

Texas Nursing Home Administrator Practice Exam (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

- 1. Who is responsible for investigating incidents of a serious nature in a facility?**
 - A. The head nurse**
 - B. The medical director**
 - C. The Administrator**
 - D. The board of directors**
- 2. How long must menus be retained in a healthcare facility?**
 - A. 14 days**
 - B. 30 days**
 - C. 60 days**
 - D. 90 days**
- 3. Can residents work in the facility where they live?**
 - A. No, they cannot**
 - B. Yes, if it is part of their care plan**
 - C. Yes, but only in a volunteer capacity**
 - D. Yes, but they cannot be compensated**
- 4. What constitutes a legal representative's involvement in a resident's care?**
 - A. They must make healthcare decisions for the resident**
 - B. They can request treatment against the resident's wishes**
 - C. They are required to provide daily support to the resident**
 - D. They are always co-signatories on financial transactions**
- 5. 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**

- 6. What is the minimum square footage required for single resident rooms?**
- A. 80 square feet**
 - B. 100 square feet**
 - C. 120 square feet**
 - D. 150 square feet**
- 7. How long does a facility have to be ready to transmit data to CMS after completing a resident's assessment?**
- A. 3 days**
 - B. 5 days**
 - C. 7 days**
 - D. 10 days**
- 8. What is the maximum and minimum kitchen temperature range for a nursing home?**
- A. 60 to 70 degrees**
 - B. 70 to 85 degrees**
 - C. 75 to 90 degrees**
 - D. 65 to 80 degrees**
- 9. What is the main purpose of the early warning system used by DADS?**
- A. To schedule staff training**
 - B. To detect conditions jeopardizing resident safety**
 - C. To improve financial performance of facilities**
 - D. To track resident satisfaction**
- 10. What is the maximum allowable waiting period for a resident's transfer to a different facility?**
- A. 7 days**
 - B. 14 days**
 - C. 30 days**
 - D. 45 days**

Answers

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

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Explanations

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1. Who is responsible for investigating incidents of a serious nature in a facility?

- A. The head nurse**
- B. The medical director**
- C. The Administrator**
- D. The board of directors**

The Administrator bears the ultimate responsibility for overseeing the operations of a nursing facility, which includes investigating incidents of a serious nature. This position is not only focused on ensuring compliance with regulations but is also tasked with maintaining the overall safety, well-being, and quality of care provided to residents. When serious incidents occur, the Administrator must ensure a thorough investigation takes place, which may involve gathering information, interviewing staff and witnesses, and coordinating with other authorities if necessary. While the head nurse, medical director, and board of directors play critical roles in the facility, their responsibilities are generally more specific and may not encompass the full scope of incident management. The head nurse typically focuses on nursing staff and patient care on a day-to-day basis, while the medical director typically oversees medical care and protocols. The board of directors, on the other hand, provides governance and policy direction rather than engaging directly in operational investigations. Therefore, the Administrator is best positioned to manage and lead the investigation process for serious incidents within the facility.

2. 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.

3. Can residents work in the facility where they live?

- A. No, they cannot
- B. Yes, if it is part of their care plan**
- C. Yes, but only in a volunteer capacity
- D. Yes, but they cannot be compensated

Residents can work in the facility where they live if it is included as part of their individualized care plan. This allows for a structured and supportive environment where residents may engage in meaningful activities that promote their well-being and sense of purpose. Involving residents in work activities can enhance their self-esteem and contribute to their socialization, which are important aspects of their overall care and quality of life. Furthermore, the care plan must reflect the resident's capabilities, interests, and any necessary accommodations. It is crucial that such work aligns with the therapeutic goals and is beneficial for the resident's physical and emotional health. This tailored approach ensures that residents are not just participating in work for the sake of it, but are genuinely benefiting from their involvement. This aspect of care underscores the emphasis on person-centered practices within nursing homes, recognizing each resident's unique abilities and preferences. The other options do not account for the individualized nature of resident care and the potential positive impact of work as part of a resident's care plan.

4. What constitutes a legal representative's involvement in a resident's care?

- A. They must make healthcare decisions for the resident**
- B. They can request treatment against the resident's wishes
- C. They are required to provide daily support to the resident
- D. They are always co-signatories on financial transactions

The legal representative's involvement in a resident's care primarily means that they are authorized to make healthcare decisions on behalf of the resident, especially when the resident is unable to do so themselves. This role can include ensuring that the resident's rights and preferences are respected, participating in the planning and execution of care, and being an advocate for the resident's needs and desires in the healthcare setting. In situations where a resident cannot communicate their wishes due to cognitive impairment or other reasons, having a legal representative allows for continuity in care that aligns with the resident's previously expressed wishes or best interests. This is fundamental in ensuring that the resident receives appropriate and respectful medical attention and support. Other options touch on aspects of care and support, but they do not accurately reflect the primary responsibility of a legal representative in the context of decision-making authority. For instance, requesting treatment against the resident's wishes would not align with their role, and while daily support may be beneficial, it is not a legal requirement. Co-signing financial transactions might be relevant in different contexts but does not pertain directly to the healthcare decision-making responsibilities that define a legal representative's involvement in a resident's care.

