

NACC PSW Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 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 accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Who is classified as an unregulated health care provider?**
 - A. Nurse Practitioner**
 - B. Personal Support Worker**
 - C. Medical Doctor**
 - D. Occupational Therapist**

- 2. What is a primary characteristic of dysarthria?**
 - A. Difficulty understanding spoken language**
 - B. Difficulty forming words and slurred speech**
 - C. Complete loss of speech**
 - D. Inability to read or write**

- 3. What angle marks a Semi-Fowler's position?**
 - A. 45 degrees**
 - B. 30 degrees**
 - C. 60 degrees**
 - D. 90 degrees**

- 4. Which electrolyte balance is often affected by renal failure?**
 - A. Calcium balance**
 - B. Sodium balance**
 - C. Potassium balance**
 - D. All of the above**

- 5. What type of accident is most common in all settings?**
 - A. Slips and trips**
 - B. Burns or fire accidents**
 - C. Falls**
 - D. Vehicle accidents**

- 6. What is the primary characteristic of an indwelling catheter?**
 - A. A device used for intermittent urine collection**
 - B. A catheter that remains inside the body for a prolonged time**
 - C. A catheter that is used only during surgery**
 - D. A type of catheter that is easily removable**

- 7. What change occurs in older adults' stomachs?**
- A. Increased production of digestive juices**
 - B. Decreased digestive juices**
 - C. Inability to absorb nutrients**
 - D. Reduced stomach size**
- 8. What has been identified as the most pressing cause of health care reform in Canada?**
- A. Lack of medical professionals**
 - B. Rising costs of providing technology, drugs and services**
 - C. Increased patient populations**
 - D. Outdated facilities**
- 9. Why is it important for individuals on tube feeding to have a balanced intake of carbohydrates, protein and fat?**
- A. To maintain proper hydration**
 - B. To ensure overall health and recovery**
 - C. To increase weight gain**
 - D. To reduce hospital stays**
- 10. What is meant by prone position?**
- A. Lying on the back, facing upward**
 - B. Lying on the abdomen, facing downward**
 - C. Sitting upright**
 - D. Standing straight**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Who is classified as an unregulated health care provider?

- A. Nurse Practitioner
- B. Personal Support Worker**
- C. Medical Doctor
- D. Occupational Therapist

A Personal Support Worker (PSW) is classified as an unregulated health care provider because they do not require a specific legal designation or registration with a regulatory body to practice. PSWs typically provide care and support services to individuals in need, such as helping with daily living activities, personal hygiene, and companionship. Their role is essential in the health care system as they assist clients, particularly the elderly or those with disabilities, but they do not possess the same level of formal education or statutory regulation as the other professions listed. In contrast, Nurse Practitioners, Medical Doctors, and Occupational Therapists are regulated health care providers, meaning they must meet specific educational and professional standards, as well as maintain licensure from a governing body. This regulation ensures that they adhere to defined scopes of practice and standards of care within the health care system.

2. What is a primary characteristic of dysarthria?

- A. Difficulty understanding spoken language
- B. Difficulty forming words and slurred speech**
- C. Complete loss of speech
- D. Inability to read or write

Dysarthria is primarily characterized by difficulty forming words and slurred speech due to muscle weakness or lack of coordination in the speech mechanism. This condition arises from neurological disorders that affect the muscles involved in speaking. Individuals with dysarthria may know what they want to say but struggle to articulate their thoughts, resulting in speech that can be unclear or distorted. The other options represent different types of communication challenges. Difficulty understanding spoken language is related to conditions such as receptive aphasia, while complete loss of speech, known as aphasia or anarthria, indicates a more severe impairment in speech production. Inability to read or write does not specifically relate to speech production and is often linked to literacy issues or specific language disorders. Thus, the nuances of dysarthria are best captured by difficulties with articulation and clarity in speech production.

3. What angle marks a Semi-Fowler's position?

- A. 45 degrees
- B. 30 degrees**
- C. 60 degrees
- D. 90 degrees

The Semi-Fowler's position is widely recognized in medical and caregiving practices as a variation of the Fowler's position, characterized by the upper body being elevated to a specific angle. This position typically features an elevation of approximately 30 degrees. Elevating the upper body to this angle helps enhance respiratory function, promote comfort, and facilitate easier swallowing for patients. It is particularly beneficial for those with respiratory conditions or for post-operative patients who may require a degree of elevation to mitigate strain while reclining. Additionally, this position can assist in preventing aspiration, which can occur if a person's head and neck are too flat. In contrast, other angles, such as 45 degrees (which defines the standard Fowler's position), 60 degrees, and 90 degrees, would significantly increase the elevation level and change the therapeutic purpose of positioning a patient. Each of these angles serves different clinical purposes but does not define the Semi-Fowler's position, which is specifically set at approximately 30 degrees.

4. Which electrolyte balance is often affected by renal failure?

- A. Calcium balance
- B. Sodium balance
- C. Potassium balance
- D. All of the above**

Renal failure significantly affects the balance of multiple electrolytes, leading to potential imbalances that can have serious health implications. In renal failure, the kidneys are less able to filter and excrete waste and excess electrolytes from the bloodstream. Calcium balance is influenced because the kidneys play a crucial role in converting vitamin D into its active form, which is necessary for calcium absorption in the intestines. Additionally, renal failure may lead to decreased calcium reabsorption in the renal tubules. Sodium balance is also impacted as kidneys are primarily responsible for regulating sodium levels through filtration and reabsorption processes. In renal failure, the ability to excrete excess sodium is compromised, potentially leading to sodium retention and fluid overload. Potassium balance is particularly critical as kidneys are responsible for maintaining normal potassium levels. In renal failure, potassium can accumulate in the body since the kidneys are unable to effectively remove it, leading to hyperkalemia, which can be life-threatening. Given the role of the kidneys in managing these electrolytes, it becomes clear that all three—calcium, sodium, and potassium—are often affected in renal failure. This makes the option that encompasses all of these imbalances correct, as each electrolyte balance can be disturbed by this condition.

