

# NAB Domain 1 Care Services and Support 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. What is the purpose of a post-survey revisit?**
  - A. To provide ongoing education**
  - B. To verify correction of deficiencies**
  - C. To assess patient outcomes**
  - D. To plan future programs**
  
- 2. Which condition is NOT typically characterized by motor activity decline?**
  - A. Parkinson's Disease**
  - B. Alzheimer's Disease**
  - C. Multiple Sclerosis**
  - D. Diabetes**
  
- 3. Which of the following is not a component of acute care?**
  - A. Short-term medical intervention**
  - B. Long-term rehabilitation**
  - C. Hospital stays for serious conditions**
  - D. Immediate response to health crises**
  
- 4. What does Speech Language Pathology focus on?**
  - A. Physical rehabilitation**
  - B. Evaluation and treatment of mental disorders**
  - C. Evaluation and treatment of speech, language, and cognitive disorders**
  - D. Development of educational programs**
  
- 5. How often is a Standard Survey conducted in nursing homes?**
  - A. Every 3-6 months**
  - B. Every 9-15 months**
  - C. Every year**
  - D. Every 2 years**

- 6. Which of the following terms relates to a social and environmental approach to elder care?**
- A. Enforcement Grid**
  - B. Eden Alternative**
  - C. Dysphagia**
  - D. Drug Utilization Review**
- 7. What type of waste is considered hazardous because it can pose health risks from infectious agents?**
- A. Biomedical Waste**
  - B. Hazardous Waste**
  - C. Infectious Waste**
  - D. Regulated Waste**
- 8. What is the concept called where a person gives consent based on essential information regarding treatment decisions?**
- A. Voluntary Consent**
  - B. Informed Consent**
  - C. Advanced Directive**
  - D. Express Consent**
- 9. What term is used for a physician who has specialized training in geriatric medicine?**
- A. Gerontologist**
  - B. Geriatrician**
  - C. Internist**
  - D. Family Physician**
- 10. Which statement best represents Medicaid's function in healthcare delivery?**
- A. Provides care only for elderly patients**
  - B. Focuses on preventive health services**
  - C. Offers additional services beyond mandated care for needy individuals**
  - D. Exclusively covers hospital services**

## Answers

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

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## **Explanations**

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## 1. What is the purpose of a post-survey revisit?

- A. To provide ongoing education
- B. To verify correction of deficiencies**
- C. To assess patient outcomes
- D. To plan future programs

The purpose of a post-survey revisit is to verify the correction of deficiencies identified during a previous survey. This follow-up is crucial for ensuring that any issues or shortcomings that were noted have been adequately addressed and rectified. It is a part of the quality assurance process in care facilities, aimed at maintaining standards and ensuring compliance with regulations. After deficiencies are documented, facilities are typically given a timeframe to implement corrections. The post-survey revisit serves as an opportunity for regulatory bodies or accrediting organizations to evaluate the effectiveness of these corrections and confirm that the facility is now operating in accordance with established standards. This process helps in maintaining the quality of care provided to patients and fosters a culture of continuous improvement within healthcare settings.

## 2. Which condition is NOT typically characterized by motor activity decline?

- A. Parkinson's Disease
- B. Alzheimer's Disease
- C. Multiple Sclerosis
- D. Diabetes**

Diabetes is not typically characterized by a decline in motor activity, making it the correct choice. While diabetes primarily affects blood sugar regulation and can lead to various complications such as neuropathy or cardiovascular issues, it does not inherently result in a direct decline in motor function. In contrast, conditions like Parkinson's Disease are well-documented for causing motor decline due to the degeneration of motor neurons and dopamine-producing cells, leading to symptoms such as tremors and rigidity. Similarly, Alzheimer's Disease primarily impacts cognitive function, but it can also affect coordination and movement as the disease progresses. Multiple Sclerosis can lead to motor activity decline due to the demyelination of nerves, affecting mobility and coordination as well. Thus, diabetes stands out because its primary implications do not directly involve a decline in motor activity.

