

North Carolina State Nursing Home Administrators (NHA) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. According to the manual, what must fire alarm systems do?**
 - A. Notify the facility's head nurse**
 - B. Transmit alarms to the fire department automatically**
 - C. Alert all staff through internal communication**
 - D. Indicate the location of the fire hazard**
- 2. What is the role of the North Carolina Division of Health Service Regulation (DHSR) in relation to nursing homes?**
 - A. To provide funding for nursing home construction**
 - B. To regulate and license nursing home facilities and ensure compliance with laws**
 - C. To administer the pension funds for nursing home staff**
 - D. To oversee the food and beverage service in nursing homes**
- 3. Why is infection control important in nursing homes?**
 - A. To protect staff from exposure**
 - B. To prevent the spread of infections among residents**
 - C. To reduce healthcare costs**
 - D. To maintain the facility's cleanliness**
- 4. How many days before a change in the facility's location must the facility notify the appropriate section in writing?**
 - A. 10 days**
 - B. 20 days**
 - C. 30 days**
 - D. 40 days**
- 5. May two call buttons for adjacent beds be served by a single calling station?**
 - A. True**
 - B. False**
 - C. Neither true nor false**
 - D. Manual does not contain information**

- 6. What is the effect of government funding on nursing homes?**
- A. It has no significant impact**
 - B. It only affects staffing levels**
 - C. It influences operational budgets and resource availability**
 - D. It only impacts building maintenance**
- 7. What could happen if there is non-compliance with the provisions of G.S. 131E, Article 6?**
- A. The license may be revoked.**
 - B. There will be no consequences.**
 - C. The facility will receive minor penalties.**
 - D. Compliance is optional.**
- 8. Emergency drugs shall be stored in a portable container sealed with an easily breakable closure which can be resealed or reused and shall be readily accessible for use. What is the validity of this statement?**
- A. First statement is true, second statement is false**
 - B. First statement is false, second statement is true**
 - C. Both statements are true**
 - D. Both statements are false**
- 9. How should nursing homes assess the clinical needs of residents?**
- A. Through daily check-ins only**
 - B. Using informal caregiver observations**
 - C. By utilizing the minimum data set assessment tool**
 - D. Through resident complaints**
- 10. If a facility exceeds its bed capacity in an emergency, what must it follow?**
- A. The state guidelines**
 - B. The facility's open door policy**
 - C. The local council regulations**
 - D. The facility's disaster plan**

Answers

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

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Explanations

1. According to the manual, what must fire alarm systems do?

- A. Notify the facility's head nurse
- B. Transmit alarms to the fire department automatically**
- C. Alert all staff through internal communication
- D. Indicate the location of the fire hazard

Fire alarm systems are essential for the safety and protection of residents in nursing home facilities, and one of their critical functions is to transmit alarms to the fire department automatically. This feature ensures a rapid response from emergency services, which is crucial in managing potential fires effectively. The prompt notification allows firefighters to arrive quickly, assess the situation, and take action to control and extinguish the fire, thereby minimizing the risk of harm to the residents and property. This automatic transmission capability is vital because manual notification can lead to delays in response time, which can significantly increase the danger of smoke inhalation or fire spread. Nursing homes, catering to vulnerable populations, require immediate intervention during fire emergencies, thus reinforcing the importance of systems that integrate directly with fire department alerts. Other options, while they may have their importance in a comprehensive emergency plan, do not address the primary function of a fire alarm system. For example, notifying the head nurse or alerting all staff through internal communication relies heavily on human action, which could introduce delays. Additionally, indicating the location of a fire hazard is crucial for situational awareness but is part of the design of the facility rather than a function of the fire alarm system itself. Hence, the correct answer emphasizes a fire alarm system's critical role in

2. What is the role of the North Carolina Division of Health Service Regulation (DHSR) in relation to nursing homes?

- A. To provide funding for nursing home construction
- B. To regulate and license nursing home facilities and ensure compliance with laws**
- C. To administer the pension funds for nursing home staff
- D. To oversee the food and beverage service in nursing homes

The North Carolina Division of Health Service Regulation (DHSR) plays a critical role in the oversight of nursing homes within the state. Its primary function is to regulate and license these facilities, ensuring that they adhere to established laws and regulations designed to protect the health and safety of residents. This includes regular inspections, monitoring compliance with both state and federal guidelines, and responding to complaints. By maintaining these regulatory standards, the DHSR is instrumental in upholding the quality of care provided in nursing homes, addressing aspects such as resident rights, staffing qualifications, and safety measures. This oversight is essential for protecting vulnerable populations who depend on these services for their health and well-being. In contrast, the other options represent functions that are not within the purview of the DHSR. Funding construction is typically managed through different governmental or private avenues, while administering pension funds is a responsibility that usually falls under HR or financial departments of the facilities themselves. The oversight of food and beverage services, while important for quality assurance, falls under specific health department regulations rather than being a primary function of the DHSR as a whole.

