

NACC PSW PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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- 1. What is the outer layer of skin called?**
 - A. Epidermis
 - B. Dermis
 - C. Subcutaneous
 - D. Hypodermis
- 2. What substance in the blood is responsible for carrying oxygen?**
 - A. White blood cells
 - B. Platelets
 - C. Hemoglobin
 - D. Plasma
- 3. 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
- 4. What function do bed rails serve in a healthcare setting?**
 - A. To provide comfort during sleep
 - B. To serve as a guard or barrier along the side of the bed
 - C. To elevate the patient's legs
 - D. To assist in patient mobility
- 5. What consequence does renal failure have on the body?**
 - A. Inability to absorb water from food
 - B. Inability to remove waste products
 - C. Overproduction of red blood cells
 - D. Enhanced nutrient absorption
- 6. How often should a client who tires easily rest?**
 - A. Every 20 minutes
 - B. As often as they need to
 - C. Once every hour
 - D. Only during scheduled breaks

7. Which of the following best describes negligence?

- A. Intentional harm to another person
- B. Careless neglect resulting in injury
- C. Assuming risks involved in a task
- D. Legal action against a healthcare provider

8. What is the liquid part of blood called?

- A. Plasma
- B. Serum
- C. Lyophilized blood
- D. Hemoglobin

9. What does the Daily Value indicate regarding nutrients in food?

- A. Percentage of daily caloric intake
- B. Indicates the presence of vitamins
- C. Indicates whether there is a little or a lot of a nutrient in a serving of food
- D. Identifies calorie sources

10. What does the term "sundowning" refer to?

- A. Improvement of behaviors during the evening
- B. Stabilization of cognitive functions at night
- C. Behaviors becoming worse in the late afternoon and evening
- D. A state of increased energy during late hours

Answers

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

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Explanations

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1. What is the outer layer of skin called?

- A. Epidermis**
- B. Dermis
- C. Subcutaneous
- D. Hypodermis

The outer layer of skin is called the epidermis. It serves as a protective barrier against environmental factors such as pathogens, UV radiation, and physical abrasions. The epidermis is composed of several layers of cells, the outermost of which are dead, flattened keratinocytes that help to prevent water loss and provide an impermeable barrier. This layer is crucial for maintaining hydration and overall skin health. Unlike the dermis, which lies just beneath the epidermis and contains connective tissue, blood vessels, and hair follicles, the epidermis is avascular, meaning it does not contain blood vessels. The subcutaneous layer, also known as the hypodermis, is deeper than the dermis and primarily consists of fat and connective tissue, serving as insulation and energy storage. Understanding the structure and function of the epidermis is essential for recognizing its role in overall health and skin conditions.

2. What substance in the blood is responsible for carrying oxygen?

- A. White blood cells
- B. Platelets
- C. Hemoglobin**
- D. Plasma

Hemoglobin is the correct answer because it is a protein found in red blood cells that has a unique ability to bind to oxygen molecules. This binding is crucial for transporting oxygen from the lungs to the tissues throughout the body. Each hemoglobin molecule can carry four oxygen molecules, making it extremely efficient in its role. In contrast, white blood cells are primarily involved in the immune response, fighting infections and foreign substances in the body; they do not carry oxygen. Platelets play a role in blood clotting and wound healing, not oxygen transport. Plasma is the liquid component of blood that carries cells, nutrients, hormones, and waste products, but it does not have the capacity to transport oxygen on its own. Therefore, hemoglobin's function and structure make it essential for oxygen transport in the bloodstream.

3. 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.

4. What function do bed rails serve in a healthcare setting?

- A. To provide comfort during sleep
- B. To serve as a guard or barrier along the side of the bed**
- C. To elevate the patient's legs
- D. To assist in patient mobility

Bed rails serve the important function of acting as a guard or barrier along the side of the bed in a healthcare setting. They are primarily designed to help prevent patients from falling out of bed, which is particularly crucial for individuals who may be at risk of falling due to various factors, such as medication side effects, mobility issues, or confusion. The presence of bed rails can offer patients a sense of security while they are in bed, allowing them to move safely without the concern of rolling out or experiencing an accidental fall. While bed rails can indirectly contribute to comfort, their primary role is safety. Elevating a patient's legs or assisting in mobility are functions typically addressed by other equipment or aids, such as leg rests or mobility devices, rather than bed rails. Thus, recognizing bed rails as barriers emphasizes their primary safety function in the healthcare environment.

5. What consequence does renal failure have on the body?

- A. Inability to absorb water from food
- B. Inability to remove waste products**
- C. Overproduction of red blood cells
- D. Enhanced nutrient absorption

Renal failure primarily affects the kidneys' ability to filter and remove waste products from the blood. When the kidneys are functioning normally, they filter out toxins, excess salts, and waste products, which are then excreted through urine. In the case of renal failure, this filtration mechanism is impaired, leading to the accumulation of waste products in the bloodstream. This accumulation can result in serious health complications, including uremia, which is a buildup of toxins that can affect overall body function and health. Understanding this process highlights the importance of kidney function in maintaining homeostasis and detoxifying the body. While the other options mention various functions related to absorption and production, they do not convey the core issue presented in renal failure, which significantly impacts waste removal rather than nutrient absorption or red blood cell production.

