

# NNAAP<sup>®</sup> Nurse Aide Practice Written Exam Packet

The purpose of this Practice Written Examination is to assist individuals in preparing for the NNAAP<sup>®</sup> 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:

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

# Practice Exam

1. While the nurse aide is assisting a client to the commode, a visitor enters the room. How **SHOULD** the nurse aide respond?
  - (A) "Can't you knock?"
  - (B) "Hi. This will only take a moment, so please take a seat."
  - (C) "Would you help me lift the client?"
  - (D) "Would you please wait in the lobby?"
2. The nurse aide should perform oral care on a client who is unconscious at **LEAST** every:
  - (A) 2 hours.
  - (B) 3 hours.
  - (C) 4 hours.
  - (D) 5 hours.
3. The nurse aide **SHOULD** report a client's concerns directly to the:
  - (A) nurse supervisor.
  - (B) primary health care provider.
  - (C) client's family.
  - (D) administrator.
4. Before assisting a client into a bath or shower, the nurse aide should **FIRST**:
  - (A) check the temperature of the water.
  - (B) shampoo the client's hair.
  - (C) soak the client's feet.
  - (D) apply lotion or oil to the client's skin.
5. A client looks forward to playing cards each morning. The nurse aide **SHOULD**:
  - (A) tell the client that the nurse aide is too busy today to take the client to play cards.
  - (B) plan the client's schedule so that the client is bathed and dressed in time for playing cards.
  - (C) tell the client that the nurse aide forgot that the client wanted to play cards.
  - (D) ask the client to bathe and dress self before taking the client to play cards.
6. A client with Alzheimer's disease wanders from room to room while moving the belongings of other clients to different locations. Alert and oriented clients are angry that their things have been moved. The nurse aide **SHOULD**:
  - (A) return the client to the client's room and close the door.
  - (B) find the missing articles and return them.
  - (C) walk with the client at all times to keep the client from wandering.
  - (D) tell the other clients to be understanding of the client's condition.
7. A client is paralyzed on the left side. The nurse aide **SHOULD** place the signaling device:
  - (A) on the client's right hand.
  - (B) on the left side of the client's bed.
  - (C) on the chair at the left of the client's bed.
  - (D) on the table at the foot of the bed.
8. Physical restraints are used **MOST** often:
  - (A) to prevent client injury.
  - (B) when the nurse aide staff is unavailable.
  - (C) at the family's request.
  - (D) to prevent clients from wandering.
9. What is the **FIRST** thing a nurse aide should do when finding an unresponsive client?
  - (A) Place a cold washcloth on the client's forehead
  - (B) Call for help
  - (C) Close the door to provide privacy to the client
  - (D) Call the client's family
10. What type of fire can be put out with water?
  - (A) Electrical
  - (B) Grease
  - (C) Paper
  - (D) Chemical

11. When caring for a client from another country, the nurse aide **SHOULD**:
- (A) be sensitive to the client's cultural needs.
  - (B) orient the client to the cultural practices of the facility.
  - (C) promote participation by the client in group activity.
  - (D) explain to the client that cultural preferences are not important when providing care.
12. If a client has hand tremors, the nurse aide **SHOULD**:
- (A) restrain the hand that has the tremor.
  - (B) assist the client with activities of daily living (ADL) as needed.
  - (C) tell the client to stop shaking and control the tremors.
  - (D) do everything for the client.
13. When taking a client's radial pulse, the nurse aide **SHOULD**:
- (A) count 2 pulsations as 1 pulse beat.
  - (B) place the nurse aide's fingertips on the client's wrist.
  - (C) place the nurse aide's fingertips on the side of the client's neck.
  - (D) count for 5 full minutes.
14. The female perineum **SHOULD** be cleansed:
- (A) from front to back.
  - (B) without soap.
  - (C) with oxygen peroxide.
  - (D) from back to front.
15. To lift an object by using good body mechanics, the nurse aide **SHOULD**:
- (A) keep both feet close together.
  - (B) lift with abdominal muscles.
  - (C) bend the knees and keep the back straight.
  - (D) hold the object away from the body.
16. The nurse aide is caring for a client who has dentures. Which of the following actions **SHOULD** the nurse aide take when caring for the client's dentures?
- (A) Store the dentures in the client's bathroom on the sink
  - (B) Clean the dentures with regular toothpaste
  - (C) Use hot water to disinfect the dentures
  - (D) Line the bathroom sink with a towel before cleaning the dentures
17. Right before dinner, a client is incontinent of urine. The nurse aide **SHOULD**:
- (A) minimize the interruption of the client's dinner by cleaning up the client after dinner.
  - (B) clean the client and take the client to dinner as soon as possible.
  - (C) tell the client not to eat until the client has cleaned and changed self.
  - (D) insist that the client eat dinner in the client's room.
18. When operating a manual bed, the nurse aide **SHOULD** remember to:
- (A) elevate the client's head at all times.
  - (B) lock the wheels only when the cranks are folded.
  - (C) fold the cranks under the bed.
  - (D) raise all the side rails.
19. The nurse aide is providing care for a client after elimination. It would be **MOST** important for the nurse aide to:
- (A) keep the client comfortable.
  - (B) prevent soiling the bed linen.
  - (C) ensure that all feces are removed from the client's skin.
  - (D) use soap and water when cleaning the client to keep the linen costs down.

