

Texas Nursing Home Administrator Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. What is the maximum distance an outlet can be located from the end of a corridor?**
 - A. 15 feet**
 - B. 25 feet**
 - C. 35 feet**
 - D. 50 feet**
- 2. What is the maximum temperature for food storage in the facility, measured at five feet?**
 - A. 75°F**
 - B. 80°F**
 - C. 85°F**
 - D. 90°F**
- 3. If a resident requires physical therapy that the facility does not provide, what is the facility's obligation?**
 - A. Provide the required services internally**
 - B. Obtain the required services from an outside provider**
 - C. Refer the resident to another facility**
 - D. Delay care until services are available**
- 4. At what temperature must hot water be maintained in the kitchen for sanitizing?**
 - A. 160 degrees Fahrenheit**
 - B. 180 degrees Fahrenheit**
 - C. 200 degrees Fahrenheit**
 - D. 140 degrees Fahrenheit**
- 5. How frequently should a new resident expect visits from their physician in the first 90 days?**
 - A. At least once every 15 days**
 - B. At least once every 30 days**
 - C. At least once every 45 days**
 - D. At least once every 60 days**

6. How are a resident's Activities of Daily Living (ADLs) determined?

- A. By observation of staff**
- B. Based on a comprehensive assessment of the resident**
- C. Through family interviews**
- D. By resident's personal report**

7. How often is a facility required to be inspected by the local fire marshal?

- A. Every 6 months**
- B. Every year**
- C. Every 2 years**
- D. Every 3 years**

8. How long must menus be retained in a healthcare facility?

- A. 14 days**
- B. 30 days**
- C. 60 days**
- D. 90 days**

9. Medication errors must be less than what percentage?

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

10. When must an auxiliary station be established in relation to resident bedrooms?

- A. When they are more than 100 feet from the nurses station**
- B. When they are more than 150 feet from the nurses station**
- C. When they are less than 200 feet from the nurses station**
- D. When they are any distance from the nurses station**

Answers

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

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Explanations

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1. What is the maximum distance an outlet can be located from the end of a corridor?

- A. 15 feet**
- B. 25 feet**
- C. 35 feet**
- D. 50 feet**

The correct answer pertains to established building codes and regulations that specify the maximum distance an electrical outlet can be located from the end of a corridor in order to ensure accessibility and safety. In many jurisdictions, including guidelines applicable in Texas, this distance is typically set at 25 feet. This stipulation is in place to ensure that individuals, including residents and staff, can easily access power without having to traverse long distances which might pose safety risks, especially in an emergency situation. By limiting the distances to 25 feet, it facilitates a more practical setup of electrical outlets, making it easier to plug in necessary equipment and devices. This rule also enhances safety by reducing the likelihood of using extension cords in corridors, which can be tripping hazards or obstructive. Alternate distance specifications tend to exceed practical safety considerations for health care environments. Therefore, understanding the 25-foot guideline is crucial for maintaining compliance with health and safety regulations in nursing facilities.

2. What is the maximum temperature for food storage in the facility, measured at five feet?

- A. 75°F**
- B. 80°F**
- C. 85°F**
- D. 90°F**

The maximum temperature for food storage in a facility is critical for maintaining food safety and preventing bacterial growth. The correct answer indicates a maximum temperature of 85°F for food storage, which aligns with guidelines designed to ensure food is kept at a safe temperature—preventing spoilage and reducing the risk of foodborne illnesses. Food stored at higher temperatures can encourage the proliferation of harmful microorganisms, thus posing a significant health risk. By establishing a limit of 85°F, facilities are adhering to standards that safeguard against these risks while optimizing food quality. Other temperature thresholds may not provide sufficient safety margins, resulting in a higher likelihood of food spoilage and health incidents. Therefore, setting the maximum storage temperature at 85°F is a critical practice for proper food management in nursing homes and similar establishments.

3. If a resident requires physical therapy that the facility does not provide, what is the facility's obligation?

- A. Provide the required services internally**
- B. Obtain the required services from an outside provider**
- C. Refer the resident to another facility**
- D. Delay care until services are available**

In situations where a resident requires physical therapy that is not provided by the facility, the obligation of the nursing home is to obtain the required services from an outside provider. This choice reflects the facility's responsibility to ensure that residents receive the necessary care and services essential for their health and well-being, even if those services must be sourced externally. This principle is grounded in regulations that emphasize the importance of meeting residents' needs, ensuring access to appropriate care, and maintaining standards of quality in long-term care settings. By coordinating with external providers, the facility can ensure that the resident continues to receive the necessary rehabilitation without compromising the quality of care. Alternatives that involve providing services internally or referring the resident to another facility would not necessarily address the immediate needs of the resident. Delaying care until services become available undermines the urgency often associated with therapeutic interventions and could negatively impact the resident's recovery or overall health. Therefore, seeking outside resources is the most appropriate and compliant course of action in this situation.

4. At what temperature must hot water be maintained in the kitchen for sanitizing?

- A. 160 degrees Fahrenheit**
- B. 180 degrees Fahrenheit**
- C. 200 degrees Fahrenheit**
- D. 140 degrees Fahrenheit**

In a kitchen setting, especially within nursing homes and similar facilities, maintaining proper water temperature for sanitizing is crucial for ensuring health and safety standards. The correct temperature for sanitizing hot water typically requires a minimum of 180 degrees Fahrenheit. This high temperature is necessary to effectively kill harmful microorganisms that can cause illness. Hot water at this level ensures that preparation surfaces, utensils, and cooking equipment are adequately sanitized, reducing the risk of cross-contamination and infection. Understanding that various sanitizing methods can be employed, it is critical to note that for hot water sanitization specifically, maintaining water at or above 180 degrees Fahrenheit is a widely recognized standard. Other temperatures listed may not provide the heat necessary for effective microbial kill rates, which is why they do not meet the safe sanitizing requirements.

