

TEXAS NURSING HOME ADMINISTRATOR PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://texas-nursinghomeadministrator.examzify.com>



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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 must residents receive explanations about in addition to their rights?**
 - A. Facility policies on visitors
 - B. Meal schedules
 - C. Rules of conduct
 - D. Emergency procedures
- 2. After reporting abuse by phone, by when must a written report of the investigation be sent?**
 - A. Within 1 working day
 - B. Within 3 working days
 - C. Within 5 working days
 - D. Within 7 working days
- 3. Under what condition can the Director of Nursing serve as a charge nurse?**
 - A. When there are 50 residents or fewer
 - B. When there are 60 residents or fewer
 - C. When there are 70 residents or fewer
 - D. When there are 80 residents or fewer
- 4. What is the maximum allowable temperature for medication rooms?**
 - A. 80 degrees Fahrenheit
 - B. 86 degrees Fahrenheit
 - C. 90 degrees Fahrenheit
 - D. 95 degrees Fahrenheit
- 5. How must linen be treated during its lifecycle, from washing to transport?**
 - A. Stored in an open area.
 - B. Washed in cold water only.
 - C. Handled to ensure it is hygienically clean.
 - D. Washed only when absolutely necessary.
- 6. The term 'Restraints' refers to which of the following?**
 - A. Any form of physical confinement
 - B. Devices used to restrict movement for therapeutic purposes
 - C. Psychotropic medications used to control behavior
 - D. Strategies to enhance independence

- 7. Under what condition will a renewal application be considered timely?**
- A. If submitted online
 - B. If postmarked by the deadline and received by DADS within 15 days
 - C. If received by DADS within 30 days of the deadline
 - D. If any staff member submits the application
- 8. What is one essential service a facility must provide if it has more than 120 beds?**
- A. Full-time physician coverage
 - B. A qualified nurse on call
 - C. Medically-related social services
 - D. Regular psychological evaluations
- 9. For how many years must a medical record be retained by a facility?**
- A. 3 years
 - B. 5 years
 - C. 7 years
 - D. 10 years
- 10. What is the minimum required illumination level in a resident's bedroom?**
- A. 5 foot candles
 - B. 10 foot candles
 - C. 15 foot candles
 - D. 20 foot candles

Answers

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

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Explanations

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1. What must residents receive explanations about in addition to their rights?

- A. Facility policies on visitors
- B. Meal schedules
- C. Rules of conduct**
- D. Emergency procedures

Residents must receive explanations about rules of conduct in addition to their rights to ensure they understand the expectations and behavioral guidelines within the facility. This understanding is essential for maintaining a safe and respectful environment for all residents. Clear communication about rules of conduct helps residents know what is permissible and what is not, which can contribute to a more harmonious community and positively influence the overall atmosphere of the nursing home. Understanding these rules also reinforces the residents' rights, as it emphasizes that while they have the right to express their needs and desires, they must also adhere to established guidelines that facilitate the well-being of every individual in the facility. This fosters an interactive and collaborative community where residents can enjoy their rights without infringing upon the rights of others. In relation to the other options, while policies on visitors, meal schedules, and emergency procedures are important components of resident care and facility operation, they fall into different informational categories. They do not specifically relate to the behavioral expectations and conduct required within the facility as rules of conduct do.

2. After reporting abuse by phone, by when must a written report of the investigation be sent?

- A. Within 1 working day
- B. Within 3 working days
- C. Within 5 working days**
- D. Within 7 working days

The requirement for submitting a written report after reporting abuse by phone is defined by the appropriate regulations to ensure timely action and documentation. A written report of the investigation must be sent within 5 working days. This timeframe allows agencies to conduct thorough investigations while maintaining accountability and transparency regarding the findings. It is crucial for the protection of residents and ensures that necessary actions can be implemented promptly. Choosing this timeframe serves to indicate the importance of rapid response to allegations of abuse and the necessity for proper documentation. The intention behind this regulation is to effectively safeguard the well-being of individuals in care facilities and maintain the integrity of the investigative process.

3. Under what condition can the Director of Nursing serve as a charge nurse?

- A. When there are 50 residents or fewer
- B. When there are 60 residents or fewer**
- C. When there are 70 residents or fewer
- D. When there are 80 residents or fewer

The Director of Nursing (DON) can serve as a charge nurse when there are 60 residents or fewer in the facility. This is significant because it aligns with the regulatory framework meant to ensure adequate supervision and nursing care. The reasoning behind this stipulation is based on maintaining a manageable workload and ensuring that nursing staff, including the DON, can effectively oversee the quality of care being given to residents. By setting a limit on the number of residents, the regulations aim to protect both the residents' health and the nursing staff's capacity to provide effective care. In essence, allowing the DON to take on the responsibility of a charge nurse in a smaller facility enhances the care quality while adhering to staffing regulations. This provision acknowledges that as the number of residents increases, the complexity of care also increases, making it more challenging for a single individual, even one in a leadership role, to be responsible for both administrative duties and direct patient care efficiently.

4. What is the maximum allowable temperature for medication rooms?

- A. 80 degrees Fahrenheit
- B. 86 degrees Fahrenheit**
- C. 90 degrees Fahrenheit
- D. 95 degrees Fahrenheit

The maximum allowable temperature for medication rooms is 86 degrees Fahrenheit. This temperature guideline is crucial for maintaining the integrity and stability of medication, as many pharmaceuticals can degrade or lose effectiveness if exposed to temperatures that are too high. By keeping the temperature at or below 86 degrees Fahrenheit, facilities can help ensure that medications are stored under conditions that meet safety standards and provide effective treatment to patients. It is essential for nursing home administrators to adhere to these guidelines to minimize the risk of compromising patient care and medication efficacy.

