

# OKSLA Residential Care / Assisted Living (RC/AL) 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

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- 1. How often must medication be reviewed by a registered nurse or pharmacist in assisted living?**
  - A. Weekly**
  - B. Monthly**
  - C. Quarterly**
  - D. Annually**
  
- 2. What is the required staffing ratio for CPR and First Aid certification in a residential care facility?**
  - A. 1 staff member per 5 residents**
  - B. 1 staff member at all times in the building**
  - C. 1 staff member per shift**
  - D. All staff must be certified**
  
- 3. How much written notice is required before an involuntary termination due to inappropriate placement?**
  - A. Ten days**
  - B. Twenty days**
  - C. Thirty days**
  - D. Sixty days**
  
- 4. What types of representatives are to be included in the quality assurance committee?**
  - A. Healthcare providers only**
  - B. Family members of residents**
  - C. Registered nurse or physician, administrator, direct care staff, and pharmacist consultant**
  - D. Social workers and administrative assistants**
  
- 5. In the event of an eviction appeal, how many business days are allowed for a hearing in assisted living?**
  - A. 3 business days**
  - B. 5 business days**
  - C. 10 business days**
  - D. 15 business days**

- 6. Within what time frame should medication be prepared or administered?**
- A. Fifteen (15) minutes**
  - B. Thirty (30) minutes**
  - C. One (1) hour**
  - D. Two (2) hours**
- 7. What length of time is specified for the retention of incident reports?**
- A. One year**
  - B. Two years**
  - C. Three years**
  - D. Four years**
- 8. How long does a resident have to appeal an eviction in residential care?**
- A. 3 days**
  - B. 5 days**
  - C. 7 days**
  - D. 10 days**
- 9. Which statement about assisted living is accurate?**
- A. 24-hour awake staff is required**
  - B. Health-related services are not necessary**
  - C. It is purely recreational**
  - D. It is not state-regulated**
- 10. What does MRSA stand for?**
- A. Methicillin-resistant Staphylococcus aureus**
  - B. Multi-resistant Staphylococcus aureus**
  - C. Minor resistant Staphylococcus aureus**
  - D. Metabolic resistant Staphylococcus aureus**

## Answers

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

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## **Explanations**

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**1. How often must medication be reviewed by a registered nurse or pharmacist in assisted living?**

- A. Weekly
- B. Monthly**
- C. Quarterly
- D. Annually

In assisted living settings, medication reviews are critical for ensuring the safety and well-being of residents. A registered nurse or pharmacist must conduct these reviews at least monthly to monitor medication efficacy, check for potential drug interactions, assess side effects, and confirm that residents continue to require prescribed medications. Regular reviews help identify any necessary adjustments to dosages or changes in medication regimens, thereby promoting optimal care and minimizing the risks associated with polypharmacy, which is common in assisted living facilities. This frequency of review is aligned with best practices in medication management to ensure ongoing appropriateness for each individual's health needs.

**2. What is the required staffing ratio for CPR and First Aid certification in a residential care facility?**

- A. 1 staff member per 5 residents
- B. 1 staff member at all times in the building**
- C. 1 staff member per shift
- D. All staff must be certified

The requirement for having at least one staff member present in the building at all times who is certified in CPR and First Aid underscores the importance of immediate access to emergency care in residential care facilities. This is crucial in ensuring the safety and well-being of residents, especially those who may be vulnerable or have health conditions that could lead to emergencies. In situations where rapid response is necessary, having a certified individual available can significantly improve outcomes for residents. It reflects the commitment of the facility to maintain a safe environment and ensure that trained personnel can respond promptly to any emergencies, whether they be medical, injury-related, or other crises. While other options might suggest specific ratios or certification requirements for every staff member, the key focus of this requirement emphasizes the critical need for immediate access to trained personnel rather than spreading the requirement thinly across multiple staff or shifts.

**3. How much written notice is required before an involuntary termination due to inappropriate placement?**

- A. Ten days**
- B. Twenty days**
- C. Thirty days**
- D. Sixty days**

In the context of residential care and assisted living, a requirement for written notice prior to an involuntary termination, particularly due to inappropriate placement, serves to protect the rights of residents. The correct choice of thirty days aligns with best practices in ensuring that residents have adequate time to prepare for the change, seek alternative accommodations, and make necessary arrangements. Providing thirty days of written notice also promotes transparency and gives residents the opportunity to voice any concerns or disputes about their placement status. This extended notice period is crucial in fostering a supportive environment while balancing the needs of the facility to manage their residents effectively. Thus, understanding the rationale behind this thirty-day notice is vital in recognizing the significance of respect and due process within the assisted living framework.

**4. What types of representatives are to be included in the quality assurance committee?**

- A. Healthcare providers only**
- B. Family members of residents**
- C. Registered nurse or physician, administrator, direct care staff, and pharmacist consultant**
- D. Social workers and administrative assistants**

Including a registered nurse or physician, administrator, direct care staff, and pharmacist consultant in the quality assurance committee is crucial because these individuals bring a diverse range of expertise and perspectives essential for comprehensive quality assessment and improvement in a residential care or assisted living setting. The registered nurse or physician can provide medical oversight and clinical insight into resident care and health-related issues. Administrators can address operational aspects and ensure compliance with regulations and standards. Direct care staff, who interact daily with residents, offer valuable insights about the quality of care and resident experiences. Additionally, a pharmacist consultant plays a vital role in medication management, ensuring that residents' pharmaceutical care is safe and effective. This multidisciplinary approach enables the committee to effectively identify areas for improvement, develop effective quality measurement strategies, and implement comprehensive care plans that enhance the overall wellness and satisfaction of residents.

