

NURSING ASSISTING – A FOUNDATION IN CAREGIVING PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

[https://
nursassistingfoundationincaregiving.examzify.com](https://nursassistingfoundationincaregiving.examzify.com)



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

1. What can be true about spiritual beliefs?

- A. Spiritual beliefs must be shared publicly
- B. Only clergy can discuss spirituality
- C. NAs should give privacy for prayer if residents request it
- D. Spiritual beliefs are not important in care

2. How can you combine activities to manage time more effectively?

- A. Procrastinate
- B. Do one task at a time only
- C. Skip break times
- D. Talk with residents while providing care

3. Which of the following is the recommended starting point when dressing a resident?

- A. Start on the weaker side
- B. Start on the stronger side
- C. Start with both sides at once
- D. Start with the feet only

4. Which of the following is a common cause of confusion?

- A. Sleep deprivation
- B. Hearing loss
- C. Urinary tract infection
- D. Dehydration

5. In which position are a resident's legs elevated with hips and knees flexed and feet supported in stirrups?

- A. Sim's position
- B. Lithotomy position
- C. Supine with knees bent
- D. Fowler's position

- 6. When dressing a resident, on which side should you start?**
- A. on the resident's weaker side
 - B. on the stronger side
 - C. on the unaffected side
 - D. on the dominant side
- 7. Which is the recommended way to bend when lifting a heavy object?**
- A. Bend at the waist
 - B. Bend at the hips
 - C. Bend at the knees
 - D. Keep your back straight without bending
- 8. For mouth care, how often should it be performed?**
- A. Twice a day
 - B. Once a day
 - C. Three times a day
 - D. Twice a week
- 9. What are the benefits of back rubs?**
- A. They cure infections.
 - B. They replace need for bathing.
 - C. They measure pulse rate.
 - D. Help relax tired, tense muscles and improve circulation.
- 10. If a resident exhibits inappropriate sexual behavior, what would be the best response by the NA?**
- A. Ignore the behavior
 - B. Immediately report to supervisor
 - C. Restrain the resident
 - D. The NA should try to distract the resident

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What can be true about spiritual beliefs?

- A. Spiritual beliefs must be shared publicly
- B. Only clergy can discuss spirituality
- C. NAs should give privacy for prayer if residents request it**
- D. Spiritual beliefs are not important in care

Respecting residents' spiritual beliefs is part of holistic, person-centered care. When a resident requests prayer or a spiritual practice, the nursing assistant should provide privacy and minimize interruptions, such as offering a quiet space and closing a door if possible. This honors the resident's autonomy and dignity, supports comfort, and helps reduce stress. Spiritual care isn't limited to clergy; residents should be able to express their beliefs in their own way and have space to do so. It's not appropriate to require beliefs to be shared publicly or to dismiss spirituality, since a resident's spiritual well-being can influence overall comfort and emotional health.

2. How can you combine activities to manage time more effectively?

- A. Procrastinate
- B. Do one task at a time only
- C. Skip break times
- D. Talk with residents while providing care**

Combining activities during caregiving means doing more than one appropriate task at the same time to use time wisely, without compromising safety or quality. Talking with residents while you provide care is a practical example of this. It lets you complete routine tasks—like assisting with grooming, transferring, or delivering care supplies—while engaging the resident, which can reduce anxiety, improve cooperation, and make the workflow smoother. The conversation can also help you notice changes in comfort or needs during the task, allowing you to adjust as you go. This approach works when it's safe to talk and you're not diverting attention from critical steps. In contrast, procrastination wastes time, doing one task at a time only can create delays, and skipping breaks risks fatigue and errors, all of which hinder efficient care.

3. Which of the following is the recommended starting point when dressing a resident?

- A. Start on the weaker side**
- B. Start on the stronger side
- C. Start with both sides at once
- D. Start with the feet only

Beginning with the weaker side when dressing a resident who has one-sided weakness protects the affected limb and makes the process safer. By putting the clothing on the weaker arm first, you guide and support that arm into the sleeve, reducing the risk of pulling, wrenching the shoulder, or losing balance. It also helps the resident participate more actively in the task, promoting independence. After the weaker side is dressed, you complete the dressing with the stronger side. Starting on the stronger side or trying to dress both sides at once can place unnecessary strain on the weaker arm, while starting with the feet isn't relevant to the dressing sequence.

4. Which of the following is a common cause of confusion?

- A. Sleep deprivation
- B. Hearing loss
- C. Urinary tract infection**
- D. Dehydration

Confusion in older adults is often triggered by acute medical issues, and infections are a frequent, reversible cause. A urinary tract infection can lead to delirium or sudden mental status changes because the body's response to infection, possible fever, dehydration, electrolyte shifts, and medications can disrupt brain function. In the elderly, confusion may be the only noticeable sign of a UTI, even if there aren't strong urinary symptoms, so nurses must be vigilant for this possibility. Other factors listed can affect thinking, but they are less commonly the primary, reversible cause of abrupt confusion in many older patients. Sleep deprivation can contribute to cognitive changes, but it's typically less likely to produce a sudden delirium diagnosis. Hearing loss affects communication and may worsen confusion indirectly through miscommunication, not as a direct cause. Dehydration can cause confusion too, but UTIs are a very common and important treatable source of acute confusion in this population. If confusion is observed, evaluate for infection signs (fever, urinary symptoms), assess hydration and medications, and notify the nurse to consider a urine assessment and further evaluation.

