

# 2021 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.

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

# Practice Exam

- When getting ready to make a bed, the nurse aide **SHOULD** place the clean linens on:**
  - a chair or table beside the bed.
  - the roommate's bed.
  - a clean surface in the bathroom
  - the floor beside the bed.
- The only purpose for using a restraint is to:**
  - ensure the safety of the client or others.
  - make the nurse aide's job easier
  - calm a client who is verbally abusive.
  - help the client be quiet.
- Articles contaminated with blood or body fluids **SHOULD** be disposed of in the:**
  - soiled linen basket.
  - biohazard container.
  - soiled utility room.
  - client's room trash container.
- To avoid pulling the indwelling urethral catheter when turning a client, the catheter tubing **SHOULD** be secured to the client's:**
  - bed sheet.
  - upper thigh.
  - bed frame.
  - hip.
- When collecting a 24-hour urine sample for a client, the nurse aide **SHOULD** request that the client:**
  - take a bath or shower before starting the urine collection.
  - select food items that do not contain red meat.
  - drink 2 L of water.
  - discard the first voided urine.
- When ambulating the client, the nurse aide **SHOULD**:**
  - ask the nurse for help.
  - be sure the client is wearing non-skid footwear.
  - ask a family member for assistance.
  - walk in front of the client and show the client the way.
- Which of the following is the **BEST** personal protective equipment item for the nurse aide to wear when handling infectious waste that could splash or spray?**
  - Shoe covers
  - A mask
  - Goggles
  - A faceshield
- Which of the following would be an appropriate response for the nurse aide to make if a client expresses anger during care?**
  - "Why are you being so mean today?"
  - "You should not say such mean things to people."
  - "I will come back when your bad mood is over."
  - "You seem upset. Would you like to talk about it?"
- The nurse aide has raised the height of the client's bed to provide care to the client, but the nurse aide forgot to bring the supplies needed. What should the nurse aide do **NEXT**?**
  - Instruct the client to lie still
  - Quickly go to get the supplies
  - Lower the bed, and place the call light within reach
  - Ask the roommate to watch the client while the nurse aide gets the supplies
- A client requests that the nurse aide call the client's spiritual advisor. The nurse aide **SHOULD**:**
  - ask the client why the client wants the nurse aide to call the client's spiritual advisor.
  - tell the client that this is not part of the nurse aide's job.
  - tell the client that the nurse aide will inform the nurse of the client's request.
  - call the spiritual advisor for the client.

11. A client wakes up during the night and asks for something to eat. The nurse aide **SHOULD**:
- (A) check client's diet before offering nourishment.
  - (B) tell the client nothing is available at night.
  - (C) explain that breakfast is coming in 3 hours.
  - (D) tell the client that eating is not allowed during the night.
12. The nurse aide is preparing to bathe a client. What should the nurse aide do **FIRST**?
- (A) Test the temperature of the water
  - (B) Help the client undress
  - (C) Tell the client what the nurse aide is going to do
  - (D) Close the door and windows
13. When making a bed that is occupied by a client, 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.
14. Frequent turning and repositioning of the client helps prevent:
- (A) cyanosis.
  - (B) indigestion.
  - (C) coronary disease.
  - (D) pressure injuries.
15. 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.
16. The nurse aide is in the employee dining room. A group of nurse aides are eating lunch together and begin discussing how rude a certain client was acting. The nurse aide **SHOULD**:
- (A) join in the conversation.
  - (B) suggest that this is not the place to discuss the client.
  - (C) be quiet and not say anything to the other nurse aides
  - (D) return to the unit and tell the client what was said.
17. The client's signaling device **SHOULD** be placed:
- (A) on the bed.
  - (B) within the client's reach.
  - (C) on the client's right side.
  - (D) over the side rail.
18. When helping a client who is recovering from a stroke to walk, the nurse aide **SHOULD** assist:
- (A) on the client's strong side. .
  - (B) on the client's weak side.
  - (C) from behind the client.
  - (D) with a wheelchair.
19. A client who is confused begins to cry and scream out for the client's parent. What should the nurse aide do **NEXT**?
- (A) Place the client in a geriatric chair
  - (B) Restrain the client in his bed
  - (C) Talk to the client in a calm voice about familiar things
  - (D) Leave the client alone in his room until he calms down
20. Which of the following actions would be **BEST** for the nurse aide to take to show respect to the spiritual needs of a client?
- (A) Escorting the client to religious services
  - (B) Discussing the nurse aide's religion with the client
  - (C) Assisting the client to read the client's religious materials
  - (D) Requesting that the facility's spiritual advisor visits the client

