

MARYLAND GERIATRIC NURSING AIDE (GNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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. The front surface of the body is described by which term?**
 - A. Anterior or ventral
 - B. Posterior or dorsal
 - C. Medial
 - D. Lateral

- 2. Which change in vital signs is concerning when a resident stands?**
 - A. An increase in heart rate after meals.
 - B. A drop in systolic blood pressure on standing (orthostatic hypotension).
 - C. A stable blood pressure when standing.
 - D. A fever upon rising.

- 3. What is an artificial opening in the abdomen called?**
 - A. Stoma
 - B. Fracture Pan
 - C. Sims Position
 - D. Delirium

- 4. How should a GNA handle questions about medical advice?**
 - A. Provide medical advice within your scope.
 - B. Acknowledge, redirect to licensed staff, and avoid giving medical advice beyond your role.
 - C. Ignore the question.
 - D. Advise the resident to self-prescribe medication.

- 5. Which approach best supports a resident experiencing grief?**
 - A. Tell the resident to move on.
 - B. Ignore the resident's grief.
 - C. Offer distractions only.
 - D. Listen, validate feelings, provide comfort, involve family, and refer to social services as needed.

- 6. Which term describes medically necessary care provided by skilled nurses or therapists around the clock in a long-term care setting?**
- A. Long-term care
 - B. Acute care
 - C. Assisted living
 - D. Hospice
- 7. During a bath, which practice protects privacy and dignity?**
- A. Expose only one area at a time and explain steps.
 - B. Expose entire body at once.
 - C. Depart without covering the resident.
 - D. Speak loudly about procedures.
- 8. Who is assigned by law as the legal advocate for residents and can help resolve conflicts and settle disputes?**
- A. Advocate
 - B. Social worker
 - C. Guardian
 - D. Ombudsman
- 9. Which condition can cause acute confusion in older adults?**
- A. Diabetes
 - B. Urinary Tract Infection
 - C. Hypertension
 - D. Indigestion
- 10. What rights can a Maryland resident expect in facilities?**
- A. Right to privacy, dignity, informed consent, freedom from abuse, and ability to participate in care planning; report violations.
 - B. Right to privacy only.
 - C. Right to choose meals.
 - D. Right to access the internet at all times.

Answers

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

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Explanations

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1. The front surface of the body is described by which term?

- A. Anterior or ventral**
- B. Posterior or dorsal
- C. Medial
- D. Lateral

The front surface is described as anterior, also called ventral. Anterior means toward the front of the body, the direction you face when looking forward. The opposite direction is posterior (or dorsal), which is toward the back. Medial means closer to the midline of the body, while lateral means toward the sides. So referring to the front of the body as anterior or ventral correctly communicates its position relative to the body's orientation.

2. Which change in vital signs is concerning when a resident stands?

- A. An increase in heart rate after meals.
- B. A drop in systolic blood pressure on standing (orthostatic hypotension).**
- C. A stable blood pressure when standing.
- D. A fever upon rising.

When a person stands, gravity pulls blood toward the legs, and the body should quickly adjust to keep blood pressure stable. In older adults, this adjustment can be slow or insufficient, leading to orthostatic hypotension—a drop in systolic blood pressure when standing. This is the concerning change because it can cause dizziness or fainting, increasing the risk of falls. Clinically, a drop of about 20 mmHg or more in systolic BP (or 10 mmHg in diastolic) within a few minutes of standing signals this issue and warrants assessment of hydration, medications, and cardiovascular or autonomic function. An increased heart rate after meals can occur but isn't tied to standing in the same way. A stable blood pressure while standing is normal, and a fever upon rising points to infection rather than a postural BP change.

3. What is an artificial opening in the abdomen called?

- A. Stoma**
- B. Fracture Pan
- C. Sims Position
- D. Delirium

An artificial opening in the abdomen is called a stoma. It is created surgically to divert waste from the bowel or bladder into an external bag, which is why you might hear terms like ostomy as well. A stoma sits on the abdominal wall and is usually pink or red and moist; care involves keeping the surrounding skin clean and dry, ensuring the bag is securely attached, and watching for signs of irritation or leakage. The other terms are not openings: a fracture pan is a bedpan used for toileting, Sims position is a side-lying posture used for certain procedures, and delirium is a sudden change in mental status.

4. How should a GNA handle questions about medical advice?

- A. Provide medical advice within your scope.
- B. Acknowledge, redirect to licensed staff, and avoid giving medical advice beyond your role.**
- C. Ignore the question.
- D. Advise the resident to self-prescribe medication.

When a resident asks about medications or medical treatment, the main idea is to support them while sticking to your role and directing them to the right person for medical guidance. Acknowledge the concern, explain that you can't provide medical advice or dosing information, and promptly involve a licensed nurse or physician. You can offer reassurance and remind them to take medications as prescribed, but you should not discuss dosages, side effects, or treatment plans. Stay with the resident if needed and help contact the licensed staff, then document the concern for the care team. This keeps the resident safe and ensures they receive accurate guidance from someone who is licensed to provide it.

