

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

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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. The adult human skeleton typically contains how many bones?**
 - A. 180 bones
 - B. 208 bones
 - C. 206 bones
 - D. 190 bones

- 2. Which statement best describes the NA's role in patient care?**
 - A. They diagnose patient conditions.
 - B. They assist with daily activities and basic care under supervision.
 - C. They perform surgical procedures.
 - D. They prescribe medications.

- 3. How should you respond to a resident's call light?**
 - A. Tell resident to wait
 - B. Ignore until not busy
 - C. Answer promptly, assess the need, and document the response and actions taken
 - D. Answer only if free

- 4. For a resident with dysphagia, what dietary modification might be used?**
 - A. Thickened liquids and pureed foods; maintain upright position during meals.
 - B. Increased spicy foods to stimulate swallowing.
 - C. Skip meals to avoid choking.
 - D. Only provide thin water.

- 5. What term describes the failure to provide care that results in physical, mental, or emotional harm to the individual?**
 - A. Abandonment
 - B. Malpractice
 - C. Neglect
 - D. Negligence

- 6. Which right ensures residents can participate in planning care and discharge and are informed about risks and benefits?**
- A. Residents' rights
 - B. Informed consent
 - C. Autonomy
 - D. Confidentiality
- 7. A necessary substance that provides energy, promotes growth and health, and helps regulate metabolism is called what?**
- A. Nutrient
 - B. Vitamin
 - C. Mineral
 - D. Calorie
- 8. What term describes measures used in place of a restraint or that reduce the need for a restraint?**
- A. Restraint alternatives
 - B. Alternative restraints
 - C. Restraint measures
 - D. Safety precautions
- 9. In the RACE sequence, what should you do after removing people?**
- A. Remove anyone in danger
 - B. Activate the alarm or call 911
 - C. Contain fire if possible
 - D. Extinguish the fire or the FD will do it
- 10. If a resident asks for medical advice beyond your training, what is the proper action?**
- A. Provide the medication if it seems appropriate.
 - B. Advise to ask the nurse or licensed staff; do not administer medication.
 - C. Document the request and proceed to administer.
 - D. Ignore the request.

Answers

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

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Explanations

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1. The adult human skeleton typically contains how many bones?

- A. 180 bones
- B. 208 bones
- C. 206 bones**
- D. 190 bones

Adult skeleton typically contains 206 bones. This happens because a newborn has about 270 bones, and as the body grows, some bones fuse together, leaving a standard total of 206 in adulthood. This count is the one routinely used in nursing exams and clinical practice. While occasional anatomical variations exist, the numbers 180, 190, or 208 do not represent the typical adult bone count.

2. Which statement best describes the NA's role in patient care?

- A. They diagnose patient conditions.
- B. They assist with daily activities and basic care under supervision.**
- C. They perform surgical procedures.
- D. They prescribe medications.

The main idea here is that nursing assistants provide hands-on help with daily living activities and basic care, always under the supervision of a licensed nurse. This includes assisting residents with bathing, dressing, eating, toileting, mobility, turning and positioning, and other daily routines to promote comfort, safety, and independence. NAs may help with simple tasks like measuring basic vital signs or reporting changes in a person's condition, but they do not diagnose illnesses, perform surgical procedures, or prescribe medications. Those responsibilities require licensed clinicians such as RNs or physicians. By focusing on everyday support and safe care, the NA helps residents maintain dignity and well-being while ensuring any concerns are promptly communicated to the supervising nurse.

3. How should you respond to a resident's call light?

- A. Tell resident to wait
- B. Ignore until not busy
- C. Answer promptly, assess the need, and document the response and actions taken**
- D. Answer only if free

Prompt attention to a resident's call light is essential for safety and respectful care. The best approach is to answer promptly, assess what the resident needs, and document what you did and any follow-up actions taken. Call lights signal a real need—pain, toileting, repositioning, personal care, or safety concerns—and addressing them quickly helps prevent injuries, delirium or distress, and supports comfort and independence. Greet the resident, determine the specific need, provide or arrange the necessary assistance, and then note the time, actions taken, and any follow-up required so the care team stays informed. Delaying, ignoring, or only responding when you're not busy compromises safety and trust, so treat every call light as a priority.

4. For a resident with dysphagia, what dietary modification might be used?

- A. Thickened liquids and pureed foods; maintain upright position during meals.**
- B. Increased spicy foods to stimulate swallowing.
- C. Skip meals to avoid choking.
- D. Only provide thin water.