### 3. Which of the following is not a component of acute care?

- A. Short-term medical intervention
- B. Long-term rehabilitation**
- C. Hospital stays for serious conditions
- D. Immediate response to health crises

The choice of long-term rehabilitation as the correct answer highlights a key distinction between different types of care in the healthcare system. Acute care is primarily focused on providing immediate and intensive treatment for conditions that are severe, urgent, or life-threatening. It involves short-term medical interventions, which can include emergency services and hospital stays designed to manage serious conditions. In acute care settings, the priority is on addressing acute health crises that require prompt action to stabilize a patient's condition. This may involve surgeries, critical care, or other intensive treatments that are typically provided in hospitals. These interventions are designed to resolve immediate health issues as quickly as possible. In contrast, long-term rehabilitation is aimed at assisting individuals to recover and regain function after serious illnesses or injuries over an extended timeframe. This type of care often occurs after acute care and is focused on improving the patient's quality of life and functionality rather than addressing immediate health concerns. Therefore, long-term rehabilitation does not fit within the acute care category, reinforcing why it is the correct choice in this context.

### 4. What does Speech Language Pathology focus on?

- A. Physical rehabilitation
- B. Evaluation and treatment of mental disorders
- C. Evaluation and treatment of speech, language, and cognitive disorders**
- D. Development of educational programs

Speech Language Pathology primarily focuses on the evaluation and treatment of speech, language, and cognitive disorders. This profession is dedicated to assessing communication disorders that may arise from various conditions, including developmental disabilities, stroke, brain injuries, or neurological disorders. Speech-language pathologists (SLPs) work to improve an individual's ability to communicate effectively, which may involve therapy for articulation, fluency, voice, and language problems. They also address cognitive aspects such as memory, attention, and problem-solving skills that can impact communication. In contrast, other options, such as physical rehabilitation, are more concerned with restoring physical function and mobility rather than communication abilities. Evaluating and treating mental disorders involves a different area of specialization, typically handled by psychologists or psychiatrists. Finally, while the development of educational programs can be a part of a speech-language pathologist's work, it is not the central focus compared to the direct treatment of speech and language issues. Thus, the correct answer emphasizes the core competencies of speech-language pathology as they relate directly to communication disorders.

**5. How often is a Standard Survey conducted in nursing homes?**

- A. Every 3-6 months**
- B. Every 9-15 months**
- C. Every year**
- D. Every 2 years**

A Standard Survey in nursing homes is conducted every 9 to 15 months to ensure that facilities are complying with federal regulations and to assess the overall quality of care provided to residents. This timeframe allows for regular monitoring and evaluation, keeping facilities accountable for maintaining standards of care and ensuring the safety and well-being of residents. The rationale behind this frequency is to strike a balance between sufficient oversight without overwhelming the facilities, ensuring that they are continuously improving and meeting the required guidelines set forth by regulatory agencies. While some might assume that surveys could happen more frequently to increase accountability or maintenance of high standards, the established interval allows for a thorough yet practical approach to compliance and quality assurance in nursing homes. This scheduling reflects an understanding of the operational environments in which these facilities work, accommodating for both regulatory needs and the day-to-day realities of care provision.

**6. Which of the following terms relates to a social and environmental approach to elder care?**

- A. Enforcement Grid**
- B. Eden Alternative**
- C. Dysphagia**
- D. Drug Utilization Review**

The term that relates to a social and environmental approach to elder care is the Eden Alternative. This philosophy emphasizes creating a life worth living for older adults by addressing their social, emotional, and environmental needs. It promotes the idea of connecting elders with nature, animals, and children, which enriches their lives and enhances their well-being. The Eden Alternative framework seeks to eliminate the loneliness, helplessness, and boredom that can often accompany institutionalized elder care, thus creating a more nurturing and vibrant community for seniors. In contrast, the other terms do not focus on a social and environmental approach to elder care. The Enforcement Grid refers more to regulatory frameworks rather than elder care practices, Dysphagia is a medical term referring to difficulty in swallowing, and Drug Utilization Review is a process aimed at ensuring that medications are prescribed appropriately and monitored effectively, which does not encompass the broader social and environmental considerations that the Eden Alternative seeks to address.

