CALIFORNIA NURSING HOME ADMINISTRATOR LICENSE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. How many fire drills must fully sprinklered facilities conduct per year?

A. 6 fire drills

B. 9 fire drills

C. 12 fire drills

D. 24 fire drills

2. How long does the administrator and direct care staff of a limited mental health facility have to complete training of no less than 6 hours related to their duties?

A. 6 months

B. 30 days

C. 60 days

D. 90 days

3. What is required to assist a fall risk patient living alone after discharge?

A. Home health aide service

B. Emergency contact system

C. Physical therapy

D. Psychological evaluation

4. Therapeutic diets should be provided based on what requirement?

A. Preferences of family members

B. A health care provider's order

C. The resident's request

D. Staff observations of resident dislikes

5. How should assisted living services be provided?

A. At the facility's convenience

B. To those needing 24-hour nursing supervision

C. In a manner promoting dignity and individuality

D. With a rigid schedule limiting resident preferences

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6. ALFs must report adverse incidents to AHCA within which timelines?

A. day 1 and day 5

B. day 1 and day 7

C. day 1 and day 15

D. day 1 and day 10

7. True or False: In a standard licensed ALF, a CNA may be delegated to perform nursing services such as portable oxygen care, but not apply anti-embolism stockings without nurse supervision.

A. True

B. False

C. Only with supervision

D. It varies by facility

8. If a patient is placed on fall precautions, what is true regarding the wristband identification?

A. The wristband is removed after 24 hours

B. Education on the wristband is documented

C. Proper identification informs staff of patients at risk for falls

D. All of the above are true

9. What type of assistance may be required for a resident to be admitted to an ALF?

A. Complete feeding assistance

B. Monitoring of blood pressure only

C. Ambulation with assistance

D. Assistance with medications only

10. How frequently should ALFs conduct evaluations of their service plans?

A. Monthly

B. Quarterly

C. Annually

D. Every two years

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Answers

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1. A
2. A
3. B
4. B
5. C
6. C
7. B
8. D
9. C
10. C

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Explanations

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1. How many fire drills must fully sprinklered facilities conduct per year?

A. 6 fire drills

B. 9 fire drills

C. 12 fire drills

D. 24 fire drills

Fully sprinklered facilities are required to conduct six fire drills per year to ensure the safety and preparedness of all occupants, including residents and staff members. These drills serve to familiarize everyone with fire alarm systems, escape routes, and the overall procedure during an emergency, which is essential for effective evacuation and minimizing risks during actual fire incidents. This frequency allows for a thorough practice schedule, ensuring that all individuals in the facility become accustomed to responding quickly and efficiently to fire alarms. The requirement for six drills strikes a balance between sufficient practice and operational practicality for care facilities, allowing ample opportunity to reinforce fire safety protocols without overwhelming the daily routine of the facility.

2. How long does the administrator and direct care staff of a limited mental health facility have to complete training of no less than 6 hours related to their duties?

A. 6 months

B. 30 days

C. 60 days

D. 90 days

In the context of a limited mental health facility, the requirement for the administrator and direct care staff to complete six hours of training related to their duties is set at a timeframe of six months. This duration allows adequate time for the staff to engage with the material thoroughly and apply what they learn in a practical setting, which is crucial for the effective care of residents with mental health needs. Completing this training within six months ensures that the administrators and caregivers are not only compliant with regulatory standards but also equipped with the necessary skills and knowledge to provide high-quality support to residents. The emphasis on a six-month timeframe reflects a balance between immediate training needs and the staff's ongoing responsibilities, fostering a more knowledgeable and responsive care environment. The other options, while varying timeframes for training completion, either do not provide enough time for comprehensive learning and integration of skills necessary for the sensitive nature of mental health care, or they may not align with the regulatory standards that ensure safety and quality in facility operations.

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3. What is required to assist a fall risk patient living alone after discharge?