3. Why is infection control important in nursing homes?

- A. To protect staff from exposure**
- B. To prevent the spread of infections among residents**
- C. To reduce healthcare costs**
- D. To maintain the facility's cleanliness**

Infection control is critically important in nursing homes primarily to prevent the spread of infections among residents. Residents in nursing homes are often vulnerable due to age, underlying health conditions, and decreased immune response, which makes them more susceptible to infections. Implementing effective infection control measures helps to safeguard the health and well-being of residents, reducing the incidence of healthcare-associated infections that can lead to severe complications or even death. Infection control protocols involve practices such as hand hygiene, the use of personal protective equipment, proper sanitation procedures, and vaccination campaigns. These measures not only protect the individual residents but also contribute to the overall health of the community within the facility. When infections are minimized, residents are less likely to experience outbreaks, which can lead to significant distress, multiple hospitalizations, and increased mortality rates. While protecting staff from exposure, reducing healthcare costs, and maintaining cleanliness are important aspects of nursing home management, the primary goal of infection control is centered around the health and safety of residents. Thus, the emphasis is placed on preventing infections within this vulnerable population.

4. How many days before a change in the facility's location must the facility notify the appropriate section in writing?

- A. 10 days**
- B. 20 days**
- C. 30 days**
- D. 40 days**

The requirement for notifying the appropriate section in writing at least 30 days before a change in the facility's location is grounded in regulatory standards that ensure continuity of care and proper planning for residents, families, and staff. This notice period allows for adequate time to address logistical issues, facilitate a smooth transition, and inform stakeholders about the upcoming change. It is critical for maintaining compliance with state regulations and ensuring that all necessary steps are taken to protect residents' well-being during the relocation process. The 30-day notice also aligns with best practices in facility management, emphasizing the importance of communication and planning in maintaining the operational integrity of nursing homes. It ensures that the facility has time to manage resources, update necessary documentation, and prepare for any impact the relocation may have on both residents and staff.

5. May two call buttons for adjacent beds be served by a single calling station?

A. True

B. False

C. Neither true nor false

D. Manual does not contain information

The correct answer indicates that two call buttons for adjacent beds can indeed be served by a single calling station. This is in line with common design and operational practices in healthcare settings, particularly in nursing homes and hospitals. Utilizing a single calling station for multiple call buttons can enhance efficiency and reduce clutter in the caregiving environment. It allows staff to respond to multiple patients or residents from one central location, which can improve response times and streamline communication. This arrangement is often acceptable in caregiving facilities, provided that the system is designed to ensure that calls are clearly differentiated, enabling staff to identify which resident needs assistance. Such systems are typically designed with features that allow for immediate recognition, meaning that caregivers can prioritize their response based on the specific call. Disallowing such a setup, as suggested by some other options, would complicate patient care unnecessarily and could lead to increased alert fatigue, where staff become desensitized to call buttons if they cannot distinguish their sources effectively. Thus, the practice of using a single calling station for adjacent beds balances operational efficiency with quality patient care.

6. What is the effect of government funding on nursing homes?

A. It has no significant impact

B. It only affects staffing levels

C. It influences operational budgets and resource availability

D. It only impacts building maintenance

The effect of government funding on nursing homes is significant because it directly influences operational budgets and resource availability. Funding from government sources, such as Medicaid and Medicare, is crucial as it helps facilities manage their day-to-day operations, including staffing, supplies, and services that residents depend on. When government funding is stable or increased, nursing homes can allocate resources more effectively, improve care quality, and maintain regulatory compliance. This funding can go towards hiring more staff, providing additional training for existing staff, upgrading facilities, and purchasing essential medical equipment and supplies. Moreover, adequate funding allows nursing homes to maintain a higher standard of living for residents, encompassing better nutrition, recreational activities, and overall healthcare services. Given the importance of these factors in the operational success and regulatory compliance of nursing homes, it is clear that government funding plays a pivotal role in shaping the quality and accessibility of care provided to residents.

