PENNSYLVANIA NURSING HOME ADMINISTRATORS (NHA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://pennsylvanianha.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. **Consultation for social work in smaller nursing facilities is meant to enhance what?**

   A. Community relations

   B. Personal caregiving

   C. Residents' quality of life

   D. Staff training

2. **How many feet of clearance is required around a centralized bathtub in a facility?**

   A. 4

   B. 3

   C. 5

   D. 6

3. **What is the minimum number of hours in a work week required for full-time status?**

   A. 30 hours

   B. 35 hours

   C. 40 hours

   D. 45 hours

4. **What minimum area is needed for each resident bed in a common lounge room above 100 beds?**

   A. 10 square feet

   B. 12 square feet

   C. 13.5 square feet

   D. 15 square feet

5. **What is the minimum square footage of clearance required per bed in a shared room?**

   A. At least 115 sq feet

   B. At least 110 sq feet

   C. At least 80 sq feet

   D. At least 100 sq feet

SAMPLE

6. Single bedrooms in facilities licensed prior to January 1975 are required to provide a minimum room area clearance of how many square feet?

A. 90

B. 120

C. 100

D. 80

7. Plans submitted for approval of an addition to a facility must be resubmitted if construction does not begin within how many months?

A. 24

B. 18

C. 12

D. 6

8. How often must physician orders for restraints be reviewed?

A. Quarterly

B. Bi-weekly

C. Monthly

D. Every 45 days

9. Who develops written policies and procedures for drug therapy along with the pharmacist?

A. The administrator

B. The Inventory Control Board

C. The Quality Assurance Committee

D. The DON

10. Resident _____ shall have a _____ on both sides with a return to the wall at each rail ending.

A. bathrooms, handrail

B. corridors, handrail

C. wings, railing

D. entrances, barrier

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Consultation for social work in smaller nursing facilities is meant to enhance what?

A. Community relations

B. Personal caregiving

C. Residents' quality of life

D. Staff training

Consultation for social work in smaller nursing facilities is designed primarily to enhance residents' quality of life. Social work consultation focuses on understanding and addressing the emotional, psychological, and social needs of residents. By providing services such as counseling, advocacy, and support for both residents and their families, social workers help to ensure that residents feel valued, heard, and engaged in their care. Improving residents' quality of life encompasses various dimensions, including mental health support, assistance with coping mechanisms, and the facilitation of social interactions, which all contribute to a more fulfilling and enriching living environment within the nursing facility. This holistic approach ensures that not only the physical health of the residents is addressed but also their emotional and social well-being. While enhancing community relations, personal caregiving, and staff training are important for the overall functioning of a nursing facility, the core mission of social work consultation is directly focused on improving the experiences and satisfaction of the residents themselves.

2. How many feet of clearance is required around a centralized bathtub in a facility?

A. 4

B. 3

C. 5

D. 6

The correct requirement for clearance around a centralized bathtub in a facility is three feet. This clearance is crucial for a variety of reasons, including ensuring that caregivers and staff have adequate space to assist residents safely while also allowing for necessary equipment access. It enhances mobility around the bathtub area for both residents and staff, facilitating safer transfers and minimizing the risk of accidents. Adequate clearance also helps in compliance with safety regulations, ensuring that emergency protocols can be efficiently followed if necessary. While larger clearances might provide additional space, three feet is the minimum requirement established by guidelines for safety and operational efficiency in nursing home settings.

SAMPLE

3. What is the minimum number of hours in a work week required for full-time status?

A. 30 hours

B. 35 hours

C. 40 hours

D. 45 hours

The minimum number of hours in a work week required for full-time status is typically considered to be 40 hours. This standard is commonly accepted in various employment laws and practices, including those that govern labor and employment in many sectors. The 40-hour work week has historical roots in labor movements pushing for reasonable work hours to ensure a work-life balance and fair compensation. In a healthcare setting, such as nursing homes, administrators and staff may also adhere to this standard to align with expectations for benefits eligibility, overtime calculations, and employee classifications. While some organizations may offer full-time status at slightly lower hours—such as 35 hours—in the context of common definitions used across most industries, 40 hours is the widely recognized benchmark for full-time employment. The other options, which suggest fewer hours for full-time status, may reflect specific organizational policies or different classifications that do not align with the general expectation of 40 hours as the work week standard. Therefore, considering the broader context of labor practices, 40 hours is the most appropriate answer for full-time status.

4. What minimum area is needed for each resident bed in a common lounge room above 100 beds?

A. 10 square feet

B. 12 square feet

C. 13.5 square feet

D. 15 square feet

The minimum area required for each resident bed in a common lounge room above 100 beds is set at 13.5 square feet. This specification is part of regulations that aim to ensure adequate space for residents, promoting their comfort and safety in shared living areas. Adequate space is essential for allowing movement and accessibility, facilitating social interaction, and reducing the risk of overcrowding, which can affect the quality of life for residents. Other sizes, while they may suggest varying degrees of space, do not meet the established standards that consider factors like safety, functionality, and overall resident well-being in such environments. The chosen minimum area of 13.5 square feet reflects a balanced approach to these considerations in a common lounge space, ensuring that each resident has enough room to use the facilities comfortably.

