

PENNSYLVANIA NURSING HOME ADMINISTRATORS (NHA) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. What is required to ensure that grab bars can support resident safety?**
 - A. They must be properly installed
 - B. They must sustain at least 200 pounds
 - C. They must be painted a bright color
 - D. They must be installed at shoulder height
- 2. What type of flooring is required for areas traveled by residents?**
 - A. Carpet
 - B. Non-slip
 - C. Hardwood
 - D. Non-skid
- 3. Oral orders for Schedule II drugs are permitted only in what situation?**
 - A. Scheduled appointments
 - B. A bonafide emergency
 - C. Follow-up consultations
 - D. Routine care
- 4. According to the proper NFPA standards, what is the minimum lighting level for toilets and bathing facilities?**
 - A. 20 lumens
 - B. 20 foot candles
 - C. 30 lumens
 - D. 30 foot candles
- 5. In facilities provided with dining services, where are animals not permitted?**
 - A. Rooms and hallways
 - B. Kitchens, food service areas, and dining rooms
 - C. Bathrooms and utility areas
 - D. Resident offices and lounges

- 6. What is the maximum distance a nurse's station can be from the furthest resident room it serves?**
- A. 160 feet
 - B. 140 feet
 - C. 120 feet
 - D. 100 feet
- 7. How much extra food supply should a facility maintain in storage?**
- A. 1 extra day of food
 - B. 3 extra days of food
 - C. 5 extra days of food
 - D. 7 extra days of food
- 8. What construction feature must be part of a door for resident safety when accessing external rooms?**
- A. Manual opening only
 - B. Should swing outward
 - C. Power-operation required
 - D. Automatic locking mechanism
- 9. What is the minimum requirement for the removal of physician-ordered restraints during waking hours?**
- A. 5 minutes, 1 hour
 - B. 10 minutes, 2 hours
 - C. 15 minutes, 3 hours
 - D. 20 minutes, 4 hours
- 10. What is the purpose of a signed, dated written physician order in the context of restraints?**
- A. For documentation of resident consent
 - B. To ensure compliance with medication guidelines
 - C. To authorize the use of restraints
 - D. For facility record-keeping

Answers

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

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Explanations

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1. What is required to ensure that grab bars can support resident safety?

- A. They must be properly installed
- B. They must sustain at least 200 pounds
- C. They must be painted a bright color
- D. They must be installed at shoulder height

To ensure that grab bars can effectively support resident safety, proper installation is critical. If grab bars are not installed correctly, they may fail to provide the necessary support when residents use them to pull themselves up or maintain balance. Proper installation involves securing the grab bars to wall studs or using suitable anchors that can bear significant weight, thus preventing accidents that could occur if the bars were to pull out from the wall during use. While it is essential for grab bars to sustain a certain amount of weight, the requirement for installation takes precedence because poor installation can compromise even the strongest grab bars. Similarly, factors like color and height are related to visibility and usability rather than core structural support. Proper installation addresses these concerns by ensuring that the grab bars function effectively in emergency situations, which is vital for resident safety in a nursing home environment.

2. What type of flooring is required for areas traveled by residents?

- A. Carpet
- B. Non-slip
- C. Hardwood
- D. Non-skid

In a nursing home setting, ensuring the safety and well-being of residents is a top priority. Non-skid flooring is specifically designed to reduce the risk of slipping, which is crucial in environments where many residents may have mobility issues or are at higher risk for falls. This type of flooring typically features a textured surface that increases traction, significantly enhancing safety for individuals who may be unsteady on their feet. Non-skid flooring can be beneficial in common areas, hallways, and other spaces that residents frequently traverse, minimizing the likelihood of accidents. While other types of flooring like hardwood or carpet may have aesthetic appeal, they do not necessarily provide the same level of traction or safety as non-skid options. Non-slip flooring, which may seem similar, might not always meet the specific safety standards needed in environments where vulnerable populations reside, making non-skid the preferred choice. In summary, non-skid flooring is paramount in nursing homes to help prevent falls, thus protecting the health and safety of residents as they navigate their living environment.

3. Oral orders for Schedule II drugs are permitted only in what situation?

- A. Scheduled appointments
- B. A bonafide emergency
- C. Follow-up consultations
- D. Routine care

Oral orders for Schedule II drugs are permitted only in a bonafide emergency situation due to strict regulatory controls aimed at preventing misuse and abuse of these potent substances. In emergencies, it may be critical for a healthcare provider to administer necessary medications promptly, and allowing oral orders in these scenarios enables timely intervention when a patient's health is at risk. The rationale behind the limitation is to ensure that the need for rapid response outweighs the typical requirements for written orders, which involve more stringent verification. In non-emergency scenarios such as scheduled appointments, follow-up consultations, or routine care, proper protocols and documentation must be followed to maintain accountability, safety, and compliance with regulatory standards. Allowing oral orders outside of emergencies could lead to mismanagement and increased risk of potential harm, thereby emphasizing the importance of adhering to established guidelines.

4. According to the proper NFPA standards, what is the minimum lighting level for toilets and bathing facilities?

- A. 20 lumens
- B. 20 foot candles**
- C. 30 lumens
- D. 30 foot candles

The minimum lighting level for toilets and bathing facilities, as outlined by NFPA (National Fire Protection Association) standards, is set at 20 foot candles. Foot candles are a unit of measurement that indicates the amount of light that falls on a surface. This measurement helps ensure that areas like restrooms and bathing facilities are sufficiently illuminated for safety and functionality, allowing individuals to navigate these spaces without accidents. Maintaining adequate lighting levels in these areas is crucial for preventing slips, trips, and falls, which are common hazards. The standard ensures that the lighting is bright enough to illuminate all necessary tasks, such as personal hygiene and general activities. While lumens measure the total amount of visible light emitted by a source, the required standard for bathing and toilet facilities is specifically expressed in foot candles for practical safety reasons. Thus, the focus on foot candles reflects the importance of light intensity at the surface level where these activities occur.

