

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. 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**
- 2. What role does the kidney play in maintaining homeostasis?**
 - A. Regulating blood sugar levels**
 - B. Controlling blood pressure**
 - C. Removing carbon dioxide from the blood**
 - D. Maintaining fluid and electrolyte balance**
- 3. What are respite services designed to provide?**
 - A. Long-term care for individuals**
 - B. A temporary break for family caregivers**
 - C. Daily assistance for patients**
 - D. Permanent housing solutions**
- 4. 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**
- 5. 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**

- 6. What does palliative care focus on?**
- A. Curing illnesses**
 - B. Relieving and reducing uncomfortable symptoms**
 - C. Providing physical therapy**
 - D. Administering aggressive treatments**
- 7. 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**
- 8. What describes radiation pain?**
- A. Pain that is constant and localized**
 - B. Pain that spreads out from an area**
 - C. Pain that occurs only at night**
 - D. Pain that is felt only in the muscles**
- 9. What defines anorexia nervosa?**
- A. An irrational fear of losing control**
 - B. A cycle of binge eating and purging**
 - C. An irrational fear of weight gain leading to starvation**
 - D. An excessive focus on fitness**
- 10. What is the purpose of bowel training?**
- A. To reduce the frequency of bowel movements**
 - B. To develop a regular elimination pattern for controlling bowel movements**
 - C. To treat gastrointestinal infections**
 - D. To increase the intake of fiber**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. 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.

2. What role does the kidney play in maintaining homeostasis?

- A. Regulating blood sugar levels**
- B. Controlling blood pressure**
- C. Removing carbon dioxide from the blood**
- D. Maintaining fluid and electrolyte balance**

The kidney plays a crucial role in maintaining homeostasis, particularly through its function of regulating fluid and electrolyte balance. This is achieved primarily by filtering blood, reabsorbing necessary substances, and excreting waste products through urine formation. As blood passes through the kidneys, they monitor and adjust the levels of various electrolytes, such as sodium, potassium, and calcium, to ensure that they remain within a narrow range that the body can manage effectively. The kidneys also help regulate the volume of fluid in the body by adjusting how much water is reabsorbed back into the bloodstream or excreted as urine. This regulation is vital for maintaining blood pressure and overall body fluid levels, contributing significantly to homeostasis. While the kidneys do have indirect roles in functions like blood pressure control, primarily through the regulation of fluid volume and secretion of hormones like renin, the fundamental role in maintaining fluid and electrolyte balance is their primary function in homeostasis.

3. What are respite services designed to provide?

- A. Long-term care for individuals
- B. A temporary break for family caregivers**
- C. Daily assistance for patients
- D. Permanent housing solutions

Respite services are specifically designed to offer a temporary break for family caregivers. This is crucial because caregivers often face significant physical, emotional, and mental demands while providing ongoing care to individuals with disabilities, chronic illnesses, or aging-related needs. Respite services allow caregivers to take a short-term leave from their caregiving responsibilities, helping to prevent burnout and promote their well-being. These services can come in various forms, such as in-home assistance, adult day programs, or short-term stays in facilities, which all aim to give caregivers the opportunity to rest, recharge, or attend to other personal matters, knowing that their loved one is being cared for in a supportive environment. In contrast, the other options focus on different aspects of care. Long-term care is intended for ongoing, continuous support rather than temporary relief. Daily assistance might involve routine support but does not specifically address the need for caregiver breaks. Permanent housing solutions are aimed at providing stable living arrangements and do not pertain to the temporary nature of respite services.

4. 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.

5. 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.

6. What does palliative care focus on?

- A. Curing illnesses
- B. Relieving and reducing uncomfortable symptoms**
- C. Providing physical therapy
- D. Administering aggressive treatments

Palliative care primarily focuses on relieving and reducing uncomfortable symptoms associated with serious illnesses rather than attempting to cure the illness itself. This type of care is designed to enhance the quality of life for both the patient and their family by addressing physical, emotional, and psychological needs. It emphasizes comfort and support, allowing patients to live as fully as possible despite their condition. While the other options, such as curing illnesses or administering aggressive treatments, indicate approaches aimed at eradicating disease, palliative care takes a different approach by prioritizing symptom management and quality of life. Physical therapy is a component of some care plans often relevant in rehabilitation contexts, but it is not the central focus of palliative care. The core of palliative care lies in its holistic approach to supporting individuals as they face health challenges, rather than targeting the disease itself.

7. 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.

8. What describes radiation pain?

- A. Pain that is constant and localized**
- B. Pain that spreads out from an area**
- C. Pain that occurs only at night**
- D. Pain that is felt only in the muscles**

Radiation pain is characterized by its tendency to spread out from a specific area instead of being confined to one location. This type of pain often originates from a source such as an injured or diseased organ or tissue and can travel along nerve pathways to other regions of the body. This can happen in conditions like sciatica, where pain starts in the lower back and radiates down the leg, or in heart attack victims who may experience pain radiating to the arm or jaw. The definition emphasizes how radiation pain is not just experienced at the initial site of injury or disease but can extend to surrounding areas, indicating a broader underlying issue that may require further investigation or treatment. Other choices describe pain characteristics that do not align with the concept of radiation, focusing instead on pain that is constant, confined, time-specific, or limited to muscle sensations.

9. What defines anorexia nervosa?

- A. An irrational fear of losing control
- B. A cycle of binge eating and purging
- C. An irrational fear of weight gain leading to starvation**
- D. An excessive focus on fitness

The defining characteristic of anorexia nervosa is an irrational fear of weight gain leading to starvation. Individuals with this disorder often have a distorted body image, viewing themselves as overweight even when they are underweight or at a healthy weight. This fear drives them to engage in restrictive eating behaviors to the point of severe malnutrition. This condition goes beyond just wanting to lose weight; it involves a psychological component where the individual is not only preoccupied with their weight and body image but also experiences significant anxiety around the prospect of gaining weight. This fear can lead to extreme measures, including prolonged starvation, excessive exercise, and other harmful behaviors, which further exacerbate the health risks associated with the disorder. Understanding this core aspect is crucial for identifying and addressing anorexia nervosa in individuals who may be suffering from it.

10. What is the purpose of bowel training?

- A. To reduce the frequency of bowel movements
- B. To develop a regular elimination pattern for controlling bowel movements**
- C. To treat gastrointestinal infections
- D. To increase the intake of fiber

The purpose of bowel training is to develop a regular elimination pattern for controlling bowel movements. This process involves creating a consistent routine that helps individuals recognize the signals from their body regarding the need to have a bowel movement. By establishing regular times for using the bathroom and reinforcing healthy habits, bowel training can lead to improved bowel control, reduced constipation, and enhanced overall gastrointestinal health. This approach is particularly beneficial for individuals who may have certain medical conditions or disabilities that disrupt their normal bowel habits. Consistency is key in helping to retrain the body's natural rhythms and responses, allowing individuals to engage more fully in their daily activities without the stress of unpredictable bowel movements.