5. How must linen be treated during its lifecycle, from washing to transport?

- A. Stored in an open area.
- B. Washed in cold water only.
- C. Handled to ensure it is hygienically clean.**
- D. Washed only when absolutely necessary.

The correct approach involves ensuring that linen is handled in a manner that guarantees it remains hygienically clean throughout its lifecycle. This includes thorough washing, proper transport methods, and careful storage practices that minimize the risk of contamination. Hygienic handling of linen is crucial in a healthcare or nursing home environment, where the risk of infection transmission needs to be mitigated. This means using appropriate washing techniques, which often include hot water and disinfectants, rather than solely relying on cold water, as that may not effectively eliminate pathogens. Moreover, during transport, linen should be secured in clean and covered containers to prevent exposure to environmental contaminants. The focus on hygienic cleanliness highlights the importance of maintaining infection control standards at every stage, from washing to transportation and storage, to protect the health of residents and staff in nursing homes. This ensures a safe living environment, which aligns with regulatory requirements and best practices in healthcare settings.

6. The term 'Restraints' refers to which of the following?

- A. Any form of physical confinement
- B. Devices used to restrict movement for therapeutic purposes**
- C. Psychotropic medications used to control behavior
- D. Strategies to enhance independence

The term 'Restraints' specifically refers to devices used to restrict movement for therapeutic purposes. In a healthcare setting, including nursing homes, restraints are often employed with the intention of preventing patients from harming themselves or others, allowing for safer management of their care. These devices are generally used in situations where the patient's behavior may pose a risk, and their application is governed by regulations and guidelines to ensure that they are used appropriately and ethically. The use of restraints is a sensitive issue, as they can limit a resident's freedom and autonomy. Therefore, any implementation must be carefully considered, with priority given to the resident's well-being and rights. This classification aligns with the clinical purpose of restraints, distinguishing them from other forms of intervention such as psychotropic medications or strategies aimed at enhancing independence. While other options may involve aspects of patient care, they do not capture the specific definition of what restraints are in the context of nursing home practice. For instance, physical confinement could describe various situations beyond therapeutic restraints, psychotropic medications target behavior but are not physical restraints, and strategies to enhance independence focus on empowering residents rather than restricting their movement.

7. Under what condition will a renewal application be considered timely?

- A. If submitted online
- B. If postmarked by the deadline and received by DADS within 15 days**
- C. If received by DADS within 30 days of the deadline
- D. If any staff member submits the application

A renewal application is considered timely if it is postmarked by the deadline and subsequently received by the Department of Aging and Disability Services (DADS) within 15 days. This provision allows for some flexibility in the renewal process. It recognizes that postal delays can occur and ensures that applicants are not penalized if the application is sent on time but takes longer than expected to arrive. This policy is designed to maintain a smooth renewal process while also ensuring that all necessary documentation is submitted in a reasonable timeframe. The 15-day window helps both the applicants and the regulatory body manage timelines effectively, fostering a system that prioritizes continuity in the care and administration of nursing homes.

8. What is one essential service a facility must provide if it has more than 120 beds?

- A. Full-time physician coverage
- B. A qualified nurse on call
- C. Medically-related social services**
- D. Regular psychological evaluations

In Texas, nursing facilities that have more than 120 beds are required to provide medically-related social services. This requirement is in place because larger facilities tend to care for a more complex population that may have diverse needs beyond basic medical care. Medically-related social services are crucial for addressing residents' psychological and social needs, ensuring they receive holistic care that considers their emotional and social well-being in addition to their medical health. This service encompasses psychosocial assessments, assistance with adjusting to facility life, and connections to community resources, all aimed at enhancing the quality of life for residents. While the other options may entail important aspects of care in a nursing facility, they do not meet the specific regulatory requirement tied to the bed capacity of the facility as determined by state regulation.

9. For how many years must a medical record be retained by a facility?

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

The correct duration for retaining medical records is five years. This requirement is based on various legal and regulatory standards that dictate the minimum time frame for keeping patient or resident records, ensuring that necessary information is available for continuity of care and for legal purposes. Retention of medical records for five years provides an adequate balance between operational needs and the evolving nature of healthcare regulations. This timeframe also allows for thorough review and audit processes, ensuring that historical data remains accessible for any necessary audits or investigations. Options presenting alternative durations, such as three, seven, or ten years, are typically based on differing standards either from specific practice areas or outdated requirements that do not reflect the current regulatory expectations. Retaining records for shorter durations may lead to gaps in important information, impacting patient care, while longer retention times can create unnecessary burdens on storage and compliance processes. Thus, the five-year requirement is an established best practice for facilities to maintain their medical records efficiently and responsibly.

10. What is the minimum required illumination level in a resident's bedroom?

- A. 5 foot candles
- B. 10 foot candles**
- C. 15 foot candles
- D. 20 foot candles

The minimum required illumination level in a resident's bedroom is 10 foot candles. This standard is established to ensure the safety and well-being of residents, facilitating their ability to see clearly and navigate their environment without risk of accidents. Proper lighting is essential for various activities such as reading, personal grooming, and overall comfort in the room. Adequate lighting helps residents maintain their independence and minimizes situations where poor visibility could lead to falls or other injuries. In many regulatory frameworks, including those that govern nursing homes, illumination levels are specified to promote the health and safety of residents, making the 10 foot candle requirement significant in meeting those standards.

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:

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

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