5. Which approach best supports a resident experiencing grief?

- A. Tell the resident to move on.
- B. Ignore the resident's grief.
- C. Offer distractions only.
- D. Listen, validate feelings, provide comfort, involve family, and refer to social services as needed.**

Grief support for a resident requires a compassionate, active approach that respects their emotions and connects them with support systems. The best approach is to listen, validate their feelings, provide comfort, involve family, and refer to social services as needed. Listening shows you're there and care; validating means acknowledging that their emotions are real and okay to feel. Providing comfort offers reassurance and a sense of safety during a hard time. Involving family helps maintain familiar support and continuity in their life, while referrals to social services ensure access to counseling, bereavement resources, or other needed support. Telling them to move on dismisses their feelings and pressures them to suppress grief. Ignoring the grief leaves them without support. Distractions only can momentarily take attention away but don't address the underlying emotions or provide coping resources, so they're not sufficient alone.

6. Which term describes medically necessary care provided by skilled nurses or therapists around the clock in a long-term care setting?

- A. Long-term care**
- B. Acute care
- C. Assisted living
- D. Hospice

Care settings in geriatrics differ by the level of medical intervention. When care is needed around the clock from skilled nurses or therapists within a long-term care environment, it describes long-term care that offers skilled nursing services. This setting provides ongoing, medically necessary care and rehabilitation outside of a hospital, focusing on continued support and safety for residents. Acute care refers to hospital-level, short-term treatment for illnesses or injuries. Assisted living offers help with daily activities and some health services but does not provide continuous skilled nursing around the clock. Hospice centers on comfort and end-of-life care, not routine 24/7 skilled nursing in a long-term facility.

7. During a bath, which practice protects privacy and dignity?

A. Expose only one area at a time and explain steps.

B. Expose entire body at once.

C. Depart without covering the resident.

D. Speak loudly about procedures.

Protecting privacy and dignity during a bath comes from preserving modesty through careful draping and clear communication. Exposing only one area at a time and explaining each step allows the resident to understand what you're doing while staying covered for as much of the bath as possible. This approach reduces embarrassment, supports the resident's sense of control, and builds trust so they feel respected and safe during care. Exposing the entire body at once can feel invasive and humiliating, which undermines dignity. Departing without covering the resident leaves them exposed, which is disrespectful and unsafe. Speaking loudly about procedures broadcasts personal care and can embarrass the resident and others nearby.

8. Who is assigned by law as the legal advocate for residents and can help resolve conflicts and settle disputes?

A. Advocate

B. Social worker

C. Guardian

D. Ombudsman

An ombudsman is the legally appointed advocate for residents, created by law to protect rights, help residents understand options, and resolve conflicts with facilities or care providers. In long-term care settings, the ombudsman can investigate complaints, mediate disputes, and connect residents with remedies, all while staying neutral and independent from the facility. This official, law-based role distinguishes the ombudsman from other helpers: guardians make day-to-day or financial decisions for someone who lacks capacity, social workers provide care coordination and support, and a general advocate may assist but isn't the legally designated dispute-resolver for residents.

9. Which condition can cause acute confusion in older adults?

A. Diabetes

B. Urinary Tract Infection

C. Hypertension

D. Indigestion

Acute confusion in older adults is often delirium triggered by a new medical issue. A urinary tract infection is a classic trigger because infection and resulting dehydration or electrolyte changes can rapidly disrupt brain function in the elderly. They may become suddenly disoriented or less attentive even if fever or classic urinary symptoms aren't present. Addressing the infection and ensuring proper hydration can reverse the confusion. While severe glucose swings from diabetes or a stroke related to hypertension can cause sudden mental status changes, they're not as consistently the immediate, reversible trigger for delirium as a UTI. Indigestion by itself isn't a common direct cause of acute confusion.

10. What rights can a Maryland resident expect in facilities?

- A. Right to privacy, dignity, informed consent, freedom from abuse, and ability to participate in care planning; report violations.
- B. Right to privacy only.
- C. Right to choose meals.
- D. Right to access the internet at all times.

In Maryland facilities, a resident's rights center on dignity, safety, and involvement in their own care. The important rights include privacy and respect for person, freedom from abuse or neglect, informed consent for treatments, and the opportunity to participate in care planning. Residents also have the right to report violations and have those concerns addressed. These protections help maintain autonomy and ensure decisions about care are made with the resident's input. While facilities may offer additional conveniences like meal choices or access to the internet, these are not universal guarantees in the same way, and they may be subject to policies or safety considerations.

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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://mdgna.examzify.com>

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

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