When someone has dysphagia, the goal is to make swallowing safer while still meeting nutrition and hydration needs. Thickened liquids and pureed foods change how food and drink move through the mouth and throat, making it easier to control and less likely to enter the airway. Thick liquids flow more slowly, giving the swallow muscles more time to coordinate, while pureed foods have a smooth texture that reduces the chance of choking. Keeping the resident upright during meals uses gravity to help the swallow and lower the risk of aspiration. Together, these adjustments reduce the risk of choking and pneumonia and support safer eating and drinking. Other options don't fit safety goals: spicy foods don't reliably improve swallowing and can irritate the throat; skipping meals leads to malnutrition and dehydration; giving only thin water doesn't reduce choking risk and can still be aspirated.

5. What term describes the failure to provide care that results in physical, mental, or emotional harm to the individual?

- A. Abandonment
- B. Malpractice
- C. Neglect**
- D. Negligence

Failure to provide needed care that results in harm describes neglect. In elder care, neglect means not meeting basic needs or not acting to prevent harm (for example, missing meals, failing to assist with mobility or hygiene, or not ensuring safety), and those lapses can lead to physical injury, illness, or emotional distress. Abandonment is about deserting the person and leaving them without care, which is a form of neglect but framed as desertion. Malpractice involves professional wrongdoing by a licensed clinician, breaching the standard of care. Negligence is a broader legal term for failing to exercise reasonable care, which can apply in many contexts but doesn't specifically emphasize ongoing failure to provide daily care like neglect does. The situation described aligns with neglect.

6. Which right ensures residents can participate in planning care and discharge and are informed about risks and benefits?

- A. Residents' rights**
- B. Informed consent
- C. Autonomy
- D. Confidentiality

Residents' rights ensure that people living in care facilities participate in planning their care and discharge and receive information about the risks and benefits of proposed treatments. This broad protection guarantees a resident can be actively involved in decisions about what care they receive, when they are discharged, and what risks or benefits come with those choices. It supports autonomy and dignity by making sure residents are informed and have a say in their own care. While informed consent focuses on agreeing to a specific treatment after learning its risks and benefits, the right itself covers ongoing participation and information across planning and discharge.

7. A necessary substance that provides energy, promotes growth and health, and helps regulate metabolism is called what?

- A. Nutrient**
- B. Vitamin
- C. Mineral
- D. Calorie

Nutrients are the substances in food that the body needs to function, providing energy, supporting growth and health, and helping regulate metabolism. They include energy-yielding nutrients like carbohydrates, fats, and proteins, as well as vitamins and minerals that support metabolic processes. A calorie is just a unit of energy, not a substance, so it isn't the right term. Vitamins and minerals are types of nutrients, but the broad category that covers all these essential substances is nutrient. In geriatric care, ensuring adequate nutrient intake supports strength, healing, and overall health.

8. What term describes measures used in place of a restraint or that reduce the need for a restraint?

- A. Restraint alternatives**
- B. Alternative restraints
- C. Restraint measures
- D. Safety precautions

Restraint alternatives are the measures used in place of a restraint or to reduce the need for one. This term captures the idea of nonrestrictive approaches that keep residents safe while preserving their freedom. In practice, care teams look for ways to prevent harm without tying a person down—improving supervision, providing comforting activities, adjusting the environment to reduce confusion or wandering, using alarms or assistive devices when appropriate, and ensuring proper positioning and pain control. Because these strategies are specifically aimed at preventing or minimizing restraint use, they fit best. Other phrases imply actually using restraints, describe restraints themselves, or refer to general safety steps, which don't convey the intended focus on avoiding restraints.

9. In the RACE sequence, what should you do after removing people?

- A. Remove anyone in danger
- B. Activate the alarm or call 911**
- C. Contain fire if possible
- D. Extinguish the fire or the FD will do it

After rescuing people from immediate danger, the next priority is to summon help and alert others by activating the fire alarm or calling emergency services. This step is essential because it quickly notifies all occupants to evacuate and prompts responders to arrive, making it possible to protect more people and coordinate a safer exit. Attempting to contain or extinguish the fire should come only if it can be done safely and without delaying the alert; otherwise, prompting professional help and evacuation is the top concern. In practice, the alarm helps trigger building safety systems, notifies the fire department, and starts the overall evacuation process, which is why this action is the best next move after removing those at risk.

10. If a resident asks for medical advice beyond your training, what is the proper action?

- A. Provide the medication if it seems appropriate.
- B. Advise to ask the nurse or licensed staff; do not administer medication.**
- C. Document the request and proceed to administer.
- D. Ignore the request.

Understanding scope of practice and resident safety is the key here. If a resident asks for medical advice beyond what you've been trained to provide, you should direct them to a nurse or licensed staff who can assess the situation and give proper guidance. Do not administer medications or make medical decisions yourself. This protects the resident from potential harm and keeps care within approved protocols. Think of your role as observing, reporting, and guiding to the right clinician. If you notice symptoms or concerns, report them promptly so the licensed staff can evaluate and determine the appropriate next steps. Giving medications or advice beyond your training, or ignoring the request, could put the resident at risk and violate care standards.

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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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