20. The nursing care plan states, "Transfer with mechanical lift." However, a client is very agitated. To transfer the client, the nurse aide **SHOULD**:
- (A) lift the client by placing the nurse aide's hands under the client's underarms.
  - (B) place the client in the lift.
  - (C) get assistance to move the client.
  - (D) keep the wheels unlocked so that the lift can move with the client.
21. For safety, when leaving a client alone in a room, the nurse aide **SHOULD**:
- (A) raise all the side rails.
  - (B) place a signaling device within the client's reach.
  - (C) apply a restraint to the client.
  - (D) leave the bed elevated in the highest position.
22. The nurse aide sees a client spill water on the floor in the hall. Another client is walking down the hall. The nurse aide **SHOULD**:
- (A) call the nurse.
  - (B) clean up the spill.
  - (C) ask another nurse aide to clean the spill.
  - (D) leave the spill.
23. The nurse aide is walking with a client who uses a wheelchair when the facility fire alarm system is activated. The client becomes excited by the noise. The nurse aide **SHOULD**:
- (A) carry the client out of the facility.
  - (B) leave the client to search for help.
  - (C) comfort the client while moving to a safe place.
  - (D) lock the client's wheelchair and check the surrounding area for smoke.
24. The nurse aide is going to help a client walk from the bed to a chair. What **SHOULD** the nurse aide put on the client's feet?
- (A) Socks or stockings only
  - (B) Cloth-soled slippers
  - (C) Rubber-soled slippers or shoes
  - (D) Nothing
25. The nurse aide **SHOULD** refuse to perform a task if the:
- (A) nurse aide has not been trained to do it.
  - (B) client is difficult to deal with.
  - (C) nurse aide is too busy.
  - (D) nurse aide is at the end of the shift.
26. When assisting a client in resolving grievances, the nurse aide **SHOULD** report the grievance to the:
- (A) primary health care provider.
  - (B) family.
  - (C) administrator.
  - (D) nurse in charge.
27. The nurse aide **SHOULD** place soiled linen:
- (A) in the linen closet.
  - (B) on the chair.
  - (C) in the dirty linen container.
  - (D) on the overbed table.
28. The nurse aide is reviewing fire prevention measures. Which of the following, if performed by the nurse aide, would require follow-up?
- (A) Taking all cigarettes and matches away from clients and visitors
  - (B) Being aware of the locations of fire extinguishers
  - (C) Reporting all damaged wiring and/or sockets in clients' rooms
  - (D) Participating in fire drills
29. When giving care for a client, the nurse aide **SHOULD** avoid unnecessary exposure of the client in order to protect the client's right to:
- (A) privacy.
  - (B) confidentiality.
  - (C) personal choice.
  - (D) personal hygiene.
30. When taking an oral temperature, it is important to:
- (A) place the thermometer in hot water to test the thermometer.
  - (B) insert the thermometer under the arm.
  - (C) position the thermometer under the tongue.
  - (D) put lubricant on the thermometer.