5. In facilities provided with dining services, where are animals not permitted?

- A. Rooms and hallways
- B. Kitchens, food service areas, and dining rooms**
- C. Bathrooms and utility areas
- D. Resident offices and lounges

Animals are not permitted in kitchens, food service areas, and dining rooms due to strict health and safety regulations. These areas are critical for maintaining hygiene standards. The presence of animals can introduce health risks, such as contamination of food and surfaces, which is particularly concerning in environments like nursing homes where residents may have compromised immune systems. In addition, regulations and guidelines from health departments and food safety organizations emphasize the importance of keeping food preparation and serving areas free from animals to prevent any outbreaks of foodborne illnesses. Ensuring that kitchens and dining rooms are clean and safe is vital to protecting the health of residents and staff, thus making this the correct choice regarding where animals are prohibited in facilities with dining services.

6. What is the maximum distance a nurse's station can be from the furthest resident room it serves?

- A. 160 feet
- B. 140 feet
- C. 120 feet**
- D. 100 feet

The correct answer of 120 feet reflects the guidelines set forth for nursing home design, which emphasize the importance of staff accessibility and efficient response times in facilities serving residents. In a nursing home setting, having the nurse's station located within 120 feet of the furthest resident room allows for timely care and support, which is crucial for the health and safety of residents, especially in emergencies. This distance helps ensure that staff can easily monitor and respond to the needs of residents without significant delay. Maintaining this distance standard is not only about convenience but also aligns with best practices in nursing home design, aimed at promoting efficiency in caregiving and enhancing the overall quality of life for residents. Closer proximity allows for better interaction and communication between residents and staff, ultimately contributing to a more responsive and caring environment.

7. How much extra food supply should a facility maintain in storage?

- A. 1 extra day of food
- B. 3 extra days of food**
- C. 5 extra days of food
- D. 7 extra days of food

Maintaining an extra supply of food is crucial for nursing facilities to ensure they can adequately meet the dietary needs of residents, especially during emergencies or disruptions in supply chains. Keeping three extra days of food in storage provides a reasonable balance between preparedness and waste prevention. During this timeframe, a facility can effectively respond to short-term emergencies, such as delivery delays or unexpected increase in resident numbers, without the risk of food spoilage associated with longer storage periods. This practice aligns with recommendations from health and safety regulations, which emphasize the importance of being prepared while still considering food safety standards.

8. What construction feature must be part of a door for resident safety when accessing external rooms?

- A. Manual opening only
- B. Should swing outward**
- C. Power-operation required
- D. Automatic locking mechanism

The requirement for a door to swing outward is grounded in resident safety and accessibility considerations. When a door swings outward, it helps ensure that in emergency situations, such as a fire or evacuation, it can be more easily opened from the inside. This design minimizes obstruction within the room and creates a clear exit pathway. Moreover, an outward-swinging door can help prevent residents from becoming trapped in case of an emergency since it allows for easier egress when seconds count. The design helps in situations where assistance might be needed, as caregivers can pull the door open without needing to navigate around any obstacles that might be present inside the room. While other features like manual openings or power operations might contribute to accessibility features in different contexts, they do not directly address the critical aspects of safety and quick egress during emergencies. Similarly, mechanisms like automatic locks could complicate exit procedures unnecessarily. Thus, having a door that swings outward is essential for ensuring that residents have safe and unobstructed access to external rooms when necessary.

9. What is the minimum requirement for the removal of physician-ordered restraints during waking hours?

- A. 5 minutes, 1 hour
- B. 10 minutes, 2 hours**
- C. 15 minutes, 3 hours
- D. 20 minutes, 4 hours

The minimum requirement for the removal of physician-ordered restraints during waking hours is established to balance resident safety with their rights and dignity. According to regulations, restraints should be released at least every two hours to provide the resident with an opportunity for movement, comfort, and to prevent physical or psychological harm. In this context, the specific time frame outlined in the correct answer allows for adequate monitoring while ensuring residents have the chance to engage in activities that support their well-being. Regularly scheduled release from restraints encourages mobility, enhances comfort, and acknowledges the autonomy of residents, which is a fundamental aspect of providing quality care in nursing homes. Other options might suggest time intervals that do not meet the minimum safety and care standards required for protecting residents' rights and health, potentially leading to neglect of their physical and emotional needs.

10. What is the purpose of a signed, dated written physician order in the context of restraints?

- A. For documentation of resident consent
- B. To ensure compliance with medication guidelines
- C. To authorize the use of restraints**
- D. For facility record-keeping

The purpose of a signed, dated written physician order in the context of restraints is to authorize the use of restraints. In nursing home settings, regulations and standards require that restraints, which can potentially limit a resident's freedom, must only be used when absolutely necessary and under strict criteria. A physician's order acts as a formal approval, ensuring that the decision to use restraints is based on a medical assessment and is in the best interest of the resident's safety and well-being. This process also provides a safeguard against inappropriate use and ensures that ethical and legal standards are adhered to in the care of residents. Proper authorization helps protect both the residents and the facility, as it must comply with in-depth guidelines that govern their use.

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://pennsylvanianha.examzify.com>

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

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