5. How frequently should a new resident expect visits from their physician in the first 90 days?

- A. At least once every 15 days**
- B. At least once every 30 days**
- C. At least once every 45 days**
- D. At least once every 60 days**

In a nursing home setting, the regulation requires that a physician visits a new resident at least once every 30 days during the first 90 days after admission. This frequent interaction ensures that the resident's medical needs are closely monitored as they adjust to their new living situation, particularly because their healthcare plan may need to be fine-tuned based on their specific conditions and responses to care. The rationale behind the monthly visits includes allowing for regular assessments of the resident's health status, addressing any emergent issues, and making necessary adjustments to their treatment plan. This period is critical for establishing a comprehensive understanding of the resident's health requirements and for developing a consistent relationship between the resident and their physician. Regular visits can significantly impact the overall quality of care provided in nursing homes, helping to enhance the health outcomes for residents.

6. How are a resident's Activities of Daily Living (ADLs) determined?

- A. By observation of staff**
- B. Based on a comprehensive assessment of the resident**
- C. Through family interviews**
- D. By resident's personal report**

The determination of a resident's Activities of Daily Living (ADLs) is primarily based on a comprehensive assessment of the resident. This formal assessment typically involves various methods, including clinical evaluations and standardized tools that measure the individual's ability to perform essential daily activities such as bathing, dressing, toileting, transferring, and eating. A comprehensive assessment takes into account the physical, cognitive, and emotional factors that affect a resident's capabilities. It is conducted by healthcare professionals, ensuring a thorough understanding of the resident's needs and abilities, which is crucial for developing an effective care plan tailored to their specific situation. While observation by staff, family interviews, and the resident's personal report can provide valuable insights, they are generally components of the broader assessment process. These methods may contribute additional context or information but are not standalone determinants of ADLs. The comprehensive assessment offers a structured approach that captures the complete picture of the resident's functional status.

7. How often is a facility required to be inspected by the local fire marshal?

- A. Every 6 months**
- B. Every year**
- C. Every 2 years**
- D. Every 3 years**

A nursing facility is required to be inspected by the local fire marshal every year to ensure compliance with fire safety regulations. These inspections are crucial for maintaining a safe environment for residents, especially in nursing homes where individuals may have mobility issues or other factors that increase their vulnerability in emergencies. Annual inspections help identify potential hazards, assess fire safety systems, and ensure that escape routes and emergency plans are up to date, promoting overall safety standards within the facility. Regular inspections prevent lapses in safety protocols and provide reassurance to residents and their families that their living conditions adhere to required fire safety standards. This rigorous annual inspection schedule reflects the importance of proactive measures in fire safety and emergency preparedness, particularly in settings that house vulnerable populations.

8. How long must menus be retained in a healthcare facility?

- A. 14 days**
- B. 30 days**
- C. 60 days**
- D. 90 days**

Menus must be retained in a healthcare facility for 30 days to ensure compliance with regulations and standards of care. This retention period allows for adequate documentation and review of the meals served, which is essential for maintaining nutritional standards and ensuring that residents' dietary needs are met. Keeping menus for this duration enables facilities to track meal choices and preferences, assess dietary compliance, and provide necessary information for audits or inspections. The 30-day requirement is designed to balance accountability and practicality, allowing facilities to manage documentation without unnecessary burden while also ensuring that they can react to any dietary concerns or changes in residents' health status in a timely manner.

9. Medication errors must be less than what percentage?

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

In the context of nursing home administration, medication errors are a critical concern, and regulations often mandate that these errors must be kept below a certain threshold to ensure patient safety and quality of care. A standard requirement is that medication errors must be less than 5%. This limit is crucial as it reflects best practices in medication management and underscores the importance of accuracy in administering medications to residents. Maintaining medication errors below 5% helps to reduce the likelihood of adverse drug events, which can have severe implications for health outcomes and may lead to increased hospitalization or deterioration in a resident's health status. Moreover, staying within this percentage can assist facilities in meeting compliance requirements set forth by governing bodies, ensuring that they uphold the highest standards of care in their operations.

10. When must an auxiliary station be established in relation to resident bedrooms?

- A. When they are more than 100 feet from the nurses station**
- B. When they are more than 150 feet from the nurses station**
- C. When they are less than 200 feet from the nurses station**
- D. When they are any distance from the nurses station**

An auxiliary station must be established when resident bedrooms are more than 150 feet from the nurses' station to ensure that staff can respond quickly to resident needs. This distance is significant because it helps maintain an effective level of care and safety. The presence of an auxiliary station allows for better supervision and quicker access to medical assistance, thus enhancing residents' overall safety and well-being. By requiring an auxiliary station at this distance, facilities can optimize their operations and ensure that residents are not left without timely access to care, especially in emergencies. The guidelines are designed to promote a nurturing and responsive environment, which is particularly important in a nursing home setting where residents might have various levels of medical needs.

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://texas-nursinghomeadministrator.examzify.com>

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

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