

NNAAP[®] Nurse Aide Practice Written Exam Packet

The purpose of this Practice Written Examination is to assist individuals in preparing for the NNAAP[®] Written Examination. The Practice Written Examination will enable you to familiarize yourself with the styles and types of questions that will appear in the actual examination. To obtain the maximum benefits from taking this Practice Written Examination, you are encouraged to follow the procedures below. These are designed to assist you in creating an atmosphere that is as close to an actual test situation as possible.

1. Read all directions first.
2. Take this examination in a quiet location where outside noise or interference is at a minimum. Have two (2) pencils available when you begin.
3. Time yourself. The time allotted to take the test is two (2) hours.

Click boxes below to go to:



NNAAP[®] Content Outline



Practice Exam



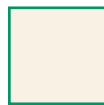
Practice Exam Answer Sheet



Practice Exam Answer Key



Print Packet



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The 2016 National Nurse Aide Assessment Program (NNAAP®) Written (Oral) Examination Content Outline

The revised content outline is based on the findings from the *2014 Job Analysis and Knowledge, Skill, and Ability Study of Nurse Aides* published by the National Council of State Boards of Nursing (NCSBN) in 2015. The examination content outline will be effective January 2016.

The NNAAP written examination is comprised of 70 multiple-choice items; 10 of these items are pretest (non-scored) items on which statistical information will be collected. The NNAAP oral examination is comprised of 60 multiple-choice items and 10 reading comprehension (word recognition) items.

Content Domain	2016 Content Outline		2011 Content Outline	
	Weighting of Content Domain	Number of Items in Domain	Weighting of Content Domain	Number of Items in Domain
I. Physical Care Skills				
A. Activities of Daily Living	14%	9	14%	8
1. Hygiene				
2. Dressing and Grooming				
3. Nutrition and Hydration				
4. Elimination				
5. Rest/Sleep/Comfort				
B. Basic Nursing Skills	39%	23	39%	24
1. Infection Control				
2. Safety/Emergency				
3. Therapeutic and Technical Procedures				
4. Data Collection and Reporting				
C. Restorative Skills	8%	5	7%	4
1. Prevention				
2. Self Care/Independence				
II. Psychosocial Care Skills				
A. Emotional and Mental Health Needs	11%	6	11%	6
B. Spiritual and Cultural Needs	2%	2	2%	2
III. Role of the Nurse Aide				
A. Communication	8%	4	8%	5
B. Client Rights	7%	4	7%	4
C. Legal and Ethical Behavior	3%	2	3%	2
D. Member of the Health Care Team	8%	5	9%	5
TOTAL	100%	60	100%	60

2017 Practice Exam

1. If a client expresses anger during care, which of the following would be an **APPROPRIATE** response for the nurse aide to make?
 - (A) "Why are you being so mean today?"
 - (B) "You should not say such mean things to people."
 - (C) "I will come back when your bad mood is over."
 - (D) "You seem upset. Would you like to talk about it?"
2. A client drinks 240 mL of soup, 120 mL of coffee, and 90 mL of juice for lunch. The client's total liquid intake for lunch is:
 - (A) 360 mL.
 - (B) 450 mL.
 - (C) 480 mL.
 - (D) 520 mL.
3. When a nurse gives the nurse aide confidential information about a client, the nurse aide **SHOULD**:
 - (A) share it with other clients.
 - (B) keep the information private.
 - (C) discuss it with other staff members in the break room.
 - (D) discuss it with the client's family.
4. The nurse aide **SHOULD** place the client's soiled bedsheets:
 - (A) on the bedside table.
 - (B) on the floor of the soiled utility room.
 - (C) in a biohazard bag.
 - (D) in the soiled linen container.
5. What is the **MOST** important reason for using a mechanical lift to transfer clients?
 - (A) It takes fewer staff to transfer someone
 - (B) It is the safest method for clients and staff
 - (C) It is faster than other methods
 - (D) It is the method that clients like best
6. When preparing to take a meal tray into the client's room, what is the **MOST** important action for the nurse to take?
 - (A) Check that the client's name is displayed on the tray card
 - (B) Make sure the client's favorite foods are present
 - (C) Determine if enough fluids have been ordered
 - (D) Keep all foods covered until eaten
7. The nurse aide **SHOULD** use proper body mechanics in order to:
 - (A) keep the nurse aide's weight down.
 - (B) protect the nurse aide from injury.
 - (C) keep facility equipment in working order.
 - (D) make a good impression.
8. When making an occupied bed the nurse aide **SHOULD**:
 - (A) leave the bed in the lowest position.
 - (B) make the toe pleat.
 - (C) leave the bottom sheet untucked.
 - (D) place soiled linens on the floor.
9. Frequent turning and repositioning of the client help prevent:
 - (A) cyanosis.
 - (B) indigestion.
 - (C) coronary disease.
 - (D) pressure ulcers.
10. Pillows should be used for a client placed in a side-lying position to:
 - (A) promote sleep.
 - (B) decrease pain.
 - (C) prevent skin breakdown.
 - (D) decrease edema.
11. Which of the following is **MOST** important for the prevention of skin breakdown in the client?
 - (A) Air-drying the client's skin
 - (B) Rubbing lotion on the client's skin
 - (C) Ambulating the client once a day
 - (D) Repositioning the client every 2 hours

