

WASHINGTON STATE NURSE DELEGATION 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. In which circumstances is it inappropriate to delegate tasks?**
 - A. When the task aligns with caregiver training
 - B. When client health status is unstable or task exceeds training
 - C. When the client prefers the caregiver
 - D. When tasks are repetitive and manageable
- 2. How is intellectual disability typically assessed?**
 - A. Behavioral analysis
 - B. Score on IQ tests
 - C. Physical examination
 - D. Developmental milestones
- 3. Why is understanding the client's medical history important in delegation?**
 - A. It is not relevant to the delegation process
 - B. It helps determine appropriate tasks for delegation
 - C. It reduces the favorability of care
 - D. It ensures wider task delegation without assessment
- 4. What is the significance of the "5 Rights of Delegation"?**
 - A. They outline the rights of every staff member
 - B. They provide a framework for safe and effective delegation
 - C. They focus primarily on the rights of RNs
 - D. They are guidelines for patient education only
- 5. Which packaging type is commonly used for medications?**
 - A. Plastic bags
 - B. Unit dose packaging
 - C. Cardboard boxes
 - D. Glass jars
- 6. What are the four categories of tasks that can be delegated by an RN?**
 - A. Basic, skilled, advanced, and standard tasks
 - B. Emergency, routine, complex, and minimal tasks
 - C. Basic, skilled, specialized, and complex tasks
 - D. Routine, standard, therapeutic, and complex tasks

- 7. What is the correct term for medications that might lead to abuse or addiction?**
- A. Noncontrolled substances
 - B. Vitamins
 - C. Scheduled medications
 - D. Placebo medications
- 8. What is one of the primary functions of sensory systems in the human body?**
- A. To provide information about external surroundings
 - B. To increase physical strength
 - C. To regulate body temperature
 - D. To digest food effectively
- 9. What is an example of a task that may be delegated?**
- A. Administering medications
 - B. Providing personal hygiene assistance such as bathing
 - C. Diagnosing a new health condition
 - D. Making medical decisions for the client
- 10. How does a nurse determine a caregiver's competency for delegated tasks?**
- A. By checking their years of experience
 - B. Through observation and training completion
 - C. Based on the caregiver's personal opinion
 - D. Only through written tests

Answers

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

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Explanations

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1. In which circumstances is it inappropriate to delegate tasks?

- A. When the task aligns with caregiver training
- B. When client health status is unstable or task exceeds training**
- C. When the client prefers the caregiver
- D. When tasks are repetitive and manageable

Delegating tasks in nursing involves ensuring that the individual's health status and the complexity of the tasks match the caregiver's training and capabilities. It is inappropriate to delegate tasks when a client's health status is unstable or when the task exceeds the caregiver's training because doing so places the client at risk. In such cases, there is a higher likelihood of complications or errors occurring, which can compromise the safety and well-being of the client. It is essential that the person performing the task has the appropriate knowledge and skills to manage the client's needs effectively, especially when there are fluctuations in their condition that could require immediate intervention. In contrast, delegating tasks that align with caregiver training, are preferred by the client, or are repetitive and manageable are circumstances that typically support safe delegation. Each of these scenarios indicates that the caregiver is prepared to handle the tasks assigned without undue risk to the client's health.

2. How is intellectual disability typically assessed?

- A. Behavioral analysis
- B. Score on IQ tests**
- C. Physical examination
- D. Developmental milestones

The assessment of intellectual disability is primarily based on the score from IQ tests, which are designed to measure cognitive abilities and intellectual functioning. These tests evaluate a range of cognitive skills, including reasoning, problem-solving, and understanding, which are critical for identifying individuals who may have an intellectual disability. IQ tests provide a standardized method for measuring intelligence, allowing practitioners to compare an individual's score to normative data. An IQ score significantly below the average range, typically defined as below 70, can indicate an intellectual disability when combined with an assessment of adaptive functioning, which refers to how well a person manages everyday tasks and activities. While behavioral analysis, physical examinations, and developmental milestones can provide useful insights into an individual's overall functioning and can complement the assessment process, the IQ score is a central component of diagnosing intellectual disability. It specifically addresses the cognitive impairments that characterize the condition. In summary, the focus on IQ tests in assessment aligns with established diagnostic criteria for intellectual disabilities, making this option the most accurate choice for understanding how intellectual disability is determined.

