

# NAB Domain 1 Care Services and Support Practice Test (Sample)

## Study Guide



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SAMPLE

## Questions

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1. What distinguishes a nurse practitioner from a registered nurse?
  - A. Additional state requirements and training
  - B. Ability to prescribe medications only
  - C. Capability to perform physical therapy
  - D. Supervisory role over nurse aides
2. What is an example of a significant change in health that requires documentation?
  - A. A slight increase in mobility
  - B. Significant weight loss
  - C. A minor cold
  - D. A change in diet preference
3. Which element is NOT required for a civil lawsuit regarding care services?
  - A. Damages or Injury
  - B. Duty Owed
  - C. Written Consent
  - D. Causation
4. Which type of health care professional specializes in hearing and balance disorders?
  - A. Neurologist
  - B. Otolaryngologist
  - C. Audiologist
  - D. Physiatrist
5. What term refers to the innate human connection and response to nature?
  - A. Biophilia
  - B. Ecophilia
  - C. Anthropophilia
  - D. Naturalism

6. What do universal precautions aim to prevent?
- A. Injury from lifting patients
  - B. Transmission of infection from contact with body fluids
  - C. Medication errors in treatment
  - D. Miscommunication between healthcare staff
7. Which organization typically certifies occupational therapists?
- A. American Medical Association (AMA)
  - B. American Occupational Therapy Association (AOTA)
  - C. American Nurses Association (ANA)
  - D. National Physical Therapy Association (NPTA)
8. What does the concept of universal precautions emphasize?
- A. Only treating contagious patients
  - B. Mandatory vaccinations for healthcare workers
  - C. Avoiding patient transfers
  - D. Preventing infection from exposure to body fluids
9. What term describes the general area of federal regulations concerning resident dignity and participation in activities?
- A. Quality of Care
  - B. Quality of Life
  - C. Quality Assurance
  - D. Quality Standards
10. What is the process of breaking down calories consumed into usable energy called?
- A. Energy Metabolism
  - B. Drug Utilization Review
  - C. Dysarthria
  - D. Enteral Feeding

## Answers

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

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## Explanations

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1. What distinguishes a nurse practitioner from a registered nurse?

- A. Additional state requirements and training
- B. Ability to prescribe medications only
- C. Capability to perform physical therapy
- D. Supervisory role over nurse aides

A nurse practitioner is distinct from a registered nurse primarily due to the additional state requirements and training that they must complete. Nurse practitioners typically hold a master's or doctoral degree in nursing and are trained to perform more advanced clinical tasks. This advanced education allows them to assess, diagnose, interpret diagnostic tests, and initiate treatment plans, which goes beyond the scope of practice for registered nurses. The additional state requirements often include successful completion of a board certification examination and obtaining a separate license to practice as a nurse practitioner, which varies by state. This progression of education and certification empowers nurse practitioners to provide a higher level of care and to work more autonomously in various healthcare settings, often including the ability to manage patient care independently. While the ability to prescribe medications is an important distinction, it is part of a broader set of competencies that come with advanced training. Similarly, performing physical therapy or supervising nurse aides does not accurately reflect the core distinctions regarding education and licensing that define the role of a nurse practitioner compared to a registered nurse.

2. What is an example of a significant change in health that requires documentation?

- A. A slight increase in mobility
- B. Significant weight loss
- C. A minor cold
- D. A change in diet preference

Significant weight loss is indeed an example of a change in health that requires documentation. This kind of change can be indicative of various underlying health issues that may need further evaluation or intervention. When a person experiences considerable weight loss, it could relate to physical health concerns such as malnutrition, metabolic disorders, or even psychological issues like depression or an eating disorder. Documenting this change is essential for healthcare providers to monitor the patient's health status, adjust care plans accordingly, and provide appropriate interventions to address potential causes. Proper documentation also facilitates communication among the care team, ensuring that everyone involved in the individual's care is aware of the changes and can respond effectively. While slight increases in mobility, a minor cold, and changes in diet preference can also be relevant indicators of a person's health, they typically do not present the same level of immediate concern or significance that substantial weight loss does.

