

Michigan Nursing Home Administrator (NHA) Practice Exam (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. How many employees must be injured or hospitalized for an employer to notify MIOSHA within 8 hours?**
 - A. 1 employee**
 - B. 2 employees**
 - C. 3 employees**
 - D. 4 employees**
- 2. What department is primarily responsible for the Medicaid program in Michigan?**
 - A. Department of Health and Human Services**
 - B. Department of Community and Health Systems**
 - C. Medical Services Administration**
 - D. Department of Aging Services**
- 3. What is the maximum capacity allowed for soiled linen or trash receptacles?**
 - A. 2 gallons**
 - B. 3 gallons**
 - C. 5 gallons**
 - D. 10 gallons**
- 4. What is the minimum percentage of window glass area required in a room used for living or sleeping purposes?**
 - A. 5%**
 - B. 10%**
 - C. 15%**
 - D. 20%**
- 5. Which of the following best describes the purpose of a meal census?**
 - A. To track patient satisfaction**
 - B. To record the type and amount of food used**
 - C. To monitor employee performance**
 - D. To evaluate the quality of care provided**

6. How is facility licensing categorized compared to certification?

- A. Optional; mandatory**
- B. Mandatory; voluntary**
- C. Voluntary; optional**
- D. Mandatory; mandatory**

7. What is the minimum additional unobstructed vision space required for each story rise above the first in a nursing room?

- A. Two feet**
- B. One foot**
- C. Three feet**
- D. Five feet**

8. What is the primary responsibility of the Bureau of Health Care Services (BHCS) in Michigan?

- A. Oversee federal licensing and certification programs**
- B. Manage Medicaid reimbursement processes**
- C. Conduct financial audits of long-term care facilities**
- D. Provide training and support for healthcare providers**

9. What is the limit on therapeutic temporary absences per year?

- A. 10 days**
- B. 14 days**
- C. 18 days**
- D. 30 days**

10. What is the minimum ceiling height for rooms constructed after 1969?

- A. 9 feet**
- B. 7 feet**
- C. 8 feet**
- D. 10 feet**

Answers

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

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Explanations

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1. How many employees must be injured or hospitalized for an employer to notify MIOSHA within 8 hours?

- A. 1 employee**
- B. 2 employees**
- C. 3 employees**
- D. 4 employees**

In the context of Michigan safety regulations, specifically concerning MIOSHA (Michigan Occupational Safety and Health Administration), the requirement stipulates that employers must notify MIOSHA within 8 hours if there is a work-related incident that results in the hospitalization of 3 or more employees. This regulation is designed to ensure timely awareness of potentially serious safety issues in the workplace that could affect the health and well-being of workers. The significance of this requirement lies in its role in proactive safety measures; by notifying the regulatory body, MIOSHA can investigate the incident, identify hazards, and implement necessary measures to prevent future occurrences. This notification threshold is aimed at gathering data on not only individual incidents but also recognizing patterns that may suggest more significant risks within specific work environments or practices. Understanding the criteria for reporting incidents helps employers maintain compliance with safety regulations and fosters a culture of safety in the workplace, enabling them to take preventive steps and ensure the health of all employees. This requirement is particularly crucial in industries where the risk of multiple injuries due to specific events is higher, allowing for swift regulatory actions and support.

2. What department is primarily responsible for the Medicaid program in Michigan?

- A. Department of Health and Human Services**
- B. Department of Community and Health Systems**
- C. Medical Services Administration**
- D. Department of Aging Services**

The correct answer is the Department of Health and Human Services. This department administers the Medicaid program in Michigan, overseeing various health-related services and providing support to low-income residents, including elderly individuals who require long-term care. This department is crucial because it develops policies and regulations regarding Medicaid services, ensuring compliance with both state and federal guidelines. The role of the Department of Health and Human Services includes managing eligibility, benefits, and funding for the program, which plays a vital part in the healthcare coverage of many individuals in the state. Some other options, such as the Medical Services Administration, serve as a subdivision within the larger framework of the Department of Health and Human Services but do not independently manage the Medicaid program. The Department of Community and Health Systems and the Department of Aging Services have roles related to health care and services for older adults but do not carry the primary responsibility for Medicaid in Michigan.