3. Why is understanding the client's medical history important in delegation?

- A. It is not relevant to the delegation process
- B. It helps determine appropriate tasks for delegation**
- C. It reduces the favorability of care
- D. It ensures wider task delegation without assessment

Understanding the client's medical history is crucial in the delegation process because it provides essential insights into the client's specific health needs, conditions, and limitations. This knowledge enables nurses to assess and identify which tasks can be delegated safely and effectively. For instance, a client's medical history may reveal allergies, cognitive impairments, or specific chronic conditions that require tailored care approaches. By knowing these details, a nurse can ensure that the delegated tasks are appropriate for the client's situation, promoting safety and quality of care while complying with legal and professional standards in nursing practice. This consideration minimizes risks and enhances the overall effectiveness of the delegated care.

4. What is the significance of the "5 Rights of Delegation"?

- A. They outline the rights of every staff member
- B. They provide a framework for safe and effective delegation**
- C. They focus primarily on the rights of RNs
- D. They are guidelines for patient education only

The "5 Rights of Delegation" are crucial for ensuring safe and effective delegation in nursing practice. This framework serves as a guide for nurses, particularly registered nurses (RNs), to make informed decisions when delegating tasks to nursing assistants or other team members. The framework consists of five components: the right task, the right circumstance, the right person, the right direction/communication, and the right supervision/evaluation. Each of these aspects helps RNs evaluate the appropriateness and safety of delegating particular nursing tasks. By following this framework, nurses can ensure that delegated tasks are performed safely and effectively, which ultimately protects patient safety and promotes positive health outcomes. While there may be elements regarding the rights of staff members or the focus on RNs, the primary significance of the "5 Rights of Delegation" lies in enabling nurses to delegate tasks appropriately within the scope of practice, ensuring that patient care standards are maintained. The guidelines do not limit themselves to patient education; rather, they apply broadly across various aspects of patient care and delegation practices.

5. Which packaging type is commonly used for medications?

- A. Plastic bags
- B. Unit dose packaging**
- C. Cardboard boxes
- D. Glass jars

Unit dose packaging is commonly used for medications because it provides a single, pre-measured dose of a medication in a secure and convenient format. This type of packaging enhances safety by reducing the risk of medication errors, as the necessary dosage is already separated from other doses. It often comes with labeling that includes vital information such as the drug name, dosage, and expiration date, helping healthcare providers easily identify and administer the right medication to patients. Using unit dose packaging also facilitates clearer tracking of medication administration and inventory management in healthcare settings. It is particularly beneficial in environments like hospitals and nursing homes, where multiple patients with varying medications require accurate and timely dosing. This method contrasts with other packaging types like plastic bags or cardboard boxes, which may not provide the same level of accuracy and patient safety.

6. What are the four categories of tasks that can be delegated by an RN?

- A. Basic, skilled, advanced, and standard tasks
- B. Emergency, routine, complex, and minimal tasks
- C. Basic, skilled, specialized, and complex tasks**
- D. Routine, standard, therapeutic, and complex tasks

The correct answer identifies the four categories of tasks that can be delegated by a Registered Nurse (RN) as basic, skilled, specialized, and complex tasks. Understanding these categories is crucial in the context of nurse delegation because it helps delineate the scope of practice and responsibilities that can be transferred to other healthcare personnel. Basic tasks typically refer to straightforward activities that do not require advanced knowledge or critical thinking, such as assisting with bathing and feeding. Skilled tasks involve more technical procedures, like administering medications via injection or managing wound care, which still require a certain level of nursing competence. Specialized tasks include those that require specific training or knowledge, often tailored to particular conditions or patient needs. Lastly, complex tasks involve comprehensive nursing judgment and assessment skills, as they often pertain to patients with more intricate health issues that necessitate a higher level of oversight. By recognizing these categories, RNs can ensure that tasks are appropriately delegated, maintaining safety and regulatory compliance while optimizing patient care. This understanding also helps in training and guiding nursing assistants and other staff members on the level of responsibility they can assume within their roles.