31. When caring for a client who uses a protective device (restraint), the nurse aide **SHOULD**:
- (A) assess the client once during every hour.
  - (B) assure that the protective device is tight.
  - (C) check the client's body alignment.
  - (D) release the protective device once during every shift.
32. The nurse aide is assisting a client to transfer from the bed to the wheelchair. Which of the following actions **SHOULD** the nurse aide take?
- (A) Place the bed in the low position
  - (B) Place a pillow on the wheelchair seat
  - (C) Lower both footrest pedals
  - (D) Release the wheel brakes
33. When communicating with a client's family, the nurse aide **SHOULD**
- (A) listen to concerns and offer support.
  - (B) offer advice about the client's medical treatment.
  - (C) get involved in family problems.
  - (D) inform the family of any changes in the client's condition.
34. When performing oral care, in what position **SHOULD** the nurse aide place a client who is unconscious?
- (A) Supine
  - (B) Lateral
  - (C) Prone
  - (D) Trendelenburg
35. The nurse aide notices that a client's bedside lamp cord is draped across a chair in order to reach the nearest outlet. The nurse aide **SHOULD**:
- (A) tell the client that the bedside lamp is a safety hazard and take it away.
  - (B) unplug the bedside lamp and ask the client not to use it.
  - (C) see if any changes can be made so that the bedside lamp can be plugged in safely.
  - (D) ask the client to avoid walking by the bedside lamp.
36. The nurse aide can provide a client with a sense of security by:
- (A) performing all activities of daily living (ADL) for the client.
  - (B) leaving the room without speaking.
  - (C) explaining all routines and procedures.
  - (D) talking to another nurse aide while providing care.
37. A client who is confused and disoriented is asking to go home. The nurse aide's **BEST** action would be to:
- (A) tell the client, "This is your home."
  - (B) take the client to the activity room.
  - (C) ask the client to tell the nurse aide about the client's home.
  - (D) tell the client, "We will take you home later."
38. A client tells the nurse aide that oral care was last performed 2 days ago. The nurse aide **SHOULD** report this finding to the:
- (A) client's family.
  - (B) nurse in charge.
  - (C) director of nursing.
  - (D) administrator.
39. Pressure ulcers can be prevented by:
- (A) placing an incontinence brief on the client.
  - (B) positioning a pillow under the client's head.
  - (C) dressing the client in loosely fitting clothing.
  - (D) repositioning the client every 2 hours.
40. The electric shaver that the nurse aide is using to shave a client begins to spark and smoke. What should the nurse aide do **NEXT**?
- (A) Call the nurse in charge
  - (B) Finish shaving the client as quickly as possible
  - (C) Use the roommate's shaver to finish the shave
  - (D) Unplug the shaver

41. When giving a back rub, the nurse aide **SHOULD**:
- (A) use a circular motion.
  - (B) position the client in the supine position.
  - (C) use short, light strokes.
  - (D) warm the lotion in the microwave.
42. If an alert and oriented client touches a nurse aide inappropriately, the nurse aide's **BEST** response is to:
- (A) slap the client's hand.
  - (B) step back and ask the client not to do it again.
  - (C) refuse to care for the client.
  - (D) warn the client that the behavior may be punished.
43. While making an empty bed, the nurse aide sees that a side rail is broken. The nurse aide **SHOULD**:
- (A) wait for the next safety check to report the broken side rail.
  - (B) report the broken side rail immediately.
  - (C) tie the side rail in the raised position until it is fixed.
  - (D) warn the client to be careful when the client gets back into bed
44. What should the nurse aide do **FIRST** when changing an ostomy bag?
- (A) Put on gloves
  - (B) Wash hands
  - (C) Explain the procedure to the client
  - (D) Wash the area around the stoma
45. Which of the following statements might strongly indicate that a client is considering suicide?
- (A) "I think I need to see a psychiatrist."
  - (B) "I want to go to sleep and never wake up."
  - (C) "I woke up feeling sad today."
  - (D) "I miss my family."
46. The nurse aide **SHOULD** understand that an example of an alternative to restraints is a:
- (A) lap buddy/tray.
  - (B) sedative.
  - (C) bed alarm.
  - (D) hand mitt.
47. The **BEST** razor to use when shaving a diabetic client is:
- (A) a safety razor.
  - (B) an electric razor.
  - (C) a disposable razor.
  - (D) a straight edge razor.
48. The Client's Bill of Rights includes:
- (A) free medical care.
  - (B) freedom of choice.
  - (C) access to the medicine cart.
  - (D) access to the laundry.
49. When a hearing aid is not being used by a client, it **SHOULD**:
- (A) be given to the client's family.
  - (B) be left turned on.
  - (C) have the battery removed.
  - (D) be stored in alcohol.
50. The nurse aide gave a client the wrong diet. Which of the following actions **SHOULD** the nurse aide take?
- (A) Report the error to the nurse
  - (B) Ignore the error
  - (C) Remove any evidence of the error
  - (D) Blame another nurse aide for the error
51. A client has informed the nurse aide that the client's religious beliefs prohibit eating certain food items. The nurse aide **SHOULD** report this information to the:
- (A) dietitian.
  - (B) administrator.
  - (C) charge nurse.
  - (D) client's family.
52. Incident reports are written in order to:
- (A) inform the primary health care provider.
  - (B) notify family members.
  - (C) identify who is at fault.
  - (D) record details of unusual events.

