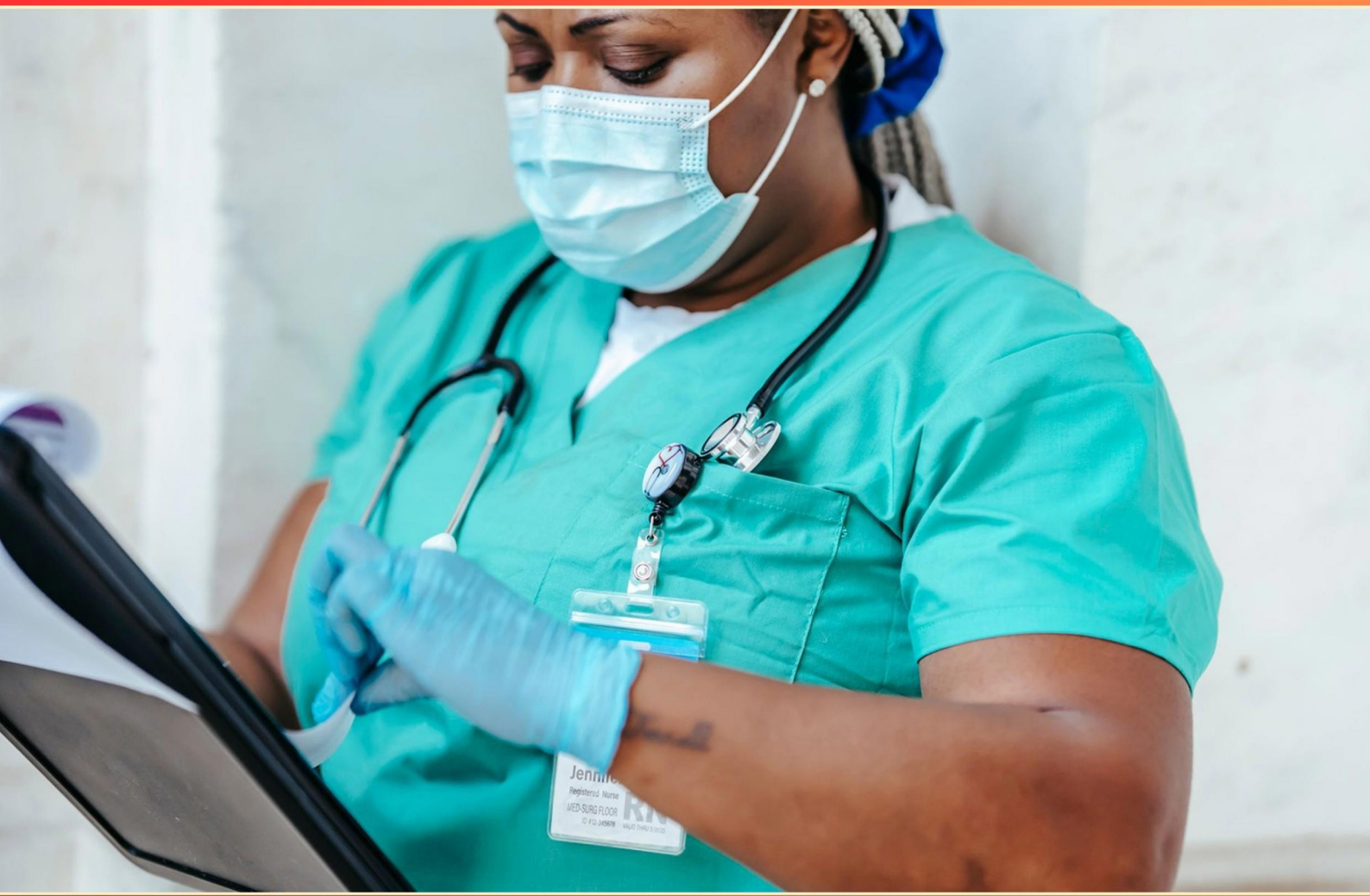
FLORIDA NURSING ASSISTANT COMPETENCY PRACRICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://florida-nursingassistantcompetency.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. How can a nursing assistant help alleviate a patient's anxiety before a procedure?

