

NHA Clinical Patient Care Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

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- 1. What is the normal range for urine urobilinogen?**
 - A. 0.5-2.0**
 - B. 0.1-1**
 - C. 1-3**
 - D. 0.2-0.8**
- 2. Which exam type is performed using the Sims' position?**
 - A. Cardiovascular**
 - B. Rectal**
 - C. Pulmonary**
 - D. Neurological**
- 3. What hemoglobin (Hgb) range is considered normal for females?**
 - A. 10-14 g/dL**
 - B. 12-16 g/dL**
 - C. 14-18 g/dL**
 - D. 13-17 g/dL**
- 4. What type of microorganisms include viruses, bacteria, fungi, and protozoa?**
 - A. Disease-causing agents**
 - B. Non-infectious agents**
 - C. Environmental contaminants**
 - D. Allergens**
- 5. How many checks of medication administration should be performed?**
 - A. One**
 - B. Two**
 - C. Three**
 - D. Four**

- 6. What is a common example of a fomite?**
- A. A fly**
 - B. A pencil**
 - C. Soil**
 - D. A human being**
- 7. What does peak-flow testing measure?**
- A. Heart rate during exercise**
 - B. Forced expiratory volume from the lungs**
 - C. Oxygen levels in the blood**
 - D. Sound waves passing through the ear**
- 8. What is the normal amplitude of an EKG?**
- A. 5 mm**
 - B. 10 mm**
 - C. 15 mm**
 - D. 20 mm**
- 9. What is the purpose of using a handheld device in audiometry testing?**
- A. To test vision acuity**
 - B. To detect skin allergies**
 - C. To administer sound tones to the patient**
 - D. To measure blood pressure**
- 10. In a clinical setting, the term "chief complaint" refers to:**
- A. The patient's medical history**
 - B. The symptoms or issues the patient reports**
 - C. Physical examination findings**
 - D. Laboratory test outcomes**

Answers

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

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Explanations

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1. What is the normal range for urine urobilinogen?

- A. 0.5-2.0
- B. 0.1-1**
- C. 1-3
- D. 0.2-0.8

The normal range for urine urobilinogen is indeed typically around 0.1 to 1. This measurement is significant as urobilinogen is a breakdown product of bilirubin, which is processed by the liver. Monitoring urobilinogen levels can give insights into liver function and the state of red blood cell breakdown in the body. In healthy individuals, urobilinogen is usually present in small amounts in urine, indicating normal bilirubin metabolism. Higher or lower levels than this range can suggest various medical conditions. For example, increased urobilinogen can be indicative of liver disease or hemolysis, while decreased levels may suggest liver dysfunction or obstructive jaundice. Recognizing this normal range is essential for healthcare providers when interpreting lab results and determining the next steps in patient assessment and diagnosis.

2. Which exam type is performed using the Sims' position?

- A. Cardiovascular
- B. Rectal**
- C. Pulmonary
- D. Neurological

The Sims' position is specifically designed to facilitate procedures involving the rectum, making it the appropriate choice for rectal examinations or procedures. In this position, the patient lies on their left side with the right knee drawn up towards the chest and the left leg extended straight. This orientation allows for easier access to the anal and rectal areas, promoting comfort and reducing strain on the patient while also aiding in visualization and access for the clinician. In context, cardiovascular, pulmonary, and neurological examinations typically require different patient positions to optimize the assessment or procedure. These examinations do not generally involve direct access to the rectal area, hence not suitable for the Sims' position. The other options require specific positions relevant to their own assessments, such as lying flat for cardiac evaluations or sitting upright for pulmonary assessments.

3. What hemoglobin (Hgb) range is considered normal for females?

- A. 10-14 g/dL
- B. 12-16 g/dL**
- C. 14-18 g/dL
- D. 13-17 g/dL

The normal hemoglobin range for females is between 12-16 g/dL. This value is established based on population studies and clinical guidelines that evaluate the average levels of hemoglobin in healthy adult females. Hemoglobin is an important protein in red blood cells that carries oxygen throughout the body, and maintaining levels within this normal range is crucial for overall health and oxygenation. Women typically have lower hemoglobin levels compared to men due to physiological differences, including factors like iron levels, menstruation, and body composition. A hemoglobin level that is too low may indicate anemia, while levels that are significantly higher could suggest other health issues. The other ranges provided do not align with the established norm for women; they are either too low or too high based on recognized clinical standards. For instance, a lower range like 10-14 g/dL would indicate potential anemia in many cases, and a higher range, such as 14-18 g/dL, is often more reflective of male values rather than female.

4. What type of microorganisms include viruses, bacteria, fungi, and protozoa?

- A. Disease-causing agents**
- B. Non-infectious agents
- C. Environmental contaminants
- D. Allergens

The correct choice, focusing on disease-causing agents, encompasses a variety of microorganisms known to cause illness in humans and other organisms. Viruses, bacteria, fungi, and protozoa are all classified as pathogens when they are involved in disease processes. Each of these types of microorganisms can have different mechanisms of action, transmission, and effects on the host, but they all fall under the umbrella of agents that can lead to infectious diseases. For instance, viruses require a host cell to replicate and can lead to diseases ranging from the common cold to more severe illnesses like HIV/AIDS. Bacteria can be both beneficial and harmful; pathogenic bacteria can cause infections such as strep throat or tuberculosis. Fungi can lead to conditions like athlete's foot or more systemic infections in immunocompromised individuals. Protozoa, such as those causing malaria, can result in severe health issues. In contrast, non-infectious agents do not cause disease—they might refer to toxins or chemical exposures. Environmental contaminants could include pollutants that may affect health but are not classified as microorganisms. Allergens are substances that trigger allergic reactions, which are different from infectious diseases caused by pathogens. Understanding these distinctions helps in managing and preventing diseases effectively.