3. What is the maximum capacity allowed for soiled linen or trash receptacles?

- A. 2 gallons**
- B. 3 gallons**
- C. 5 gallons**
- D. 10 gallons**

The maximum capacity allowed for soiled linen or trash receptacles is set at 3 gallons to ensure that these receptacles are manageable for staff to handle safely and hygienically. A smaller size, such as 3 gallons, is more practical, preventing overfilling that could contribute to spills or cross-contamination, especially in a healthcare setting where cleanliness is essential. By limiting the capacity, facilities can encourage routine disposal and changeover, ensuring that waste and soiled linens do not accumulate to levels that could pose a health risk or create a less sanitary environment. Additionally, a 3-gallon receptacle is easier for staff to maneuver, minimizing injuries related to lifting and transporting heavier or more cumbersome containers. This standard is aligned with infection control protocols and safety regulations applicable in nursing homes and other healthcare facilities.

4. What is the minimum percentage of window glass area required in a room used for living or sleeping purposes?

- A. 5%**
- B. 10%**
- C. 15%**
- D. 20%**

The requirement for the minimum percentage of window glass area in a room used for living or sleeping purposes typically reflects building codes and standards aimed at ensuring adequate natural light and ventilation. A minimum of 10% window glass area is a common standard, as it helps to create a healthier and more pleasant environment for residents. Natural light is essential for maintaining a positive mood, supporting circadian rhythms, and providing a sense of connection to the outside world. By having at least 10% of the room's floor area dedicated to windows, facilities can effectively enhance both the aesthetics and functionality of a living space. This standard is especially important in healthcare settings, such as nursing homes, where residents may spend significant amounts of time indoors and benefit from an environment that promotes well-being. Establishing these standards ensures that living environments remain comforting and supportive, which is crucial for the quality of life of individuals living in nursing homes.

5. Which of the following best describes the purpose of a meal census?

- A. To track patient satisfaction**
- B. To record the type and amount of food used**
- C. To monitor employee performance**
- D. To evaluate the quality of care provided**

The primary purpose of a meal census is to record the type and amount of food used within a nursing home or similar facility. This data is crucial for several reasons, including managing food inventory effectively, ensuring proper nutritional offerings, and complying with regulatory requirements. By keeping an accurate account of the meals served, facilities can assess how well they are meeting the dietary needs of their residents and adjust menus accordingly to promote better health outcomes. In addition, maintaining a meal census helps in budgeting and food cost management, allowing administrators to track food waste and consumption patterns. This record-keeping also supports the planning of future menus and can inform inventory orders to prevent shortages or overstocking of supplies. Thus, it plays a critical role in the operational efficiency of the dining services in nursing homes.

6. How is facility licensing categorized compared to certification?

- A. Optional; mandatory**
- B. Mandatory; voluntary**
- C. Voluntary; optional**
- D. Mandatory; mandatory**

Facility licensing and certification serve different purposes within the healthcare system, particularly in the context of nursing homes and long-term care facilities. Licensing is a legal requirement enforced by state governments to ensure that facilities meet certain standards of care and operational practices. This means that all nursing homes must obtain a license to operate, making licensing mandatory. Certification, on the other hand, is typically associated with meeting specific federal standards, especially for facilities that accept Medicare and Medicaid. While many facilities pursue certification to allow their residents to access these funding sources, it is not required for all facilities. Therefore, certification can be seen as voluntary, depending on the facility's operational choices. The distinction lies in understanding that while licensing is essential for legal operation, certification adds layers for federal reimbursement eligibility but is not universally mandatory for all care facilities. This clear differentiation supports the understanding that licensing is mandatory while certification can be optional for facilities not seeking federal funding.

7. What is the minimum additional unobstructed vision space required for each story rise above the first in a nursing room?