5. 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.

6. What is the minimum square footage required for single resident rooms?

- A. 80 square feet**
- B. 100 square feet**
- C. 120 square feet**
- D. 150 square feet**

The minimum square footage requirement for single resident rooms in a nursing home is 100 square feet. This standard ensures that each resident has enough personal space for basic needs such as a bed, bedside table, and room to move around comfortably. Adequate space in resident rooms contributes to the overall quality of life for residents, enabling them to feel less confined and allowing for more personalized decorations and furnishings that support their comfort and well-being. Regulatory guidelines often set these standards to promote the safety, privacy, and dignity of residents, and they typically align with considerations of accessibility and the ability to accommodate medical equipment if necessary. In nursing home settings, meeting or exceeding this minimum space requirement is crucial for compliance with state regulations and ultimately reflects the commitment to providing a supportive living environment for individuals who may require specialized care services.

7. How long does a facility have to be ready to transmit data to CMS after completing a resident's assessment?

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

When a facility completes a resident's assessment, it is required to be prepared to transmit that data to the Centers for Medicare & Medicaid Services (CMS) within 7 days. This timeframe is established to ensure timely reporting and data accuracy, which is vital for maintaining compliance with federal regulations and for the proper review of resident care. The specified 7-day window is designed to facilitate an efficient process for updating resident records and ensuring that CMS has the most current information to evaluate the facility's performance and quality of care. Other timeframes, such as 3 days, 5 days, or 10 days, do not align with the regulations set forth by CMS, thus making the 7-day requirement the most appropriate and correct choice.

8. What is the maximum and minimum kitchen temperature range for a nursing home?

- A. 60 to 70 degrees**
- B. 70 to 85 degrees**
- C. 75 to 90 degrees**
- D. 65 to 80 degrees**

The correct answer is that the kitchen temperature range for a nursing home should be between 70 to 85 degrees. This range is important for several reasons. Firstly, maintaining a minimum temperature of 70 degrees helps ensure a comfortable working environment for kitchen staff, which can enhance productivity and reduce the risk of accidents or health issues related to cold exposure. Secondly, a maximum of 85 degrees prevents excessive heat in the kitchen, which could affect food safety and the ability to store food properly. In nursing home settings, food preparation and storage are critical aspects of care, and temperatures outside of this range could compromise food quality and safety, leading to potential health risks for residents. The established range ensures that both food safety standards and employee comfort are met, contributing to the overall well-being of both staff and residents. Other options either fall below or above the recommended guidelines, potentially leading to discomfort for workers or jeopardizing food safety protocols.

9. What is the main purpose of the early warning system used by DADS?

- A. To schedule staff training**
- B. To detect conditions jeopardizing resident safety**
- C. To improve financial performance of facilities**
- D. To track resident satisfaction**

The main purpose of the early warning system utilized by the Department of Aging and Disability Services (DADS) is to detect conditions that jeopardize resident safety. This system is designed to identify potential issues before they escalate into more severe problems, allowing for timely intervention to protect residents. By focusing on safety, the system aims to enhance the quality of care and ensure a secure living environment for individuals in nursing homes. While scheduling staff training, improving financial performance, and tracking resident satisfaction are important aspects of nursing home administration, they are not the primary focus of the early warning system. The system's critical function of identifying risk factors directly relates to the safety and well-being of residents, positioning it as a vital tool in maintaining high standards of care within facilities.

10. What is the maximum allowable waiting period for a resident's transfer to a different facility?

- A. 7 days**
- B. 14 days**
- C. 30 days**
- D. 45 days**

The maximum allowable waiting period for a resident's transfer to a different facility is 30 days. This regulation is in place to ensure that residents' rights are respected while also providing the necessary time for proper arrangements to be made for their transfer. In a nursing home setting, timely and efficient transfers are crucial for continuity of care, ensuring that residents maintain their health and well-being as they move to another facility. A waiting period of 30 days allows families and healthcare professionals to prepare adequately for the move, including coordinating with the receiving facility regarding medical records, medications, and the overall care plan for the resident. This period also helps to address any logistical challenges that may arise during the transition, ensuring that the resident is transferred safely and effectively without unnecessary delays. Other suggested timeframes up to 45 days would not align with the established regulations designed to prioritize timely transfers and resident care. Keeping the transfer process within the 30-day limit helps to maintain standards of care and supports residents' needs during transitions.

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!