

# 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. A visitor enters the room while the nurse aide is changing a client. How **SHOULD** the nurse aide respond?**
  - (A) "Can't you knock?"
  - (B) "Hi, come on in."
  - (C) "Boy, he was dirty today."
  - (D) "Would you please wait in the lobby?"
- 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. Before helping 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.
- 4. A client looks forward to playing Bingo each morning. The nurse aide **SHOULD**:**
  - (A) tell the client that the nurse aide does not have time to get the client ready for Bingo.
  - (B) plan the client's schedule so that the client is bathed and dressed in time for Bingo.
  - (C) tell the client that the nurse aide forgot about Bingo but they will go the next day.
  - (D) ask the client to bathe and dress self.
- 5. A client with Alzheimer's disease wanders from room to room, 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 to keep the client from wandering.
  - (D) assure the other clients that the client with Alzheimer's disease will not harm them.
- 6. A client is paralyzed on the right side. The nurse aide should place the signaling device:**
  - (A) on the left side of the bed near the client's hand.
  - (B) on the right side of the bed near the client's hand.
  - (C) under the pillow.
  - (D) at the foot of the bed.
- 7. What type of fire can be put out with water?**
  - (A) Electrical
  - (B) Grease
  - (C) Paper
  - (D) Chemical
- 8. 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 group activity participation.
  - (D) decline to care for the client.
- 9. 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.
- 10. If a client has hand tremors, the nurse aide **SHOULD**:**
  - (A) restrain the hand that has the tremor.
  - (B) assist the client with the activity of daily living as needed.
  - (C) tell the client to stop shaking and control the tremors.
  - (D) do everything for the client.
- 11. When taking a client's radial pulse, the nurse aide's fingertips should be placed on the client's:**
  - (A) chest.
  - (B) wrist.
  - (C) neck.
  - (D) elbow.

12. The female perineum **SHOULD** be cleansed:
- (A) from front to back.
  - (B) without soap.
  - (C) with a disinfectant.
  - (D) from back to front.
13. 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.
14. When the nurse aide gives evening care to a client with a full set of dentures, proper procedure requires that the dentures be placed:
- (A) in the client's bathroom on the sink.
  - (B) on tissue on the bedside stand.
  - (C) under the client's pillow.
  - (D) in a denture cup with the client's name on it.
15. The nursing care plan for a client states, "Transfer with mechanical lift." However, the client is very agitated. To transfer the client, the nurse aide **SHOULD**:
- (A) lift the client without the mechanical device
  - (B) place the client in the lift.
  - (C) get assistance to move the client.
  - (D) keep the wheels unlocked so the lift can move with the client.
16. 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
17. When assisting a client in resolving grievances, the nurse aide **SHOULD** report the grievance to the:
- (A) doctor.
  - (B) family.
  - (C) administrator.
  - (D) nurse in charge.
18. The nurse aide **SHOULD** place soiled linen:
- (A) on the floor.
  - (B) on the chair.
  - (C) in the dirty linen container.
  - (D) on the overbed table.
19. The nurse aide is responsible for all of the following fire prevention measures **EXCEPT**:
- (A) taking cigarettes and matches away from all 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.
20. When giving care to 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.
21. 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.
22. Frequent turning and repositioning of a client help prevent:
- (A) cyanosis.
  - (B) indigestion.
  - (C) coronary disease.
  - (D) pressure ulcers.
23. When taking an oral temperature, it is important to:
- (A) place the thermometer in the rectum.
  - (B) place the thermometer under the arm.
  - (C) place the thermometer under the tongue.
  - (D) put lubricant on the thermometer.

24. 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) share the latest facility gossip.
25. In what position **SHOULD** the nurse aide place an unconscious client when giving oral care?
- (A) Supine
  - (B) Lateral
  - (C) Prone
  - (D) Sims'
26. Nurse aides can provide a client with a sense of security by:
- (A) rushing through care.
  - (B) leaving the room without speaking.
  - (C) explaining all routines and procedures.
  - (D) talking to another nurse aide while providing care.
27. A confused and disoriented client is begging to go home. The nurse aide's **BEST** response to this client is 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 his/her home.
  - (D) tell the client, "We will take you home later."
28. 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.
29. The electric shaver that the nurse aide is using to shave a client begins to spark and smoke. What should the nurse aide do **FIRST**?
- (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.
30. 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.
31. When giving a back rub, the nurse aide **SHOULD**:
- (A) use a circular motion over bony areas.
  - (B) position a client in the supine position.
  - (C) use short, light strokes.
  - (D) warm lotion in a microwave.
32. 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.
33. While making an empty bed, the nurse aide sees that the 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 a client to be careful when getting back into bed.

