

# 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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**SAMPLE**

# Table of Contents

<b>Copyright .....</b>	<b>1</b>
<b>Table of Contents .....</b>	<b>2</b>
<b>Introduction .....</b>	<b>3</b>
<b>How to Use This Guide .....</b>	<b>4</b>
<b>Questions .....</b>	<b>6</b>
<b>Answers .....</b>	<b>9</b>
<b>Explanations .....</b>	<b>11</b>
<b>Next Steps .....</b>	<b>17</b>

# 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. How often must nursing homes in Ohio undergo state inspections?**
  - A. Every six months**
  - B. Every two years**
  - C. Annually**
  - D. Biannually**
- 2. Expedited inspections**
  - A. Will occur within 10 days of payment \$2250 and completion of requirements - certificate of need, notice of readiness and completed application**
  - B. Applications to operate a nursing must require: A statement from zoning to operate such business**
  - C. Renewal fees are due in what month**
  - D. Overhead paging was eliminated when**
- 3. What is a potential outcome of effective restorative nursing services?**
  - A. Increased physical function and independence for residents**
  - B. Higher staff turnover rates**
  - C. Reduced resident satisfaction**
  - D. Lower overall health care costs**
- 4. Which outcome is typically NOT associated with a therapeutic diet?**
  - A. Improved management of diabetes**
  - B. Increased risk of heart disease**
  - C. Enhanced recovery from surgery**
  - D. Effective weight loss**
- 5. What model of care focuses on enhancing the quality of life for residents in nursing homes?**
  - A. Medical care model**
  - B. Person-centered care**
  - C. Task-oriented care**
  - D. Institutional care model**



- 6. What is included in the Minimum Data Set (MDS) assessment process?**
- A. An evaluation of resident's financial status**
  - B. A structured evaluation of resident care needs**
  - C. A survey on staff effectiveness**
  - D. A plan for increasing recreational activities**
- 7. How many participants can the clinical portion of the dining assistant training course accommodate at one time?**
- A. 6 participants**
  - B. 7 participants**
  - C. 8 participants**
  - D. 9 participants**
- 8. What is the minimum consultation frequency for a dietitian?**
- A. Weekly**
  - B. Biweekly**
  - C. Monthly**
  - D. Quarterly**
- 9. Floor plans should include what information?**
- A. Exits, resident rooms, maintenance rooms**
  - B. Resident rooms, dining halls, reception area**
  - C. Exits, resident rooms, fire pulls, fire extinguishers**
  - D. Room dimensions, carpet color, window size**
- 10. Until what event occurs, new employees cannot work more than 10 hours upon hire?**
- A. completion of orientation**
  - B. completion of on-the-job training**
  - C. a physical is completed**
  - D. passing a skills assessment**

## **Answers**

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

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## **Explanations**

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**1. How often must nursing homes in Ohio undergo state inspections?**

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

Nursing homes in Ohio are required to undergo state inspections annually to ensure compliance with both state and federal regulations. This annual inspection process is crucial for maintaining high standards of care and safety within the facilities. The inspections assess various aspects of the nursing home environment, including resident care, safety protocols, staffing, and facility conditions. By conducting these inspections on an annual basis, the state can effectively monitor the quality of care provided to residents and address any deficiencies or areas for improvement in a timely manner. This frequency is designed to safeguard residents' well-being and uphold regulatory standards within the nursing home industry.

**2. Expedited inspections**

- A. Will occur within 10 days of payment \$2250 and completion of requirements - certificate of need, notice of readiness and completed application**
- B. Applications to operate a nursing must require: A statement from zoning to operate such business**
- C. Renewal fees are due in what month**
- D. Overhead paging was eliminated when**

Expedited inspections for nursing home administrators in Ohio will occur within 10 days of payment of \$2250 and completion of specific requirements, such as submitting a certificate of need, a notice of readiness, and a completed application. This process allows for a quicker review and approval of applications for operating a nursing home facility, ensuring that necessary inspections are conducted promptly to assess compliance with relevant regulations and standards. This efficient process ultimately supports timely decision-making and streamlines the approval process for nursing home administrators.

