

NHSA MODULE 3 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://nhsamodule3.examzify.com>



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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. Parking downhill, you should orient your wheels toward which object?

- A. Turn your wheels toward the sidewalk
- B. Turn your wheels away from the curb
- C. Leave your wheels straight
- D. Turn wheels toward the curb

2. Seat belts primarily function to

- A. Provide no safety benefit
- B. Help you turn faster
- C. Counteract the effects of inertia by keeping you in your seat
- D. Increase the risk of injury

3. What is friction?

- A. The force of gravity.
- B. The force between air and surfaces.
- C. The force between materials as they pass each other.
- D. Energy lost as heat.

4. In infection prevention, what is the single most effective action to prevent transmission?

- A. Proper hand hygiene.
- B. Wearing gloves at all times.
- C. Using antibiotics prophylactically.
- D. Isolating all patients.

5. Which statement best describes the influence of health equity on access to care?

- A. Weather patterns determine access more than any other factor.
- B. Age is the only determinant of access.
- C. Socioeconomic status, race/ethnicity, language, geography, and cultural barriers that affect utilization and outcomes.
- D. Insurance type alone determines access.

- 6. What does staffing mix refer to in healthcare, and why is it important for patient outcomes?**
- A. The proportion of different staff roles (nurses, aides, clinicians) that impacts safety, workload, and quality of care.
 - B. The average wage costs of staff across departments.
 - C. The scheduling rules for overtime.
 - D. The training curriculum for new hires.
- 7. Which statement about kinetic energy is true?**
- A. Kinetic energy is independent of velocity.
 - B. Kinetic energy increases with mass and velocity.
 - C. Kinetic energy is always greater than potential energy.
 - D. Kinetic energy is the energy stored due to height.
- 8. What is the use of the Plan-Do-Study-Act (PDSA) cycle in safety improvements?**
- A. To finalize large-scale rollout without testing.
 - B. To document incidents after they occur.
 - C. To train staff in safety protocols.
 - D. To test and iterate changes on a small scale, learn, and scale successful changes.
- 9. How does telehealth regulation impact NHSA Module 3?**
- A. It shapes licensing, privacy, reimbursement, and documentation requirements for remote care.
 - B. It governs only payment parity for telemedicine.
 - C. It imposes no additional documentation requirements.
 - D. It restricts telehealth to urban settings only.
- 10. Which term describes the tilting motion from the front of the vehicle to the rear?**
- A. Pitch
 - B. Roll
 - C. Yaw
 - D. Heave

Answers

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

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Explanations

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1. Parking downhill, you should orient your wheels toward which object?

- A. Turn your wheels toward the sidewalk
- B. Turn your wheels away from the curb
- C. Leave your wheels straight
- D. Turn wheels toward the curb**

When parking downhill, orient your front wheels toward the curb. This uses the curb as a barrier: if the car starts to roll, the front tires hit the curb and stop the vehicle from moving into traffic. Leaving the wheels straight or turned away from the curb could allow the car to roll down the slope into the street if the brakes fail. This simple wheel position is a safety practice for hill parking to reduce the risk of a rollaway.

2. Seat belts primarily function to

- A. Provide no safety benefit
- B. Help you turn faster
- C. Counteract the effects of inertia by keeping you in your seat**
- D. Increase the risk of injury

Inertia and restraint systems: when the car suddenly decelerates, your body wants to keep moving forward. A seat belt supplies the restraining force that holds you in place, turning that forward motion into a controlled stop. By keeping you seated, the belt spreads the stopping forces across stronger parts of your body, like the pelvis and torso, which reduces the risk of contacting the interior or being ejected. It also helps position you so airbags can cushion you effectively. That's why the best choice is that seat belts counteract the effects of inertia by keeping you in your seat. They don't help you turn faster, they do provide a safety benefit, and they don't increase injury risk—in fact, they reduce it when worn correctly.

3. What is friction?

- A. The force of gravity.
- B. The force between air and surfaces.
- C. The force between materials as they pass each other.**
- D. Energy lost as heat.

Friction is the force that opposes sliding between two surfaces that are in contact. It arises from the roughness and microscopic adhesion at the interface, and it acts parallel to the contact surface, opposite to the direction of motion or the tendency to move. There are two main kinds: static friction, which prevents motion up to a maximum limit, and kinetic (sliding) friction, which acts once the surfaces are moving relative to each other and is typically smaller in magnitude. The strength of friction depends on how hard the surfaces press together (the normal force) and on the materials and surface textures, summarized by the coefficient of friction. Friction is what lets you walk without slipping, lets brakes slow a car, and makes gears resist motion. Note that gravity is a separate force that can press surfaces together, and air resistance is a different force from a fluid. Energy lost as heat is a consequence of friction doing work, not the definition of friction itself.

4. In infection prevention, what is the single most effective action to prevent transmission?

- A. Proper hand hygiene.**
- B. Wearing gloves at all times.
- C. Using antibiotics prophylactically.
- D. Isolating all patients.

The most effective way to prevent transmission is hand hygiene. Hands are the primary vehicle for spreading germs during routine care and daily activities, touching surfaces, and interacting with others. When you clean your hands properly—wash with soap and water or use an alcohol-based hand rub when hands aren't visibly dirty—you remove or kill many pathogens before they can be passed to patients, coworkers, or surfaces. Because hands encounter so many potential sources of contamination, hand hygiene has the greatest impact on reducing transmission across a wide range of pathogens and settings. Other measures help, but they don't replace the need for clean hands: gloves don't substitute for hand cleaning and can create a false sense of security, prophylactic antibiotics don't prevent transmission and can drive resistance, and isolating every patient is not practical or necessary. Prioritize clean hands to achieve the largest reduction in transmission risk.