5. In which position are a resident's legs elevated with hips and knees flexed and feet supported in stirrups?

- A. Sim's position
- B. Lithotomy position**
- C. Supine with knees bent
- D. Fowler's position

This describes the lithotomy position, where the resident lies on the back with hips and knees flexed and the legs elevated and supported in stirrups. The feet being held in stirrups provides easy access to the perineal and pelvic areas and keeps the legs stable during procedures such as gynecologic exams, pelvic surgeries, or childbirth. This differs from Sim's position, which is a side-lying posture with one leg flexed and drawn up, not held in stirrups. It also differs from a supine with knees bent, where the person is on the back with knees bent but the legs aren't placed in stirrups. Fowler's position is a semi-sitting posture with the torso elevated, not the leg-elevated, stirrup-supported arrangement of lithotomy.

6. When dressing a resident, on which side should you start?

- A. on the resident's weaker side**
- B. on the stronger side
- C. on the unaffected side
- D. on the dominant side

When dressing someone with one-sided weakness, start with the weaker side. This makes it easier to guide and support the affected arm as you place it into the garment, reducing the risk of pulling or injuring the weak limb. By getting the weaker side in first, you can then finish with the stronger side more safely when the garment is already in place. Starting on the stronger, unaffected, or dominant side can make maneuvering the weak arm awkward and increases the chance of discomfort or injury. A practical tip: when putting on a shirt, begin with the weaker arm, then the other, and adjust as needed to keep the arm supported and comfortable.

7. Which is the recommended way to bend when lifting a heavy object?

- A. Bend at the waist
- B. Bend at the hips
- C. Bend at the knees**
- D. Keep your back straight without bending

Bending at the knees uses the large muscles of the legs to lift, which protects the back. When you squat and bend your knees (with the back kept straight and the chest up), you lower your body and bring the load close to your center of gravity. Then you straighten the legs to lift, transferring the effort from the back to the hips and thighs. This sequence reduces stress on the spine and lowers the risk of back injury, which is why it's the recommended way to bend when lifting a heavy object. Bending at the waist or hips tends to round or flex the spine and places more load on the back, increasing injury risk. Simply trying to keep the back straight without bending isn't practical for lifting; knee bend is necessary to get the load close to you and use leg strength. In practice, stand with feet shoulder-width apart, keep the object close, avoid twisting, bend the knees to lower, then rise with a leg-driven lift.

8. For mouth care, how often should it be performed?

- A. Twice a day**
- B. Once a day
- C. Three times a day
- D. Twice a week

Regular oral hygiene is essential to remove plaque, prevent infections, and keep the mouth comfortable, especially for residents who may not care for themselves. Performing mouth care twice daily, usually once in the morning and once before bed, provides consistent cleaning and moisture to the mouth between meals. This frequency balances effectiveness with practicality in most care settings. Doing it only once daily can allow more plaque and bacteria to build up, while three times daily is more than the typical baseline unless a specific medical need requires it. Twice a week would leave the mouth inadequately clean and at higher risk for problems. Always follow individual resident needs and facility policy, but twice daily is the standard baseline.

9. What are the benefits of back rubs?

- A. They cure infections.
- B. They replace need for bathing.
- C. They measure pulse rate.
- D. Help relax tired, tense muscles and improve circulation.**

Back rubs promote relaxation of muscles and improve circulation, which helps ease fatigue, stiffness, and discomfort and can contribute to better sleep and comfort. That combination of soothing the muscles and boosting blood flow is why this choice is the best one. Infections aren't cured by rubbing, a back rub doesn't replace bathing, and it isn't a method to measure pulse rate. For safe practice, use warm, breathable lubrication, avoid any areas with open skin or injury, and adjust pressure to the resident's comfort. Stop if there's increased pain, redness, or swelling.

10. If a resident exhibits inappropriate sexual behavior, what would be the best response by the NA?

- A. Ignore the behavior
- B. Immediately report to supervisor
- C. Restrain the resident

D. The NA should try to distract the resident

When a resident displays inappropriate sexual behavior, respond with calm, respectful redirection. Distracting the resident and guiding them to a neutral activity helps interrupt the behavior without shaming, reduces fixation or arousal, and keeps everyone safe and comfortable. After redirecting, follow facility policy by reporting the incident to a supervisor and documenting what happened so the care team can address any underlying needs and ensure ongoing safety and boundaries. Ignoring the behavior can allow it to continue and may create discomfort or safety risks for others, and restraining is not an appropriate first response in most situations.

SAMPLE

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://nursassistingfoundationincaregiving.examzify.com>

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

SAMPLE