

NACC PSW Practice Exam (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

- 1. What condition is characterized by difficulty in understanding spoken or written words?**
 - A. Aphasia**
 - B. Apraxia**
 - C. Receptive aphasia**
 - D. Expressive aphasia**
- 2. What emotional issues can arise from not having obvious hearing problems?**
 - A. Increased social engagement**
 - B. Loneliness and isolation**
 - C. Enhanced relationships**
 - D. Improved mental health**
- 3. What does BRP stand for in a medical context?**
 - A. Bed Rest Permission**
 - B. Bathroom Privileges**
 - C. Basic Recovery Procedure**
 - D. Bedtime Routine Protocol**
- 4. In which position is the head of the bed lowered and the foot of the bed raised?**
 - A. Sims position**
 - B. Fowler's position**
 - C. Trendelenburg position**
 - D. Semi-Fowler's position**
- 5. What does DNR stand for in medical terms?**
 - A. Do not revive**
 - B. Do not resuscitate, including no CPR**
 - C. Do not repeat**
 - D. Do not refer**

- 6. What principle is represented by the term non-maleficence in healthcare?**
- A. The duty to promote good**
 - B. The duty to do no harm**
 - C. The right to make decisions**
 - D. The duty to keep confidentiality**
- 7. What is a gastrostomy tube used for?**
- A. To deliver medications directly into the bloodstream**
 - B. The surgical placement of a feeding tube from the exterior of the body directly into the stomach**
 - C. To administer oxygen to the lungs**
 - D. To monitor heart rate**
- 8. When working in a client's kitchen, which practice is recommended for hygiene?**
- A. Using a towel to dry hands**
 - B. Using paper towels to dry hands**
 - C. Air drying hands**
 - D. Using a shared kitchen cloth**
- 9. 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**
- 10. What does palliative care focus on?**
- A. Curing illnesses**
 - B. Relieving and reducing uncomfortable symptoms**
 - C. Providing physical therapy**
 - D. Administering aggressive treatments**

Answers

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

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Explanations

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1. What condition is characterized by difficulty in understanding spoken or written words?

- A. Aphasia**
- B. Apraxia**
- C. Receptive aphasia**
- D. Expressive aphasia**

The condition characterized by difficulty in understanding spoken or written words is receptive aphasia. This type of aphasia specifically affects a person's ability to comprehend language, making it challenging for them to follow conversations or comprehend written text. Individuals with receptive aphasia may speak with normal grammar and syntax but struggle to understand others, which can lead to frustration and confusion. In contrast, while aphasia as a broader term encompasses various language impairments, it does not exclusively denote comprehension issues. Apraxia refers to the difficulty in planning and executing the movements needed for speech, while expressive aphasia pertains to the difficulty in producing speech, affecting one's ability to convey thoughts verbally. Focusing on receptive aphasia highlights the specific challenge of understanding language, making it the most accurate answer in this context.

2. What emotional issues can arise from not having obvious hearing problems?

- A. Increased social engagement**
- B. Loneliness and isolation**
- C. Enhanced relationships**
- D. Improved mental health**

Loneliness and isolation can emerge as significant emotional issues for individuals who do not have obvious hearing problems because they may struggle silently with communication difficulties. Even if their hearing issues are not immediately apparent, this can lead to misunderstandings and challenges in social interactions. People who find it hard to hear may withdraw from social situations due to the frustration of not being able to participate fully in conversations. This withdrawal can create a sense of distance from others, resulting in feelings of loneliness. Moreover, when individuals with hearing difficulties do not seek help or do not recognize their condition as a barrier, they may miss social cues and vital conversations, leading to a lack of connection with friends and family. This phenomenon highlights the importance of awareness and access to support for hearing-related issues, as the emotional impact can be profound even when the hearing loss is not openly acknowledged. By addressing these challenges proactively, individuals can mitigate feelings of isolation and foster better social connections.

3. What does BRP stand for in a medical context?

- A. Bed Rest Permission
- B. Bathroom Privileges**
- C. Basic Recovery Procedure
- D. Bedtime Routine Protocol

In a medical context, BRP stands for Bathroom Privileges. This term is used to describe a patient's permission or ability to leave their bed or designated area to use the bathroom independently rather than relying on assistance or using a bedpan. Granting bathroom privileges can promote patient dignity, encourage mobility, and support the recovery process by allowing patients to engage in personal hygiene. Other options may seem plausible, but they do not accurately reflect the commonly accepted meaning of BRP in healthcare settings. For instance, "Bed Rest Permission" could imply a different concept related to the rules regarding bed rest rather than the patient's ability to use the bathroom, while "Basic Recovery Procedure" does not fit the acronym. Similarly, "Bedtime Routine Protocol" pertains to a different domain involving sleep hygiene rather than a specific privilege related to bathroom use. Understanding the correct terminology is crucial for effective communication among healthcare professionals and ensuring appropriate patient care.