A. Home health aide service

B. Emergency contact system

C. Physical therapy

D. Psychological evaluation

To assist a fall risk patient living alone after discharge, having an emergency contact system in place is crucial for ensuring their safety. This can provide the patient with immediate access to help in case of a fall or other emergency situation. The system typically involves notifying family members, friends, or emergency services when the patient is in distress or requires assistance, allowing for a prompt response that could prevent further injury. While other options such as home health aide services, physical therapy, and psychological evaluations may play an important role in the overall care and management of a fall risk patient, they do not directly address the immediate need for safety and emergency assistance once the patient is home alone. A home health aide could help provide support, but the presence of a reliable emergency contact system empowers the patient by ensuring they have a way to get help quickly in critical situations.

4. Therapeutic diets should be provided based on what requirement?

A. Preferences of family members

B. A health care provider's order

C. The resident's request

D. Staff observations of resident dislikes

Therapeutic diets are specialized meal plans designed to meet the specific medical or health needs of residents. The primary requirement for providing these diets stems from a health care provider's order. Such orders are based on an individual assessment of the resident's health status, which may include factors like medical conditions, dietary restrictions, and nutritional needs. When a health care provider prescribes a therapeutic diet, it ensures that the diet is tailored to the resident's unique situation, which helps in managing their medical conditions, facilitating recovery, or maintaining health. This may include diets that are low in sodium for residents with high blood pressure, diabetic diets for those managing diabetes, or other specialized plans dictated by a licensed professional. On the other hand, preferences of family members, resident requests, or staff observations, while important for overall care and satisfaction, do not have the clinical basis necessary for establishing therapeutic diets. Family preferences may not align with medical needs, resident requests may overlook dietary restrictions, and staff observations could be subjective and not necessarily reflect the best health practices. Therefore, the guiding principle is always a health care provider's order, ensuring professionalism and holistic care in dietary management within nursing homes.

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5. How should assisted living services be provided?

A. At the facility's convenience

B. To those needing 24-hour nursing supervision

C. In a manner promoting dignity and individuality

D. With a rigid schedule limiting resident preferences

Assisted living services should be provided in a manner that promotes dignity and individuality because this approach aligns with the core values of resident-centered care. The essence of assisted living is to offer support while fostering independence and allowing residents to maintain a sense of autonomy. By focusing on dignity and individuality, facilities can create an environment that respects each resident's unique preferences, cultural backgrounds, and personal lifestyles. This not only enhances the quality of life for residents but also encourages their active involvement in decision-making related to their care. The emphasis on dignity means that services should be tailored to meet individual needs rather than forcing residents into a one-size-fits-all model. This personalized approach includes providing choices about daily routines, social activities, and care services, all of which contribute to a sense of self-worth and satisfaction among residents. As a result, promoting dignity and individuality is integral to the mission of assisted living services, ensuring that residents feel respected, valued, and empowered in their living environments.

6. ALFs must report adverse incidents to AHCA within which timelines?

A. day 1 and day 5

B. day 1 and day 7

C. day 1 and day 15

D. day 1 and day 10

The correct response is that assisted living facilities (ALFs) must report adverse incidents to the Agency for Health Care Administration (AHCA) within specific timelines: day 1 and day 15. The requirement for day 1 signifies the urgent need to report incidents to ensure that immediate attention can be given to the situation, safeguarding residents' health and safety. Reporting on day 15 provides an additional buffer for more comprehensive information about the incident to be compiled and communicated to the regulatory body, allowing for a thorough investigation and response if necessary. Timely reporting of adverse incidents is crucial in maintaining high standards of care within ALFs, as it helps in identifying trends, preventing future occurrences, and ensuring compliance with regulatory requirements. The other timelines presented in the options do not align with the requirements set forth by AHCA, as they either extend the reporting timeline too long or do not meet the necessary urgency of immediate reporting.

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7. True or False: In a standard licensed ALF, a CNA may be delegated to perform nursing services such as portable oxygen care, but not apply anti-embolism stockings without nurse supervision.