5. What type of accident is most common in all settings?

- A. Slips and trips
- B. Burns or fire accidents
- C. Falls**
- D. Vehicle accidents

Falls are considered the most common type of accident in various settings, including homes, workplaces, and healthcare facilities. They can occur due to a variety of reasons, such as uneven surfaces, inadequate lighting, or obstacles in walkways. In addition, the risk of falling increases with age and can be exacerbated by certain medical conditions or medications that affect balance and coordination. This prevalence makes understanding falls crucial for ensuring safety in all environments, as proactive measures can be implemented to prevent them. While slips and trips, burns, and vehicle accidents are also significant safety concerns, they do not occur as frequently across all settings as falls do. By focusing on the management and prevention of falls, individuals and organizations can greatly enhance overall safety and reduce the incidence of injuries related to them. This understanding highlights the importance of fall prevention strategies, such as keeping walkways clear, using proper lighting, and employing assistive devices for individuals who are at risk.

6. What is the primary characteristic of an indwelling catheter?

- A. A device used for intermittent urine collection
- B. A catheter that remains inside the body for a prolonged time**
- C. A catheter that is used only during surgery
- D. A type of catheter that is easily removable

An indwelling catheter is designed to remain inside the body for an extended period, which is its primary characteristic. This type of catheter is typically inserted into the bladder and is used for continuous drainage of urine. It is secured in place with a balloon that is inflated once the catheter is positioned correctly, preventing it from slipping out. This continuous use differentiates it from other types of catheters, which may be used for short-term drainage or collection. Indwelling catheters are particularly beneficial for patients who need long-term urinary management due to various medical conditions, surgical outcomes, or neurological issues that impact bladder control.

7. What change occurs in older adults' stomachs?

- A. Increased production of digestive juices
- B. Decreased digestive juices**
- C. Inability to absorb nutrients
- D. Reduced stomach size

As individuals age, there is a notable decrease in the production of digestive juices in the stomach. This reduction affects various components of digestion, including the production of gastric acid and digestive enzymes. Lower levels of gastric acid can lead to changes in how food is processed, potentially causing issues such as decreased nutrient absorption, indigestion, or discomfort after eating. In older adults, these physiological changes are part of the natural aging process and can have significant implications for nutritional health, since sufficient digestive juices are essential for breaking down food and absorbing nutrients.

8. What has been identified as the most pressing cause of health care reform in Canada?

A. Lack of medical professionals

B. Rising costs of providing technology, drugs and services

C. Increased patient populations

D. Outdated facilities

The most pressing cause of health care reform in Canada revolves around the rising costs of providing technology, drugs, and services. This issue is significant as it directly impacts the sustainability of the healthcare system, affecting the ability to provide high-quality care to patients while managing finite resources. As advancements in medical technology continue to emerge, incorporating these innovations into the healthcare system inevitably leads to increased expenses. This includes not only the cost of the technology itself but also the training required for health care professionals and the ongoing expenses for maintenance and upgrades. Additionally, the prices of medications have been expanding, which further burdens the health care budget. Balancing the delivery of comprehensive healthcare with these rising costs is crucial to ensure that all Canadians have access to necessary services without undue financial strain on the system. Thus, addressing these escalating costs is central to health care reform efforts in Canada.

9. Why is it important for individuals on tube feeding to have a balanced intake of carbohydrates, protein and fat?

A. To maintain proper hydration

B. To ensure overall health and recovery

C. To increase weight gain

D. To reduce hospital stays

A balanced intake of carbohydrates, protein, and fat is crucial for individuals on tube feeding to ensure overall health and recovery. Each macronutrient plays a specific role in the body's metabolic processes and overall functioning. Carbohydrates serve as the primary energy source, allowing individuals to maintain their energy levels and active functioning. Proteins are essential for tissue repair and growth, particularly important for individuals recovering from illness, surgery, or injury. Fats provide a concentrated source of energy and are vital for absorbing fat-soluble vitamins, which are essential for various physiological functions. When individuals receive a well-rounded nutritional profile, it supports their immune function, promotes healing, and helps in maintaining muscle mass during recovery. Therefore, achieving a balanced intake contributes significantly to the overall well-being and recovery outcomes for those relying on tube feeding.

10. What is meant by prone position?

- A. Lying on the back, facing upward**
- B. Lying on the abdomen, facing downward**
- C. Sitting upright**
- D. Standing straight**

The prone position refers to a specific body orientation where an individual lies on their abdomen, with their face and body facing downward. This positioning can be useful in various medical and therapeutic contexts, such as helping to improve breathing mechanics, relieving pressure on certain body areas, or allowing access for procedures and examinations. It provides a different perspective compared to the supine position, in which a person lies on their back facing upward. Understanding body positions like prone is crucial in healthcare as they can influence a patient's comfort, recovery, and overall treatment outcomes.

SAMPLE

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!

SAMPLE