

NORTH CAROLINA STATE NURSING HOME ADMINISTRATORS (NHA) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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 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.
- 2. For how many days may emergency authorizations for exceeding the licensed capacity last?**
 - A. 30 days
 - B. 60 days
 - C. 90 days
 - D. 120 days
- 3. If adult care home beds are located in a common building, what is required of the facility?**
 - A. There shall be no staff present
 - B. There shall be staff in that section at all times
 - C. It can operate without staff
 - D. Staff are only needed during office hours
- 4. How often must nursing homes conduct resident satisfaction surveys in North Carolina?**
 - A. Every two years
 - B. Quarterly
 - C. Annually
 - D. Every six months
- 5. Which statement about facility requirements is true?**
 - A. The facilities must meet new construction standards regardless of prior use.
 - B. Only existing buildings do not need to meet new facility requirements.
 - C. New facilities can ignore safety regulations based on their previous use.
 - D. There are no requirements for a facility's construction and maintenance.

- 6. What essential aspect is covered by person-centered care?**
- A. Standardized treatment for all residents
 - B. Individualized attention based on resident preferences
 - C. Group decision-making without resident input
 - D. Focusing on institutional routines
- 7. Define "pressure ulcers" in a nursing home setting.**
- A. Injuries caused by fall incidents
 - B. Skin injuries due to prolonged pressure
 - C. Bruises resulting from accidents
 - D. Infections resulting from poor hygiene
- 8. What is the key role of a calling station in patient areas?**
- A. To allow patients to communicate with their families
 - B. To enable staff to track patient movements
 - C. To ensure all calls are registered with floor staff
 - D. To manage the facility's emergency protocols
- 9. The Department shall mail a written report to the facility within _____ from the date of the licensure survey or complaint investigation exit conference.**
- A. 5 working days
 - B. 10 working days
 - C. 15 working days
 - D. 20 working days
- 10. What is a potential consequence for failure to notify changes in administration?**
- A. Granting a license indefinitely
 - B. Fines imposed on the facility
 - C. Denial of licensure applications
 - D. Temporary closure of the facility

Answers

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

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Explanations

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1. 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.

2. For how many days may emergency authorizations for exceeding the licensed capacity last?

- A. 30 days
- B. 60 days**
- C. 90 days
- D. 120 days

Emergency authorizations for exceeding the licensed capacity in nursing homes are intended to provide flexibility in times of critical need, such as during a public health emergency or a natural disaster. In North Carolina, these authorizations can be granted for a duration of up to 60 days. This timeframe is structured to allow facilities to respond quickly to surges in demand or unexpected circumstances while ensuring that oversight and regulation are maintained. Extending these authorizations beyond 60 days would require additional assessments and approvals to ensure that the quality of care and safety standards are upheld in the facility. This approach balances the need for immediate action with the necessity of maintaining regulatory compliance in nursing home operations.

3. If adult care home beds are located in a common building, what is required of the facility?

- A. There shall be no staff present
- B. There shall be staff in that section at all times**
- C. It can operate without staff
- D. Staff are only needed during office hours

When adult care home beds are located within a common building, it is crucial for the facility to ensure the safety and well-being of its residents at all times. Having staff present in that section continuously allows for immediate assistance and supervision, which is vital in addressing any potential medical emergencies, providing personal care, or ensuring compliance with safety regulations. The presence of staff at all times ensures that residents have access to necessary support and resources throughout the day and night, fostering a safe environment where their needs can be promptly met. This requirement is in line with regulatory standards that prioritize resident health and safety in adult care settings. In scenarios where there might be limited staff availability, such as during office hours or with no staff present, there could be significant risks related to resident care and oversight, making continuous staffing a fundamental requirement for responsible facility management.

4. How often must nursing homes conduct resident satisfaction surveys in North Carolina?

- A. Every two years
- B. Quarterly
- C. Annually**
- D. Every six months

Nursing homes in North Carolina are required to conduct resident satisfaction surveys annually. This practice is essential for several reasons. Firstly, it ensures that the facility is regularly assessing the needs and preferences of its residents, which is crucial for providing a high standard of care. By obtaining feedback on various aspects of the residents' experience, including the quality of care, staff interactions, and the overall environment, nursing homes can identify areas needing improvement and enhance their services accordingly. Conducting the surveys annually strikes a balance between obtaining timely feedback and allowing enough time for the nursing home to implement changes based on the previous year's responses. This frequency helps maintain a continuous quality improvement process and ensures residents feel their voices are heard and considered in the care they receive. Keeping residents satisfied is vital not only for their well-being but also for complying with state regulations regarding resident rights and care quality.

5. Which statement about facility requirements is true?

- A. The facilities must meet new construction standards regardless of prior use.
- B. Only existing buildings do not need to meet new facility requirements.
- C. New facilities can ignore safety regulations based on their previous use.
- D. There are no requirements for a facility's construction and maintenance.

The statement that facilities must meet new construction standards regardless of prior use is foundational to ensuring safety and compliance in nursing homes. This requirement is crucial because new construction standards are designed to address contemporary safety, accessibility, and health needs that may not have been considered in older buildings. Ensuring that all facilities adhere to these updated standards helps provide a safe and conducive environment for residents, promoting their well-being and comfort. When it comes to the other choices, they do not align with the established principles governing facility requirements. Proper regulation emphasizes the need for new facilities to comply with current standards, not allowing them to overlook safety measures based on past uses or the previous status of the building. Thus, the approach taken in the correct statement directly supports the overall goal of maintaining high standards for nursing home operations and resident care.

