

LNA PRACTICE TEST

Hygiene/ Pericare

- 1) Which of the following can an NA **not** do regarding catheter care?
 - a. Drain the catheter bag
 - b. Clean the catheter tube
 - c. Flush the catheter tube with saline
 - d. Change the catheter bag from night to day bag

- 2) 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 washing your hands

- 3) Which of the following is the best way for an LNA 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 up and down with a clean cloth twice a day

- 4) In what order should a full bed bath be given?
 - a. Face, arms, chest, legs, groin
 - b. Face, chest, legs, groin, arms
 - c. Groin, face, legs, arms chest
 - d. Face, chest, arms, legs, 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 should a NA change their gloves?
 - a. Whenever they are visibly dirty
 - b. When they are broken
 - c. When the NA is changing task
 - d. All of the above

- 7) Which of the following is **not** part of a good pericare practice?
 - a. Toileting a resident regularly
 - b. Checking to see if a resident's brief is wet
 - c. Making sure to fully dry a resident
 - d. Waiting 20 minutes to answer a call light

LNA PRACTICE TEST

- 8) What is the correct procedure for disposing of soiled linen?
- Remove the soiled linen from the room last after the room is tidy
 - Leave the soiled linen and alert housekeeping
 - Take the soiled linen out of the room first and then return and finish making the bed
 - Make the bed, it's not that dirty
- 9) When moving a resident with a catheter bag, the catheter should always be:
- Higher than the resident's bladder
 - Lower than the bed
 - Lower than the resident's bladder
 - Higher than the bed
- 10) How should a bed pan be positioned?
- The wider, shallower end should be placed towards the head of the bed
 - The wider, shallower end should be placed towards the foot of the bed
 - The wider, shallower end should be placed to the left of the buttocks
 - The bed pan should be placed for the greatest comfort of the resident
- 11) A resident with MRSA would have which of the following precautions?
- Standard Precautions
 - Universal Precautions
 - Standard and Transmission Based Precautions
 - Airborne Based Precautions

Diet/Intake

- 12) Mrs. Young is blind and is sitting down to breakfast. What should the NA do to help her be more independent?
- Describe the plate like the numbers on the clock to orient her
 - Put the coffee close to the edge of the table
 - Make sure all her drinks have straws
 - Cut her food at the table for her
- 13) Mr. Jones has Parkinson Disease. Which of the following is a good option for them to eat?
- Grilled cheese sandwiches
 - Chicken salad
 - Tomato soup
 - T-bone steak
- 14) Mr. Evans has Diabetes. Which of the following foods should be avoided?
- Donuts and other pastries
 - Foods heavy in starch such as potatoes
 - Leafy greens
 - A and B

LNA PRACTICE TEST

- 15) How often should a NA offer a resident a drink when helping them eat?
- After every bite of food
 - At the end of the meal only
 - At the beginning and end of the meal
 - After every second or third bite of food
- 16) Which type of diet is common for someone on swallowing precautions?
- Gluten free diet
 - Diabetic Diet
 - Fluid restricted diet
 - Mechanical soft diet
- 17) What should be done with a resident who has a NPO order?
- Give them their meals as normal
 - Only give them water
 - Do give them anything to eat or drink
 - Ask them if they are hungry before giving them their meal
- 18) Which of the following should be reported to the nurse?
- A resident eating 75% of the meal
 - A resident coughing repeatedly throughout the meal
 - A resident asking for two cups of coffee
 - A resident wanting a different dessert
- 19) Which of the following is a type of thickened liquid consistency?
- Nectar thick
 - Pudding thick
 - Molasses thick
 - A and B
- 20) Mr. Evans finished his breakfast having had 215mL of coffee and 120 mL of orange juice. How many ccs should the NA report?
- 335
 - 250
 - 320
 - 220
- 21) Which of the following can cause a person to become dehydrated?
- Vomiting
 - Diarrhea
 - Profuse sweating
 - A,B and C

LNA PRACTICE TEST

Vitals

- 22) What is 1:30 pm in military time?
- 1130
 - 1330
 - 0130
 - 130
- 23) What is the most common place to take a pulse?
- Femoral Artery
 - Brachial Artery
 - Carotid Artery
 - Radial Artery
- 24) What does a pulse oximeter readout show?
- Temperature
 - Pulse and Oxygen
 - Respirations and Pulse
 - Weight
- 25) Which of the following is an abnormal vital?
- P 60
 - O2 98
 - BP 144/98
 - R 18
- 26) Hypotension refers to:
- Low blood pressure
 - High blood pressure
 - Normal blood pressure
 - Blood pressure found only in the leg
- 27) Which of the following is **not** considered a vital
- Blood Pressure
 - Pulse
 - Respirations
 - Pain
 - Weight

Ageing/ End of Life

- 28) What is the last sense to leave the body of a dying person?
- Sight
 - Smell
 - Hearing
 - Taste

