

# Ohio Nursing Home Administrator Practice Exam (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**

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- 1. Why is medication management important in nursing homes?**
  - A. To cut costs on medications**
  - B. To ensure safe and effective use of medications for residents**
  - C. To allow residents to self-medicate**
  - D. To limit the number of medications prescribed**
  
- 2. A disaster plan must include?**
  - A. Provisions for entertainment of residents**
  - B. Transportation routes for staff**
  - C. Cancellation policy for events**
  - D. Procedures for evacuating, provisions for transportation of residents**
  
- 3. What is included in the definition of "Body substance" in a nursing home?**
  - A. Sweat and tears**
  - B. Blood and sweat**
  - C. Urine and feces**
  - D. Blood, semen, saliva, vaginal secretions, feces, urine, wound drainage, emesis and other body secretions except tears and perspiration**
  
- 4. What activities are included in ADL (activities of daily living) in a nursing home?**
  - A. Bathing, grooming, feeding, medication**
  - B. Bathing, toileting, locomotion or transfer, eating, dressing, grooming**
  - C. Sleeping, exercising, socializing, reading**
  - D. Watching TV, playing cards, socializing**
  
- 5. What is the definition of a therapeutic diet according to health professional orders?**
  - A. Designed for weight loss purposes**
  - B. Ordinary daily meal plans**
  - C. To restrict physical activities**
  - D. To modify substances in the diet for treatment or management**

**6. What role do family members play in the care of nursing home residents?**

- A. They should be kept at a distance**
- B. They can provide emotional support and advocate for the resident**
- C. They are responsible for all medical decisions**
- D. They are discouraged from visiting regularly**

**7. What is a critical benefit of resident satisfaction surveys?**

- A. They serve as a marketing tool for the facility**
- B. They provide insights for enhancing service delivery**
- C. They help in making budget cuts**
- D. They are used to discipline staff**

**8. Fire drills will be conducted how often**

- A. Twelve fire exit drills every year, approximately every three months on each shift**
- B. Orientation requirements to be taught: (6)**
- C. A nursing home is required to have a licensed social worker if bed capacity is?**
- D. Overhead paging was eliminated when**

**9. What is the air temperature range to be maintained between?**

- A. 62 degrees-72 degrees**
- B. 71 degrees-81 degrees**
- C. 80 degrees-90 degrees**
- D. 90 degrees-100 degrees**

**10. Why is it essential for nursing home staff to receive training on intervention strategies?**

- A. To enhance their verbal communication skills**
- B. To develop leadership qualities among residents**
- C. To equip them with tools to address mental health issues effectively**
- D. To prepare them for financial reporting**

## **Answers**

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

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## **Explanations**

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## 1. Why is medication management important in nursing homes?

- A. To cut costs on medications**
- B. To ensure safe and effective use of medications for residents**
- C. To allow residents to self-medicate**
- D. To limit the number of medications prescribed**

Medication management is crucial in nursing homes primarily to ensure the safe and effective use of medications for residents. Given that many residents in nursing homes may have complex medical conditions and take multiple medications, managing these medications carefully helps to prevent potential adverse effects, drug interactions, and medication errors. Effective medication management involves several practices, including thorough assessment of each resident's medication regimen, monitoring for therapeutic outcomes and side effects, and making necessary adjustments in collaboration with healthcare providers. By prioritizing the safety and well-being of residents, nursing homes can enhance the quality of care and improve health outcomes. This responsibility also encompasses education about medications for both staff and residents, fostering a better understanding of their treatment plans. While other options address various aspects of medication use, they don't encapsulate the overarching goal of medication management in a nursing home setting. For instance, while cutting costs and limiting the number of medications can be beneficial, the primary focus should always remain on the safe and effective use of medications tailored to each resident's individual needs.