**5. In the event of an eviction appeal, how many business days are allowed for a hearing in assisted living?**

- A. 3 business days**
- B. 5 business days**
- C. 10 business days**
- D. 15 business days**

In assisted living settings, when an eviction appeal is initiated, the law stipulates that a hearing must occur within a specified timeframe to ensure that residents' rights are safeguarded and they have a timely opportunity to contest the eviction. The correct answer indicates that there are 10 business days allowed for such a hearing. This timeframe is designed to balance the need for swift action in eviction processes with the residents' rights to due process, giving them adequate time to prepare for the hearing. It also helps maintain a level of stability in assisted living environments, as timely hearings can prevent unnecessary disruption in residents' lives. Understanding the legal framework around eviction appeals is essential for those working in assisted living facilities, as it guides their practices and ensures compliance with regulatory requirements aimed at protecting vulnerable populations.

**6. Within what time frame should medication be prepared or administered?**

- A. Fifteen (15) minutes**
- B. Thirty (30) minutes**
- C. One (1) hour**
- D. Two (2) hours**

The correct answer is based on standard practices surrounding medication administration in residential care and assisted living environments, which often adhere to the guidelines established by state regulations and best practices for safety and efficacy. Preparing or administering medication within one hour is crucial because it aligns with the concept of a medication administration window. This timeframe allows staff to ensure that medications are given promptly and effectively, which is essential for maintaining the therapeutic effects and minimizing risks of adverse reactions. Adhering to this hour timeframe also helps in managing the residents' overall health, as medications need to be administered consistently to maintain the intended health benefits. While fifteen minutes or thirty minutes may seem reasonable, these options do not account for the necessary checks that caregivers must perform to verify medication accuracy, resident identity, and potential allergies or interactions. A two-hour timeframe, on the other hand, could lead to lapses in medication schedules, potentially undermining the treatment plans established for residents. Hence, the one-hour window is the optimal choice for ensuring both safety and effective care for residents in assisted living settings.

**7. What length of time is specified for the retention of incident reports?**

- A. One year
- B. Two years**
- C. Three years
- D. Four years

The requirement to retain incident reports for two years is based on regulatory guidelines designed to ensure that records of critical events are accessible for review and analysis. This retention period allows facilities to monitor patterns or trends in incidents, which is crucial for improving safety and care quality in residential care and assisted living environments. Keeping these reports for two years helps staff conduct thorough investigations and supports any necessary regulatory compliance audits. Additionally, this timeframe aligns with the typical time frames that allow for thorough review while also considering the administrative burden of maintaining extensive records beyond that need. This aids in balancing operational efficiency with accountability and transparency in the provision of care.

**8. How long does a resident have to appeal an eviction in residential care?**

- A. 3 days
- B. 5 days**
- C. 7 days
- D. 10 days

In residential care settings, residents have a specific time frame within which they can appeal an eviction. The correct duration for appealing an eviction is 5 days. This timeframe is established to ensure that residents have a reasonable opportunity to contest the eviction process and present their case, promoting a fair and just procedure. The 5-day period allows for prompt action while also recognizing the urgency often associated with such situations, as residents may need to address their living arrangements quickly. Understanding this timeline is crucial for both residents and operators of residential care facilities to ensure compliance with relevant regulations and practices, as well as to uphold residents' rights. It emphasizes the importance of providing adequate notice and the ability for residents to respond and engage with the eviction process effectively.

**9. Which statement about assisted living is accurate?**

- A. 24-hour awake staff is required**
- B. Health-related services are not necessary**
- C. It is purely recreational**
- D. It is not state-regulated**

The requirement for 24-hour awake staff in assisted living facilities is accurate as it reflects the fundamental commitment to resident safety and support. In assisted living settings, residents often require varying degrees of assistance with daily activities and may have health conditions that necessitate monitoring or intervention at any time of the day or night. Having staff available around the clock ensures that residents can receive help when needed, providing a sense of security and immediate response to emergencies. Assisted living facilities are designed to support individuals who may not require the intensive medical care offered in nursing homes but still need assistance with daily living tasks. This includes personal care, medication management, and emergency assistance, thus making 24-hour staff presence an essential requirement in many states.

**10. What does MRSA stand for?**

- A. Methicillin-resistant Staphylococcus aureus**
- B. Multi-resistant Staphylococcus aureus**
- C. Minor resistant Staphylococcus aureus**
- D. Metabolic resistant Staphylococcus aureus**

MRSA stands for Methicillin-Resistant Staphylococcus Aureus. This term describes a specific strain of the Staphylococcus aureus bacteria that has developed resistance to methicillin and other common antibiotics. Methicillin is a type of penicillin antibiotic, and the emergence of MRSA is significant in the healthcare context because it makes infections caused by this bacterium more difficult to treat. Understanding MRSA is crucial in residential care and assisted living settings, where the risk of infections can be higher due to close living quarters and the vulnerability of the population. Recognizing the correct designation of this bacterium underscores the importance of infection control measures, monitoring, and treatment strategies to ensure the safety and wellbeing of residents.

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

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

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