34. What should the nurse aide do **FIRST** when changing a client's ostomy bag?
- (A) Put on gloves
  - (B) Wash hands
  - (C) Explain the procedure to the client
  - (D) Wash the area around the stoma
35. The nurse aide **MUST** wear gloves when:
- (A) transferring a client.
  - (B) providing mouth care.
  - (C) dressing a client.
  - (D) weighing a client.
36. 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) "Have you asked your primary health care provider?"
  - (B) "Well, we all will die some day."
  - (C) "Why do you ask a question like that?"
  - (D) "Is this something you have been thinking about?"
37. Which of the following statements might strongly suggest that a client is considering suicide?
- (A) "I think I need to see a psychiatrist."
  - (B) "I might as well be dead."
  - (C) "I don't really care."
  - (D) "We all have to go sometime."
38. 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.
39. 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.
40. When caring for a vision-impaired client, the nurse aide **SHOULD**:
- (A) ambulate the client by holding the client's hand and walking 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.
41. To promote independence when feeding a client, the nurse aide **SHOULD**:
- (A) instruct the client to drink all the liquids before eating 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.
42. After assisting with evening care, the nurse aide notices that a client has bilateral hearing aids. The nurse aide understands that if a hearing aid is not in use, it **SHOULD**:
- (A) be placed in the client's pocket.
  - (B) be left turned on.
  - (C) have the battery removed.
  - (D) be left on the client's bedside table.
43. The nurse aide gave a client the wrong diet. What **SHOULD** the nurse aide do after realizing this error?
- (A) Report the error immediately to the nurse
  - (B) Ignore the error and move to the next task.
  - (C) Remove the evidence of the error
  - (D) Blame another nurse aide for the error
44. 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.

45. The health care team member who assists a client to gain the skills to perform activities of daily living is the:
- (A) social worker.
  - (B) occupational therapist.
  - (C) speech therapist.
  - (D) case manager.
46. 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
47. 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
48. Incident reports are written in order to:
- (A) inform the physician.
  - (B) notify family members.
  - (C) identify who is at fault.
  - (D) determine patterns and trends.
49. 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.
50. 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 by moving the floss up and down
  - (D) Floss the teeth before brushing the teeth
51. While eating dinner, a client starts to choke and turn blue. The nurse aide **SHOULD**:
- (A) immediately remove the client's food tray and go 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.
52. 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
53. 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
54. 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) reporting a change in the color, movement, and sensation of the client's extremity.
  - (D) making sure that the cast does not become soiled.
55. Which of the following documents would inform the nurse aide of a client's needs?
- (A) Policy manual
  - (B) Procedure manual
  - (C) Care plan
  - (D) Resident's Bill of Rights



56. The nurse aide has been instructed to place a client in the supine position. The nurse aide **SHOULD** position the client on the client's:
- (A) abdomen.
  - (B) left side.
  - (C) back.
  - (D) right side.
57. When applying elastic stockings to a 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.
58. What **SHOULD** the nurse aide do to communicate with a client who speaks and understands a foreign language that the nurse does not know?
- (A) Use gestures
  - (B) Speak more slowly
  - (C) Listen and say nothing
  - (D) Use an interpretation guide
59. When ambulating an unsteady client, it is **BEST** for the nurse aide to use a:
- (A) walker.
  - (B) gait belt.
  - (C) quad cane.
  - (D) wheelchair.
60. To find out what type of diet a 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) |
| 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	B	Basic Nursing Skills
3	A	Activities of Daily Living
4	B	Emotional and Mental Health Needs
5	B	Emotional and Mental Health Needs
6	A	Basic Nursing Skills
7	C	Basic Nursing Skills
8	A	Spiritual and Cultural Needs
9	C	Basic Nursing Skills
10	B	Restorative Skills
11	B	Basic Nursing Skills
12	A	Activities of Daily Living
13	C	Basic Nursing Skills
14	D	Activities of Daily Living
15	C	Basic Nursing Skills
16	C	Basic Nursing Skills
17	D	Client Rights
18	C	Basic Nursing Skills
19	A	Basic Nursing Skills
20	A	Client Rights
21	B	Basic Nursing Skills
22	D	Restorative Skills
23	C	Basic Nursing Skills
24	A	Communication

# Answer Key continued

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

# Answer Key continued

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