12. When applying elastic stockings to the client, it would be **BEST** for the nurse aide to position the client:

- (A) lying down in bed.
- (B) dangling the legs from the edge of the bed.
- (C) standing at the side of the bed.
- (D) sitting in a wheelchair.

13. The nurse aide is assisting a client to the bathroom. After the client uses the toilet, the nurse aide notices red streaks in the client's stool. The nurse aide **SHOULD**:

- (A) avoid flushing the toilet and report the finding to the nurse.
- (B) ask the Dietary department to change the client's diet.
- (C) tell the client to report the finding to the primary health care provider.
- (D) understand that this is an expected finding in the older adult client.

14. In order to move a client up in bed, the nurse aide **SHOULD**:

- (A) raise the head of the bed.
- (B) get assistance from a coworker.
- (C) place the bed in the lowest position possible.
- (D) wait until the end-of-shift report.

15. When ambulating the client, the nurse aide **SHOULD**:

- (A) ask the nurse for help.
- (B) be sure the client is wearing non-skid footwear.
- (C) ask a family member for assistance.
- (D) walk in front of the client and show the client the way.

16. The nurse aide **MUST** wear gloves when:

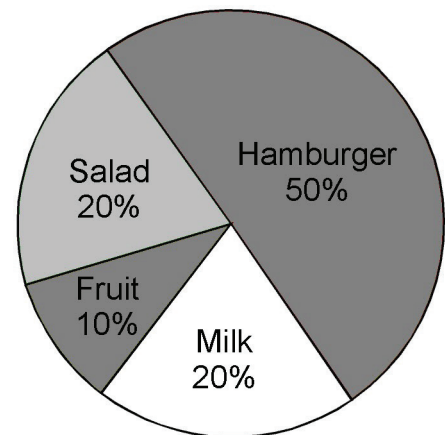
- (A) transferring a client.
- (B) providing mouth care.
- (C) dressing a client.
- (D) weighing a client.

17. A client asks the nurse aide, "Am I going to die?" Which of the following would be the **BEST** response for the nurse aide to make?

- (A) "You should ask your primary health care provider."
- (B) "Well, we all die someday."
- (C) "Why do you ask a question like that?"
- (D) "Is this something you have been thinking about?"

18. The following diagram represents a lunch served to a client. The client ate only the fruit, milk, and half of the salad. What percentage of intake **SHOULD** the nurse aide record?

- (A) 50%
- (B) 55%
- (C) 45%
- (D) 40%



19. When caring for a vision-impaired client, the nurse aide **SHOULD**:

- (A) ambulate the client by holding the client's hand and walk in front of the client.
- (B) tell the client that the food tray is in front of the client after the food tray has been delivered.
- (C) provide a dimly lit environment for the client.
- (D) announce self before touching the client.

