

NACC PSW Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. Which laboratory test is commonly used to assess kidney function?**
 - A. Complete blood count**
 - B. Electrolyte panel**
 - C. Serum creatinine**
 - D. Liver function test**

- 2. 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**

- 3. Which of the following is a common form of non-physical abuse?**
 - A. Physical intimidation**
 - B. Financial exploitation**
 - C. Sexual harassment**
 - D. Direct verbal threats**

- 4. What does nutrition encompass in terms of human health?**
 - A. The process of psychological well-being**
 - B. The many processes involved in food ingestion, digestion, absorption, and use**
 - C. The importance of calorie counting**
 - D. The various diets available for weight loss**

- 5. Which of the following is considered a male sex gland?**
 - A. Ovary**
 - B. Testis**
 - C. Prostate**
 - D. Adrenal gland**

- 6. What is a Trochanter Roll used for?**
- A. To facilitate better blood circulation**
 - B. To control external rotation of the hip**
 - C. To support the back during sitting**
 - D. To elevate the feet during rest**
- 7. What is a common symptom of renal failure?**
- A. Frequent headaches**
 - B. Swelling of the limbs**
 - C. Increased appetite**
 - D. Vision changes**
- 8. Which of these best describes a person with strong emotional health?**
- A. They avoid all stressful situations**
 - B. They express their feelings freely**
 - C. They adapt well to stress and maintain emotional balance**
 - D. They frequently engage in negative self-talk**
- 9. Which of the following qualities is part of the 5 rights of medication administration?**
- A. Right environment**
 - B. Right patient**
 - C. Right time frame**
 - D. Right attitude**
- 10. When should gloves be worn in a healthcare setting?**
- A. For direct contact with sweat**
 - B. For blood, body fluids, secretions, and excretions**
 - C. Only for surgical operations**
 - D. When performing non-invasive procedures**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which laboratory test is commonly used to assess kidney function?

- A. Complete blood count**
- B. Electrolyte panel**
- C. Serum creatinine**
- D. Liver function test**

The serum creatinine test is commonly used to assess kidney function because creatinine is a waste product produced by muscle metabolism that is normally filtered out of the blood by the kidneys. When the kidneys are functioning properly, they efficiently clear creatinine from the bloodstream. Elevated levels of serum creatinine may indicate impaired kidney function or damage, making it a crucial marker in evaluating renal health. In contrast, a complete blood count primarily assesses overall health and detects a variety of disorders, including anemia and infection, but it does not specifically measure kidney function. An electrolyte panel provides information about the body's electrolyte balance, which can be affected by kidney function but does not directly measure how well the kidneys are working. Liver function tests evaluate the health of the liver and its ability to process substances in the blood, which is unrelated to assessing kidney performance. Thus, serum creatinine stands out as the primary test for evaluating kidney function.

2. 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.

3. Which of the following is a common form of non-physical abuse?

A. Physical intimidation

B. Financial exploitation

C. Sexual harassment

D. Direct verbal threats

Financial exploitation is recognized as a common form of non-physical abuse, as it involves the misuse or theft of an individual's financial resources without employing physical force. This type of abuse can include actions such as unauthorized use of funds, forgery, or coercing someone into financial decisions. It is particularly concerning because it can significantly impact the victim's financial stability and autonomy, often targeting vulnerable individuals such as the elderly. In contrast, physical intimidation and direct verbal threats involve more overt means of intimidation and harm, while sexual harassment is centered around inappropriate sexual behavior. These forms of abuse often have visible physical components or direct confrontations, distinguishing them from the subtler nature of financial exploitation. Understanding the different dimensions of abuse is crucial for recognizing and addressing the varying forms that abuse can take.

4. What does nutrition encompass in terms of human health?

A. The process of psychological well-being

B. The many processes involved in food ingestion, digestion, absorption, and use

C. The importance of calorie counting

D. The various diets available for weight loss

Nutrition encompasses a broad and holistic view of how the body interacts with food. Specifically, it involves the many processes associated with food ingestion, digestion, absorption, and utilization within the body. Understanding these processes is essential for maintaining human health because they ensure that the body receives the necessary nutrients it requires for energy, repair, and overall functioning. When food is ingested, it is broken down in the digestive system through various mechanical and chemical processes. Nutrients from the food are then absorbed into the bloodstream, where they are transported to cells or stored for future use. This intricate process highlights the importance of nutrition beyond mere calorie counting or dietary restrictions; it emphasizes how the body utilizes food for growth, development, and maintenance of health. In contrast, the other options touch on different aspects of health and well-being. The psychological aspect mentioned does play a role in overall health but does not directly define nutrition. Likewise, while calorie counting and various diets for weight loss are popular topics in nutrition discussions, they represent a narrower focus and may not encompass the broader and essential processes that define human nutrition as a whole.

5. Which of the following is considered a male sex gland?

- A. Ovary
- B. Testis**
- C. Prostate
- D. Adrenal gland

The testis is considered a male sex gland because it is responsible for the production of sperm and the secretion of male sex hormones, primarily testosterone. Testosterone plays a crucial role in the development of male secondary sexual characteristics, such as facial hair, deepening of the voice, and increased muscle mass. The testis effectively regulates male reproductive functions and is a key component of the male reproductive system. The ovary, on the other hand, is the female reproductive organ that produces eggs and female sex hormones, such as estrogen and progesterone. The prostate gland is involved in the male reproductive system as well, but its role is primarily to produce fluid that nourishes and transports sperm, rather than being a sex gland that produces the primary male sex cells. The adrenal gland, while it also secretes hormones, is not specifically identified as a male sex gland, as it produces hormones that affect both sexes and has functions unrelated to reproduction.