A. Provide reassurance, explain the process, and listen to concerns

B. Tell the patient there is nothing to worry about

C. Leave the patient alone to reduce stress

D. Only inform the patient about the procedure after it begins

2. What is the significance of properly washing hands in a healthcare setting?

A. To enhance workplace environment

B. To reduce the spread of infections and maintain hygiene

C. To comply with staffing regulations

D. To avoid tactile discomfort

3. What is the primary purpose of a foot board in patient care?

A. To prevent foot drop

B. To provide comfort to the patient

C. To elevate the feet

D. To increase circulation

4. What is a common sign of infection that a nurse aide should watch for?

A. Increased energy levels

B. Excessive sweating

C. Fever and increased heart rate

D. Decreased appetite only

5. What type of exercises are crucial to prevent contractures?

A. Range of Motion (ROM) exercises

B. Strength training exercises

C. Endurance exercises

D. Static stretching exercises

6. What is the primary role of an ombudsman in a healthcare setting?

A. Client advocate

B. Medical advisor

C. Financial liaison

D. Facility manager

SAMPLE

7. What is a common method for preventing falls in healthcare settings?

A. Encouraging patients to walk alone

B. Keeping walkways clear and ensuring adequate lighting

C. Allowing patients to choose slippery footwear

D. Using only wheelchairs for mobility

8. For which of the following situations should a nurse aid inform the nurse immediately?

A. The client has elevated blood pressure

B. The client vomits coffee grounds

C. The client is feeling fatigued

D. The client requests extra fluids

9. What is the correct way to document a patient's vital signs?

A. Record them in a personal notebook

B. Accurately in the patient's medical record as per facility policy

C. Summarize them in a casual conversation with colleagues

D. Share them verbally with family members

10. In what situation should a nursing assistant use gloves?

A. When handling food for the patient

B. When in direct contact with bodily fluids or potential contaminants

C. When administering medication

D. When giving a bed bath

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How can a nursing assistant help alleviate a patient's anxiety before a procedure?

A. Provide reassurance, explain the process, and listen to concerns

B. Tell the patient there is nothing to worry about

C. Leave the patient alone to reduce stress

D. Only inform the patient about the procedure after it begins

Providing reassurance, explaining the process, and listening to concerns are effective strategies for alleviating a patient's anxiety before a procedure. This approach builds trust and establishes a supportive relationship between the nursing assistant and the patient. When the nursing assistant takes the time to explain what will happen during the procedure, it demystifies the experience and helps the patient feel more in control. Listening to the patient's concerns also demonstrates empathy and allows the assistant to address specific worries, further reducing feelings of anxiety. By engaging with the patient in this way, the nursing assistant not only comforts the patient but also provides crucial information that can lead to a more positive experience overall. In contrast, simply telling the patient there is nothing to worry about can seem dismissive and may not address the individual concerns they may have. Leaving the patient alone could increase their feelings of anxiety rather than reduce them, as isolation can intensify stress. Informing the patient about the procedure only after it begins does not allow them the opportunity to prepare mentally or ask any questions, which could lead to surprise and increased anxiety during the process. Therefore, the comprehensive approach outlined in the correct answer is the most effective way to help patients cope with anxiety related to upcoming procedures.

2. What is the significance of properly washing hands in a healthcare setting?

A. To enhance workplace environment

B. To reduce the spread of infections and maintain hygiene

C. To comply with staffing regulations

D. To avoid tactile discomfort

Proper handwashing in a healthcare setting is critically significant for reducing the spread of infections and maintaining hygiene. This practice is a fundamental aspect of infection control and is essential in ensuring the safety of both patients and healthcare workers. When healthcare providers wash their hands correctly, they effectively remove pathogens, dirt, and contaminants that could lead to infections. This is particularly important in environments where individuals may have weakened immune systems or where procedures such as surgeries are being performed. Infections can have serious consequences, including prolonged hospital stays and increased healthcare costs, so preventing their spread is vital. The practice of proper hand hygiene is also supported by numerous studies showing that it can significantly lower the rates of healthcare-associated infections. Overall, emphasizing the importance of handwashing contributes to a safer and healthier environment for everyone involved in healthcare.