4. In which position is the head of the bed lowered and the foot of the bed raised?

- A. Sims position
- B. Fowler's position
- C. Trendelenburg position**
- D. Semi-Fowler's position

The Trendelenburg position involves lowering the head of the bed while raising the foot of the bed. This position is often used in medical settings for certain situations, such as managing shock or improving venous return to the heart, as it encourages blood flow to the upper body and vital organs. It can also be beneficial during some surgical procedures or emergencies where increased blood flow to the head and heart is required. The other positions mentioned serve different purposes. The Sims position is typically used for rectal examinations or procedures, Fowler's position elevates the head and torso and is commonly used for patients who have difficulty breathing, and Semi-Fowler's position is a less elevated version that provides comfort while facilitating easier breathing. Understanding these different positions and their appropriate use is crucial for patient care and management.

5. What does DNR stand for in medical terms?

- A. Do not revive
- B. Do not resuscitate, including no CPR**
- C. Do not repeat
- D. Do not refer

DNR stands for "Do Not Resuscitate," which specifically means that in the event of cardiac arrest or other life-threatening medical emergencies, no cardiopulmonary resuscitation (CPR) or other resuscitative measures should be performed. This directive indicates a patient's wish not to undergo resuscitation efforts that could prolong suffering or lead to prolonged life in a state that they find unacceptable. Choosing the option that states "Do not resuscitate, including no CPR" accurately captures the full intent of a DNR order. It emphasizes not just the absence of revival but also specifies the lack of CPR, which is a critical aspect of the medical protocol surrounding such situations. The other choices, while they may contain relevant words, do not accurately represent the concept of DNR. For instance, "Do not revive" may imply a similar meaning but lacks the clarity and formal recognition of medical terminology. "Do not repeat" and "Do not refer" are unrelated and do not pertain to medical decisions about resuscitation.

6. What principle is represented by the term non-maleficence in healthcare?

- A. The duty to promote good
- B. The duty to do no harm**
- C. The right to make decisions
- D. The duty to keep confidentiality

Non-maleficence is a fundamental ethical principle in healthcare that specifically refers to the duty to do no harm. This principle emphasizes that healthcare professionals must not inflict harm on patients, either through actions that lead to injury or through neglect of care that results in adverse outcomes. It is grounded in the ethical obligation to ensure patient safety and prioritize their well-being above all else. In practice, non-maleficence guides healthcare providers in their decision-making processes, ensuring that they carefully weigh the risks and benefits of any intervention or treatment. By adhering to this principle, practitioners contribute to a culture of safety and trust in the healthcare system. This principle must be balanced with the duty to promote good (beneficence), which encourages providers to act in ways that benefit patients while simultaneously considering potential harm.

7. What is a gastronomy tube used for?

- A. To deliver medications directly into the bloodstream**
- B. The surgical placement of a feeding tube from the exterior of the body directly into the stomach**
- C. To administer oxygen to the lungs**
- D. To monitor heart rate**

A gastronomy tube is specifically designed for the surgical placement of a feeding tube that goes directly from the exterior of the body into the stomach. This procedure allows for the administration of nutrition to individuals who are unable to eat by mouth due to medical conditions such as neurological disorders, cancers, or other serious illnesses. The tube facilitates providing necessary nutrients and hydration directly into the stomach, ensuring that individuals receive adequate dietary intake when traditional eating is not possible. The other options do not relate to the function of a gastrostomy tube. For instance, delivering medications directly into the bloodstream refers to intravenous therapy, which involves a completely different type of intervention. Administering oxygen pertains to respiratory care and typically involves devices like nasal cannulas or masks, while monitoring heart rate is commonly performed using electrocardiograms (ECGs) or pulse oximeters. Thus, the role of a gastrostomy tube is unique and centered around nutritional support in patients with specific needs.

8. When working in a client's kitchen, which practice is recommended for hygiene?

- A. Using a towel to dry hands**
- B. Using paper towels to dry hands**
- C. Air drying hands**
- D. Using a shared kitchen cloth**

Using paper towels to dry hands is recommended for hygiene because they offer a more sanitary alternative compared to other methods. Paper towels are disposable, which means they can help prevent the spread of bacteria that may reside on shared items like towels. When you use paper towels, you also have the opportunity to use them for turning off faucets or opening doors, minimizing contact with potentially contaminated surfaces after washing your hands. This practice aligns with effective infection control measures, particularly important in food preparation settings where cross-contamination can occur easily. By utilizing a clean, disposable paper towel, individuals can maintain proper hygiene standards, ensuring the safety and health of themselves and those they are serving.

9. 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.

10. 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.

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.

Or visit your dedicated course page for more study tools and resources:

<https://naccpsw.examzify.com>

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