5. How many checks of medication administration should be performed?

- A. One**
- B. Two**
- C. Three**
- D. Four**

The correct approach for medication administration involves performing three distinct checks to ensure patient safety and accuracy. These checks help to confirm the right patient, the right medication, the right dose, and the right route, significantly minimizing the risk of errors. The first check typically occurs when the medication is initially retrieved from storage. This is the first opportunity to verify that the medication matches the prescription and that the correct patient is identified. The second check is often performed after the medication is prepared or during the mixing process, providing an additional safeguard to confirm that the correct dosage is being prepared for administration. The final check takes place at the patient's bedside, right before the medication is administered. This check serves as a confirmation of the previous two checks and ensures that no changes have occurred in the patient's condition or any medication orders since the previous verifications. This structured three-check process is crucial for maintaining high standards of care and ensuring that each medication administration is performed safely and effectively.

6. What is a common example of a fomite?

- A. A fly**
- B. A pencil**
- C. Soil**
- D. A human being**

A fomite is an inanimate object or surface that can carry infectious organisms and contribute to the spread of disease. The correct answer, a pencil, fits this definition perfectly. Pencils are commonly used objects that can pick up and transfer pathogens through surface contact, either from a person's hands or environment. Understanding fomites is essential in clinical practice because they can play a significant role in infection control. For instance, if someone who is ill touches a pencil, and another person subsequently uses that same pencil, there is a risk of transmission of germs. The other options do not fit the definition of a fomite. A fly is a living creature, not an inanimate object, while soil, although it can harbor pathogens, is considered an environmental reservoir rather than a fomite. A human being is also not considered a fomite since they are living carriers rather than inanimate objects that can transfer infections.

7. What does peak-flow testing measure?

- A. Heart rate during exercise
- B. Forced expiratory volume from the lungs**
- C. Oxygen levels in the blood
- D. Sound waves passing through the ear

Peak-flow testing measures forced expiratory volume from the lungs, specifically the maximum speed at which a person can exhale air from their lungs. This test is crucial in assessing lung function, particularly for individuals with respiratory conditions like asthma. By using a peak flow meter, patients can monitor their airflow, which helps in determining how well their lungs are functioning at different times. This measurement is important for managing asthma and other chronic respiratory conditions because it provides insight into airway responsiveness and helps individuals and their healthcare providers identify when symptoms may be worsening. A decrease in peak flow readings can indicate airflow obstruction and the need for intervention, allowing for timely adjustments to treatment plans to prevent exacerbations. The other options relate to different physiological measurements that are not specific to peak-flow testing. Heart rate monitoring pertains to cardiovascular health, oxygen levels are measured through pulse oximetry or arterial blood gas analysis, and sound waves traveling through the ear are related to auditory function. Each of these serves distinct purposes in the medical field but does not directly pertain to assessing lung function as peak-flow testing does.

8. What is the normal amplitude of an EKG?

- A. 5 mm
- B. 10 mm**
- C. 15 mm
- D. 20 mm

The normal amplitude of an EKG is typically around 10 mm, which represents the height of the waves recorded on the EKG strip. This amplitude is crucial as it correlates with the electrical activity of the heart; larger amplitudes can indicate conditions such as hypertrophy or other cardiac abnormalities. The standard paper speed for an EKG is usually set to 25 mm per second, and the vertical axis is calibrated such that a height of 1 mm corresponds to 1 millivolt of electrical activity. Therefore, an amplitude of about 10 mm is indicative of a healthy heart's electrical activity under normal conditions. A standard amplitude allows healthcare providers to easily interpret the results and identify any irregularities. Other amplitudes such as 5 mm, 15 mm, or 20 mm may not represent typical findings in a standard EKG, as too low an amplitude might suggest poor electrical conduction, while too high could indicate abnormalities needing further investigation. Therefore, understanding the normal amplitude helps in diagnosing and monitoring cardiac health effectively.

9. What is the purpose of using a handheld device in audiometry testing?

- A. To test vision acuity**
- B. To detect skin allergies**
- C. To administer sound tones to the patient**
- D. To measure blood pressure**

Using a handheld device in audiometry testing serves the specific purpose of administering sound tones to the patient. This device plays various frequencies and intensities of sound, allowing the healthcare provider to assess the patient's hearing ability at different levels. By presenting these controlled sound stimuli, the audiologist or clinician can determine the softest sounds a person can hear, identify potential hearing loss, and evaluate how well the auditory system functions. This approach is essential in diagnosing hearing impairments and formulating appropriate treatment plans to address any identified deficiencies. The various tones help create a comprehensive hearing profile for the patient, making handheld devices crucial in the audiometry process.

10. In a clinical setting, the term "chief complaint" refers to:

- A. The patient's medical history**
- B. The symptoms or issues the patient reports**
- C. Physical examination findings**
- D. Laboratory test outcomes**

The term "chief complaint" specifically refers to the primary symptom or issue that a patient reports when seeking medical care. It is the main reason the patient is visiting the healthcare provider and typically encapsulates the patient's primary concern or feeling that prompts them to seek help. This statement guides the healthcare professional in understanding the patient's perspective on their health and serves as a starting point for further evaluation. In a clinical setting, accurately identifying the chief complaint is crucial because it shapes the focus of the clinical assessment and guides the subsequent history-taking and physical examination. It is important to note that while the other options—medical history, physical findings, and laboratory test outcomes—are all key components of patient evaluation, they do not specifically represent what the patient identifies as their main issue. Thus, these elements support the assessment but do not substitute the significance of the chief complaint itself.