3. Which element is NOT required for a civil lawsuit regarding care services?

- A. Damages or Injury
- B. Duty Owed
- C. Written Consent
- D. Causation

In a civil lawsuit concerning care services, one of the fundamental elements that must be present is a duty owed by the defendant to the plaintiff, along with a demonstration of causation and actual damages or injury resulting from a breach of that duty. These elements establish a clear link between the actions of one party and the harm experienced by another. A crucial point in this context is that written consent is not a fundamental requirement for initiating a civil lawsuit in care services. While informed consent is important in many healthcare scenarios and may influence cases involving malpractice or negligence, its absence does not automatically negate the ability to pursue a civil lawsuit. The lack of written consent by itself does not preclude the possibility of establishing a case based on the other required elements, such as duty owed, causation, and damages. Thus, written consent is not one of the key components necessary to establish a civil lawsuit regarding care services, highlighting why it is the element that is not required.

4. Which type of health care professional specializes in hearing and balance disorders?

- A. Neurologist
- B. Otolaryngologist
- C. Audiologist
- D. Physiatrist

An audiologist is a health care professional who specializes in the identification, assessment, and treatment of hearing and balance disorders. They conduct various tests to evaluate a person's hearing abilities and can recommend rehabilitation strategies, such as hearing aids or auditory therapy, to help individuals manage their conditions effectively. Their expertise includes working with both children and adults, addressing issues related to auditory processing, and providing counseling and education regarding hearing health. Otolaryngologists, while also involved in ear-related issues, focus more broadly on medical and surgical treatment of diseases and conditions affecting the ear, nose, and throat, which is beyond the specialized skill set of an audiologist. Neurologists primarily deal with disorders of the nervous system, which may include some conditions affecting hearing but do not focus specifically on hearing or balance. Physiatrists specialize in physical medicine and rehabilitation, dealing with restoring function after injury or illness, rather than focusing on auditory or balance disorders.

5. What term refers to the innate human connection and response to nature?

- A. Biophilia
- B. Ecophilia
- C. Anthropophilia
- D. Naturalism

The term that refers to the innate human connection and response to nature is biophilia. This concept was popularized by biologist E.O. Wilson in the 1980s, suggesting that humans possess an inherent affinity for the natural world, stemming from our evolutionary history as part of the ecosystem. Biophilia emphasizes the emotional bond between humans and nature, highlighting how interactions with natural environments can promote well-being, reduce stress, and enhance overall quality of life. This inherent connection can manifest in various ways, including a love for plants and animals or a desire to engage with natural landscapes. In contrast, other terms like ecophilia or anthropophilia do not specifically emphasize the innate human connection to nature as directly. Ecophilia may refer more broadly to a love for the environment or ecological systems, while anthropophilia refers to an affinity for humans. Naturalism, on the other hand, is a philosophical viewpoint that emphasizes understanding the natural world without supernatural influences, which does not capture the emotional and innate aspect of the human relationship with nature as effectively as biophilia does.

6. What do universal precautions aim to prevent?

- A. Injury from lifting patients
- B. Transmission of infection from contact with body fluids
- C. Medication errors in treatment
- D. Miscommunication between healthcare staff

Universal precautions are a standard set of practices designed specifically to prevent the transmission of infections that can occur through contact with body fluids. This approach is essential in healthcare settings to protect both patients and healthcare providers. By assuming that all body fluids, including blood, saliva, and other secretions, may carry infectious agents, universal precautions require the use of personal protective equipment (PPE), proper hand hygiene, safe handling of needles, and other guidelines to minimize the risk of infection spread. These practices are crucial for maintaining a safe environment where the likelihood of infection transmission is significantly reduced. This focus on body fluids addresses the primary concern of healthcare safety, especially in scenarios involving exposure to potentially infectious materials, making option B the most accurate answer regarding the aim of universal precautions.