21. While the nurse aide is providing care to the client, the client calls the nurse aide by the name of the client's child, who died several years ago. The nurse aide's **BEST** response would be to:
- (A) quickly finish providing care and leave the client alone.
  - (B) pretend to be the client's child.
  - (C) ignore the client because the client is confused.
  - (D) ask the client about the client's favorite memories of the client's child.
22. When providing care for a client receiving oxygen therapy, the nurse aide **SHOULD**:
- (A) check ears for pressure points.
  - (B) tape cracks in oxygen tubing.
  - (C) let the nurse know that the nurse aide cannot care for the client.
  - (D) change the flow rate if the client is short of breath.
23. 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 the bed
  - (C) Take the client into the bathroom to wash out the cut
  - (D) Stay with the client and call for help
24. The client has been sad and depressed since being admitted to the facility yesterday. What would be the **BEST** thing for the nurse aide to do for the client?
- (A) Arrange for the client's spiritual advisor to visit the client
  - (B) Turn on the television in the client's room and leave the client alone
  - (C) Force the client to take part in facility activities
  - (D) Introduce the client to other clients and staff members
25. The nurse aide is asked by a client who is confused "what day it is?" The nurse aide **SHOULD**:
- (A) explain that memory loss is natural and the date is not important.
  - (B) ignore the request.
  - (C) point to the date on a calendar and say the date.
  - (D) provide the date and then test the client later
26. 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
27. When caring for a client who is dying, the nurse aide **SHOULD**:
- (A) only allow 1 visitor in the room at a time.
  - (B) keep the room dark at all times.
  - (C) pay special attention to fluid intake and mouth care.
  - (D) wear gloves when providing personal care.
28. To **BEST** communicate with a client who has total hearing loss, the nurse aide should:
- (A) smile frequently and speak loudly.
  - (B) smile often and talk rapidly.
  - (C) avoid eye contact
  - (D) write out the information.
29. When a client who is weak and unable to move without assistance is positioned in a chair, the nurse aide **SHOULD**:
- (A) check on the client every 5 minutes.
  - (B) make sure the client's water pitcher is full
  - (C) protect the client with a seat belt.
  - (D) place the signaling device within the client's reach

30. What would be the **BEST** way for the nurse aide to promote client independence when bathing a client who had a stroke?
- (A) Give the client a complete bath only when the client requests it
  - (B) Encourage the client to do as much as possible and assist as needed
  - (C) Leave the client alone and assume the client will do as much as the client can
  - (D) Limit the client to washing the client's hands
31. Which of the following methods is the correct way to remove a dirty isolation gown?
- (A) Pull the gown over the head
  - (B) Let the gown drop to the floor and step out of the gown
  - (C) Roll the gown dirty side in and away from the body
  - (D) Pull the gown off by the sleeve and shake the gown out
32. The health care team member who assists the client with the performance of activities of daily living is the:
- (A) social worker.
  - (B) occupational therapist.
  - (C) speech therapist.
  - (D) case manager.
33. What does "ambulate with assistance" mean?
- (A) Walk with the client twice a day
  - (B) The client may use a wheelchair
  - (C) Have the client use a cane for walking
  - (D) The client can walk with the nurse aide providing help
34. When transferring a client, **MOST** of the client's weight should be supported by the nurse aide's:
- (A) back.
  - (B) shoulders.
  - (C) legs.
  - (D) wrists.
35. When changing a soiled dressing, the nurse aide **SHOULD** wash the nurse aide's hands:
- (A) before the procedure.
  - (B) after the procedure.
  - (C) before and after the procedure.
  - (D) before, during, and after the procedure.
36. The nurse aide **MUST** wear gloves when:
- (A) transferring a client.
  - (B) providing mouth care.
  - (C) dressing a client.
  - (D) weighing a client.
37. When assisting a client who has right-sided weakness to transfer from a wheelchair, the nurse aide **SHOULD** support the client's:
- (A) left side.
  - (B) right side.
  - (C) front side.
  - (D) back side.
38. The nurse aide can help prevent pressure injuries in the client by:
- (A) repositioning the client every 4 hours.
  - (B) massaging reddened areas on the client's skin.
  - (C) keeping linens clean, dry, and wrinkle-free.
  - (D) using perfumed soap to clean the client's skin
39. If a nurse aide discovers a small fire in a client's room, the nurse aide should **FIRST**
- (A) sound the alarm.
  - (B) contain the fire.
  - (C) remove the client from any danger.
  - (D) extinguish the fire.
40. When a client has memory loss or confusion, the nurse aide **SHOULD**:
- (A) reassure the client that forgetting information is expected with age.
  - (B) speak loudly to the client.
  - (C) ignore the client's statements that are not accurate.
  - (D) give the client simple step-by-step instructions.

