

NACC PSW Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. In what way does professionalism affect work performance?**
 - A. It creates a lack of accountability**
 - B. It enhances respect and proper behavior**
 - C. It limits communication with others**
 - D. It removes the necessity for training**
- 2. What does the acronym S.M.A.R.T stand for in goal setting?**
 - A. Simple, Manageable, Attainable, Reliable, Timed**
 - B. Specific, Measurable, Achievable, Realistic, Timely**
 - C. Structured, Meaningful, Accomplishable, Relevant, Tangible**
 - D. Specific, Manageable, Affordable, Realistic, Timed**
- 3. What does flexion refer to in body movement?**
 - A. Bending a body part**
 - B. Stretching a body part**
 - C. Rotating a body part**
 - D. Extending a body part**
- 4. In the context of the cycle of abuse, which phase typically follows the abusive incident?**
 - A. Tension building phase**
 - B. Recovery phase**
 - C. Honeymoon phase**
 - D. Withdrawal phase**
- 5. What is the appropriate action to take when a fire alarm sounds?**
 - A. Open all windows for ventilation**
 - B. Turn off oxygen and move clients to a safe place**
 - C. Use elevators to evacuate quickly**
 - D. Stay calm and wait for further instructions**

- 6. Which part of the small intestine is responsible for most food absorption?**
- A. Duodenum**
 - B. Jejunum**
 - C. Ileum**
 - D. All sections**
- 7. What is the main function of the kidneys?**
- A. Regulate hormone levels**
 - B. Filter blood and produce urine as waste**
 - C. Support immune function**
 - D. Pump blood throughout the body**
- 8. Which of these behaviors is commonly associated with emotional or psychological abuse?**
- A. Encouraging independence**
 - B. Isolation from friends and family**
 - C. Promoting self-esteem**
 - D. Providing emotional support**
- 9. What is good body alignment in a healthcare setting?**
- A. Having the head turned to the left**
 - B. Having the head, trunk, arms, and legs aligned with one another**
 - C. Keeping arms crossed over the stomach**
 - D. Bringing knees to the chest**
- 10. What should a Support Worker do to prevent back injuries during client transfers?**
- A. Use proper body mechanics**
 - B. Work quickly without thinking**
 - C. Always lift from the back**
 - D. Ask for help only when necessary**

Answers

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

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Explanations

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1. In what way does professionalism affect work performance?

- A. It creates a lack of accountability
- B. It enhances respect and proper behavior**
- C. It limits communication with others
- D. It removes the necessity for training

Professionalism has a significant positive impact on work performance, primarily by enhancing respect and proper behavior in the workplace. When individuals exhibit professionalism, they demonstrate a commitment to high standards in their work, which fosters an environment of mutual respect among colleagues and clients. This respect not only solidifies team dynamics but also promotes effective collaboration and communication, leading to improved productivity. Furthermore, professionalism often sets the tone for interactions, encouraging appropriate behavior that aligns with organizational values and norms. When team members uphold professionalism, it contributes to a positive workplace culture, where everyone feels valued and motivated to perform at their best. This, in turn, can lead to better overall work performance and outcomes for the organization as a whole.

2. What does the acronym S.M.A.R.T stand for in goal setting?

- A. Simple, Manageable, Attainable, Reliable, Timed
- B. Specific, Measurable, Achievable, Realistic, Timely**
- C. Structured, Meaningful, Accomplishable, Relevant, Tangible
- D. Specific, Manageable, Affordable, Realistic, Timed

The acronym S.M.A.R.T is a well-established framework in goal setting that provides criteria to ensure goals are effective and attainable. The correct interpretation includes the following components: - ****Specific****: Goals should clearly define what is to be achieved, eliminating ambiguity. This clarity helps individuals understand exactly what is expected and what actions need to be taken. - ****Measurable****: Goals need to include criteria that allow for measuring progress and success. This can involve quantitative measurements or specific milestones that indicate progress. - ****Achievable****: While goals should stretch the individual's abilities, they must remain attainable. This means that efforts should be realistic, taking into account available resources and constraints. - ****Realistic****: This component underscores the importance of setting goals that are relevant and achievable given the person's current resources and circumstances. This ensures that the goal is meaningful and appropriate. - ****Timely****: Effective goals must have a defined timeframe or deadline. This adds urgency and helps prioritize the goal within a specific period. Together, these elements make the goal-setting process more structured and focused, leading to better outcomes. The other options listed do not utilize these critical aspects of the S.M.A.R.T framework, thereby lacking in providing a comprehensive and