20. To promote independence when feeding a client, the nurse aide **SHOULD**:

- (A) inform the client to drink all the liquids before the solid food.
- (B) assist the client in mixing the meat and vegetables together.
- (C) allow self-feeding as much as possible.
- (D) ask family and visitors to leave the room when the client is eating.

21. The nurse aide has raised the height of the client's bed to provide care to the client, but the nurse aide has forgotten to bring the supplies needed. What should the nurse aide do **NEXT**?
- (A) Instruct the client to lie still
 - (B) Quickly go to get the supplies
 - (C) Lower the bed, and place the call light within reach
 - (D) Ask the roommate to watch the client while the nurse aide gets the supplies
22. A client requests that the nurse aide call the client's minister. The nurse aide **SHOULD**:
- (A) ask the client why the client wants the nurse aide to call the minister.
 - (B) tell the client that this is not part of the nurse aide's job.
 - (C) tell the client that the nurse aide will inform the nurse of the client's request.
 - (D) call the minister for the client.
23. The health care team member who assists the client's performance of activities of daily living is the:
- (A) social worker.
 - (B) occupational therapist.
 - (C) speech therapist.
 - (D) case manager.
24. What is the **FIRST** area of a client's body that the nurse aide should wash when providing a bed bath?
- (A) Legs
 - (B) Face
 - (C) Arms
 - (D) Chest
25. Which of the following client observations should the nurse aide report **IMMEDIATELY** to the nurse?
- (A) Pink nailbeds
 - (B) Rectal temperature, 99.6° F (37.5° C)
 - (C) Radial pulse, 110
 - (D) Clear, yellow urine
26. Articles contaminated with blood or body fluids should be disposed of in the:
- (A) soiled linen basket.
 - (B) biohazard container.
 - (C) soiled utility room.
 - (D) client's room trash container.
27. The nurse aide should understand that the signaling device **MUST** be:
- (A) answered after the nurse aide has made care rounds.
 - (B) placed on the bedside table at the foot of the bed.
 - (C) placed within the client's reach.
 - (D) deactivated for clients with dementia.
28. When collecting a 24-hour urine sample for a client, the nurse aide should request that the client:
- (A) take a bath or shower before starting the urine collection.
 - (B) select food items that do not contain red meat.
 - (C) drink 2 L of water.
 - (D) discard the first voided urine.
29. When caring for a client who has a hearing loss, the nurse aide **SHOULD**:
- (A) speak very loudly and use gestures as much as possible.
 - (B) let the client use the roommate's hearing aid.
 - (C) use only written communication with the client.
 - (D) face the client when speaking to the client.
30. A nurse aide is assisting a client with mouth care. Which of the following actions **SHOULD** the nurse aide take?
- (A) Avoid brushing the tongue with the toothbrush
 - (B) Brush the outer surface of the teeth by using a side-to-side motion
 - (C) Floss between the teeth moving the floss up and down
 - (D) Floss the teeth before brushing the teeth