6. What is a Trochanter Roll used for?

- A. To facilitate better blood circulation
- B. To control external rotation of the hip**
- C. To support the back during sitting
- D. To elevate the feet during rest

A Trochanter Roll is specifically designed to control and prevent external rotation of the hip, which is especially important in patients who have difficulty maintaining proper positioning after surgery or due to certain medical conditions. By placing a Trochanter Roll against the outer thigh, it helps to keep the femur aligned and stable, reducing the risk of dislocation or injury. This is particularly crucial for individuals who are immobile or have limited movement. The other options relate to different types of support and comfort but do not capture the primary use of a Trochanter Roll. For instance, facilitating better blood circulation may involve a different type of pillow or positioning aid tailored to enhance blood flow. Similarly, supporting the back during sitting typically necessitates specialized back supports or cushions. Elevating the feet is a separate intervention aimed at reducing swelling or improving circulation, which is not the purpose of the Trochanter Roll. Thus, the Trochanter Roll is specifically focused on maintaining hip stability and proper alignment.

7. What is a common symptom of renal failure?

- A. Frequent headaches**
- B. Swelling of the limbs**
- C. Increased appetite**
- D. Vision changes**

Swelling of the limbs is commonly associated with renal failure due to the kidneys' impaired ability to filter and excrete excess fluids and waste products from the body. When the kidneys do not function properly, the body can retain excess fluids, leading to edema, which is the swelling observed in various parts of the body, particularly the limbs. This occurs because the kidneys play a critical role in maintaining fluid balance, and when they are not performing effectively, the result can be fluid accumulation. In contrast, frequent headaches, changes in vision, and increased appetite are not typical primary symptoms of renal failure. Headaches can arise from various conditions and may not directly relate to kidney function. Changes in vision can be influenced by other factors such as diabetes or hypertension rather than being a direct consequence of kidney failure. Lastly, an increased appetite is generally not associated with renal failure; in fact, many individuals may experience a decrease in appetite due to the effects of toxins accumulating in the body when the kidneys are not functioning optimally.

8. Which of these best describes a person with strong emotional health?

- A. They avoid all stressful situations**
- B. They express their feelings freely**
- C. They adapt well to stress and maintain emotional balance**
- D. They frequently engage in negative self-talk**

A person with strong emotional health is characterized by their ability to adapt well to stress and maintain emotional balance. This trait indicates resilience, allowing individuals to handle life's challenges effectively. They can process their emotions, cope with difficult situations, and remain stable even when faced with stressors. This adaptability means they can recover from setbacks and continue to thrive in various aspects of their life. In contrast, avoiding all stressful situations can indicate a lack of coping skills, which is not a sign of strong emotional health. Expressing feelings freely, while important, does not necessarily illustrate overall emotional resilience or balance unless it's coupled with effective coping mechanisms. Conversely, engaging in negative self-talk typically reflects emotional distress rather than health, undermining one's ability to maintain a positive outlook or emotional stability. Thus, the ability to adapt to stress and maintain balance is the hallmark of strong emotional health.

9. Which of the following qualities is part of the 5 rights of medication administration?

- A. Right environment**
- B. Right patient**
- C. Right time frame**
- D. Right attitude**

The concept of the "5 rights of medication administration" is crucial in ensuring patient safety and effective treatment. Among these rights, identifying the "Right patient" is essential. This principle emphasizes the importance of verifying the identity of the individual receiving the medication to prevent errors such as administering the wrong drug to the wrong person, which could lead to severe consequences. In practice, this involves using methods like checking the patient's wristband, asking for their name, and confirming any relevant identifiers, such as date of birth or medical record number. The accuracy in identifying the right patient is a fundamental step in the medication administration process, ensuring that the treatment is safely and effectively delivered to the intended individual. The other options, while they may seem relevant, do not fall under the standard "5 rights." Factors like the environment or attitude can influence care but are not classified as specific rights in medication administration. Similarly, while timely administration of medication is important, it is encompassed within the broader "Right time" rather than being a standalone right.

10. When should gloves be worn in a healthcare setting?

- A. For direct contact with sweat**
- B. For blood, body fluids, secretions, and excretions**
- C. Only for surgical operations**
- D. When performing non-invasive procedures**

Wearing gloves in a healthcare setting is crucial for infection control and protecting both healthcare workers and patients. The correct response indicates that gloves should be used for contact with blood, body fluids, secretions, and excretions. This is due to the risk of bloodborne pathogens and other infectious materials that can be transmitted through these substances. By using gloves, healthcare providers can create a barrier that reduces the likelihood of contamination and protects against the spread of infections. This practice is essential in various situations, such as during procedures that involve handling potentially infectious materials. Proper glove usage aligns with standard precautions in healthcare, which prioritize safety and minimize exposure to hazardous substances. Understanding this protocol helps maintain a safe environment for both patients and healthcare providers. The other options reflect situations where either the risk is minimal or gloves are not universally required, highlighting why they do not meet the criteria for safe healthcare practices.