3. What does flexion refer to in body movement?

- A. Bending a body part**
- B. Stretching a body part**
- C. Rotating a body part**
- D. Extending a body part**

Flexion refers to the action of bending a body part, which typically decreases the angle between two body segments. For instance, when you bend your elbow to bring your hand closer to your shoulder, you are performing flexion of the elbow joint. This movement is commonly observed in actions such as lifting weights, walking, and various exercises. Understanding this concept is essential for recognizing how different joints and muscles function during physical activities, enabling an individual to perform tasks more effectively and avoid injury. The other options describe different types of movements: stretching refers to increasing the length of a muscle or joint beyond its resting position, rotation involves turning a body part around its axis, and extension increases the angle between body segments, often returning a flexed joint back to a neutral position. These distinctions are crucial for accurately understanding movement descriptions in anatomy and physiology.

4. In the context of the cycle of abuse, which phase typically follows the abusive incident?

- A. Tension building phase**
- B. Recovery phase**
- C. Honeymoon phase**
- D. Withdrawal phase**

The correct response highlights the "honeymoon phase" that often follows an abusive incident within the cycle of abuse. This phase is characterized by a period of reconciliation and calmness where the abuser may exhibit remorse, affection, or promises to change. It can create a deceptive sense of security for the victim, who may begin to feel hopeful about the future of the relationship. During this phase, the abuser might engage in affection, gifts, and expressions of love to win back the victim's trust. This can temporarily mask the preceding abusive behavior and lead victims to believe that the abuse will not recur. Understanding this phase is crucial, as it contributes to the complexities of the abuser-victim dynamic, making it difficult for individuals to leave an abusive situation. Other phases mentioned do play significant roles in the cycle of abuse. The tension-building phase is where stress and conflict escalate, leading to the eventual abuse. The recovery phase typically implies healing and restoration but is not a formal part of the typical cycle as defined in the cycle of abuse model. The withdrawal phase may refer to a time when the victim isolates themselves or when there is a withdrawal of affection or communication from the abuser, but it does not specifically represent a recognized phase that follows the abusive incident.

5. What is the appropriate action to take when a fire alarm sounds?

- A. Open all windows for ventilation**
- B. Turn off oxygen and move clients to a safe place**
- C. Use elevators to evacuate quickly**
- D. Stay calm and wait for further instructions**

When a fire alarm sounds, the most appropriate action is to turn off oxygen and move clients to a safe place. This action is critical for the safety of both clients and staff. In the event of a fire, the presence of oxygen can exacerbate the situation, possibly intensifying the fire. Therefore, it is essential to disconnect any supplemental oxygen sources to prevent any risks. Additionally, moving clients to a safe location helps ensure their safety and protection from smoke inhalation, flames, or other hazards associated with fire. The swift and organized relocation of individuals, particularly those who may have mobility challenges, is vital in managing a fire emergency effectively. Opening windows for ventilation is not advisable, as this can actually allow more oxygen into the environment, potentially making a fire worse. Using elevators during a fire is dangerous due to the risk of being trapped without power; stairwells are typically the safest exit routes. Lastly, while it's important to stay calm, waiting for further instructions can lead to confusion and delay, which could be detrimental in a critical situation like a fire emergency. Therefore, proactive measures must be taken immediately following a fire alarm.