31. A nurse aide who wants to demonstrate effective listening skills **SHOULD**:
- (A) plan what to say next while the client is talking.
 - (B) show no emotion when listening to the client.
 - (C) finish the client's sentences for the client.
 - (D) give complete attention to the client while the client is talking.
32. When a client has memory loss or confusion, the nurse aide **SHOULD**:
- (A) laugh at the client's confused statements.
 - (B) speak loudly to the client.
 - (C) ignore the client.
 - (D) give the client simple step-by-step instructions.
33. Which of the following activities is within the role of the nurse aide?
- (A) Observing clients for changes in condition
 - (B) Deciding the staging of a pressure ulcer
 - (C) Suggesting new special diets to clients
 - (D) Giving clients spiritual advice
34. The Heimlich maneuver (abdominal thrust) is used when the client is:
- (A) having a seizure.
 - (B) choking.
 - (C) coughing.
 - (D) having difficulty swallowing.
35. A new client expressed to the nurse aide, "I would love to go to my religious services weekly." What **SHOULD** the nurse aide do?
- (A) Report the client's statement to the nurse
 - (B) Tell the client's family of the client's wishes
 - (C) Share this information with another nurse aide to coordinate when to take the client
 - (D) Not share this information because the client's personal wishes should be kept private
36. After cleaning the client's denture, the nurse aide **SHOULD** store the client's dentures:
- (A) in a labeled container.
 - (B) wrapped in a paper towel.
 - (C) at the nurses' station.
 - (D) in the utility room.
37. The nurse aide **SHOULD** understand that a back massage:
- (A) causes muscle spasms.
 - (B) increases blood pressure.
 - (C) promotes circulation.
 - (D) increases the heart rate.
38. A client who is confused refuses to change from sleepwear to other clothes. The nurse aide **SHOULD**:
- (A) respect the client's refusal and ask the client again later.
 - (B) insist that the client change clothes.
 - (C) get another nurse aide to help change the client's clothes.
 - (D) inform the client that the client cannot leave the room without changing clothes.
39. While the nurse aide is helping a client to shower, the client falls to the floor. What should the nurse aide do **IMMEDIATELY**?
- (A) Report the fall to the nurse
 - (B) Insist that the client take a bath instead of a shower
 - (C) Discuss the fall with the client's family member
 - (D) Inform the client that the client should hold on to the grab bars while showering
40. What should the nurse aide do **FIRST** when finding out that a client's property has been stolen?
- (A) Keep quiet and try to catch the thief
 - (B) Call the family
 - (C) Call the police
 - (D) Inform the nurse
41. Techniques that promote good communication include:
- (A) avoiding calling the client by the client's preferred name.
 - (B) correcting the client when the client forgets a word.
 - (C) speaking clearly and slowly.
 - (D) informing the client that the nurse aide has a limited amount of time to talk.

42. While the nurse aide is transporting a client to receive physical therapy, the fire alarm sounds. The nurse aide **SHOULD**:
- (A) evacuate the client to a safe area.
 - (B) return the client to the client's own room.
 - (C) transport the client in the elevator to receive physical therapy.
 - (D) leave the client in the hallway and look for the source of the fire.
43. The nurse aide is caring for a client who is dependent. The nurse aide decides to reposition the client every 4 hours, instead of every 2 hours. The nurse aide could potentially be charged with:
- (A) negligence.
 - (B) battery.
 - (C) assault.
 - (D) libel.
44. The nurse aide is assigned to a client who frequently expresses concerns about the care the client is receiving. When the client begins to express concern, the nurse aide **SHOULD**:
- (A) remind the client that no one is perfect.
 - (B) suggest that the client live with a family member.
 - (C) refuse to care for the client until the client stops expressing concerns.
 - (D) listen carefully to show concern and willingness to help.
45. When giving a bed bath to the client, the nurse aide **SHOULD** cover the client to expose only the part of the body being bathed. This is done in order to:
- (A) assist the nurse aide in remembering the order of the bath.
 - (B) provide the client with privacy and dignity.
 - (C) keep the bed linen as dry as possible.
 - (D) make the client aware of which body part is being bathed.
46. The **MOST** important care for a client with a cast is:
- (A) keeping the extremity aligned with the client's body.
 - (B) keeping the extremity elevated.
 - (C) report a change in the color, movement and sensation of the client's extremity.
 - (D) making sure the cast does not become soiled.
47. The nurse aide is providing oral care for a client who is unconscious. The nurse aide **SHOULD** place the client in which of the following positions?
- (A) Prone
 - (B) Side-lying
 - (C) Fowler's
 - (D) Modified-Trendelenburg's
48. One of the **MOST** important tasks in caring for the agitated or confused client is to:
- (A) transfer the client to a mental health hospital for proper care.
 - (B) request that the nurse administer a tranquilizer for the client.
 - (C) restrain the client until the primary health care provider examines the client.
 - (D) protect the client and others from physical harm
49. When working with a client with Alzheimer's disease, it is **IMPORTANT** that the nurse aide:
- (A) speak very loudly.
 - (B) approach the client from behind.
 - (C) correct the client every time the client forgets a word.
 - (D) provide a regular routine for the client.
50. How can the nurse aide **BEST** help the client to maintain independence?
- (A) Allow the client to do as many activities of daily living as possible without assistance
 - (B) Request that the client's family provide assistance to the client when performing activities of daily living
 - (C) Do as many activities of daily living for the client as possible
 - (D) Remind the client to quickly complete activities of daily living

