

# Ohio Nursing Home Administrator 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. A variance request to a rule must include?**
  - A. The time period requested for variance**
  - B. The rule requiring the variance**
  - C. The specific alternate action**
  - D. The reason**
- 2. Who is responsible for conducting fire training and how often should it occur?**
  - A. Local police department, annually**
  - B. State fire marshal, biannually**
  - C. State fire marshal or local fire department, annually**
  - D. Facility staff, monthly**
- 3. What type of bags should wet or soiled laundry be placed in if it contains body substances?**
  - A. Permeable bags**
  - B. Impervious bags**
  - C. Mesh bags**
  - D. Paper bags**
- 4. What should emergency food supplies include based on guidelines?**
  - A. 2 days worth of perishables**
  - B. 7 days worth of staples for the number of residents in the building**
  - C. 5 days worth of perishables**
  - D. 7 days worth of non-perishable food items**
- 5. When was overhead paging eliminated in nursing homes?**
  - A. 1/1/10**
  - B. 4/1/13**
  - C. 7/1/15**
  - D. 10/1/17**



- 6. What is a fundamental component of effective communication in nursing home settings?**
- A. Minimizing family involvement**
  - B. Clear and open dialogue among staff, residents, and families**
  - C. Strict adherence to hierarchy**
  - D. Avoiding difficult topics**
- 7. When would a health professional prescribe a therapeutic diet?**
- A. For enhancing athletic performance**
  - B. For social gatherings**
  - C. As part of disease treatment or management**
  - D. For relaxation purposes**
- 8. What is the importance of conducting regular assessments for residents?**
- A. To increase the number of staff**
  - B. To evaluate and update care plans based on changing needs**
  - C. To keep families informed**
  - D. To reduce operational costs**
- 9. How much square footage per resident is required in the dining room and recreation room based on different capacity levels in a nursing home?**
- A. 20 sq feet per resident at 50% capacity**
  - B. 25 sq feet per resident at 75% capacity**
  - C. 25 sq feet per resident at 100% capacity**
  - D. 30 sq feet per resident at 125% capacity**
- 10. What are the requirements for a nurse aide to remain on the registry?**
- A. At least 5 consecutive hours of work every month**
  - B. At least 10 hours of work every year**
  - C. At least 8 hours in 6 months**
  - D. At least 7.5 consecutive hours or 8 hours in a 48 period in a 24 month period**

## **Answers**

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

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## **Explanations**

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**1. A variance request to a rule must include?**

- A. The time period requested for variance**
- B. The rule requiring the variance**
- C. The specific alternate action**
- D. The reason**

The correct focus in this scenario is on the necessity of stating the specific alternate action when making a variance request to a rule. This requirement is vital because it allows for clarity in understanding how compliance with the original rule can be adjusted or modified. When an administrator submits a request for a variance, they must detail what alternative measures will be taken to meet the spirit of the rule while deviating from the specific stipulations. This ensures that the regulatory body can evaluate the merits and implications of the proposed change. While the other components, such as the time period requested for the variance, the rule requiring the variance, and the reason for the request, are all necessary for a complete variance request, the focus on the specific alternate action is crucial. It demonstrates how the care and safety of residents will still be prioritized despite the proposed deviation from the existing rule. By providing this information, the request helps regulators assess whether the alternative approach effectively maintains compliance with key care standards.

**2. Who is responsible for conducting fire training and how often should it occur?**

- A. Local police department, annually**
- B. State fire marshal, biannually**
- C. State fire marshal or local fire department, annually**
- D. Facility staff, monthly**

State fire marshal or local fire department is responsible for conducting fire training for nursing home staff, and it should occur annually. This is the correct answer because both the state fire marshal and the local fire department have the expertise and knowledge to provide effective fire training to ensure the safety of residents and staff in the event of a fire emergency. Annual fire training is essential to keep staff updated on fire safety protocols, evacuation procedures, and the proper use of firefighting equipment. Option A is incorrect because the responsibility for fire training typically falls on the fire department, not the police department. Option B is incorrect as the fire training should occur annually, not biannually. Option D is incorrect as monthly fire training may be excessive and not necessary for nursing home staff.

**3. What type of bags should wet or soiled laundry be placed in if it contains body substances?**

**A. Permeable bags**

**B. Impervious bags**

**C. Mesh bags**

**D. Paper bags**

When dealing with wet or soiled laundry that contains body substances, it is essential to place it in impervious bags. These bags are designed to be waterproof and resistant to leaks, which is crucial for preventing the spread of infections and protecting staff and other residents from exposure to potentially harmful pathogens. Using impervious bags ensures that any fluid or contaminant does not escape into the environment, thus maintaining a safe and hygienic setting in the nursing home. In contrast, permeable bags would allow fluids to leak out, and mesh bags are not suitable for containing soiled items as they provide no barrier against contamination. Paper bags are not waterproof and would also fail to contain any liquids, which could lead to sanitation issues within the facility. Thus, the use of impervious bags is the best practice for managing laundry that may contain hazardous biological substances.

**4. What should emergency food supplies include based on guidelines?**

**A. 2 days worth of perishables**

**B. 7 days worth of staples for the number of residents in the building**

**C. 5 days worth of perishables**

**D. 7 days worth of non-perishable food items**

Emergency food supplies should include enough provisions to sustain all residents for a minimum of 7 days. The guidelines emphasize preparing for various situations where access to fresh food may be interrupted, making it critical to stock adequate staples that can meet the nutritional needs of individuals in a facility. This reasoning underscores the importance of planning for both short-term and potential longer-term emergencies. An adequate supply of staples ensures that residents have access to essential nutrients during a crisis, which is crucial for maintaining health and well-being. While perishables can provide nutritional value, they often have shorter shelf lives and may not be practical for emergency situations lasting more than a few days. Therefore, stocking a sufficient quantity of non-perishable food items becomes essential, as they can last longer and remain safe for consumption over extended periods without refrigeration. This approach aligns with best practices for emergency preparedness in healthcare settings such as nursing homes.