**7. What type of waste is considered hazardous because it can pose health risks from infectious agents?**

- A. Biomedical Waste**
- B. Hazardous Waste**
- C. Infectious Waste**
- D. Regulated Waste**

The identified answer accurately reflects the fact that infectious waste is a specific category of waste that poses health risks due to the presence of infectious agents. This type of waste typically includes materials that have been contaminated with blood, bodily fluids, and other substances that can potentially carry pathogens, which could lead to infections in humans or animals. Infectious waste is a critical concern in healthcare settings, as it requires specialized handling, storage, and disposal methods to prevent exposure and spread of disease. Proper management practices are essential to ensure the safety of healthcare workers, patients, and the general public, underpinning the importance of recognizing this particular type of waste. While biomedical waste, hazardous waste, and regulated waste share overlapping characteristics with infectious waste, the specific focus on the infectious nature and the health risks associated with infectious agents is what distinctly categorizes infectious waste as hazardous. This specificity is vital for effective waste management and health risk mitigation strategies.

**8. What is the concept called where a person gives consent based on essential information regarding treatment decisions?**

- A. Voluntary Consent**
- B. Informed Consent**
- C. Advanced Directive**
- D. Express Consent**

The concept where a person gives consent based on essential information regarding treatment decisions is known as Informed Consent. This principle emphasizes the importance of providing individuals with comprehensive information about their treatment options, potential risks, benefits, and alternatives before they make a decision. Informed Consent ensures that patients are fully aware of what they are agreeing to and can engage in their care with clarity and understanding. It is a fundamental ethical and legal requirement in healthcare, ensuring that individuals have the autonomy to make decisions about their own bodies and medical treatment. This differs from other types of consent, such as Voluntary Consent, which emphasizes the absence of coercion but doesn't necessarily include the aspect of being fully informed. Advanced Directive refers to a legal document that outlines a person's preferences for medical treatment should they become unable to communicate their wishes, and Express Consent is an indication of agreement that can be verbal or written but may not encompass the same level of information sharing required for Informed Consent.

**9. What term is used for a physician who has specialized training in geriatric medicine?**

- A. Gerontologist**
- B. Geriatrician**
- C. Internist**
- D. Family Physician**

A physician specializing in geriatric medicine is referred to as a geriatrician. This designation indicates that the physician has received additional training and education specifically focused on the health care of older adults, which includes understanding the complexities of aging, managing multiple chronic conditions, and promoting health and independence in older patients. Geriatricians play a crucial role in providing comprehensive care to seniors, as they are equipped with the skills necessary to address the unique medical and social issues faced by this population. Their expertise is vital in coordinating care, particularly for patients with complex health needs who may require collaboration across various healthcare specialties. In contrast, terms like gerontologist refer to individuals who study aging but may not necessarily be medical doctors. Internists and family physicians have broad training that prepares them to treat various age groups, but they do not have the specialized focus on geriatric patients that geriatricians possess. Understanding this distinction highlights the importance of specialized training in delivering effective care to older adults.

**10. Which statement best represents Medicaid's function in healthcare delivery?**

- A. Provides care only for elderly patients**
- B. Focuses on preventive health services**
- C. Offers additional services beyond mandated care for needy individuals**
- D. Exclusively covers hospital services**

Medicaid's function in healthcare delivery is best represented by the statement that it offers additional services beyond mandated care for needy individuals. This is because Medicaid is designed to assist low-income individuals and families by covering a wide range of healthcare services, particularly for those who may not have access to adequate health insurance. While Medicaid must meet certain federal guidelines regarding mandatory services, many states choose to provide additional services, such as extended mental health support, transportation for medical appointments, and home care, which can vary by state. This broader scope allows Medicaid to respond to the complex health needs of its beneficiaries, ensuring that they do not just receive basic or emergency services, but rather a comprehensive level of care that effectively addresses preventive, chronic, and ongoing health issues. Thus, this makes it a vital component of the safety net for vulnerable populations, adapting to their specific healthcare needs beyond just the minimum requirements.

## 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://nabdom1careservicessupport.examzify.com>**

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

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