51. The nurse aide is taking a client's vital signs. What **SHOULD** the nurse aide do if a client's pulse oximetry reading is 95%?
- (A) Provide oxygen to the client
 - (B) Record the finding in the client's chart
 - (C) Move the pulse oximetry sensor to another location
 - (D) Report the finding to the nurse immediately
52. Which of the following documents would inform the nurse aide of the client's needs?
- (A) Policy manual
 - (B) Procedure manual
 - (C) Care plan
 - (D) Resident's Bill of Rights
53. To orient a new client to the facility, it would be **BEST** for the nurse aide to:
- (A) inform the client that it is mandatory to participate in activities.
 - (B) encourage the client to make friends with at least two other clients.
 - (C) introduce the client to other clients and staff members.
 - (D) restrict visits from the client's family during the first month.
54. The nurse aide has been instructed to place the client in a supine position. The nurse aide **SHOULD** position the client on the client's:
- (A) abdomen
 - (B) left side
 - (C) back
 - (D) right side
55. A client falls and suffers a deep cut on the forehead. What should the nurse aide do **NEXT**?
- (A) Take the client to the hospital
 - (B) Help the client back to bed
 - (C) Take the client into the bathroom to wash out the cut
 - (D) Stay with the client and call for help
56. The family members of a client with diabetes mellitus brought the client cookies as a bedtime snack. The nurse aide **SHOULD**:
- (A) let the client eat the cookies.
 - (B) convince the client to drink a diet soda instead.
 - (C) inform the nurse of the cookies.
 - (D) substitute fruit for the cookies.
57. After turning and repositioning the client, the nurse aide **SHOULD** make sure that:
- (A) all side rails are up.
 - (B) the signaling device is placed within reach.
 - (C) all pillows have been removed.
 - (D) the bed is placed in the highest position.
58. The **BEST** approach for assisting a client who is vision impaired to ambulate in an unfamiliar area is to:
- (A) guide the client by holding the client's arm.
 - (B) offer an arm to the client.
 - (C) walk in front of the client.
 - (D) walk behind the client.
59. When giving a client a bed bath, it is **IMPORTANT** for the nurse aide to:
- (A) cleanse the eyes by wiping from the inner to the outer corners of the eyes.
 - (B) ensure that the water temperature is 140° F (60° C).
 - (C) uncover the whole body so that the linens do not get wet.
 - (D) wash and dry the skin vigorously.
60. To find out what type of diet the client should be receiving, it would be **BEST** for the nurse aide to check:
- (A) with the kitchen staff.
 - (B) on the client's room bulletin board.
 - (C) in the client's care plan.
 - (D) with the client's family.

Practice Exam for Nurse Aides

ANSWER SHEET

This form is similar to the answer sheet on the nurse aide written examination.

Fill in one bubble for each question, then check your answers using the answer key on page 8.