6. Which part of the small intestine is responsible for most food absorption?

- A. Duodenum**
- B. Jejunum**
- C. Ileum**
- D. All sections**

The jejunum is the section of the small intestine primarily responsible for the majority of nutrient absorption. It comprises the middle portion of the small intestine, where most of the digested food, including carbohydrates, proteins, and lipids, is absorbed into the bloodstream. While the duodenum plays a critical role in the initial stages of digestion—helping to break down food with enzymes and bile—the jejunum is specifically adapted for absorption. It has a larger surface area due to finger-like projections called villi and microvilli, which increase the efficiency of nutrient absorption. The ileum, while also involved in absorption, is more focused on the absorption of vitamin B12 and bile acids rather than the primary nutrients. The answer that includes all sections of the small intestine may seem tempting, but it is important to note that while nutrients are absorbed throughout the small intestine, the jejunum is where the bulk of that absorption occurs. Understanding this distinction helps clarify the specific roles of each part of the small intestine in the digestive process.

7. What is the main function of the kidneys?

- A. Regulate hormone levels**
- B. Filter blood and produce urine as waste**
- C. Support immune function**
- D. Pump blood throughout the body**

The kidneys play a crucial role in the body's overall function by filtering blood and producing urine, which serves as a means of waste excretion. They eliminate toxins, excess salts, and waste products that accumulate in the bloodstream as a result of metabolic processes. This filtration process helps maintain homeostasis by regulating water balance, electrolyte levels, and blood pressure. In addition to waste management, kidneys also contribute to other essential functions, such as regulating the body's pH balance and producing hormones like erythropoietin, which is involved in the formation of red blood cells. However, their primary and most significant function remains the filtration of blood and the production of urine, making it critical for the overall health and functioning of the body.

8. Which of these behaviors is commonly associated with emotional or psychological abuse?

- A. Encouraging independence**
- B. Isolation from friends and family**
- C. Promoting self-esteem**
- D. Providing emotional support**

Isolation from friends and family is a behavior that is commonly associated with emotional or psychological abuse. This tactic is often used by abusers to control their victims and diminish their support networks. By isolating an individual from their loved ones, the abuser can create a dependence on themselves and manipulate the victim's sense of reality and self-worth. This strategy not only cuts the victim off from potential sources of help and comfort but also contributes to feelings of loneliness and worthlessness, reinforcing the power dynamics of the abusive relationship. Encouraging independence, promoting self-esteem, and providing emotional support are positive behaviors that foster healthy relationships and personal growth. These actions help individuals feel empowered and valued, contrasting starkly with the damaging effects of isolation in the context of emotional abuse.

9. What is good body alignment in a healthcare setting?

- A. Having the head turned to the left**
- B. Having the head, trunk, arms, and legs aligned with one another**
- C. Keeping arms crossed over the stomach**
- D. Bringing knees to the chest**

Good body alignment in a healthcare setting refers to the correct positioning of the body parts, which ensures that the head, trunk, arms, and legs are aligned with one another. This alignment is essential for promoting comfort, reducing strain on muscles and joints, and enhancing overall stability and mobility. Proper body alignment can help prevent injuries, facilitate better functioning of organs, and improve circulation, contributing to the patient's well-being. When the body is aligned, it allows for the most efficient use of muscles and minimizes the risk of injuries, especially during activities like lifting or moving patients. This also plays a critical role in patient care, as improper alignment can result in discomfort and pain, and can hinder recovery. Other options listed do not reflect the principles of good body alignment. For example, turning the head to the left may create misalignment with the rest of the body, while crossing arms over the stomach or bringing knees to the chest can create tension or unnecessary strain. Hence, option B is the most appropriate choice, as it directly addresses the importance of maintaining proper alignment in a healthcare context.

10. What should a Support Worker do to prevent back injuries during client transfers?

- A. Use proper body mechanics**
- B. Work quickly without thinking**
- C. Always lift from the back**
- D. Ask for help only when necessary**

Using proper body mechanics is crucial for preventing back injuries during client transfers. This involves techniques such as maintaining a stable base of support, keeping the load close to the body, bending at the knees rather than the waist, and using the legs for power instead of the back. Proper body mechanics help distribute the weight of the client evenly across the body, reducing the strain on the back muscles and minimizing the risk of injury. This practice emphasizes the importance of maintaining posture and alignment while handling a client's weight, ensuring that the support worker can perform tasks safely and efficiently. It's essential for support workers to be knowledgeable about ergonomic principles and to apply them consistently during every transfer to create a safer work environment for both themselves and the clients in their care.