41. What does the abbreviation ADL mean?
- (A) Ad Lib
  - (B) As Doctor Likes
  - (C) Activities of Daily Living
  - (D) After Daylight
42. Which of the following actions **SHOULD** the nurse aide take to communicate with a client who has a hearing loss?
- (A) Face the client when speaking
  - (B) Repeat statements twice every time
  - (C) Shout so that the client can hear you
  - (D) Use a high-pitched voice
43. 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
44. When a nurse provides 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 the information with other staff members in the break room.
  - (D) discuss the information with the client's family.
45. Before entering a client's room, the nurse aide should **FIRST**:
- (A) turn lights on.
  - (B) identify self.
  - (C) knock on the door.
  - (D) call the client by the client's name.
46. Mouth care for a client who is unconscious **MUST** be done every:
- (A) 2 hours.
  - (B) 4 hours.
  - (C) 6 hours.
  - (D) 8 hours.
47. 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.
48. Before taking the oral temperature of a client who has just finished a cold drink, the nurse aide **SHOULD** wait:
- (A) 20 minutes.
  - (B) 25 to 35 minutes.
  - (C) 45 to 55 minutes.
  - (D) at least 1 hour.
49. To prevent dehydration of the client, the nurse aide **SHOULD**:
- (A) offer fluids frequently while the client is awake.
  - (B) wake the client hourly during the night to offer fluids.
  - (C) give the client frequent baths.
  - (D) feed the client salty foods to increase thirst.
50. When preparing to take a meal tray into the client's room, what is the **MOST** important action for the nurse aide 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
51. Which of the following equipment should the nurse aide have available when caring for a client's beard?
- (A) Basin, mirror, nail file and towel
  - (B) Towel, gloves, razor and shaving cream
  - (C) Shaving cream, razor, gloves and comb
  - (D) Razor, shaving cream, towels and orange stick

52. 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.
53. What **SHOULD** the nurse aide do when a client with Alzheimer's disease seems depressed and quiet?
- (A) Talk when the client is silent
  - (B) Observe the client for non-verbal cues
  - (C) Change subjects until the client begins to discuss something
  - (D) Tell the client not to worry
54. Which of the following actions by the nurse aide can **BEST** demonstrate active listening skills?
- (A) Changing the subject frequently
  - (B) Responding when appropriate
  - (C) Correcting the client's mistakes
  - (D) Directing the conversation
55. 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.
56. When assisting with dressing a client who has left-sided weakness, what part of a sweater should be put on **FIRST**?
- (A) Both sleeves
  - (B) Left sleeve
  - (C) Client's choice
  - (D) Right sleeve
57. A client with arthritis reports difficulty when cutting the food. What **SHOULD** the nurse aide do to encourage the client's independence in eating?
- (A) Cut the food and feed the client
  - (B) Insist that the client eat the meal without help
  - (C) Assist the client in cutting the food and encourage the client to use the special eating utensils
  - (D) Ask the dietary department to puree the client's food
58. The nurse aide is assisting a coworker in obtaining a quad cane for a client. How many legs **SHOULD** the nurse aide understand that a quad cane has?
- (A) 1
  - (B) 2
  - (C) 3
  - (D) 4
59. Once a client has been pronounced dead, the responsibility of the nurse aide is to:
- (A) make sure the body is clean.
  - (B) call the family.
  - (C) leave the room.
  - (D) give spiritual care.
60. 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.



# 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	A	Basic Nursing Skills
2	A	Legal and Ethical Behavior
3	B	Basic Nursing Skills
4	B	Basic Nursing Skills
5	D	Basic Nursing Skills
6	B	Basic Nursing Skills
7	D	Basic Nursing Skills
8	D	Emotional and Mental Health Needs
9	C	Basic Nursing Skills
10	C	Spiritual and Cultural Needs
11	A	Client Rights
12	C	Client Rights
13	B	Basic Nursing Skills
14	D	Restorative Skills
15	A	Basic Nursing Skills
16	B	Legal and Ethical Behavior
17	B	Basic Nursing Skills
18	B	Basic Nursing Skills
19	C	Emotional and Mental Health Needs
20	C	Spiritual and Cultural Needs
21	D	Emotional and Mental Health Needs
22	A	Basic Nursing Skills
23	D	Basic Nursing Skills
24	D	Emotional and Mental Health Needs
25	C	Communication

# Answer Key continued

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

# Answer Key continued

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