**3. What is a potential outcome of effective restorative nursing services?**

- A. Increased physical function and independence for residents**
- B. Higher staff turnover rates**
- C. Reduced resident satisfaction**
- D. Lower overall health care costs**

Effective restorative nursing services are designed to help residents regain or maintain their physical function and independence after experiencing declines due to illness, hospitalization, or disability. These services may include targeted exercises, mobility training, and assistance with daily living activities, all of which are aimed at enhancing the residents' capabilities. The focus on personalized care promotes not only physical rehabilitation but also boosts residents' confidence and psychological well-being. As residents achieve better physical function, they often experience increased independence in their day-to-day activities, which contributes to overall quality of life. Therefore, the enhancement of physical abilities and independence is a direct and significant outcome of well-implemented restorative nursing services. In contrast, the other options do not reflect the benefits associated with effective restorative nursing. Higher staff turnover rates, for example, would typically indicate problems within the facility and do not correlate with the goals of restorative services. Similarly, reduced resident satisfaction or lower health care costs are not guaranteed outcomes of restorative interventions and may be influenced by various factors unrelated to the quality of care provided.

**4. Which outcome is typically NOT associated with a therapeutic diet?**

- A. Improved management of diabetes**
- B. Increased risk of heart disease**
- C. Enhanced recovery from surgery**
- D. Effective weight loss**

The outcome that is typically not associated with a therapeutic diet is an increased risk of heart disease. Therapeutic diets are designed to promote health and manage specific medical conditions, addressing nutritional needs while minimizing health risks. For instance, diets aimed at managing diabetes often focus on controlling blood sugar levels through appropriate carbohydrate intake, which can lead to improved management of the condition. Similarly, a therapeutic diet tailored for post-surgery recovery can enhance healing and reduce complications, contributing to a faster recovery. Therapeutic diets can also effectively support weight loss by emphasizing whole, nutrient-dense foods while reducing calorie intake. In contrast, an increased risk of heart disease contradicts the fundamental purpose of therapeutic diets, which seek to reduce risk factors such as high cholesterol, hypertension, and poor nutrition, all of which are critical for maintaining cardiovascular health. Thus, the association with heart disease would not align with the intended outcomes of therapeutic dietary practices.

**5. What model of care focuses on enhancing the quality of life for residents in nursing homes?**

- A. Medical care model**
- B. Person-centered care**
- C. Task-oriented care**
- D. Institutional care model**

The model of care that emphasizes enhancing the quality of life for residents in nursing homes is person-centered care. This approach places the individual at the forefront of their care, recognizing their unique preferences, needs, and values. In person-centered care, residents are actively involved in decision-making processes regarding their care, which can lead to improved satisfaction and overall well-being. By fostering a more holistic environment, person-centered care promotes dignity, respect, and autonomy, allowing residents to experience enhanced emotional and social connections. It encourages staff to view residents as individuals with their own life stories and to tailor care practices to support their personal goals, which can positively impact both physical and mental health outcomes. In contrast, models such as the medical care model predominantly focus on treating medical conditions rather than addressing the broader aspects of a resident's quality of life. Task-oriented care often prioritizes the completion of specific tasks or duties, which may overlook the individual needs and preferences of residents. The institutional care model tends to emphasize the operational and functional aspects of care, which can sometimes detract from personalized interaction and emotional fulfillment.

**6. What is included in the Minimum Data Set (MDS) assessment process?**

- A. An evaluation of resident's financial status**
- B. A structured evaluation of resident care needs**
- C. A survey on staff effectiveness**
- D. A plan for increasing recreational activities**

