

OC Nursing Assistant Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What is the primary role of the central nervous system in the body?**
 - A. Digest food**
 - B. Control voluntary and involuntary actions**
 - C. Regulate reproductive functions**
 - D. Produce hormones**
- 2. Has an unethical act occurred if a doctor does not provide enough information about a trial drug?**
 - A. No, the doctor is not required to share detailed information.**
 - B. Yes, the doctor did not provide enough information to make an informed decision.**
 - C. No, the doctor is simply providing a suggestion.**
 - D. Yes, the patient is responsible for asking more questions.**
- 3. Which law and agency share the goal of improving the quality of care?**
 - A. OBRA and the CDC**
 - B. HIPAA and the FDA**
 - C. OBRA and the AHRQ**
 - D. FMLA and the HHS**
- 4. What functions do the kidneys perform?**
 - A. Creating blood cells**
 - B. Regulating fluid levels and filtering blood**
 - C. Breaking down nutrients**
 - D. Producing bile**
- 5. Which factor is essential for a nursing assistant to recognize to promote patient care effectively?**
 - A. Patient's preferred schedule**
 - B. Myths about aging**
 - C. Family dynamics**
 - D. Patient's medical history**

- 6. What caused Jessica's injuries at the nursing home?**
- A. Medication error**
 - B. Environmental risk**
 - C. Negligence by staff**
 - D. Accidental fall**
- 7. What ethical principle emphasizes the importance of fair treatment in healthcare?**
- A. Autonomy**
 - B. Fidelity**
 - C. Justice**
 - D. Beneficence**
- 8. Is there an ethical issue at stake when a patient wants to choose a new doctor for personal reasons?**
- A. Yes, patients must stick with their original physician.**
 - B. No, every patient has the right to choose a different doctor for any reason.**
 - C. Yes, the patient cannot decide alone.**
 - D. No, patients can only change doctors based on insurance.**
- 9. What is an example of mourning?**
- A. Planning a future event**
 - B. Johann going on an annual trip to the mountains on the anniversary of his wife's death**
 - C. Starting a new relationship**
 - D. Engaging in therapy sessions**
- 10. Which of the following best describes health promotion activities?**
- A. Treatment of existing conditions**
 - B. Prevention of illness by encouraging healthy lifestyles**
 - C. Disease diagnosis and management**
 - D. Emergency medical interventions**

Answers

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

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Explanations

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1. What is the primary role of the central nervous system in the body?

A. Digest food

B. Control voluntary and involuntary actions

C. Regulate reproductive functions

D. Produce hormones

The primary role of the central nervous system (CNS) is to control both voluntary and involuntary actions throughout the body. The CNS, which includes the brain and spinal cord, is responsible for processing sensory information, coordinating responses, and sending commands to various parts of the body. It enables conscious actions, such as moving your arm or speaking, as well as automatic functions, such as breathing or heartbeat regulation. By integrating sensory input and coordinating motor output, the CNS plays a crucial role in maintaining homeostasis and responding to environmental changes. Other functions mentioned, such as digesting food, regulating reproductive functions, and producing hormones, are primarily managed by other systems, such as the digestive, reproductive, and endocrine systems, respectively. While these systems can interact with the CNS, they operate largely independently of its primary function of controlling actions and processing information.

2. Has an unethical act occurred if a doctor does not provide enough information about a trial drug?

A. No, the doctor is not required to share detailed information.

B. Yes, the doctor did not provide enough information to make an informed decision.

C. No, the doctor is simply providing a suggestion.

D. Yes, the patient is responsible for asking more questions.

The assertion that an unethical act has occurred when a doctor does not provide enough information about a trial drug is rooted in the ethical principle of informed consent. Informed consent is a fundamental component of medical ethics and patient rights, emphasizing the necessity for healthcare providers to give patients comprehensive information about the risks, benefits, and alternatives of a treatment, particularly in clinical trials. This allows patients to make well-informed decisions about their participation. In the context of a trial drug, patients must understand not only the intended effects and therapeutic potential but also any adverse effects and unknowns associated with the trial. If a doctor fails to disclose this critical information, it can inhibit the patient's ability to make an informed choice, thus constituting an ethical violation. Informed consent ensures that patients are empowered participants in their own healthcare decisions, rather than passive recipients of treatment. The other options downplay the importance of informed consent and the responsibility of the healthcare provider to communicate effectively with the patient about their treatment options.