5. Which statement best describes the influence of health equity on access to care?

- A. Weather patterns determine access more than any other factor.
- B. Age is the only determinant of access.
- C. Socioeconomic status, race/ethnicity, language, geography, and cultural barriers that affect utilization and outcomes.**
- D. Insurance type alone determines access.

Health equity in access to care is about how a range of social and economic factors shape whether people can obtain and benefit from health services. The best statement recognizes that access isn't determined by a single factor but by multiple interconnected ones—socioeconomic status, race/ethnicity, language, geography, and cultural barriers—that affect whether people actually use care and what outcomes they experience. These determinants influence affordability, availability of services, how comfortable people feel using them, and how care is delivered, leading to disparities in who gets care and how well it works for them. Other options focus on just one factor or on an unrelated factor, which misses the real picture of why access varies across populations.

6. What does staffing mix refer to in healthcare, and why is it important for patient outcomes?

- A. The proportion of different staff roles (nurses, aides, clinicians) that impacts safety, workload, and quality of care.**
- B. The average wage costs of staff across departments.
- C. The scheduling rules for overtime.
- D. The training curriculum for new hires.

Staffing mix refers to how the care team is composed in terms of different roles—for example, the balance of registered nurses, licensed practical or vocational nurses, aides, clinicians, and other support staff. This composition matters because each role has different training and capabilities, and the right mix ensures that essential clinical tasks are handled by appropriately qualified personnel, decisions are supported by the right expertise, and workloads are distributed so no one is overwhelmed. Having the appropriate mix improves patient safety by enabling timely assessments, accurate medication administration, and proper procedures. It enhances quality of care because teams can collaborate effectively, monitor patients more consistently, and adjust care promptly to changes in acuity. When the mix aligns with patient needs, workload is balanced, reducing burnout and turnover, which also supports better outcomes like fewer safety events, better symptom control, and potentially shorter stays. Other choices relate more to cost, scheduling rules, or training, rather than the actual composition of the care team and its impact on patient outcomes.

7. Which statement about kinetic energy is true?

- A. Kinetic energy is independent of velocity.
- B. Kinetic energy increases with mass and velocity.**
- C. Kinetic energy is always greater than potential energy.
- D. Kinetic energy is the energy stored due to height.

Kinetic energy measures the energy of motion and depends on both how heavy an object is and how fast it's moving, described by $KE = \frac{1}{2} m v^2$. Because velocity is squared, changes in speed have a strong effect on KE, and increasing mass at the same speed also raises KE. For example, doubling the speed makes KE four times larger, while doubling the mass at the same speed doubles KE. This is why the statement that kinetic energy increases with mass and velocity is the true description. The other ideas don't fit: kinetic energy isn't independent of velocity, since it directly involves velocity. It isn't always greater than potential energy, as the two can vary relative to position and motion. And energy stored due to height refers to potential energy, not kinetic.

8. What is the use of the Plan-Do-Study-Act (PDSA) cycle in safety improvements?

- A. To finalize large-scale rollout without testing.
- B. To document incidents after they occur.
- C. To train staff in safety protocols.
- D. To test and iterate changes on a small scale, learn, and scale successful changes.**

The Plan-Do-Study-Act cycle is a method for testing changes on a small scale, learning from the results, and expanding successful ideas to improve safety. Plan what change you want to try and how you will measure its impact. Do implement the change on a limited scope, such as one unit or shift. Study examine the data and feedback to see whether the change produced the expected improvement and to identify unintended effects. Act decide to adopt the change, adapt it, or abandon it, and plan the next cycle. In safety work, this approach lets teams pilot new protocols, observe real-world effects, and refine before broader rollout, reducing risk and accelerating learning. Choosing a large-scale rollout without testing misses the iterative learning component. Simply documenting incidents after they occur is reactive and does not involve methodical testing. Training staff is important for safety, but it doesn't capture the testing-and-learning cycle that drives systematic safety improvements.

9. How does telehealth regulation impact NHSA Module 3?

- A. It shapes licensing, privacy, reimbursement, and documentation requirements for remote care.
- B. It governs only payment parity for telemedicine.
- C. It imposes no additional documentation requirements.
- D. It restricts telehealth to urban settings only.**

Telehealth regulation sets the framework that makes remote care possible, covering licensing rules so clinicians can treat patients across jurisdictions, privacy and security protections to safeguard patient information, reimbursement rules that determine how telehealth services are paid for, and the documentation practices needed to stay compliant. This broad scope ensures remote services are practical, accountable, and sustainable. Focusing only on payment parity misses the full regulatory impact, and saying there are no extra documentation requirements ignores what regulators typically require. The idea that telehealth is restricted to urban settings runs counter to regulatory goals aimed at expanding access, including to rural areas.

10. Which term describes the tilting motion from the front of the vehicle to the rear?

- A. Pitch**
- B. Roll
- C. Yaw
- D. Heave

The movement described is pitch. Pitch is rotation about the vehicle's lateral axis (left-to-right axis), which causes the front end to tilt up or down toward the rear. So tilting from the front toward the rear corresponds to nose-up or nose-down motion—pitch. For contrast: roll is a tilt side to side about the longitudinal axis, yaw is turning about the vertical axis, and heave is vertical movement without rotation.

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://nhsamodule3.examzify.com>

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

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