

NORTH CAROLINA NURSE AIDE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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	15

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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 best describes Hepatitis C?**
 - A. A virus spread by respiratory droplets
 - B. A blood-borne pathogen with no available vaccine
 - C. A gastrointestinal infection with a vaccine
 - D. A viral infection with airborne transmission
- 2. What is meant by interpersonal skills in the nursing context?**
 - A. Skills relating to patient confidentiality
 - B. Ability to interact effectively with others
 - C. Skills specific to technical medical procedures
 - D. Skills that do not require communication
- 3. When should a Nurse Aide review legal terms?**
 - A. Before providing any care
 - B. When feeling uncertain about procedures
 - C. Regularly to stay informed
 - D. Only during annual evaluations
- 4. What can increase a person's susceptibility to infection?**
 - A. Regular exercise
 - B. Strong immunity due to vaccination
 - C. Chronic illness or stress
 - D. Good nutrition and rest
- 5. Which of the following is NOT a responsibility of a Nurse Aide?**
 - A. Providing personal care skills
 - B. Administering medication
 - C. Performing basic nursing skills
 - D. Using interpersonal skills effectively
- 6. What is a common reason for elderly individuals to be at higher risk for injury?**
 - A. Increased physical activity
 - B. Instability of knee joints
 - C. Enhanced sense of smell
 - D. Improved cognitive function

7. How long can Hepatitis B survive outside the body?

- A. 1 day
- B. 7 days
- C. 14 days
- D. 30 days

8. Who is at a higher risk for severe complications from the flu?

- A. Children under 5 years
- B. Adults aged 25-40 years
- C. People aged 65 years and older
- D. Pregnant women

9. What type of infections do viruses primarily cause?

- A. Localized infections
- B. Systemic infections
- C. Respiratory infections
- D. Skin infections

10. What does malnutrition refer to?

- A. Excessive food intake
- B. Proper food intake with improved diet
- C. The lack of proper nutrition
- D. The body's ability to absorb food efficiently

Answers

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

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Explanations

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1. What best describes Hepatitis C?

- A. A virus spread by respiratory droplets
- B. A blood-borne pathogen with no available vaccine**
- C. A gastrointestinal infection with a vaccine
- D. A viral infection with airborne transmission

Hepatitis C is best described as a blood-borne pathogen with no available vaccine. This virus primarily spreads through contact with the blood of an infected person, often through sharing needles or other equipment used to inject drugs. It can also be transmitted through blood transfusions or organ transplants, although screening has significantly reduced this risk in the healthcare setting. Unlike some other types of hepatitis, such as Hepatitis A and B, there is currently no vaccine to prevent Hepatitis C infection. The absence of a vaccine is a critical aspect of understanding the virus and its management. Treatment options are available and can cure the infection, but prevention through vaccination is not an option. In contrast, the other options describe various forms of transmission and types of infections that do not accurately reflect Hepatitis C. For example, hepatitis A is vaccine-preventable and is transmitted through the gastrointestinal route rather than through blood, which distinguishes it from Hepatitis C.

2. What is meant by interpersonal skills in the nursing context?

- A. Skills relating to patient confidentiality
- B. Ability to interact effectively with others**
- C. Skills specific to technical medical procedures
- D. Skills that do not require communication

In the nursing context, interpersonal skills refer to the ability to interact effectively with others, which encompasses a range of communication abilities necessary for building relationships with patients, families, and colleagues. This includes active listening, empathy, verbal and non-verbal communication, and the capacity to engage in meaningful conversations that foster trust and understanding. Good interpersonal skills are essential for nurses as they need to assess patient needs accurately, explain treatments, comfort patients, and collaborate with other healthcare professionals. This skill set not only enhances patient care but also contributes to a positive work environment, enabling effective teamwork and efficient care delivery. By developing strong interpersonal skills, nurses can better support their patients emotionally and physically, ensuring a more holistic approach to healthcare.

3. When should a Nurse Aide review legal terms?

- A. Before providing any care
- B. When feeling uncertain about procedures
- C. Regularly to stay informed**
- D. Only during annual evaluations

Reviewing legal terms regularly to stay informed is essential for a Nurse Aide, as it ensures that they are up to date with the legal responsibilities and regulations that govern patient care. This ongoing knowledge helps to promote safe practices and protects both the patient and the health care worker. Legal terms encompass a wide range of topics, such as patient rights, consent, confidentiality, and the scope of practice. Regularly reviewing these terms helps Nurse Aides maintain a clear understanding of their duties and obligations, which is crucial in promoting ethical care and minimizing potential legal issues. In contrast, waiting to review legal terms only before providing care, when feeling uncertain, or during annual evaluations may lead to gaps in knowledge that could affect the quality of patient care or result in misunderstandings regarding legal responsibilities. Regular engagement with legal concepts ensures that Nurse Aides are prepared for any situation they may encounter in their practice.

4. What can increase a person's susceptibility to infection?

- A. Regular exercise
- B. Strong immunity due to vaccination
- C. Chronic illness or stress**
- D. Good nutrition and rest

The option that indicates chronic illness or stress can increase a person's susceptibility to infection is accurate because both factors significantly compromise the immune system. Chronic illnesses, such as diabetes or autoimmune disorders, can impair the body's ability to fight off pathogens. Similarly, prolonged stress can lead to hormonal changes that may decrease immune function, making an individual more vulnerable to infections. In contrast, regular exercise, strong immunity from vaccinations, good nutrition, and adequate rest are known to enhance overall health and fortify the immune response, making individuals less susceptible to infections. Thus, while chronic illness and stress weaken the immune defenses, the other options contribute positively to an individual's ability to resist infections.