SAMPLE

3. What is the primary purpose of a foot board in patient care?

A. To prevent foot drop

B. To provide comfort to the patient

C. To elevate the feet

D. To increase circulation

The primary purpose of a foot board in patient care is to prevent foot drop. Foot drop is a condition in which a person is unable to lift the front part of the foot, which can lead to difficulties in walking and an increased risk of falls. The foot board acts as a support, keeping the feet in a proper position and reducing the likelihood of the toes dropping downward. By maintaining the feet in a neutral position, it also helps prevent complications related to prolonged immobility, such as muscle atrophy and pressure sores. While comfort, elevation, and circulation are important aspects of patient care, the main function of the foot board is more specifically focused on preventing foot drop. It is a key consideration for patients who may be bedridden or have limited mobility, ensuring that proper foot alignment is maintained.

4. What is a common sign of infection that a nurse aide should watch for?

A. Increased energy levels

B. Excessive sweating

C. Fever and increased heart rate

D. Decreased appetite only

A common sign of infection that nurse aides should monitor for is the presence of fever and increased heart rate. Fever typically indicates that the body is responding to an infection by activating the immune system. When pathogens invade the body, the immune response may lead to fever as the body raises its temperature to create an environment less favorable for the infection to thrive. In addition to fever, an elevated heart rate can also signify that the body is working harder to deliver blood and oxygen to tissues in response to the infection. The heart rate may increase as part of the physiological response to stress, which is often caused by illness. While excessive sweating can also occur during certain infections, it is not as definitive a sign of infection as fever and increased heart rate. Increased energy levels would not typically be associated with infection; in fact, most individuals with an infection experience fatigue. Decreased appetite is a symptom that may accompany sickness but is less specific than fever and increased heart rate in indicating the presence of an infection. Thus, monitoring for both fever and heart rate provides a clearer indication of the body's response to potential infections.

SAMPLE

5. What type of exercises are crucial to prevent contractures?

A. Range of Motion (ROM) exercises

B. Strength training exercises

C. Endurance exercises

D. Static stretching exercises

Range of motion (ROM) exercises are specifically designed to maintain or improve the flexibility and mobility of a joint. By actively moving the joints through their full range, these exercises help prevent contractures, which are the permanent shortening of muscles, tendons, or ligaments that can occur when a joint is immobilized for a period of time. Regularly practicing ROM exercises encourages blood circulation, reduces stiffness, and keeps tissues healthy, effectively preventing the development of contractures. Strength training exercises, while beneficial for building muscle and enhancing stability, are not primarily focused on maintaining joint flexibility. Endurance exercises are aimed at improving cardiovascular fitness and stamina rather than specifically targeting joint range. Static stretching, though helpful for flexibility, does not provide the dynamic movement essential for preventing contracture formation as effectively as ROM exercises do. Overall, engaging in regular ROM exercises is crucial in a healthcare context to ensure that patients maintain functional mobility and minimize the risk of developing contractures.

6. What is the primary role of an ombudsman in a healthcare setting?

A. Client advocate

B. Medical advisor

C. Financial liaison

D. Facility manager

The primary role of an ombudsman in a healthcare setting is to serve as a client advocate. This means that the ombudsman works directly with patients to ensure their rights are respected and their needs are met. They address concerns and complaints regarding the care patients receive, helping to facilitate communication between patients and healthcare providers. Ombudsmen are often involved in resolving conflicts and promoting quality of care, ensuring that patients feel heard and supported in their experiences within the healthcare system. Their focus is primarily on advocating for the best interests of the clients they serve, making sure that their voices are considered in decisions affecting their health care. The other options represent roles that do not encompass the primary function of an ombudsman. For instance, a medical advisor would focus on clinical guidance rather than patient advocacy, while a financial liaison would deal with billing and insurance matters, and a facility manager would be concerned with the operations and management of the healthcare setting. Each of these roles do have their importance, but they do not capture the advocacy aspect that defines the ombudsman's primary purpose.