53. While eating dinner, a client starts to choke. The nurse aide **SHOULD**:
- (A) immediately remove the client's food tray and go to find the nurse in charge.
  - (B) slap the client on the back until the food dislodges.
  - (C) call for assistance and perform the Heimlich maneuver (abdominal thrust).
  - (D) give the client a drink of water.
54. A client's family member asks the nurse aide what medication the client is receiving. The nurse aide **SHOULD**:
- (A) allow the family member to review the client's medication list.
  - (B) tell the family member the medications that the client is taking.
  - (C) refer the family member to the nurse.
  - (D) give the family member the client's chart.
55. When transferring a client to a different unit, the **MOST** important information the nurse aide needs is the:
- (A) phone number to the client's room.
  - (B) client's medical diagnosis.
  - (C) name of the client's spouse.
  - (D) name and room number.
56. What is the **MAIN** purpose of continuing education for the nurse aide?
- (A) Client safety
  - (B) Review of skills
  - (C) Facility compliance
  - (D) Promotes teamwork
57. A button hook and a sock assist are all part of what type of health care?
- (A) Restorative
  - (B) Preventive
  - (C) Protective
  - (D) Alternative
58. The nurse aide is caring for a client who answers every question by nodding and saying "yes." Which of the following actions **SHOULD** the nurse take?
- (A) Inform the nurse of the client's behavior
  - (B) Ask a family member to translate for the client
  - (C) Speak to the client while using medical terms
  - (D) Increase voice volume when speaking to the client
59. What **SHOULD** the nurse aide do to communicate with a client who speaks and understands only another language?
- (A) Use gestures
  - (B) Speak more slowly
  - (C) Listen and say nothing
  - (D) Use the services of an interpreter
60. When ambulating a client who has an unsteady gait, it is **BEST** for the nurse aide to use a:
- (A) single crutch.
  - (B) gait belt.
  - (C) quad cane.
  - (D) wheelchair.



# 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 |
| 9  | A B C D | 39 | A B C D |
| 10 | A B C D | 40 | A B C D |
| 11 | A B C D | 41 | A B C D |
| 12 | A B C D | 42 | A B C D |
| 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	Communication
2	A	Activities of Daily Living
3	A	Member of the Health Care Team
4	A	Activities of Daily Living
5	B	Emotional and Mental Health Needs
6	B	Emotional and Mental Health Needs
7	A	Basic Nursing Skills
8	A	Basic Nursing Skills
9	B	Basic Nursing Skills
10	C	Basic Nursing Skills
11	A	Spiritual and Cultural Needs
12	B	Restorative Skills
13	B	Basic Nursing Skills
14	A	Activities of Daily Living
15	C	Basic Nursing Skills
16	D	Activities of Daily Living
17	B	Activities of Daily Living
18	C	Basic Nursing Skills
19	C	Activities of Daily Living
20	C	Basic Nursing Skills
21	B	Basic Nursing Skills
22	B	Basic Nursing Skills
23	C	Basic Nursing Skills
24	C	Basic Nursing Skills

# Answer Key continued

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

# Answer Key continued

QUESTION NUMBER	ANSWER	CONTENT CATEGORIES
48	B	Client Rights
49	C	Restorative Skills
50	A	Legal and Ethical Behavior
51	C	Spiritual and Cultural Needs
52	D	Legal and Ethical Behavior
53	C	Basic Nursing Skills
54	C	Client Rights
55	D	Member of the Health Care Team
56	A	Member of the Health Care Team
57	A	Restorative Skills
58	A	Communication
59	D	Communication
60	B	Restorative Skills