- A. Two feet**
- B. One foot**
- C. Three feet**
- D. Five feet**

The minimum additional unobstructed vision space required for each story rise above the first in a nursing room is one foot. This guideline is often established to ensure safety and promote visibility within the nursing home environment. Proper unobstructed vision is essential for monitoring residents and ensuring their safety, especially in multi-story facilities where caregivers need to have clear sightlines to provide appropriate supervision and assistance. Having at least one foot of unobstructed vision allows for better oversight of resident activities and helps prevent accidents. The requirement encourages design that supports caregiver efficiency and enhances the overall safety of the environment, fostering a more effective care delivery model. Understanding this regulation is crucial for nursing home administrators in planning and maintaining facility operations that prioritize resident well-being.

8. What is the primary responsibility of the Bureau of Health Care Services (BHCS) in Michigan?

- A. Oversee federal licensing and certification programs**
- B. Manage Medicaid reimbursement processes**
- C. Conduct financial audits of long-term care facilities**
- D. Provide training and support for healthcare providers**

The primary responsibility of the Bureau of Health Care Services (BHCS) in Michigan revolves around the oversight of federal licensing and certification programs for health care facilities, including nursing homes. This involves ensuring that facilities comply with state and federal regulations to maintain quality care and safety standards for residents. The BHCS plays a crucial role in monitoring and evaluating health care providers, ensuring that they meet the necessary guidelines for operation and care delivery. While the other options describe important functions typically related to healthcare management, they do not capture the core remit of the BHCS. For instance, managing Medicaid reimbursement processes is a significant aspect of healthcare administration but falls under different administrative bodies primarily focused on financial regulations and reimbursement frameworks. Conducting financial audits usually requires specialized financial oversight rather than the licensing role focused on health care standards and safety monitoring. Providing training and support for healthcare providers, while essential, is not the central concern of BHCS; its primary obligation is directed at legal compliance and facility certification rather than direct training initiatives. Thus, the focus on oversight of licensing and certification is the key responsibility of the Bureau of Health Care Services.

9. What is the limit on therapeutic temporary absences per year?

- A. 10 days**
- B. 14 days**
- C. 18 days**
- D. 30 days**

The correct understanding of the limit on therapeutic temporary absences per year is 18 days. This designation is significant as it reflects regulatory standards that allow residents to benefit from short stays away from the nursing home for therapeutic purposes, such as visiting family or engaging in community activities, while still ensuring their care needs are met upon return. The 18-day limit balances the well-being of the residents with the operational needs of the facility. It provides residents with enough time to pursue activities that can contribute positively to their mental and emotional health without compromising their support and care structure. The other options present shorter or longer limits that do not align with current regulations governing therapeutic temporary absences. Setting a maximum of 10 or 14 days may not afford residents adequate opportunity for significant therapeutic engagement, while an option of 30 days could risk disrupting continuity of care, which is fundamental to resident wellbeing in a nursing home environment. Thus, the 18-day limit is strategically placed to promote both the independence and the health of residents.

10. What is the minimum ceiling height for rooms constructed after 1969?

- A. 9 feet**
- B. 7 feet**
- C. 8 feet**
- D. 10 feet**

The minimum ceiling height for rooms constructed after 1969 is established at 8 feet. This standard is significant in maintaining adequate air circulation and overall comfort for occupants. A ceiling height of 8 feet allows for better ventilation, natural light distribution, and a more spacious feel in the room, which is important in settings such as nursing homes where residents may spend a considerable amount of time indoors. The context of this standard is also important in terms of safety and accessibility. Adequate height can facilitate the installation of necessary fixtures and equipment, such as heating and cooling systems, which contribute to a comfortable environment. Lower ceiling heights can lead to issues such as inadequate airflow, which may affect the health and well-being of residents. In comparison, the other height options mentioned do not align with the established standard for post-1969 constructions, as they are either lower or higher than the accepted minimum. Therefore, the choice of 8 feet accurately reflects regulatory guidelines aimed at ensuring safety and comfort in living environments.

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://michigan-nursinghomeadministrator.examzify.com>

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

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