SAMPLE

7. What is a common method for preventing falls in healthcare settings?

A. Encouraging patients to walk alone

B. Keeping walkways clear and ensuring adequate lighting

C. Allowing patients to choose slippery footwear

D. Using only wheelchairs for mobility

Keeping walkways clear and ensuring adequate lighting is a fundamental method of fall prevention in healthcare settings. Clear walkways reduce the risk of tripping over obstacles such as equipment, clutter, or cords. Adequate lighting is crucial because it helps patients and staff see potential hazards more clearly, enabling them to navigate their environment safely. Brightly lit areas also prevent shadows, which can create illusions of obstacles that are not there. In a healthcare environment, where patients may have varying levels of mobility and cognitive function, it is essential to create a safe space that minimizes risks. Regularly checking and maintaining clear corridors and appropriate lighting can significantly reduce the likelihood of falls, ensuring that patients can move around safely and confidently. This proactive approach to safety is a critical aspect of patient care and overall health management.

8. For which of the following situations should a nurse aid inform the nurse immediately?

A. The client has elevated blood pressure

B. The client vomits coffee grounds

C. The client is feeling fatigued

D. The client requests extra fluids

The scenario of the client vomiting coffee grounds is particularly concerning and requires immediate notification to the nurse. This symptom typically indicates the presence of digested blood in the vomit, which can suggest a serious underlying condition such as gastrointestinal bleeding. Prompt intervention is critical in such situations, as it can significantly impact the client's health and requires further assessment and potential treatment by the nursing staff. In contrast, while elevated blood pressure, fatigue, and a request for extra fluids may indicate that a client needs attention, they do not represent the same level of urgency as vomiting coffee grounds. Elevated blood pressure could be managed over time or assessed within the routine checks, fatigue can be monitored, and a request for extra fluids can be handled without immediate intervention unless accompanied by other concerning symptoms. Therefore, it is crucial to recognize the priority of signs indicating potential critical health issues and respond accordingly.

SAMPLE

9. What is the correct way to document a patient's vital signs?

A. Record them in a personal notebook

B. Accurately in the patient's medical record as per facility policy

C. Summarize them in a casual conversation with colleagues

D. Share them verbally with family members

Documenting a patient's vital signs accurately in the medical record as per facility policy is essential for maintaining clear and effective communication among healthcare providers. This practice ensures that all team members have access to the same information, which is critical for providing safe and coordinated care to the patient. By entering vital signs in the medical record, healthcare professionals can track changes over time and compare them against previous readings, which is vital for assessing the patient's condition. Additionally, this formal documentation serves as a legal record of the care provided and can be crucial in case of audits or legal inquiries. Following the facility's policy further emphasizes the importance of adhering to established protocols for documentation. This not only supports compliance with healthcare regulations but also upholds the integrity and confidentiality of patient information. Other methods of documentation, such as using a personal notebook or summarizing vital signs in casual conversations, lack the necessary formality and accountability required in a healthcare setting. Sharing information verbally with family members without proper authorization could also violate patient confidentiality and privacy laws. Thus, the accurate documentation of vital signs in the official medical record is the most appropriate and professional approach.

10. In what situation should a nursing assistant use gloves?

A. When handling food for the patient

B. When in direct contact with bodily fluids or potential contaminants

C. When administering medication

D. When giving a bed bath

Using gloves is essential in situations involving direct contact with bodily fluids or potential contaminants. This practice helps to protect both the nursing assistant and the patient from the transmission of infections and diseases. Gloves serve as a barrier that prevents the exchange of pathogens, which is crucial in maintaining a safe and hygienic environment, especially in healthcare settings. In scenarios where there is a likelihood of exposure to blood, urine, saliva, or other potentially infectious materials, wearing gloves is not only a precaution but a required standard in infection control protocols. This practice encourages a safer interaction by minimizing the risk of spreading infections. While handling food, administering medication, or giving a bed bath may also present some opportunities for wearing gloves, they do not carry the same level of necessity for protective barriers against infectious agents as situations involving direct contact with bodily fluids do.

SAMPLE

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:

https://florida-nursingassistantcompetency.examzify.com

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

SAMPLE