

# SkillsUSA Nursing Assistant Competition 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. Which term describes a professional's negligent act that causes harm?**
  - A. Malpractice**
  - B. Neglect**
  - C. Negligence**
  - D. Elder Abuse**
  
- 2. A CNA's documentation should include ...**
  - A. Speculation about the resident's future health.**
  - B. Objective observations about care provided and changes observed.**
  - C. Medical diagnoses.**
  - D. Personal opinions about prognosis.**
  
- 3. Which term describes the structure through which resident concerns are escalated within the organization?**
  - A. Chain of Command**
  - B. Facility Culture**
  - C. Mindfulness**
  - D. OBRA**
  
- 4. Which term refers to harmful acts against older adults?**
  - A. Elder Abuse**
  - B. Neglect**
  - C. Mistreatment**
  - D. Reporting Abuse**
  
- 5. Intermediate care for patients recovering from acute conditions is which term?**
  - A. Subacute Care**
  - B. Residential Care Facility**
  - C. Long-term Care Services**
  - D. Secondary Care**

- 6. Which term is a document that guides ethical nursing practices?**
- A. Code of Ethics**
  - B. Nursing Assistant Ethics**
  - C. Standards of Conduct**
  - D. Reporting Abuse**
- 7. Which term describes false written statements that damage a person's reputation?**
- A. Slander**
  - B. Libel**
  - C. Defamation**
  - D. Gossip**
- 8. Which term describes the out-of-pocket amount before insurance coverage starts?**
- A. Deductible**
  - B. Chronic Care**
  - C. Medicare**
  - D. Healthcare Culture**
- 9. Which term serves as the overarching ethical guidance for nursing that is formalized?**
- A. Healthcare Laws**
  - B. Code of Ethics**
  - C. Mistreatment**
  - D. Elder Abuse**
- 10. Which term describes public insurance for individuals over 65 years?**
- A. Medicare Eligibility**
  - B. OBRA**
  - C. ADLs**
  - D. Positive Regard**

## Answers

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

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## **Explanations**

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**1. Which term describes a professional's negligent act that causes harm?**

- A. Malpractice**
- B. Neglect**
- C. Negligence**
- D. Elder Abuse**

Malpractice describes the professional's failure to meet the required standard of care, resulting in harm to a patient. It signals legal accountability for care provided by a licensed professional. Neglect and negligence are related ideas but are broader or non-professional in scope—the former often means omission of care, and the latter is a general failure to exercise reasonable care. Elder abuse refers to harming an elder, which is a different concept altogether. Thus, the term that best captures a professional's negligent act causing harm is malpractice.

**2. A CNA's documentation should include ...**

- A. Speculation about the resident's future health.**
- B. Objective observations about care provided and changes observed.**
- C. Medical diagnoses.**
- D. Personal opinions about prognosis.**

The main idea is to keep CNA documentation objective, factual, and focused on care given and what is observed. A CNA should record what was done for the resident and any changes in their condition or responses to care. This type of note supports clear communication among the care team, continuity of care, and a reliable record for accountability and legal purposes. It's important to avoid including speculation about future health, medical diagnoses, or personal opinions about prognosis, since those are responsibilities of licensed professionals. For example, you might document: the care provided (assisted with bathing and dressing) and the resident's responses (tendered cooperated; skin intact; tolerated procedure without distress; any changes noted in appetite or condition).

**3. Which term describes the structure through which resident concerns are escalated within the organization?**

- A. Chain of Command**
- B. Facility Culture**
- C. Mindfulness**
- D. OBRA**

The idea being tested is how concerns from residents move through an organization. The formal path for reporting and escalating issues is the chain of command. This structure outlines who to tell first, who follows up, and who has the authority to take action, ensuring that problems are addressed promptly, by the right person, and with proper documentation. It provides clear accountability and levels of review so resident concerns don't get stuck or ignored. Other terms aren't about that formal reporting path. Facility culture describes the shared values and norms within the facility, which influence how people behave but not the official escalation steps. Mindfulness is about being present and aware, a personal practice rather than an organizational reporting line. OBRA refers to federal regulations for elder care standards, rights, and quality of care, not the specific process for escalating resident concerns.

**4. Which term refers to harmful acts against older adults?**

- A. Elder Abuse**
- B. Neglect**
- C. Mistreatment**
- D. Reporting Abuse**

Harmful acts toward older adults are described with a specific, widely used term that covers multiple forms of wrongdoing, from physical harm to neglect and financial exploitation. This term signals that an older person is being hurt or risked of harm and that the behavior comes from someone in a caregiving or familiar role or someone else in the community. Using this umbrella term helps professionals recognize and respond to all types of abuse consistently, and it aligns with reporting requirements in many health and social care settings. Some other terms refer to parts of the problem rather than the whole issue. Neglect, for example, describes failing to meet basic needs and is only one form of abuse. Mistreatment is a broader, less precise label that can include various abusive acts but isn't the standardized term used to categorize all harm to older adults. Reporting abuse describes the action of notifying authorities or supervisors about suspected harm, not the harm itself. So, the best term for harmful acts against older adults is elder abuse.