7. What could happen if there is non-compliance with the provisions of G.S. 131E, Article 6?

- A. The license may be revoked.**
- B. There will be no consequences.**
- C. The facility will receive minor penalties.**
- D. Compliance is optional.**

Non-compliance with the provisions of G.S. 131E, Article 6 can lead to significant repercussions, including the potential revocation of a license. This legislation is crucial for ensuring that nursing facilities meet established standards of care and operational protocols. If a facility fails to adhere to these regulations, it jeopardizes not only its own license but also the safety and well-being of the residents it serves. Revocation of the license serves as a critical enforcement mechanism, emphasizing the importance of regulatory compliance in maintaining high-quality care and protecting vulnerable populations. Such serious consequences highlight the imperative for nursing home administrators to fully understand and adhere to regulatory guidelines, as non-compliance can ultimately threaten the facility's ability to operate legally and ethically. The other choices do not reflect the serious nature of compliance neglect in this context, as they suggest a lack of accountability or minimal repercussions which do not align with the enforcement practices implemented under G.S. 131E, Article 6.

8. Emergency drugs shall be stored in a portable container sealed with an easily breakable closure which can be resealed or reused and shall be readily accessible for use. What is the validity of this statement?

- A. First statement is true, second statement is false**
- B. First statement is false, second statement is true**
- C. Both statements are true**
- D. Both statements are false**

The statement regarding the storage of emergency drugs being in a portable container sealed with an easily breakable closure is valid because it aligns with established regulatory and safety standards in healthcare settings. The design of the container is intended to ensure that emergency drugs are not only secure but also quickly accessible in case of an emergency. The requirement for the closure to be easily breakable emphasizes the need for speed in accessing these medications during critical situations where every second counts. Additionally, the fact that the container can be resealed or reused contributes to sustainability and good practice in healthcare management, ensuring that the emergency drugs are properly contained after use or inspection, reducing the risk of contamination. The first part of the statement accurately reflects regulations regarding drug storage by emphasizing the importance of a portable and reusable solution. The second part reinforces the necessity for these drugs to be readily accessible, further supporting the overall safety and efficacy in delivering urgent medical care. Therefore, both elements of the statement hold true, confirming the correctness of the answer choice that states both statements are valid.

9. How should nursing homes assess the clinical needs of residents?

- A. Through daily check-ins only**
- B. Using informal caregiver observations**
- C. By utilizing the minimum data set assessment tool**
- D. Through resident complaints**

Utilizing the minimum data set (MDS) assessment tool is a best practice for assessing the clinical needs of residents in nursing homes. This comprehensive and standardized assessment tool ensures that each resident's needs, preferences, and conditions are evaluated systematically. The MDS contains many different sections that capture various aspects of a resident's health, including physical functioning, mental status, and psychosocial well-being. This structured approach not only aids in creating individualized care plans but also facilitates communication among healthcare providers and supports regulatory compliance. While daily check-ins, informal caregiver observations, and resident complaints are all important components of ongoing monitoring and resident engagement, they are not sufficient on their own for a thorough clinical assessment. Daily check-ins may not capture all necessary information, informal observations can be subjective and lack formal structure, and resident complaints might highlight specific issues but do not provide a comprehensive overview of clinical needs. The MDS's methodical framework helps ensure that all relevant areas are considered, promoting high-quality care and enhancing the overall well-being of residents.

10. If a facility exceeds its bed capacity in an emergency, what must it follow?

- A. The state guidelines**
- B. The facility's open door policy**
- C. The local council regulations**
- D. The facility's disaster plan**

In the context of exceeding bed capacity during an emergency, following the facility's disaster plan is crucial. Disaster plans are specifically designed to ensure the safety and well-being of residents and staff in situations where normal operations are disrupted. They outline steps to manage additional residents, resources, staff allocation, and emergency procedures. A disaster plan typically includes protocols for maintaining quality care even when capacity limits are exceeded. This can involve triaging patients, reallocating staff, securing additional resources, and ensuring compliance with regulatory standards. By adhering to this plan, the facility can effectively manage the challenges that arise in emergencies while still prioritizing resident care and safety. While state guidelines, local council regulations, and facility policies are important in their own right, they may not provide the immediate, actionable steps needed in a crisis as comprehensively as a well-structured disaster plan would. This focus on preparedness and structured response is what makes the disaster plan the appropriate choice in this scenario.

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://ncstatenha.examzify.com>

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