## 2. A disaster plan must include?

- A. Provisions for entertainment of residents**
- B. Transportation routes for staff**
- C. Cancellation policy for events**
- D. Procedures for evacuating, provisions for transportation of residents**

A disaster plan must prioritize the safety and well-being of the residents in case of an emergency. Procedures for evacuating and provisions for the transportation of residents are crucial aspects of a comprehensive disaster plan as they ensure that residents can be safely moved to a secure location if necessary. This includes details such as evacuation routes, arrangements for transportation, and ensuring that all residents are accounted for during an emergency situation. Options A, B, and C do not directly address the critical need for evacuating and transporting residents during a disaster, making them less appropriate for inclusion in a disaster plan compared to Option D.

**3. What is included in the definition of "Body substance" in a nursing home?**

- A. Sweat and tears**
- B. Blood and sweat**
- C. Urine and feces**

**D. Blood, semen, saliva, vaginal secretions, feces, urine, wound drainage, emesis and other body secretions except tears and perspiration**

In a nursing home setting, the term "Body substance" refers to specific bodily fluids that can potentially transmit infections. These include blood, semen, saliva, vaginal secretions, feces, urine, wound drainage, emesis, and other body secretions, excluding tears and perspiration. It is crucial for nursing home administrators and staff to be aware of and properly handle these substances to prevent the spread of infections among residents and staff members.

**4. What activities are included in ADL (activities of daily living) in a nursing home?**

- A. Bathing, grooming, feeding, medication**
- B. Bathing, toileting, locomotion or transfer, eating, dressing, grooming**
- C. Sleeping, exercising, socializing, reading**
- D. Watching TV, playing cards, socializing**

ADL (activities of daily living) refers to basic self-care tasks that individuals usually perform without assistance. In a nursing home setting, activities included in ADL typically involve tasks like bathing, toileting, locomotion or transfer, eating, dressing, and grooming. These activities are essential for maintaining the individual's personal hygiene, nutrition, and physical well-being. Therefore, option B is the correct answer as it accurately lists the activities commonly included in ADL for nursing home residents. The other options are incorrect as they do not align with the standard definition of ADL in a nursing home context.

**5. What is the definition of a therapeutic diet according to health professional orders?**

- A. Designed for weight loss purposes**
- B. Ordinary daily meal plans**
- C. To restrict physical activities**
- D. To modify substances in the diet for treatment or management**

A therapeutic diet, as defined in health professional orders, is specifically designed to modify substances in the diet for treatment or management of a medical condition. These diets are prescribed to address specific health needs, such as controlling blood sugar levels for diabetics, reducing sodium intake for individuals with high blood pressure, or managing swallowing difficulties for patients with dysphagia. It is important for nursing home administrators to be familiar with therapeutic diets to ensure that residents receive the appropriate nutrition and support for their medical conditions. Options A, B, and C are incorrect as they do not accurately describe the definition of a therapeutic diet according to health professional orders.

## 6. What role do family members play in the care of nursing home residents?

- A. They should be kept at a distance
- B. They can provide emotional support and advocate for the resident**
- C. They are responsible for all medical decisions
- D. They are discouraged from visiting regularly

Family members play a crucial role in the care of nursing home residents by providing emotional support and advocating for the resident's needs and preferences. They can foster a sense of connection and belonging for residents, reducing feelings of isolation that may arise in a long-term care environment. By being actively involved, family members can help ensure that their loved ones receive personalized care that aligns with their values and wishes. Additionally, family members can communicate important information to the care team about the resident's history, preferences, and any changes in their condition. This collaboration helps to enhance the overall quality of care provided. Their involvement is often associated with better satisfaction among residents and can contribute positively to the nursing home's environment. In contrast, keeping family at a distance or discouraging regular visits can lead to feelings of abandonment for the residents and reduce their overall well-being. While family involvement does not equate to making all medical decisions, it does mean sharing insights and preferences that help guide those decisions in a collaborative manner.