3. Which law and agency share the goal of improving the quality of care?

- A. OBRA and the CDC**
- B. HIPAA and the FDA**
- C. OBRA and the AHRQ**
- D. FMLA and the HHS**

The choice that accurately reflects the goal of improving the quality of care is the combination of OBRA and the AHRQ. OBRA, or the Omnibus Budget Reconciliation Act, notably introduced standards for the quality of care in nursing facilities, focusing on the rights of residents and the improvement of the quality of care provided. It established regulations that directly influence how care is administered to enhance residents' well-being and health outcomes. The AHRQ, or the Agency for Healthcare Research and Quality, is dedicated to improving the quality, safety, efficiency, and effectiveness of healthcare for all Americans. It supports research that provides evidence-based insights into practices that can enhance care quality. Together, these laws and agencies work toward the unified objective of elevating care standards and ensuring that healthcare providers prioritize the quality of care delivered to patients. By collaborating, they aim to implement best practices and guidelines that ultimately result in improved health outcomes and patient satisfaction.

4. What functions do the kidneys perform?

- A. Creating blood cells**
- B. Regulating fluid levels and filtering blood**
- C. Breaking down nutrients**
- D. Producing bile**

The kidneys play a crucial role in maintaining the body's internal environment through their ability to regulate fluid levels and filter blood. They are responsible for removing waste products and excess substances from the bloodstream, which helps to regulate the composition of blood, including electrolytes, pH levels, and fluid balance. This filtration process occurs in the nephrons, the functional units of the kidneys, where blood is filtered, and urine is produced. Additionally, the kidneys help control blood pressure by managing the volume of fluids in the body and releasing hormones that influence blood vessel constriction. The other options pertain to functions that are not performed by the kidneys. For instance, creating blood cells is primarily the function of the bone marrow, while breaking down nutrients is a role of the digestive system. Producing bile is a function of the liver, not the kidneys. Therefore, the correct choice reflects the specialized functions of the kidneys in the context of maintaining homeostasis in the body.

5. Which factor is essential for a nursing assistant to recognize to promote patient care effectively?

- A. Patient's preferred schedule**
- B. Myths about aging**
- C. Family dynamics**
- D. Patient's medical history**

Recognizing myths about aging is crucial for a nursing assistant to promote effective patient care. Understanding these myths allows the assistant to better engage with elderly patients and address misconceptions that may affect their treatment and quality of life. It helps in fostering a more respectful and positive interaction, as well as ensuring that care is tailored to the individual's needs rather than relying on stereotypes. By challenging age-related myths, nursing assistants can advocate for appropriate care measures that recognize the capabilities and preferences of older adults, thus supporting a more dignified and effective care environment. While the other options—patient's preferred schedule, family dynamics, and patient's medical history—are also important for personalized care, myths about aging specifically touch on the attitudes and perceptions that can greatly influence both the patient experience and the approach taken by the care team. Addressing these misconceptions is vital for enhancing communication, building trust, and ensuring that older adults receive the dignity and respect they deserve in a healthcare setting.

6. What caused Jessica's injuries at the nursing home?

- A. Medication error**
- B. Environmental risk**
- C. Negligence by staff**
- D. Accidental fall**

Choosing environmental risk as the cause of Jessica's injuries implies that the surroundings in the nursing home posed a danger that led to her injuries. Environmental risks can include factors such as slippery floors, inadequate lighting, cluttered walkways, or unsafe equipment. Identifying environmental risks as the cause focuses on the conditions within the facility that may have contributed to Jessica's injuries, emphasizing the importance of maintaining a safe environment to prevent accidents. In contrast, medication errors would relate to mistakes made in prescribing or administering medications, which could lead to adverse effects but do not pertain directly to the physical environment. Negligence by staff implies failure to meet the standard of care in their duties, which although significant, specifically relates to staff actions rather than risks inherent in the environment. An accidental fall could indeed occur due to environmental risks but is more specific and would not encompass all aspects of the hazards present that might lead to injury. By focusing on environmental risk, the answer highlights the need for a comprehensive approach to safety in healthcare settings, considering all potential hazards that could affect residents' well-being.