**5. When was overhead paging eliminated in nursing homes?**

- A. 1/1/10
- B. 4/1/13
- C. 7/1/15**
- D. 10/1/17

The elimination of overhead paging in nursing homes is associated with a movement to enhance the quality of care and improve the overall environment for residents. In particular, the goal was to reduce noise levels and create a more peaceful atmosphere, as excessive noise in healthcare settings can contribute to stress and discomfort for residents, particularly those with cognitive impairments. The correct answer, which indicates the date when this policy took effect, highlights the importance of creating a more resident-centered approach in nursing facilities. By eliminating overhead paging, nursing homes aimed to foster a more calming environment that promotes resident dignity and well-being. The other dates listed typically do not correspond to the actual implementation of this significant change in policy. Each of those dates fails to accurately reflect when the overhead paging system was officially phased out in nursing homes.

**6. What is a fundamental component of effective communication in nursing home settings?**

- A. Minimizing family involvement
- B. Clear and open dialogue among staff, residents, and families**
- C. Strict adherence to hierarchy
- D. Avoiding difficult topics

Clear and open dialogue among staff, residents, and families serves as a fundamental component of effective communication in nursing home settings. This approach fosters an environment of trust and understanding, where everyone feels valued and heard. It enhances collaboration among healthcare providers, allowing for better coordination of care and improved outcomes for residents. Furthermore, when families are engaged in the communication process, they can contribute valuable insights regarding the preferences and needs of their loved ones, which supports person-centered care. Open communication addresses potential misunderstandings and ensures that all parties are informed about any changes in care plans or resident conditions. This transparency not only helps in building rapport but also aids in managing expectations, leading to greater satisfaction among residents and their families. Additionally, an atmosphere of open dialogue encourages staff members to express concerns and share knowledge, further enhancing the quality of care provided within the facility.

**7. When would a health professional prescribe a therapeutic diet?**

- A. For enhancing athletic performance**
- B. For social gatherings**
- C. As part of disease treatment or management**
- D. For relaxation purposes**

A therapeutic diet is prescribed by health professionals as part of disease treatment or management to help improve a patient's health condition. This type of diet is customized to meet the specific nutritional needs of individuals with certain medical conditions such as diabetes, hypertension, heart disease, or digestive disorders. The main goal of a therapeutic diet is to promote overall health and well-being by providing the necessary nutrients while also managing the specific health issues of the patient. Therefore, the correct answer is C. Options A, B, and D are incorrect because they do not involve the primary purpose of prescribing a therapeutic diet, which is related to medical treatment and management of specific health conditions.

**8. What is the importance of conducting regular assessments for residents?**

- A. To increase the number of staff**
- B. To evaluate and update care plans based on changing needs**
- C. To keep families informed**
- D. To reduce operational costs**

Conducting regular assessments for residents is essential for evaluating and updating care plans based on the changing needs of each individual. As residents' health statuses and personal circumstances evolve, these assessments help ensure that caregivers are aware of the current needs and can tailor interventions accordingly. This ongoing evaluation process is critical to providing high-quality, person-centered care, which is fundamental in nursing home environments. By adapting care plans in response to regular assessments, facilities can enhance the overall well-being of residents, ensuring that their medical, emotional, and social needs are met effectively. While keeping families informed and addressing operational costs are valuable in their own rights, the primary focus of regular assessments is to maintain the quality of care through a responsive approach that is vital for each resident's health and happiness. Regular assessments also do not directly correlate with increasing the number of staff, as staffing levels are determined by various factors including regulations and facility requirements rather than the assessment schedule itself.



**9. How much square footage per resident is required in the dining room and recreation room based on different capacity levels in a nursing home?**

- A. 20 sq feet per resident at 50% capacity**
- B. 25 sq feet per resident at 75% capacity**
- C. 25 sq feet per resident at 100% capacity**
- D. 30 sq feet per resident at 125% capacity**

In a nursing home, the minimum square footage required per resident in the dining room and recreation room is 25 square feet at 100% capacity. This ensures that residents have enough space to move around comfortably, socialize with others, and participate in various activities. Option A (20 sq feet per resident at 50% capacity), Option B (25 sq feet per resident at 75% capacity), and Option D (30 sq feet per resident at 125% capacity) do not meet the standard requirement for square footage per resident at full capacity as stated in the regulations for nursing homes.

**10. What are the requirements for a nurse aide to remain on the registry?**

- A. At least 5 consecutive hours of work every month**
- B. At least 10 hours of work every year**
- C. At least 8 hours in 6 months**
- D. At least 7.5 consecutive hours or 8 hours in a 48 period in a 24 month period**

The correct choice highlights the requirement that a nurse aide must complete at least 7.5 consecutive hours or a total of 8 hours within any 48-hour period, and this must occur within a 24-month timeframe to maintain their status on the registry. This regulation ensures that nurse aides remain actively engaged in their profession, providing practical experience and demonstrating their ongoing competency in delivering care to residents in nursing facilities. Additionally, the 24-month requirement is important for ensuring the skills and knowledge of nurse aides remain current, which is vital for the safety and well-being of residents. This structured timeframe helps set clear expectations for nurse aides, encouraging them to stay connected to their role and adhere to professional standards. Other options present different hour requirements that do not align with the established regulatory standards for maintaining registry status, highlighting the specific and factual nature of the correct answer.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ohionursingadministrator.examzify.com>**

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