7. Which organization typically certifies occupational therapists?

- A. American Medical Association (AMA)
- B. American Occupational Therapy Association (AOTA)
- C. American Nurses Association (ANA)
- D. National Physical Therapy Association (NPTA)

The American Occupational Therapy Association (AOTA) is the organization that typically certifies occupational therapists. AOTA is dedicated to supporting the engagement of individuals in meaningful activities that enhance their well-being and participation in daily life. In the process of certification, AOTA ensures that occupational therapists meet the necessary educational and professional standards required for practice. This certification is an essential credential that signifies a therapist's competence and commitment to the profession. In contrast, the other organizations listed either focus on different fields or professions. The American Medical Association (AMA) primarily represents physicians and medical students, advocating for the interests of that group rather than certifying therapists. The American Nurses Association (ANA) is focused on the nursing profession and does not provide certification for occupational therapists. Similarly, the National Physical Therapy Association (NPTA) represents physical therapists, and their focus is specific to that discipline and does not extend to occupational therapy. This distinction underscores the importance of recognizing the relevant professional bodies associated with each healthcare profession, ensuring that practitioners are certified by the appropriate organizations.

8. What does the concept of universal precautions emphasize?

- A. Only treating contagious patients
- B. Mandatory vaccinations for healthcare workers
- C. Avoiding patient transfers
- D. Preventing infection from exposure to body fluids

The concept of universal precautions emphasizes preventing infection from exposure to body fluids. This approach is designed to protect healthcare workers and patients by ensuring that all body fluids are treated as potentially infectious, regardless of the patient's known health status. Implementing universal precautions involves using personal protective equipment (PPE), practicing hand hygiene, and following safe handling procedures for needles and other sharp instruments, all of which are critical in reducing the risk of transmission of infections. The focus on exposure to body fluids reflects an understanding of how many infections, including bloodborne pathogens, can be transmitted through direct contact. By taking these precautions, healthcare providers can significantly mitigate the risk of spreading infections, which is a fundamental aspect of patient care and safety in health care settings.

9. What term describes the general area of federal regulations concerning resident dignity and participation in activities?

- A. Quality of Care
- B. Quality of Life
- C. Quality Assurance
- D. Quality Standards

The correct term that describes the general area of federal regulations concerning resident dignity and participation in activities is "Quality of Life." This concept encompasses the overall well-being and personal satisfaction of residents, emphasizing their rights to engage in social, recreational, and therapeutic activities that contribute to their dignity and self-worth. Quality of Life regulations focus on ensuring that residents have the opportunity to participate in meaningful activities that enhance their physical, emotional, and social well-being. This includes promoting independence, encouraging participation in community life, and respecting individual preferences and choices. In contrast, other terms like Quality of Care primarily focus on the medical and health services provided to residents, which, while important, do not fully capture the broader context of resident dignity and engagement in activities. Quality Assurance relates to systematic efforts to maintain certain standards of care and services but does not specifically address the aspect of resident life experiences. Quality Standards are guidelines that can dictate operational procedures but might not directly address the holistic aspects of resident interactions and dignity in the same way Quality of Life does.

10. What is the process of breaking down calories consumed into usable energy called?

- A. Energy Metabolism
- B. Drug Utilization Review
- C. Dysarthria
- D. Enteral Feeding

The process of breaking down calories consumed into usable energy is known as energy metabolism. This fundamental biological process involves converting the food we eat into energy that our bodies can use for various functions, such as maintaining temperature, muscle contraction, and other essential activities. During energy metabolism, macronutrients like carbohydrates, fats, and proteins are metabolized to produce adenosine triphosphate (ATP), which serves as the energy currency of the cell. Understanding energy metabolism is crucial in various fields, including nutrition, fitness, and health care, as it plays a vital role in how the body utilizes the nutrients from food. This process also influences weight management, physical performance, and overall health. The other options do not pertain to the breakdown of calories for energy purposes. Drug utilization review involves evaluating the appropriateness of prescribed medications; dysarthria refers to a speech disorder that affects the ability to speak clearly; and enteral feeding is a method of delivering nutrition directly to the gastrointestinal tract. Each of these terms relates to specific medical or health care practices that are distinct from the processes involved in energy metabolism.