- | | | | |
|----|-----------------|----|-----------------|
| 1 | (A) (B) (C) (D) | 31 | (A) (B) (C) (D) |
| 2 | (A) (B) (C) (D) | 32 | (A) (B) (C) (D) |
| 3 | (A) (B) (C) (D) | 33 | (A) (B) (C) (D) |
| 4 | (A) (B) (C) (D) | 34 | (A) (B) (C) (D) |
| 5 | (A) (B) (C) (D) | 35 | (A) (B) (C) (D) |
| 6 | (A) (B) (C) (D) | 36 | (A) (B) (C) (D) |
| 7 | (A) (B) (C) (D) | 37 | (A) (B) (C) (D) |
| 8 | (A) (B) (C) (D) | 38 | (A) (B) (C) (D) |
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| 10 | (A) (B) (C) (D) | 40 | (A) (B) (C) (D) |
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| 13 | (A) (B) (C) (D) | 43 | (A) (B) (C) (D) |
| 14 | (A) (B) (C) (D) | 44 | (A) (B) (C) (D) |
| 15 | (A) (B) (C) (D) | 45 | (A) (B) (C) (D) |
| 16 | (A) (B) (C) (D) | 46 | (A) (B) (C) (D) |
| 17 | (A) (B) (C) (D) | 47 | (A) (B) (C) (D) |
| 18 | (A) (B) (C) (D) | 48 | (A) (B) (C) (D) |
| 19 | (A) (B) (C) (D) | 49 | (A) (B) (C) (D) |
| 20 | (A) (B) (C) (D) | 50 | (A) (B) (C) (D) |
| 21 | (A) (B) (C) (D) | 51 | (A) (B) (C) (D) |
| 22 | (A) (B) (C) (D) | 52 | (A) (B) (C) (D) |
| 23 | (A) (B) (C) (D) | 53 | (A) (B) (C) (D) |
| 24 | (A) (B) (C) (D) | 54 | (A) (B) (C) (D) |
| 25 | (A) (B) (C) (D) | 55 | (A) (B) (C) (D) |
| 26 | (A) (B) (C) (D) | 56 | (A) (B) (C) (D) |
| 27 | (A) (B) (C) (D) | 57 | (A) (B) (C) (D) |
| 28 | (A) (B) (C) (D) | 58 | (A) (B) (C) (D) |
| 29 | (A) (B) (C) (D) | 59 | (A) (B) (C) (D) |
| 30 | (A) (B) (C) (D) | 60 | (A) (B) (C) (D) |



Answer Key

QUESTION NUMBER	ANSWER	CONTENT CATEGORIES
1	D	Emotional and Mental Health Needs
2	B	Basic Nursing Skills
3	B	Client Rights
4	D	Basic Nursing Skills
5	B	Basic Nursing Skills
6	A	Activities of Daily Living
7	B	Basic Nursing Skills
8	B	Basic Nursing Skills
9	D	Restorative Skills
10	C	Basic Nursing Skills
11	D	Restorative Skills
12	A	Basic Nursing Skills
13	A	Basic Nursing Skills
14	B	Basic Nursing Skills
15	B	Basic Nursing Skills
16	B	Activities of Daily Living
17	D	Communication
18	D	Basic Nursing Skills
19	D	Basic Nursing Skills
20	C	Restorative Skills
21	C	Basic Nursing Skills
22	C	Spiritual and Cultural Needs
23	B	Member of the Health Care Team
24	B	Activities of Daily Living
25	C	Basic Nursing Skills

Answer Key continued

QUESTION NUMBER	ANSWER	CONTENT CATEGORIES
26	B	Basic Nursing Skills
27	C	Basic Nursing Skills
28	D	Basic Nursing Skills
29	D	Communication
30	C	Activities of Daily Living
31	D	Communication
32	D	Emotional and Mental Health Needs
33	A	Member of the Health Care Team
34	B	Basic Nursing Skills
35	A	Spiritual and Cultural Needs
36	A	Activities of Daily Living
37	C	Activities of Daily Living
38	A	Client Rights
39	A	Legal and Ethical Behavior
40	D	Client Rights
41	C	Communication
42	A	Basic Nursing Skills
43	A	Legal and Ethical Behavior
44	D	Emotional and Mental Health Needs
45	B	Client Rights
46	C	Basic Nursing Skills
47	B	Activities of Daily Living
48	D	Emotional and Mental Health Needs

Answer Key continued

QUESTION NUMBER	ANSWER	CONTENT CATEGORIES
49	D	Emotional and Mental Health Needs
50	A	Restorative Skills
51	B	Basic Nursing Skills
52	C	Member of the Health Care Team
53	C	Emotional and Mental Health Needs
54	C	Member of the Health Care Team
55	D	Basic Nursing Skills
56	C	Activities of Daily Living
57	B	Basic Nursing Skills
58	B	Restorative Skills
59	A	Activities of Daily Living
60	C	Member of the Health Care Team