

SKILLSUSA NURSING ASSISTANT COMPETITION PRACTICE TEST (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. Which term describes unintentional failure to act, causing harm?**
 - A. Neglect
 - B. Malpractice
 - C. Negligence
 - D. Elder Abuse

- 2. Which term refers to the law standardizing nursing assistant training requirements?**
 - A. OBRA
 - B. ADLs
 - C. Positive Regard
 - D. Mindfulness

- 3. Which term is the federal program for elderly healthcare coverage?**
 - A. Medicare
 - B. Medicaid
 - C. Chronic Care
 - D. Healthcare Culture

- 4. Freedom from coercion ensures which right?**
 - A. Right to be forced into care
 - B. Right to make independent choices
 - C. Right to choose only in-network providers
 - D. Right to free care

- 5. What is the primary goal of infection control in long-term care?**
 - A. To prevent the spread of infections and keep residents safe.
 - B. To eliminate all microorganisms.
 - C. To isolate all residents permanently.
 - D. To maximize hospital admissions.

- 6. When documenting intake and output, which measurements should you track?**
- A. Fluids consumed and excreted (urine, stool, vomitus), including meals and beverages
 - B. Only fluids excreted
 - C. Only meals
 - D. Only urine
- 7. Which statement best describes standard precautions?**
- A. They require PPE for all procedures regardless of exposure risk.
 - B. They emphasize hand hygiene and use of PPE as required by the situation.
 - C. They apply only to bloodborne pathogens.
 - D. They are not used in long-term care settings.
- 8. Which factor dictates staffing needs based on census and level of care?**
- A. Staffing Factors
 - B. Primary Care
 - C. Professional Communication
 - D. Long-term Care Services
- 9. 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
- 10. How do you clean a resident's dentures?**
- A. Soak dentures in hot water overnight
 - B. Brush dentures with a regular toothbrush only
 - C. Dry dentures and store in a dry container
 - D. Rinse, brush gently with a denture brush, rinse again, and store in a denture cup with water

Answers

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

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Explanations

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1. Which term describes unintentional failure to act, causing harm?

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

Negligence means failing to act or provide the standard of care that a reasonable person would, and that failure ends up causing harm. In nursing assistant practice, this happens when you omit necessary actions or perform care that falls short of accepted standards, and someone is harmed as a result. For example, not turning a patient who is at risk for pressure injuries, or not reporting a change in condition promptly, can be negligence because the care given did not meet the expected standard and caused injury or deterioration. Neglect can describe inadequate care, but it isn't as precise about the unintentional aspect. Malpractice refers to professional wrongdoing by a licensed clinician and often involves legal action, while elder abuse is harm or mistreatment of an older person and can be intentional or not, but it's broader than the simple unintentional failure to act.

2. Which term refers to the law standardizing nursing assistant training requirements?

- A. OBRA
- B. ADLs
- C. Positive Regard
- D. Mindfulness

The law that standardizes nursing assistant training requirements is OBRA. This federal act sets minimum standards for CNA training and competency evaluation in long-term care facilities, including the required amount of training, the skills and written/oral exams to prove competency, and background checks before working as a certified nursing assistant. It also supports ongoing in-service education and maintains a state registry to ensure consistency across facilities and protect residents, which is why OBRA is the correct reference for training standards. ADLs describe daily tasks residents need help with (like bathing or dressing); they are care activities, not training regulations. Positive Regard and Mindfulness are approaches or attitudes used in patient care, not legal requirements governing CNA training.

3. Which term is the federal program for elderly healthcare coverage?

- A. Medicare
- B. Medicaid
- C. Chronic Care
- D. Healthcare Culture

Medicare is the federal program that provides health insurance for most people 65 and older (and for some younger people with disabilities or certain diseases). It's run by the federal government and applies across the entire country, with parts that cover hospital care (Part A), medical services (Part B), optional private plans (Part C), and prescription drugs (Part D). Medicaid, while related to health coverage, is a joint federal state program that assists people with limited income and resources, not the universal federal coverage for the elderly. The other options aren't insurance programs for elderly health coverage, and "Chronic Care" or "Healthcare Culture" do not refer to a federal elderly healthcare program.

4. Freedom from coercion ensures which right?

- A. Right to be forced into care
- B. Right to make independent choices**
- C. Right to choose only in-network providers
- D. Right to free care

Freedom from coercion in healthcare centers on patient autonomy—the right to make independent decisions about one's own care. This means a patient should be able to choose among options, accept or refuse treatment, and be an active partner in planning their care. When a patient makes informed choices without being forced, that demonstrates being free from coercion. Why this is the best fit: a person's ability to decide what happens to their body and treatment aligns with respecting their preferences, values, and rights. Providers should share information clearly, answer questions, and obtain consent, but the final decision rests with the patient. The other ideas don't fit this principle. Forcing someone into care contradicts freedom from coercion. Choosing providers based on insurance networks relates to access and cost, not the patient's right to independent decision-making. Receiving care that is free of charge concerns financial aspects, not autonomy or the right to decide.

