Exam Topics

I.  INTRODUCTION TO NURSING ASSISTING.
   • Community Health Care.
   • On the Job: Being a Nursing Assistant.
   • Consumer Rights and Responsibilities in Health Care.
   • Ethical and Legal Issues Affecting the Nursing Assistant.

II. SCIENTIFIC PRINCIPLES.
   • Medical Terminology and Body Organization.
   • Classification of Disease.

III. BASIC HUMAN NEEDS AND COMMUNICATION.
   • Communication Skills.
   • Observation, Reporting, and Documentation.
   • Meeting Basic Human Needs.
   • Comfort, Pain, Rest, and Sleep.
   • Developing Cultural Sensitivity.

IV. INFECTION AND INFECTION CONTROL.
   • Infection.
   • Infection Control.
V. SAFETY AND MOBILITY.
   • Environmental and Nursing Assistant Safety.
   • Patient Safety and Positioning.
   • The Patient’s Mobility: Transfer Skills.
   • The Patient’s Mobility: Ambulation.

VI. MEASURING AND RECORDING VITAL SIGNS, HEIGHT, AND WEIGHT.
   • Body Temperature.
   • Pulse and Respiration.
   • Blood Pressure.
   • Measuring Height and Weight.

VII. PATIENT CARE AND COMFORT MEASURES.
   • Admission, Transfer, and Discharge.
   • Bedmaking.
   • Patient Bathing.
   • General Comfort Measures.

VIII. PRINCIPLES OF NUTRITION AND FLUID BALANCE.
   • Nutritional Needs and Diet Modifications.

IX. SPECIAL CARE PROCEDURES.
   • Warm and Cold Applications.
   • Assisting with the Physical Examination.
   • The Surgical Patient.
   • Caring for the Emotionally Stressed Patient.
   • Caring for the Bariatric Patient.
   • Death and Dying.

X. OTHER HEALTH CARE SETTINGS.
   • Care of the Elderly and Chronically Ill.
   • The Organization of Home Care: Trends in Health Care.
   • The Nursing Assistant in Home Care.
   • Subacute Care.
   • Alternative, Complementary, and Integrative Approaches to Patient Care.

XI. BODY SYSTEMS, COMMON DISORDERS, AND RELATED CARE PROCEDURES.
   • Integumentary System.
   • Respiratory System.
   • Circulatory (Cardiovascular) System.
   • Musculoskeletal System.
   • Endocrine System.
   • Nervous System.
   • Gastrointestinal System.
• Urinary System.
• Reproductive System.
• Care of the Patient with Cancer.

XII. EXPANDED ROLE OF THE NURSING ASSISTANT.
• Rehabilitation and Restorative Services.
• Obstetrical Patient and Neonate.
• Pediatric Patients.

XIII. MOVING FORWARD.
• Response to Basic Emergencies
• Employment Opportunities and Career Growth.

Sample Questions
1. When caring for patients from other cultures, remember that
   a. cultural customs influence how care is given.
   b. the sex of the caregiver usually does not matter.
   c. disrobing is unacceptable in all cultures.
   d. most patients prefer to be dependent on caregivers.

2. Body temperature may be affected by
   a. mental status.
   b. mood.
   c. hydration.
   d. behavior.

3. The essence of nursing care is _______________.
   a. learning.
   b. caring.
   c. curing.
   d. understanding.

4. When admitting a patient, pay particular attention to
   a. the patient’s clothing.
   b. what the visitors tell you.
   c. the patient’s personal belongings.
   d. the condition of the patient’s skin.

5. Anesthesia
   a. increases body temperature.
   b. frequently causes hallucinations.
   c. blocks pain for eight hours postoperatively.
   d. decreases body temperature.
6. The respiratory rate for an infant is  
   a. 18 to 30 breaths per minute.  
   b. 22 to 44 breaths per minute.  
   c. 24 to 46 breaths per minute.  
   d. 30 to 60 breaths per minute.  

7. The elderly  
   a. do not like to be touched.  
   b. need to be touched.  
   c. view being touched as a sexual advance.  
   d. should be touched only if gloves are worn.  

8. Bathing causes some patients with Alzheimer’s disease to become very upset.  
   a. True  
   b. False  

9. Calling a patient “gramps” may be considered psychological abuse.  
   a. True  
   b. False  

10. The purpose of some hormones is to stimulate other glands to secrete their own hormones.  
    a. True  
    b. False