LNA PRACTICE TEST

- 29) Mr. Garcia says "I'll do anything if I can just live to my granddaughter's birthday party." Which stage of dying is he in?
- Denial
 - Acceptance
 - Bargaining
 - Anger
- 30) A resident confides in their NA that they are scared of dying. What is the best response by the NA?
- Offer anti-anxiety medication
 - Offer to get a clergy or pastor
 - Listen quietly to their concerns
 - Reassure them everyone dies and it's a normal part of life
- 31) Which of the following are a normal sign of ageing?
- Thinner, dryer skin
 - Dementia
 - Incontinence
 - Dysphagia
- 32) Hospice Care primarily focuses on which of the following
- Curing the disease that the person currently has
 - Promoting the resident's comfort and dignity
 - Creating a living will with their family
 - Making a recovery plan to bring them back to normal
- 33) Care that focuses on the comfort and quality of life of the resident is called:
- Palliative Care
 - Professional Care
 - Standard Care
 - Managing ADL's
- 34) A DNR order means which of the following?
- The resident does not want life saving measures like CPR
 - The resident wants to be taken to the hospital
 - The resident does not want to be given medications
 - The resident does not want to die alone
- 35) Which of the following states the specific types of medical care a patient wishes to be given when they are no longer able to make medical decisions for themselves?
- DNR order
 - Safety Data Sheet
 - Resident's care plan
 - Living will

LNA PRACTICE TEST

ADL's

- 36) What is the acronym that is commonly used to help someone with a stroke?
- FACE
 - FAST
 - PASS
 - RACE
- 37) What does PRN stand for?
- Patient removes needles
 - As needed
 - Part of reserve
 - Absolutely no food
- 38) How often should ADL care provided by the LNA be reported?
- After every shift
 - When the NA remembers
 - After the event has occurred
 - The next day
- 39) Where are common areas for pressure ulcers to form?
- Fleshy parts of the body
 - Any part of the body can get pressure wounds
 - Hands and face
 - Over bony prominences
- 40) When using a gait belt, how should an NA hold their hands when lifting the resident?
- Hold one hand over and one hand under the gait belt with one hand having the belt against the palm of your hand
 - Hold both hands under the gait belt with the belt against the palm of each hand
 - Hold both hands over the gait belt
 - The gait belt is only for emergencies
- 41) 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
- 42) In answering a call light, the NA finds Mrs. Smith on the floor. What should the NA do first?
- Take Mrs. Smith's pulse
 - Get the nurse
 - Try to see if Mrs. Smith is in any pain
 - Get Mrs. Smith back on her feet

LNA PRACTICE TEST

- 43) A resident appears to be cyanotic. What should the NA do?
- Get the nurse
 - Take the resident's oxygen level
 - Elevate the head of the bed and then get the nurse
 - Increase their oxygen, but not more than 2 percent
- 44) What is the correct degree range for the Fowlers position?
- 15-30 degrees
 - 45-60 degrees
 - 90-130 degrees
 - 80-90 degrees
- 45) Which of the following are signs of a stroke?
- Memory loss
 - Single-sided weakness
 - Slurred speech
 - Both B and C
- 46) Which acronym is used when using a fire extinguisher?
- PUSH
 - BUSH
 - PASS
 - LASS
- 47) What of the following can help a resident who is agitated?
- Give them coffee and cookies
 - Have them go take a walk alone
 - Tell them to calm down
 - Have them fold towels
- 48) What is the name of the person whose job is to listen to complaints and concerns of a resident and gets them resolved?
- An ombudsman
 - The nurse
 - The NA
 - The family
- 49) A resident's family comes when the resident is about to take their shower. What should the NA do?
- Tell the family to wait, and give the shower
 - Let the family talk to the resident for 30 minutes before giving the resident the shower
 - Do the shower another time
 - Complain to the nurse that you were unable to do the shower

LNA PRACTICE TEST

- 50) Which of the following is the best response to a resident who is perseverating?
- Answer the question each time they ask
 - Write the answer down on a piece of paper and give it to them
 - Remind the resident that they have already asked that question
 - Ask the resident to stop repeating themselves
- 51) A nursing assisting may share medical information with all of the following people **except**:
- Another caregiver
 - The resident's best friend
 - The nurse
 - Members of the care team
- 52) Which of the following are helpful to keep a patient from aspirating?
- Allow time for the resident to swallow before offering more food
 - Have the resident sit up at least 30 degrees after eating
 - Follow the care plan regarding thickened liquids
 - All of the above
- 53) Which of the following should always be done with PROM
- Offer the resident a cookie at the end of the PROM
 - Remind them to let you know if they feel pain at any time
 - Only work on the side that has had a stroke
 - Never exercise the feet of the resident
- 54) Which of the following are within the NA's scope of practice
- Cutting toenails
 - Assisting in dressing a resident
 - Giving medication but only if the nurse hands it to you first
 - Flushing a catheter tube
- 55) If a resident has a left sided stroke, the NA should dress the
- Affected arm first
 - Unaffected arm first
 - Both arms at the same time
 - Have the resident dress themselves to promote independence
- 56) Fractures can be caused by which of the following?
- A resident falling while going to the bathroom
 - Moving a resident from the bed to the wheelchair
 - Showering
 - A and B only

LNA PRACTICE TEST

Answer Sheet

Name: _____

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| 1) | 27) | 53) |
| 2) | 28) | 54) |
| 3) | 29) | 55) |
| 4) | 30) | 56) |
| 5) | 31) | |
| 6) | 32) | |
| 7) | 33) | |
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| 24) | 50) | |
| 25) | 51) | |
| 26) | 52) | |