5. What is the primary goal of infection control in long-term care?

- A. To prevent the spread of infections and keep residents safe.**
- B. To eliminate all microorganisms.
- C. To isolate all residents permanently.
- D. To maximize hospital admissions.

The main goal of infection control in long-term care is to prevent the spread of infections and keep residents safe. This means using standard precautions like proper hand hygiene before and after resident contact, appropriate use of gloves and other protective gear, routine cleaning and disinfection of high-touch surfaces, safe injection practices, and keeping airways and environments clean to reduce transmission. Ongoing surveillance helps catch outbreaks early, and isolating or cohorting residents who are contagious is used only to prevent spread, not as a permanent state. Vaccination programs, staff education, and prudent antibiotic use also support lowering risk. Eliminating all microorganisms isn't realistic and not the aim, permanently isolating all residents would harm care and quality of life, and maximizing hospital admissions isn't related to the purpose of infection control.

6. When documenting intake and output, which measurements should you track?

- A. Fluids consumed and excreted (urine, stool, vomitus), including meals and beverages**
- B. Only fluids excreted
- C. Only meals
- D. Only urine

Measuring intake and output is about fluid balance: you track what the patient takes in and what leaves the body. The best approach records fluids consumed—drinks, meals with water content, IV fluids, and tube feeds—and all measurable outputs such as urine, stool, and vomitus. This gives a full picture of hydration and helps detect dehydration, fluid overload, or losses from the GI tract, guiding treatment decisions. Focusing only on what is excreted overlooks intake, while focusing only on meals misses actual fluid losses. Tracking only urine misses other outputs like stool and vomiting. Some charts separate outputs, but the core idea is to capture both sides for a complete fluid balance.

7. Which statement best describes standard precautions?

- A. They require PPE for all procedures regardless of exposure risk.
- B. They emphasize hand hygiene and use of PPE as required by the situation.**
- C. They apply only to bloodborne pathogens.
- D. They are not used in long-term care settings.

Standard precautions are infection-control practices used with all patients to prevent the spread of infections. The foundation is hand hygiene—washing with soap and water or using an alcohol-based sanitizer before and after patient contact, after removing gloves, and after touching potentially contaminated surfaces. PPE is chosen based on the likelihood of exposure to blood, body fluids, mucous membranes, or non intact skin, and is used when such exposure is possible. This means you wear gloves when handling fluids or contaminated items, and add masks, eye protection, or gowns for procedures that could create splashes or involve clothing contamination. These precautions also include safe handling of equipment and proper environmental cleaning, and they apply in every healthcare setting, including long-term care. The best description is that standard precautions emphasize hand hygiene and use of PPE as required by the situation because it captures both the universal need for clean hands and the task specific use of protective gear. It's not about using PPE for every task regardless of risk, because that would be unnecessary and impractical. They're broader than just bloodborne pathogens, since they cover all body fluids and contaminated materials. And they're used in all care settings, including long-term care.

8. Which factor dictates staffing needs based on census and level of care?

- A. Staffing Factors**
- B. Primary Care
- C. Professional Communication
- D. Long-term Care Services

The main idea is that how many staff you need is determined by how many residents or patients are present (the census) and how complex their care needs are (level of care). When more people are in care or when their conditions require more skilled attention, you must adjust staffing accordingly to keep safety and quality intact. This is what staffing factors capture: the number of residents, their acuity, shift coverage, and the appropriate mix of unlicensed and licensed personnel to meet care needs around the clock. That's why this option is the best fit. Primary care focuses on medical management, professional communication improves teamwork, and long-term care services describe the setting—not the determinant of staffing levels.

9. 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.

10. How do you clean a resident's dentures?

- A. Soak dentures in hot water overnight
- B. Brush dentures with a regular toothbrush only
- C. Dry dentures and store in a dry container
- D. Rinse, brush gently with a denture brush, rinse again, and store in a denture cup with water**

Cleaning dentures properly involves a sequence that removes debris and preserves the appliance. Start by rinsing to wash away loose food particles. Then brush gently with a denture brush to clean all surfaces, using light strokes to avoid scratching the acrylic. Rinse again to remove loosened debris and any cleaning residue. Finally store the dentures in a denture cup with water so they stay moist and maintain their shape when not in use. Avoid soaking in hot water, which can warp the denture, and avoid leaving them dry.

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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.

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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