## 7. What is a critical benefit of resident satisfaction surveys?

- A. They serve as a marketing tool for the facility
- B. They provide insights for enhancing service delivery**
- C. They help in making budget cuts
- D. They are used to discipline staff

Resident satisfaction surveys play a vital role in understanding the experiences and needs of residents within a nursing facility. By gathering feedback directly from residents, administrators can identify areas where services are excelling and areas that require improvement. This feedback provides insights into residents' perceptions of care quality, staff interactions, and overall satisfaction with their living environment. Enhancing service delivery based on survey results can lead to better resident outcomes, increased engagement, and a more favorable living experience. This proactive approach helps facilities align their services with resident expectations and can improve retention and reputation within the community. In essence, the primary purpose of these surveys is to facilitate continuous improvement in care and services, making option B the correct and most relevant choice regarding the critical benefits of resident satisfaction surveys.

## 8. Fire drills will be conducted how often

- A. Twelve fire exit drills every year, approximately every three months on each shift**
- B. Orientation requirements to be taught: (6)**
- C. A nursing home is required to have a licensed social worker if bed capacity is?**
- D. Overhead paging was eliminated when**

Conducting fire drills twelve times a year, approximately every three months on each shift, aligns with the regulations established to ensure the safety of residents and staff within nursing homes. Regular fire drills are crucial because they help prepare everyone for an emergency situation, ensuring that staff and residents know evacuation routes, understand their roles during a fire, and can respond quickly and effectively. This frequency allows for practice across different times of day, accommodating the various staffing schedules and ensuring that all shifts experience the drill. It continually reinforces the importance of fire safety and helps to identify potential weaknesses in the emergency preparedness plan. The other options relate to various aspects of operations and compliance but do not address the specific guidelines related to fire drills and safety preparedness. They do not pertain to the requirement for regular practice of fire safety protocols, which is the primary focus of the question.

## 9. What is the air temperature range to be maintained between?

- A. 62 degrees-72 degrees**
- B. 71 degrees-81 degrees**
- C. 80 degrees-90 degrees**
- D. 90 degrees-100 degrees**

The correct answer is B, which states the air temperature range to be maintained between 71 degrees and 81 degrees. This range is ideal for ensuring the comfort of the residents in a nursing home facility while also promoting their health and well-being. Maintaining the air temperature within this range helps to prevent issues such as overheating or feeling too cold, which can impact the residents' comfort and overall health negatively. Options A, C, and D are incorrect because they are either too low or too high for maintaining a comfortable and safe environment for nursing home residents. Option A's range is a bit too low, while options C and D provide ranges that are overly warm and could potentially lead to discomfort and health concerns for the elderly residents.

**10. Why is it essential for nursing home staff to receive training on intervention strategies?**

- A. To enhance their verbal communication skills**
- B. To develop leadership qualities among residents**
- C. To equip them with tools to address mental health issues effectively**
- D. To prepare them for financial reporting**

Training nursing home staff on intervention strategies is essential primarily to equip them with tools to address mental health issues effectively. In a nursing home environment, residents may face various mental health challenges, including depression, anxiety, and cognitive decline. Understanding intervention strategies allows staff to recognize signs of distress and implement appropriate responses, thereby promoting residents' overall well-being. This training can include techniques for de-escalating conflicts, effective communication methods tailored to individuals with cognitive impairments, and approaches to engage residents who may be withdrawn or unresponsive. By being well-prepared in mental health interventions, staff can provide better care and create a supportive environment that enhances the quality of life for residents. This focus on mental health is crucial, as many residents may have past experiences or underlying conditions that impact their psychological state. While enhancing verbal communication skills and developing leadership qualities are beneficial aspects of staff training, they are not the primary focus when it comes to addressing mental health needs. Similarly, financial reporting, while important for the overall operation of a nursing home, is unrelated to the need for intervention strategies regarding resident care. Hence, the emphasis on mental health intervention strategies stands out as the most relevant and vital area of training for nursing home staff.

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# 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!**

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