6. How often should a client who tires easily rest?

- A. Every 20 minutes
- B. As often as they need to**
- C. Once every hour
- D. Only during scheduled breaks

Clients who tire easily should rest as often as they need to because individual needs for rest can vary significantly based on factors like their overall health, type of activity, and personal stamina. Allowing clients to decide when they need rest helps ensure that they are comfortable and not overexerting themselves, which can lead to fatigue or other health issues. This approach promotes autonomy and respects the client's bodily signals, leading to better physical and mental well-being. Rest intervals tailored to the client's needs can support their recovery and enhance their ability to engage in activities for longer periods. It's beneficial to adopt a flexible schedule for rest rather than adhering to rigid time frames, which may not align with the client's current energy levels or needs.

7. Which of the following best describes negligence?

- A. Intentional harm to another person
- B. Careless neglect resulting in injury**
- C. Assuming risks involved in a task
- D. Legal action against a healthcare provider

Negligence is best described as careless neglect resulting in injury. This definition captures the essence of negligence, which occurs when an individual fails to act with the level of care that a reasonably prudent person would exercise in similar circumstances. This failure can lead to unintentional harm to another person, making it a critical concept in both healthcare and law. In healthcare settings, if a caregiver does not adhere to accepted safety standards or protocols, and this results in harm to a patient, it is classified as negligence. For instance, if a personal support worker neglects to properly assist a patient leading to a fall, that worker may be found negligent because they did not take the necessary precautions to prevent injury. The other options do not represent negligence accurately. Intentional harm to another person relates to actions taken with a willful intent to cause harm, which is a different legal concept known as intentional torts. Assuming risks involved in a task pertains to informed consent and personal accountability, not negligence. Lastly, legal action against a healthcare provider could arise from negligence but is not itself a description of the act of negligence. This distinction is crucial in understanding the foundational definitions and implications of negligence in healthcare.

8. What is the liquid part of blood called?

- A. Plasma**
- B. Serum
- C. Lyophilized blood
- D. Hemoglobin

The liquid part of blood is known as plasma. Plasma is a yellowish fluid that makes up about 55% of total blood volume and serves various critical functions in the body. It contains water, electrolytes, proteins, hormones, and waste products. Plasma is essential for transporting nutrients, hormones, and proteins to the parts of the body that need them. It also plays a vital role in maintaining blood pressure and regulating body temperature. Serum refers to the fluid that remains after blood has clotted and the solid components have been removed, thus it does not include clotting factors. Lyophilized blood refers to blood that has been freeze-dried for preservation and is not a natural component of the body's circulatory system. Hemoglobin, while an essential protein found in red blood cells responsible for oxygen transport, is not a liquid component but rather a part of the cellular makeup of blood.

9. What does the Daily Value indicate regarding nutrients in food?

- A. Percentage of daily caloric intake
- B. Indicates the presence of vitamins
- C. Indicates whether there is a little or a lot of a nutrient in a serving of food**
- D. Identifies calorie sources

The Daily Value provides an indication of whether a food item contains a little or a lot of a specific nutrient in relation to the overall daily recommended intake for that nutrient. It helps consumers understand the nutritional content of a serving of food in the context of a total daily diet. For example, if a product has a Daily Value of 20% for a nutrient, it means that one serving provides 20% of the total daily requirement for that nutrient based on a standard daily intake. This context allows individuals to make informed dietary choices by comparing products and understanding how a particular food can fit into their overall nutrition plan. The Daily Value is often expressed as a percentage, making it easier for consumers to assess whether a food is a significant source of a nutrient (high percentage) or relatively low in that nutrient (low percentage), which is particularly useful for managing diets.

10. What does the term "sundowning" refer to?

- A. Improvement of behaviors during the evening
- B. Stabilization of cognitive functions at night
- C. Behaviors becoming worse in the late afternoon and evening**
- D. A state of increased energy during late hours

The term "sundowning" specifically refers to a phenomenon often observed in individuals with Alzheimer's disease and other forms of dementia, where symptoms of confusion, irritability, and agitation worsen during the late afternoon and evening hours. This behavior typically manifests as increased restlessness, mood swings, and difficulty in managing cognitive tasks as the day progresses into the evening, leading to a state that can be quite distressing not only for the individual but also for caregivers. The condition is not simply about a temporary dip in mood or behavior improvement; rather, it is characterized by the specific time frame in which these negative behaviors become pronounced. Understanding this concept is essential for caregivers and healthcare providers, as it can help in developing strategies to minimize agitation and support affected individuals during these challenging times.

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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!

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