A. True

B. False

C. Only with supervision

D. It varies by facility

In a standard licensed Assisted Living Facility (ALF), the scope of practice for Certified Nursing Assistants (CNAs) is generally outlined by state regulations and the policies of the facility. CNAs are trained to assist with a variety of personal care tasks but have limitations regarding certain specialized nursing services. While a CNA can be delegated certain tasks, applying anti-embolism stockings typically requires specific training and understanding of the patient's medical condition, which is why it should generally be done under the supervision of a licensed nurse. The application of these stockings is not solely a basic "task" but involves ensuring correct application to avoid complications, which is where nurse oversight is crucial. Thus, stating that a CNA may be delegated to perform nursing services such as portable oxygen care but cannot apply anti-embolism stockings without nurse supervision aligns with standard practices for ensuring resident safety and proper healthcare delivery in licensed ALFs. This understanding reflects a commitment to maintaining care standards and protecting the well-being of residents, making the statement ultimately true.

8. If a patient is placed on fall precautions, what is true regarding the wristband identification?

A. The wristband is removed after 24 hours

B. Education on the wristband is documented

C. Proper identification informs staff of patients at risk for falls

D. All of the above are true

The inclusion of a wristband for patients placed on fall precautions serves multiple essential purposes in a healthcare setting. Wristbands act as a clear and visible tool for identifying patients who are at risk for falls, helping to ensure that all staff members are aware of the precautionary measures in place. This is crucial because it enhances safety by minimizing the chances of accidents, so proper identification through wristbands helps reinforce staff awareness and responsiveness when caring for these patients. Moreover, education regarding the wristband is documented to maintain a record of the safety measures being implemented. This documentation is important for continuity of care, as it provides all members of the healthcare team with information about precautions that should be taken during the patient's care. Additionally, while wristbands may typically remain in place for the duration of the patient's need for fall precautions, there is no standard that mandates their removal after 24 hours. Instead, they should remain until the risk assessment is re-evaluated, which can vary based on individual patient circumstances. By encompassing all these aspects, the correct answer reflects a comprehensive understanding of the protocols associated with fall precautions in a nursing home setting.

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9. What type of assistance may be required for a resident to be admitted to an ALF?

A. Complete feeding assistance

B. Monitoring of blood pressure only

C. Ambulation with assistance

D. Assistance with medications only

Choosing a resident who requires ambulation with assistance as the correct answer highlights the importance of mobility support in an Assisted Living Facility (ALF). These facilities are designed to cater to individuals who may need help with daily living activities, including mobility. Many residents may have physical limitations due to age, health conditions, or disabilities, making it essential for them to receive assistance in walking or moving from one place to another within the facility. This type of assistance ensures that residents can maintain their independence to the extent possible while ensuring their safety and access to all areas of the facility. Ambulation assistance can involve staff helping residents walk, using mobility aids such as walkers or canes, or providing guidance in navigating the environment safely. Other potential assistance types mentioned, like complete feeding assistance, monitoring of blood pressure only, or assistance with medications only, are more specialized or restricted in scope compared to the broader and critical support for ambulation. An individual needing only medication help or blood pressure monitoring might not require the level of care or support typically associated with admission to an ALF and may instead be more suited to a different type of care environment. Therefore, ambulation with assistance is an essential component for many residents in an ALF setting, reflecting the holistic approach that these facilities

10. How frequently should ALFs conduct evaluations of their service plans?

A. Monthly

B. Quarterly

C. Annually

D. Every two years

The correct response indicates that assisted living facilities (ALFs) are required to conduct evaluations of their service plans at least annually. This practice is essential for ensuring that the services provided align with the individual needs of residents and allows for any necessary adjustments to be made in a timely manner. Annual evaluations provide a structured approach to assess the effectiveness of care plans and identify any changes in residents' conditions or preferences that may necessitate updates to their service plans. Regular annual assessments enable staff to engage with residents and their families, fostering open communication and involvement in the care process. This frequency supports proactive management of residents' health and wellness, ensuring that they receive appropriate support tailored to their evolving needs. In contrast, less frequent evaluations—such as every two years or more—might not capture changes in residents' situations promptly, potentially leaving gaps in care that could affect their well-being and quality of life.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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