SAMPLE

5. What is the minimum square footage of clearance required per bed in a shared room?

A. At least 115 sq feet

B. At least 110 sq feet

C. At least 80 sq feet

D. At least 100 sq feet

In the context of nursing homes, regulations regarding space requirements are crucial for ensuring that residents have adequate living conditions that promote comfort, safety, and accessibility. The correct answer indicates that a minimum of 80 square feet of clearance is required per bed in a shared room. This requirement helps to ensure that each resident has enough personal space, allows for essential mobility, and facilitates caregiving activities while maintaining safety standards. Adequate space in shared rooms is important for preventing overcrowding, which can lead to issues such as increased stress, reduced privacy, and hindered access to care. By having a clearly defined minimum square footage per bed, facilities can better manage room layouts, ensuring that each resident has sufficient room to move around and access necessary items. It's also essential to recognize that varying standards may apply to different healthcare settings, and while some of the other options suggest larger minimum square footage allowances, they do not align with the specific regulations for shared room clearance in nursing homes in this instance. Understanding these regulations is key for nursing home administrators in maintaining compliance and providing a quality living environment for their residents.

6. Single bedrooms in facilities licensed prior to January 1975 are required to provide a minimum room area clearance of how many square feet?

A. 90

B. 120

C. 100

D. 80

In Pennsylvania, facilities that were licensed prior to January 1975 must adhere to specific regulations regarding room size in single bedrooms. The minimum room area clearance for these bedrooms is set at 80 square feet. This requirement is designed to ensure that residents have enough space for basic living activities, providing a comfortable environment that supports their privacy and dignity. The significance of this size can be understood in terms of safety and accessibility, allowing room for furnishings like a bed, a bedside table, and potentially additional equipment that might be needed for personal care. Ensuring that residents have adequate space not only enhances their quality of life but also meets the regulatory standards set forth by health and safety authorities. In contrast, higher room area requirements, such as 90, 100, or 120 square feet, may apply in other contexts or for newer facilities, but the specific regulation concerning those licensed prior to January 1975 clearly states that a minimum of 80 square feet is sufficient. This distinction reflects the historical context of the regulations, recognizing the standards that were in place at the time of licensing.

SAMPLE

7. Plans submitted for approval of an addition to a facility must be resubmitted if construction does not begin within how many months?

A. 24

B. 18

C. 12

D. 6

When planning for an addition to a nursing facility, regulatory requirements stipulate that the plans must remain current and relevant. If construction does not commence within a specified timeframe, maintaining the integrity and safety of the proposed designs becomes challenging. Therefore, the correct answer indicates that plans must be resubmitted if construction has not started within 24 months. This timeframe allows enough time for administrative processes, potential changes in regulations, or shifts in facility needs that could affect the original construction plans. Failure to adhere to this timeframe may necessitate updating the plans to ensure compliance with the latest standards and codes, ultimately ensuring resident safety and facility compliance. This context underscores the importance of timely execution of construction projects in the healthcare environment, helping to ensure that facilities meet both operational needs and regulatory standards.

8. How often must physician orders for restraints be reviewed?

A. Quarterly

B. Bi-weekly

C. Monthly

D. Every 45 days

The correct answer indicates that physician orders for restraints must be reviewed monthly. This aligns with regulatory standards and best practices in nursing home administration and patient care. Regular review of restraint orders is crucial for ensuring the safety and well-being of residents. It allows healthcare providers to assess the necessity of the restraint, determine if the conditions that warranted its use have changed, and ensure that the least restrictive methods are employed whenever possible. Monthly reviews serve not only to evaluate the continued appropriateness of restraint use but also to monitor the resident's physical and emotional health. This frequent check-in can help reduce the risk of physical injury and psychological impact that may arise from long-term restraint use. In settings such as nursing homes, it is vital to balance the need for safety with the residents' rights and dignity, reinforcing the importance of monthly assessments. This practice demonstrates a commitment to quality care and regulatory compliance, ensuring that residents receive the attention required to maintain optimal health outcomes.

SAMPLE

9. Who develops written policies and procedures for drug therapy along with the pharmacist?

A. The administrator

B. The Inventory Control Board

C. The Quality Assurance Committee

D. The DON

The Quality Assurance Committee is responsible for developing written policies and procedures for drug therapy in collaboration with the pharmacist. This committee plays a vital role in ensuring that the nursing home adheres to regulatory requirements and standards of practice, including safe medication management. Their work focuses on quality improvement initiatives that enhance resident care and safety, making it essential for them to be involved in drug therapy policy development. By working together with the pharmacist, the Quality Assurance Committee can ensure that the policies reflect current best practices, address potential areas of risk, and facilitate effective communication among the healthcare team. This collaborative approach helps in managing medication administration, monitoring for adverse effects, and ensuring compliance with both state and federal regulations. The involvement of this committee is crucial as it not only fosters a culture of safety and accountability but also enables continuous evaluation and improvement of drug therapy practices, ultimately benefitting the health and well-being of residents in the nursing home setting.

10. Resident _____ shall have a _____ on both sides with a return to the wall at each rail ending.

A. bathrooms, handrail

B. corridors, handrail

C. wings, railing

D. entrances, barrier

The question pertains to safety measures within nursing homes, specifically regarding the construction and design of corridors. When assessing the environment where residents navigate, the presence of handrails is essential for promoting safety and preventing falls. The corridors in nursing homes are often long and can be a place where residents may need assistance moving safely. The correct completion of the statement indicates that resident corridors require handrails to be installed on both sides of the hallway. This approach enhances support for residents, giving them something to hold on to as they walk or move throughout the space. The mention of a return to the wall at each rail ending provides further safety to ensure that the handrail does not have a sharp edge or pose a tripping hazard, creating a safer walking path for residents. In contrast, the other options do not provide the same level of logical safety and regulatory alignment. For example, having bathrooms with handrails addresses a different aspect of safety but does not directly relate to movement throughout hallways, which is essential for independent mobility. Similarly, while the term "wings" could refer to specific sections of facilities, it does not directly imply corridors where handrails are typically needed. Lastly, entrances requiring barriers do not fulfill the specific need for continuous handrails within the corridors

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://pennsylvanianha.examzify.com

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

SAMPLE