5. Which of the following is NOT a responsibility of a Nurse Aide?

- A. Providing personal care skills
- B. Administering medication**
- C. Performing basic nursing skills
- D. Using interpersonal skills effectively

The choice indicating that administering medication is not a responsibility of a Nurse Aide is accurate because medication administration typically falls under the scope of practice for licensed nursing professionals, such as registered nurses and licensed practical nurses. Nurse Aides focus primarily on personal care and support activities for residents or patients, which includes assisting with daily living activities, promoting hygiene, and providing emotional support. Nurse Aides are trained to perform tasks related to personal care skills, such as bathing, grooming, and feeding. They also engage in basic nursing skills like taking vital signs and assisting with mobility. The use of effective interpersonal skills is crucial as Nurse Aides must communicate well with patients, families, and other healthcare team members to ensure a high level of care and support is delivered. Thus, while Nurse Aides play a vital role in patient care, administering medication is explicitly outside their responsibility, reserved for those with the appropriate licensing and training.

6. What is a common reason for elderly individuals to be at higher risk for injury?

- A. Increased physical activity
- B. Instability of knee joints**
- C. Enhanced sense of smell
- D. Improved cognitive function

Elderly individuals often experience various physiological changes as they age, which can contribute to an increased risk of injury. One significant factor is the instability of knee joints. Aging can lead to the degeneration of cartilage, decreased flexibility, and weakened muscles around the knees, making individuals more susceptible to falls and injuries. This instability can affect balance and coordination, further increasing the likelihood of accidents or injuries during daily activities. In contrast, the other options do not correlate with higher injury risk in the elderly. Increased physical activity generally has a protective effect, enhancing strength and balance, while an enhanced sense of smell and improved cognitive function typically contribute to better awareness and decision-making, reducing the likelihood of circumstances that lead to injury. Focusing on joint instability highlights the physical vulnerabilities that older adults face, emphasizing the need for preventive measures to ensure safety and stability.

7. How long can Hepatitis B survive outside the body?

- A. 1 day
- B. 7 days**
- C. 14 days
- D. 30 days

Hepatitis B virus (HBV) is notably resilient and can survive outside the human body for an extended period. Research has shown that Hepatitis B can remain infectious in dried blood and other bodily fluids for up to 7 days. During this time, the virus retains its ability to cause infection if it enters a susceptible person's body. This characteristic is particularly important in healthcare settings and other environments where exposure to blood or bodily fluids may occur, emphasizing the need for proper infection control practices. The 7-day survival time underscores the necessity of rigorous cleaning protocols and the importance of using personal protective equipment (PPE) when handling potentially infectious materials. Understanding this fact is crucial for healthcare workers and facilities to prevent the spread of Hepatitis B and protect both staff and patients.

8. Who is at a higher risk for severe complications from the flu?

- A. Children under 5 years
- B. Adults aged 25-40 years
- C. People aged 65 years and older**
- D. Pregnant women

Individuals aged 65 years and older are at a higher risk for severe complications from the flu due to several factors. As people age, their immune response tends to weaken, making it more difficult for them to fight off infections effectively, including the influenza virus. Additionally, older adults are more likely to have chronic health conditions, such as heart disease, diabetes, or respiratory issues, which can complicate the flu and lead to more serious health problems, such as pneumonia or hospitalization. While young children, pregnant women, and certain adult age groups may also face increased risks, the older population generally experiences the highest rates of complications and mortality associated with the flu. Understanding this increased vulnerability is crucial for healthcare workers and caregivers in order to implement appropriate preventive measures, such as vaccinations and careful monitoring of symptoms, particularly in this age group.

9. What type of infections do viruses primarily cause?

- A. Localized infections
- B. Systemic infections**
- C. Respiratory infections
- D. Skin infections

Viruses are capable of causing systemic infections, which affect the entire body rather than a specific localized area. Systemic infections involve the spread of the virus through the bloodstream or lymphatic system, leading to widespread symptoms and complications that can impact multiple organ systems. For instance, diseases like influenza and HIV represent systemic viral infections, where the virus affects not only the respiratory or immune systems but can also lead to broader health issues throughout the body. Localized infections, on the other hand, are typically caused by bacteria or other pathogens that remain confined to a specific area, like a wound or an abscess. While viruses can cause respiratory infections, they often do so in the context of a systemic response. Skin infections, typically associated with viruses like herpes or warts, are also localized rather than systemic in nature. Thus, while other answer choices may indicate specific types of infections, they do not encapsulate the broader impact that viruses can have on the body's overall health and function.

10. What does malnutrition refer to?

- A. Excessive food intake
- B. Proper food intake with improved diet
- C. The lack of proper nutrition**
- D. The body's ability to absorb food efficiently

Malnutrition refers to the condition that arises from a diet lacking in essential nutrients or an imbalance in the consumption of nutrients. It encompasses both undernutrition, which results from insufficient intake of calories or nutrients, and overnutrition, which can arise from excessive caloric intake leading to obesity. In this context, saying that malnutrition is the lack of proper nutrition accurately captures the deficiency in essential nutrients that can lead to health issues, impaired immune function, and various other complications. Other choices do not align with the definition of malnutrition. Excessive food intake suggests overnutrition rather than a lack of nutrition. Proper food intake with an improved diet indicates a state of adequate nutrition, which does not represent malnutrition. Lastly, the body's ability to absorb food efficiently pertains to digestive health rather than directly to the availability or adequacy of nutritional intake. Thus, the concept of malnutrition is best defined by the lack of proper nutrition, making it clear why the chosen answer is correct.

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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://ncnurseaide.examzify.com>

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

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