

UNAR Practice Test Questions and Answers

1. What is a contracture?

- A) A permanent tightening of muscles, tendons, and joints due to prolonged immobility
- B) A muscle strain
- C) A broken bone
- D) A skin condition

2. What is active listening?

- A) Fully concentrating on, understanding, responding to, and remembering what is being communicated
- B) Hearing words passively
- C) Waiting for your turn to talk
- D) Nodding without understanding

3. What is validation therapy?

- A) Acknowledging and accepting a confused resident's feelings and reality rather than correcting them
- B) Proving the resident wrong
- C) A medical test
- D) A physical therapy technique

4. How is respiration counted?

- A) Count breaths for 30-60 seconds without telling the patient, noting rate, depth, and pattern
- B) Only count for 10 seconds
- C) Tell the patient to breathe normally
- D) Count only inhales

Answers: 1-A 2-A 3-A 4-A

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