7. What is the correct term for medications that might lead to abuse or addiction?

- A. Noncontrolled substances
- B. Vitamins
- C. Scheduled medications**
- D. Placebo medications

Scheduled medications is the correct term for medications that might lead to abuse or addiction. These medications are classified as controlled substances and are regulated by law due to their potential for misuse and dependency. The scheduling system categorizes these substances based on their accepted medical use and the level of risk associated with their abuse. Schedule I substances, for instance, are considered to have a high potential for abuse and no accepted medical use in the United States. As the schedule number decreases, the potential for abuse also typically decreases, and accepted medical uses increase. This regulatory framework is essential for ensuring that medications are used safely and appropriately, minimizing the risk of addiction. In contrast, noncontrolled substances are not classified under this regulation and do not pose the same level of risk for addiction. Vitamins and placebo medications also lack the potential for abuse or addiction as they either serve a dietary purpose or have no pharmacological effect, respectively. Understanding this classification is key in nursing practice, especially when it comes to the administration of medications with potential for abuse and the responsibilities associated with delegating such tasks.

8. What is one of the primary functions of sensory systems in the human body?

- A. To provide information about external surroundings**
- B. To increase physical strength
- C. To regulate body temperature
- D. To digest food effectively

One of the primary functions of sensory systems in the human body is to provide information about external surroundings. Sensory systems, such as vision, hearing, touch, taste, and smell, are integral in helping individuals perceive and interpret stimuli from their environment. This information is critical for interacting with the world, allowing us to react appropriately to various situations, such as avoiding danger, enjoying pleasurable experiences, and communicating effectively with others. The other options, while important functions of the body, are not the primary purpose of sensory systems. Increasing physical strength relates more to muscle and fitness systems, regulating body temperature involves homeostatic mechanisms like sweating and shivering, and digesting food effectively pertains to the digestive system's functions. These processes are supported by the sensory system but do not represent its primary role.

9. What is an example of a task that may be delegated?

- A. Administering medications
- B. Providing personal hygiene assistance such as bathing**
- C. Diagnosing a new health condition
- D. Making medical decisions for the client

Providing personal hygiene assistance, such as bathing, is an example of a task that may be delegated within the nurse delegation framework in Washington State. This type of task is generally considered a routine activity that can be safely managed by trained unlicensed personnel under the supervision of a registered nurse. Delegation is intended to allow nurses to focus on more complex tasks that require professional assessment and critical thinking. Activities such as personal care are typically fundamental in nature and do not involve invasive procedures or complex clinical judgments, making them suitable for delegation to trained staff. In this context, providing personal hygiene assistance respects the principles of promoting independence and dignity for clients while ensuring their care needs are met. On the other hand, administering medications is generally not considered a task that can be delegated without specific training and oversight due to the potential for significant health implications. Diagnosing a new health condition and making medical decisions for the client require licensed professional judgment and expertise, which cannot be delegated to unlicensed personnel.

10. How does a nurse determine a caregiver's competency for delegated tasks?

- A. By checking their years of experience
- B. Through observation and training completion**
- C. Based on the caregiver's personal opinion
- D. Only through written tests

The process of determining a caregiver's competency for delegated tasks is effectively accomplished through observation and the completion of appropriate training. This approach allows the nurse to assess the caregiver's practical skills and knowledge in real-time, ensuring they can safely and effectively perform the tasks delegated to them. Observation is crucial because it provides direct insight into how a caregiver handles specific duties, interacts with patients, and adheres to safety protocols. Additionally, ensuring that the caregiver has completed training ensures they have the foundational knowledge required for the tasks. Together, these methods create a comprehensive evaluation of the caregiver's capability to execute delegated responsibilities safely. The other options do not provide a reliable or holistic assessment of competency. Relying solely on years of experience may overlook the actual skills a caregiver has developed. Personal opinions may lack objective measures of competency, and using only written tests fails to gauge real-world application and practical skills. Thus, the combination of observation and training completion is the most effective method for determining a caregiver's readiness for delegated tasks.

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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://wastatenursedelelegation.examzify.com>

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

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