**5. Intermediate care for patients recovering from acute conditions is which term?**

- A. Subacute Care**
- B. Residential Care Facility**
- C. Long-term Care Services**
- D. Secondary Care**

Subacute care describes the level of care between hospital acute care and long-term support. It provides skilled nursing, rehabilitation, and medical management for patients who are medically stable but still need focused therapy to recover from an acute illness or surgery. The goal is to continue healing and functional improvement so the patient can safely return home or move to a less intensive setting, rather than staying in full acute or becoming dependent on long-term custodial care. Residential care facilities are aimed at long-term living support rather than post-acute recovery. Long-term care services cover ongoing assistance and chronic needs, not the intermediate rehabilitation phase. Secondary care refers to specialized medical care provided after referral, not the post-acute rehabilitation stage.

**6. Which term is a document that guides ethical nursing practices?**

- A. Code of Ethics**
- B. Nursing Assistant Ethics**
- C. Standards of Conduct**
- D. Reporting Abuse**

A formal Code of Ethics is the document that guides ethical nursing practices. It lays out the values and obligations of nurses and provides a framework for decision-making when care situations involve moral questions. It helps you act with respect for patient autonomy and dignity, protect privacy, obtain informed consent, advocate for patients, and collaborate with the care team, especially in tricky or conflict-laden scenarios. Other phrases like standards of conduct describe expected behavior within a setting, and reporting abuse is a required action, not a guiding ethical framework. Nursing Assistant Ethics isn't a formal, widely recognized ethical document, so it doesn't serve the same role.

**7. Which term describes false written statements that damage a person's reputation?**

- A. Slander**
- B. Libel**
- C. Defamation**
- D. Gossip**

Written statements that harm someone's reputation are called libel. Libel is a form of defamation—the umbrella term for false statements that injure a person's good name. The spoken counterpart is slander, which is defamation that occurs verbally. Defamation covers both written and spoken forms, but since the statements are written, the precise term is libel. Gossip isn't a formal legal term for harming reputations; it's casual chatter that may repeat unverified information and isn't the same as libel.

**8. Which term describes the out-of-pocket amount before insurance coverage starts?**

- A. Deductible**
- B. Chronic Care**
- C. Medicare**
- D. Healthcare Culture**

The amount you pay before your insurance begins to pay is called the deductible. In most health plans, you must cover the full cost of covered services until you reach that annual deductible amount. After meeting the deductible, the plan typically shares costs through coinsurance or copays, moving toward the out-of-pocket maximum. This setup is a way to share financial risk between you and the insurer; premiums still apply whether or not you meet the deductible. To put it in context, if your deductible is \$1,500, you would pay out-of-pocket for covered services until you've spent \$1,500. Once that threshold is reached, the insurer starts paying according to the plan's rules. Some services may have copays that apply even before the deductible is met, depending on the plan design. Chronic Care refers to ongoing management of chronic illnesses; Medicare is a government insurance program for seniors and certain disabled people; Healthcare Culture is a broad term about attitudes and practices in health care.

**9. Which term serves as the overarching ethical guidance for nursing that is formalized?**

- A. Healthcare Laws**
- B. Code of Ethics**
- C. Mistreatment**
- D. Elder Abuse**

The main idea here is recognizing the formal guide that shapes how nurses act ethically across all practice. A Code of Ethics is a formal document that lays out the core principles and standards for professional conduct in nursing. It describes duties to patients like respecting their autonomy, protecting confidentiality, advocating for those who can't advocate for themselves, and acting with honesty and integrity. This framework gives nurses a consistent reference for ethical decision-making in any situation, helping to preserve trust in the nurse-patient relationship and in the profession as a whole. Healthcare laws govern legal rights and obligations and set consequences for violations, but they aren't the same as the ethical guide that defines professional behavior. Mistreatment and elder abuse describe harmful actions or situations, not the overall ethical framework nurses use to guide their decisions. By aligning actions with the Code of Ethics, nurses apply the profession's values in everyday care and when facing ethical dilemmas, ensuring care that is respectful, fair, and patient-centered.

**10. Which term describes public insurance for individuals over 65 years?**

- A. Medicare Eligibility**
- B. OBRA**
- C. ADLs**
- D. Positive Regard**

The main idea here is who has access to public health insurance for older adults. Public insurance for people 65 and older is Medicare. Among the options, the one that best fits describing that public insurance is Medicare Eligibility, because it points to the eligibility criteria for receiving Medicare. The other terms refer to different concepts: OBRA is a long-term care law, ADLs are activities of daily living, and Positive Regard relates to a respectful, empathetic approach in care. So Medicare Eligibility is the most relevant term for describing public insurance for seniors in these choices.

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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://skillsusanursingassistcomp.examzify.com>**

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

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