6. What essential aspect is covered by person-centered care?

- A. Standardized treatment for all residents
- B. Individualized attention based on resident preferences
- C. Group decision-making without resident input
- D. Focusing on institutional routines

Person-centered care emphasizes individuals' unique preferences, needs, and values in the delivery of care. This approach involves recognizing and respecting each resident as a whole person, rather than simply focusing on their medical conditions or standardized treatment protocols. By prioritizing individualized attention, caregivers can tailor their services to align with what the resident values, enjoys, and requires for their well-being. This approach not only enhances the quality of care but also fosters a more personal and meaningful relationship between caregivers and residents. Looking at the other options, standardized treatment fails to account for the diverse experiences and preferences of residents, potentially leading to neglect of their individual needs. Group decision-making without resident input does not recognize the importance of a resident's voice in their care plan, which is critical in person-centered care. Focusing solely on institutional routines overlooks the need for flexibility and adaptation in care practices, which are essential in addressing the specific situations and desires of each resident. Thus, individualized attention based on resident preferences is vital for effective person-centered care.

7. Define "pressure ulcers" in a nursing home setting.

- A. Injuries caused by fall incidents
- B. Skin injuries due to prolonged pressure**
- C. Bruises resulting from accidents
- D. Infections resulting from poor hygiene

In a nursing home setting, the definition of "pressure ulcers" specifically refers to skin injuries that occur due to prolonged pressure on the skin. These injuries typically develop in individuals with limited mobility who are unable to change positions frequently, leading to decreased blood flow to the affected areas. This lack of circulation can cause the skin and underlying tissues to break down, resulting in ulcers, commonly found over bony prominences such as the heels, sacrum, and elbows. Understanding this definition is essential for nursing home administrators and caregivers, as preventing pressure ulcers involves implementing proper care strategies, such as regular repositioning of residents, using pressure-relieving devices, and maintaining skin hygiene. This knowledge is crucial for enhancing the quality of care and improving the overall well-being of residents within a nursing home environment.

8. What is the key role of a calling station in patient areas?

- A. To allow patients to communicate with their families
- B. To enable staff to track patient movements
- C. To ensure all calls are registered with floor staff**
- D. To manage the facility's emergency protocols

The primary function of a calling station in patient areas is to ensure all calls are registered with floor staff. This system serves as a crucial communication tool within nursing homes, allowing patients to alert caregivers when they need assistance or have concerns. By systematically registering these calls, the staff can promptly respond to patient needs, enhancing overall safety and care quality within the facility. This registration process helps to maintain an accurate log of patient requests, which is essential in case of emergencies or to track the frequency and types of assistance needed by residents. It serves to foster a supportive environment where patients feel empowered to seek help and communicate their needs effectively. While the ability for patients to communicate with families, tracking patient movements, and managing emergency protocols are valuable aspects of nursing home operations, they do not encapsulate the primary focus of calling stations in patient areas. Instead, those functions are typically addressed through different systems or procedures within the facility. The calling station's specific role in ensuring that all calls are logged and acted upon is what makes it a vital component in the day-to-day functioning of nursing home environments.

9. The Department shall mail a written report to the facility within _____ from the date of the licensure survey or complaint investigation exit conference.

- A. 5 working days
- B. 10 working days**
- C. 15 working days
- D. 20 working days

The correct answer, 10 working days, is in line with the regulations governing the timeline for the Department to communicate findings to a nursing facility following a licensure survey or complaint investigation. This timeframe is established to ensure that facilities receive timely feedback regarding compliance with regulations and standards, allowing them to address any identified issues promptly. Receiving the report within 10 working days is crucial for facilities as it enables them to understand the Department's findings and take necessary corrective actions to enhance their operations and resident care. This prompt communication fosters accountability and supports continuous improvement in nursing home practices. Other timeframes, such as 5, 15, or 20 working days, would not align with the established protocol, either being too brief to allow for comprehensive reporting or too lengthy to support timely responsiveness. Thus, the 10 working days strikes an appropriate balance in ensuring efficient communication while affording the Department adequate time to prepare a thorough report.

10. What is a potential consequence for failure to notify changes in administration?

- A. Granting a license indefinitely
- B. Fines imposed on the facility
- C. Denial of licensure applications**
- D. Temporary closure of the facility

Failure to notify the regulatory body of changes in administration can lead to serious repercussions, one of which is the denial of licensure applications. When a nursing facility undergoes management changes, it is crucial for the new administrators to be properly vetted and approved by appropriate state authorities. This process ensures that those in charge meet the necessary standards for managing a nursing facility, including compliance with regulations and the ability to deliver quality care. If a facility neglects to report these changes, it may signal a lack of accountability or oversight, raising concerns for the state regulatory agency. Consequently, when the facility attempts to apply for licensure after these changes, the oversight body may view the failure to notify them as a red flag, leading to the denial of their licensure application. This is significant as operating without a valid license can jeopardize patient care and the facility's legal standing, ultimately leading to further sanctions. In contrast, while fines, temporary closures, or even indefinite licensing may seem like plausible consequences, these options are more appropriate for different violations or scenarios. The primary focus here is the importance of proper notification regarding administrative changes to maintain operational integrity and compliance with state regulations.

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!

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