The Minimum Data Set (MDS) assessment is a critical tool used in long-term care facilities, including nursing homes, to gather comprehensive information about a resident's functional capabilities, medical condition, and overall health status. This structured evaluation focuses specifically on the resident's care needs, which involves assessing areas such as cognition, physical functioning, mood, and behavior, as well as the necessary support and services required for effective care. The MDS serves multiple purposes, including helping in the development of individualized care plans, informing staff about the residents' needs, and ensuring compliance with regulatory requirements. By accurately capturing various dimensions of a resident's health and preferences, the MDS allows for tailored interventions that enhance the quality of care provided. In contrast, evaluations related to financial status, staff effectiveness, or recreational activity plans do not fall under the MDS assessment framework. Financial assessments are typically managed separately in a healthcare or social services context, while staff evaluations and recreational programming are operational considerations rather than direct assessments of resident care needs. Each of these aspects is significant in the overall operation of a nursing home, but they do not directly pertain to the MDS process itself, which is focused on understanding and addressing what residents specifically require for optimal care.

- 7. How many participants can the clinical portion of the dining assistant training course accommodate at one time?**
- A. 6 participants**
  - B. 7 participants**
  - C. 8 participants**
  - D. 9 participants**

The clinical portion of the dining assistant training course is designed to accommodate a maximum of 8 participants at one time. This capacity allows for an effective training environment where each participant can receive adequate attention and instruction from the trainer. When the number of participants is kept at this level, it enhances the ability to provide hands-on experience, engage in meaningful interactions, and ensure that all participants can actively participate and practice their skills under supervision. Understanding the correct capacity is essential for maintaining quality training standards and ensuring that each dining assistant is well-prepared for their role in a healthcare setting, supporting the nutritional and social needs of residents. A larger group could hinder the effectiveness of training, while a smaller group may not provide enough diversity in learning experiences.

- 8. What is the minimum consultation frequency for a dietitian?**
- A. Weekly**
  - B. Biweekly**
  - C. Monthly**
  - D. Quarterly**

Consultation frequency refers to the number of times a person meets with a dietitian for advice and guidance. The minimum consultation frequency for a dietitian is once a month, which is option C. It is important to meet consistently with a dietitian to develop healthy habits and make progress towards achieving personal health goals. Weekly, biweekly, and quarterly consultation are too infrequent and may lead to slower progress or difficulties in maintaining a healthy lifestyle. Additionally, these options may not provide sufficient support or guidance needed for personalized nutrition and health advice. Therefore, option C is the most appropriate answer for the minimum consultation frequency for a dietitian.



## 9. Floor plans should include what information?

- A. Exits, resident rooms, maintenance rooms
- B. Resident rooms, dining halls, reception area
- C. Exits, resident rooms, fire pulls, fire extinguishers**
- D. Room dimensions, carpet color, window size

Choosing the option that includes exits, resident rooms, fire pulls, and fire extinguishers directly addresses critical safety standards and regulatory requirements for nursing home facilities. A well-designed floor plan is essential for ensuring the safety and welfare of residents, staff, and visitors. Having exits prominently displayed on the floor plan ensures that everyone knows how to evacuate in case of emergencies, which is paramount in any caregiving setting. Including fire pulls and fire extinguishers not only highlights the preparedness for fire emergencies but also shows compliance with safety regulations that demand easy access to fire safety equipment throughout the facility. Finally, resident rooms are fundamental to the floor plan as they represent the living spaces of the residents and need to be appropriately situated for accessibility and comfort. In contrast, while the other options may include important elements of a nursing home's layout, they do not encompass the comprehensive safety considerations as effectively as this choice does. For example, simply noting resident rooms and dining halls does not inform about essential safety features necessary for effective emergency planning and response.

## 10. Until what event occurs, new employees cannot work more than 10 hours upon hire?

- A. completion of orientation
- B. completion of on-the-job training
- C. a physical is completed**
- D. passing a skills assessment

Until a physical is completed, new employees cannot work more than 10 hours upon hire. This requirement is in place to ensure that the employee's health status is known and that they are fit to work in the nursing home facility. It is important for the safety and well-being of both the employee and the residents of the facility. Once the physical is completed and any necessary health concerns are addressed, the employee can then work beyond the 10-hour limit. The other options (completion of orientation, completion of on-the-job training, passing a skills assessment) are important steps in the onboarding process but do not dictate the number of hours a new employee can work upon hire.

## 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://ohionursinghomeadministrator.examzify.com>**

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