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**Nursing**

# NNAAP-AKNA

*NNAAP Alaska Nurse Aides*

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### Question: 1

Which of the following accurately describes the term "iatrogenic"?

- A. A disease caused by medical treatment or procedures
- B. A disease caused by exposure to environmental toxins
- C. A disease caused by genetic factors
- D. A disease caused by autoimmune dysfunction

Answer: A

Explanation: The term "iatrogenic" refers to a disease or condition that is caused by medical treatment or procedures. It is important for healthcare professionals to be aware of iatrogenic risks in order to minimize harm to patients.

### Question: 2

Which of the following restorative skills is aimed at promoting independent functioning?

- A. Administering tube feedings
- B. Administering oxygen therapy
- C. Assisting with ambulation using a walker
- D. Assisting with wound dressing changes

Answer: C

Explanation: Assisting with ambulation using a walker is a restorative skill aimed at promoting independent functioning. It helps patients regain or maintain their ability to walk independently, enhancing their mobility and

overall independence.

### **Question: 3**

As a member of the healthcare team, a nurse aide should collaborate and communicate with:

- A. Only the nursing staff
- B. Only the physicians
- C. Only the clients' family members
- D. All members of the healthcare team

Answer: D

Explanation: As a member of the healthcare team, a nurse aide should collaborate and communicate with all members of the healthcare team. This includes nurses, physicians, therapists, social workers, and other professionals involved in providing care to the clients.

### **Question: 4**

Which of the following is a primary function of the kidneys?

- A. Filtration and excretion of metabolic waste products
- B. Regulation of blood glucose levels
- C. Production of digestive enzymes
- D. Secretion of hormones that control heart rate

Answer: A

Explanation: The kidneys play a crucial role in filtering and excreting waste

products from the blood, such as urea and creatinine. They also help regulate fluid and electrolyte balance in the body.

**Question: 5**

Which of the following is a characteristic of malignant tumors?

- A. They are encapsulated and localized
- B. They are slow-growing and benign
- C. They are typically asymptomatic
- D. They can invade and spread to other tissues

Answer: D

Explanation: Malignant tumors are cancerous and have the ability to invade surrounding tissues and spread to other parts of the body. This process is known as metastasis, and it is a key characteristic of malignancy.

**Question: 6**

Which of the following actions demonstrates legal and ethical behavior for a nurse aide?

- A. Sharing a client's personal information with colleagues
- B. Reporting instances of abuse or neglect
- C. Engaging in professional boundary violations
- D. Accepting gifts from clients

Answer: B

Explanation: Reporting instances of abuse or neglect demonstrates legal and ethical behavior for a nurse aide. It is important to prioritize the safety and

well-being of clients by promptly reporting any instances of abuse or neglect to the appropriate authorities.

**Question: 7**

Which of the following is an example of a nosocomial infection?

- A. Influenza contracted from a family member
- B. Food poisoning from contaminated food
- C. Skin infection from a cut or wound
- D. Urinary tract infection acquired during a hospital stay

Answer: D

Explanation: A nosocomial infection is an infection that is acquired in a healthcare setting, such as a hospital. Examples include urinary tract infections, surgical site infections, and bloodstream infections that occur as a result of medical care.

**Question: 8**

Which of the following is a characteristic of Type 2 diabetes?

- A. It is an autoimmune disease
- B. It is characterized by insulin resistance and high blood sugar levels
- C. It typically develops in childhood or adolescence
- D. It requires lifelong insulin therapy

Answer: B

Explanation: Type 2 diabetes is a metabolic disorder characterized by insulin resistance, meaning that the body's cells do not respond effectively to insulin.

This leads to high blood sugar levels. It is not an autoimmune disease like Type 1 diabetes, and it can often be managed through lifestyle changes and oral medications rather than insulin therapy.

**Question: 9**

Which of the following is a common symptom of an allergic reaction?

- A. Muscle weakness and fatigue
- B. Joint pain and swelling
- C. Persistent cough and wheezing
- D. Chest pain and shortness of breath

Answer: D

Explanation: Allergic reactions can manifest in various ways, but a common symptom is chest pain and shortness of breath. This may be indicative of a severe allergic reaction, known as anaphylaxis, which requires immediate medical attention.

**Question: 10**

Which of the following is a symptom of hypothyroidism?

- A. Weight loss and increased appetite
- B. Heat intolerance and excessive sweating
- C. Rapid heartbeat and palpitations
- D. Fatigue and lethargy

Answer: D

Explanation: Hypothyroidism is a condition characterized by an underactive thyroid gland, which leads to a decrease in the production of thyroid hormones.

Symptoms of hypothyroidism include fatigue, lethargy, and a general feeling of sluggishness.

**Question: 11**

Which of the following is an essential aspect of communication in the role of a nurse aide?

- A. Providing physical care services
- B. Administering medications
- C. Documenting patient information accurately
- D. Assisting with meal planning and preparation

Answer: C

Explanation: Documenting patient information accurately is an essential aspect of communication in the role of a nurse aide. It ensures that important patient information is recorded and communicated effectively within the healthcare team.

**Question: 12**

Which of the following actions would NOT be a part of personal care before surgery?

- A. removing dentures
- B. removing makeup, nail polish and fake nails
- C. giving the patient a light meal
- D. a complete bath, shower or tub bath

Answer: C

Explanation: Before surgery, it is important to ensure that the patient's digestive system is empty to minimize the risk of complications during the procedure. Therefore, giving the patient a light meal would not be a part of personal care before surgery.

**Question: 13**

Which of the following is a client right that nurse aides should respect and uphold?

- A. Prescribing medications for clients
- B. Respecting client confidentiality
- C. Making decisions on behalf of clients
- D. Initiating medical treatments

Answer: B

Explanation: Respecting client confidentiality is a client right that nurse aides should respect and uphold. It involves maintaining the privacy and confidentiality of client information, including medical records and personal conversations.

**Question: 14**

Which of the following is a common side effect of corticosteroid use?

- A. Hypertension (high blood pressure)
- B. Hypoglycemia (low blood sugar)
- C. Osteoporosis (brittle bones)
- D. Hyperkalemia (high potassium levels)

Answer: C

Explanation: Prolonged use of corticosteroids, such as prednisone, can lead to a decrease in bone density and an increased risk of osteoporosis. This is why patients on long-term corticosteroid therapy may require additional measures to protect their bone health.



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