failing to provide necessary care, but the term that most directly encapsulates harm caused by a care lapse, even if unintended, is negligence.

**10. Which term covers abuse, willful infliction of injury, unreasonable confinement, intimidation, or punishment that results in physical harm, pain, or mental anguish?**

- A. Neglect**
- B. Assault**
- C. Battery**
- D. Willful Infliction of Harm**

In this context, the main idea is recognizing language that describes intentional harm or abuse toward a resident. The term willful infliction of harm best fits because it explicitly covers intentional actions that cause injury, pain, or mental anguish, including physical harm, intimidation, or punitive acts. This aligns with the broad concept of abuse in care settings, which encompasses more than just physical contact—it includes psychological and emotional harm as well. Neglect describes failures to provide needed care and does not necessarily involve intentional harm. Assault refers to the threat or attempt of harmful contact, which emphasizes fear of harm rather than the actual infliction of harm. Battery involves intentional harmful contact, but it centers on the act of contact itself, not the broader range of abusive behaviors like intimidation or punitive measures that produce mental anguish. The term that explicitly denotes intentional harm and its various abusive expressions is the best fit.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://introtocresidentsrights.examzify.com>**

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

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