

LNA PRACTICE TEST ONE

Hygiene

- 1) What is an example of indirect contact?
 - a. Coughing on a resident
 - b. Sneezing on a pen and then handing it to the resident
 - c. Performing a finger stick on a diabetic patient
 - d. Wiping your nose and then touching a door handle later

- 2) How long should a NA wash their hands?
 - a. 10 seconds
 - b. 30 seconds
 - c. 15 seconds
 - d. 20 seconds

- 3) Which of the following is the best way to prevent infection of an indwelling catheter?
 - a. Bathe the patient daily
 - b. Remind the resident to fully void
 - c. Hold the catheter tubing at the meatus and clean it using downward strokes
 - d. Wipe the catheter tubing down with a clean cloth twice a day

- 4) In what order should a bed bath be given?
 - a. Face, arms, chest, groin
 - b. Face, chest, groin, arms
 - c. Groin, face, arms chest
 - d. Face, chest, arms, groin

- 5) Which procedure best destroys all bacteria?
 - a. Washing with soap and water
 - b. Sterilization
 - c. Cleaning with antibacterial wipes
 - d. Rinsing off with hot water

- 6) When performing female peri care, which of the following is *incorrect*?
 - a. Wash from tailbone to bellybutton
 - b. Wash the front of the resident first
 - c. Use a new side of the washcloth each time
 - d. Make sure that they resident is dry after washing

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Diet/ Intake

- 7) Mr. Evans finished his breakfast having had 200cc of coffee and 120 ccs of orange juice. How many ccs should the NA report?
- 500
 - 250
 - 320
 - 220
- 8) Which type of diet restricts sugar and carbs?
- Gluten free diet
 - Diabetic Diet
 - Fluid restricted diet
 - Low sodium diet
- 9) Mr. Wood is on a mechanical soft diet. Which of the following would be appropriate for the resident?
- Steak and french-fries
 - Ham sandwich
 - Mashed potatoes and meatloaf
 - Lasagna

Vitals

- 10) Which of the following vital set should be reported to the nurse immediately?
- BP 120/80, P 60, R 18
 - BP 130/92, P 80, R 20
 - BP 84/60, P 40, R 10
 - BP 97/60, P77, R 15
- 11) How often should a patient get their vitals taken if the order calls for b.i.d?
- Twice a day
 - Four times a day
 - Once a day
 - Three times a day
- 12) What is the proper term for high blood pressure?
- Hypotension
 - Hypertension
 - Cyanotic
 - Catatonic

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ADL's

- 13) Which of the following can a NA *not* do?
- Help a resident brush their teeth
 - Dress a resident
 - Change a sterile dressing
 - Give the resident a back rub
- 14) Mrs. Grant has COPD and is showing signs of cyanosis. What should the NA do first?
- Sit the resident up at a 45 degree angle and have them bend forward over a pillow
 - Take their O2 level
 - Ask them if they are feeling ok
 - Get the nurse
- 15) A NA is making a bed and drops a clean pillowcase on the floor. What should they do?
- Quickly pick it up and dust it off and put it on the pillow
 - Disregard it and just replace only one pillowcase
 - Get a new pillowcase
 - Ask the resident if they mind if it fell on the floor
- 16) The first thing to check before transferring a resident to their wheelchair is what?
- That the resident doesn't need to go to the bathroom
 - That they are dressed for the day
 - That the breaks are locked
 - That their seat is comfortable
- 17) What is the first step before any procedure?
- Knocking and introducing yourself
 - Asking the resident's name
 - Remind the resident where the call light is
 - Wash your hands

Resident Interaction

- 18) A resident asks to go home, what should the NA say to them?
- "You don't get to go home anymore"
 - "Tell me about your home"
 - "Stop complaining"
 - "Is it supposed to rain today?"
- 19) Mr. Garcia says "I'll do anything if I can just live to my granddaughter's quinceanera." Which stage of dying is he in?
- Denial
 - Acceptance
 - Bargaining
 - Anger

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- 20) When getting a resident out of bed for the first time in the morning the NA should:
- Let the resident sit up in bed and dangle before standing up
 - Brush the residents' teeth
 - Ask them what shirt they would like to wear
 - Get their breakfast order
- 21) In answering a call light, the NA finds Mrs. Smith on the floor. What should the NA do first?
- Take Mrs. Smith's pulse
 - Call for help
 - Try to see if Mrs. Smith is in any pain
 - Get Mrs. Smith back on her feet