7. What ethical principle emphasizes the importance of fair treatment in healthcare?

- A. Autonomy**
- B. Fidelity**
- C. Justice**
- D. Beneficence**

The principle that emphasizes the importance of fair treatment in healthcare is justice. In the context of healthcare, justice refers to the ethical obligation to ensure that individuals have equitable access to medical resources and care regardless of their background, socioeconomic status, or other distinguishing factors. This principle advocates for fair distribution of healthcare resources and the elimination of discrimination, which is essential for providing equal care to all patients. Understanding justice is crucial in nursing and healthcare practice, as it guides professionals to advocate for the rights and fair treatment of their patients, ensuring that everyone receives the care they deserve. Autonomy focuses on the patient's right to make informed decisions about their own care, fidelity pertains to the obligation of healthcare providers to be loyal and fulfill their commitments to patients, while beneficence involves acting in the best interest of the patient by promoting their well-being. Each of these principles serves an important role, but justice uniquely addresses the need for fairness and equality in treatment.

8. Is there an ethical issue at stake when a patient wants to choose a new doctor for personal reasons?

- A. Yes, patients must stick with their original physician.**
- B. No, every patient has the right to choose a different doctor for any reason.**
- C. Yes, the patient cannot decide alone.**
- D. No, patients can only change doctors based on insurance.**

Patients have the fundamental right to choose their healthcare providers based on personal preferences, experiences, or any other reasons they deem important. This autonomy is a core principle of patient rights, recognizing that individuals should have the power to make decisions about their own healthcare. Choosing a new doctor can arise from various factors, such as differences in communication styles, trust, comfort level, or a perceived lack of quality in the care received. Ethically, it is essential to respect the patient's choice to seek a second opinion or shift to a different physician if they feel it is in their best interest. The decision should be based on what they believe will lead to better healthcare outcomes and overall satisfaction with their care. In contrast, insisting that a patient must stick with their original physician disregards this autonomy. Additionally, suggesting that a patient cannot decide alone undermines their ability to participate actively in their healthcare journey. Lastly, limiting the ability to change doctors solely based on insurance constraints does not take into account the broader ethical implications of patient choice and satisfaction.

9. What is an example of mourning?

- A. Planning a future event
- B. Johann going on an annual trip to the mountains on the anniversary of his wife's death**
- C. Starting a new relationship
- D. Engaging in therapy sessions

Mourning is the process of expressing grief and sorrow for a loss, particularly the death of a loved one. Engaging in specific behaviors that honor and recognize that loss is a key aspect of mourning. Johann going on an annual trip to the mountains on the anniversary of his wife's death is a clear example of this process. This ritual not only expresses his continued love and remembrance but also provides a way for him to process his grief and maintain a connection to his wife's memory. In contrast, planning a future event can indicate moving forward and does not specifically relate to grief. Starting a new relationship often symbolizes moving on rather than mourning the past, and while engaging in therapy sessions may help with processing grief, it does not represent mourning in the same tangible way that a commemorative action does.

10. Which of the following best describes health promotion activities?

- A. Treatment of existing conditions
- B. Prevention of illness by encouraging healthy lifestyles**
- C. Disease diagnosis and management
- D. Emergency medical interventions

Health promotion activities are best described by the prevention of illness through the encouragement of healthy lifestyles. This includes initiatives and strategies designed to improve overall well-being and prevent the onset of diseases. These activities can take many forms, such as educational programs about nutrition and physical activity, cancer screenings, vaccination drives, and community health events that advocate for healthy living. The focus is on empowering individuals and communities to take charge of their health, making informed decisions, and adopting behaviors that enhance their quality of life and reduce the risk of disease. By promoting regular exercise, balanced nutrition, stress management, and other beneficial habits, health promotion activities serve as a proactive approach to maintaining health rather than simply reacting to existing health issues.

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://ocnursingassistant.examzify.com>

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