WATHIM

GCC exam prep

PRACTICE PACK

DHA DOH

Assistant Nurse Exam Practice

Sample paper

The first 5 questions of Paper 1 with the answer sheet, key and every answer explained, after the guide that opens the full pack.

2026 edition · 450 questions · 3 papers

450	3	60 · 72m	70%
ORIGINAL QUESTIONS	FULL-LENGTH PAPERS	QUESTIONS · MINUTES A PAPER	OUR PRACTICE TARGET, NOT THE EXAM'S PASS RULE

Prepared by Wathim · wathim.com · info@wathim.com

Original practice material. Not the official question bank.

About this pack

Assistant Nurse Gulf Licensing Exam Practice Bank: Online Mocks and Printable Papers · read this before you start.

450	3	24	100%
ORIGINAL QUESTIONS	EXAM-LENGTH PAPERS	TOPICS COVERED	ANSWERED AND SOURCED

Every question here comes with its correct answer, the reasoning, and the law, standard or study guide it is drawn from, so you learn the rule and not just the letter. The mix: 102 easier, 251 standard and 97 harder questions, marked on each one.

- Basic anatomy and physiology 30
- Common conditions and observation 30
- Basic nursing care and hygiene 28
- Infection prevention and control 26
- Vital signs and observations 24
- Ethics, rights and professional conduct 22
- Care of older adults 22
- Mobility, positioning and transfers 20
- Patient safety and the care environment 20
- First aid and emergency response 20
- Communication and interpersonal skills 20
- Maternal, newborn and child care 20
- Nutrition, hydration and elimination 18
- Documentation, reporting and teamwork 18
- Mental health and dementia care 18
- Skin, wound and pressure care 18
- Respiratory and oxygen care 14
- Perioperative and procedure care 14
- Rehabilitation and restorative care 14
- Specimens and assisting with procedures 12
- Medication awareness 12
- End-of-life and comfort care 12
- Admission, transfer and discharge 10
- Nursing calculations and measurement 8

The exam you are sitting

DHA: DHA Assistant Nurse exam (Dubai)	See the guide on wathim.com *Wathim guide, checked 2026-11-20*
DOH: DOH licensing exam for assistant nurses (Abu Dhabi)	Pass mark: Not published by DOH *Wathim guide, checked 2026-11-15*
MOHAP: MOHAP licence for assistant nurses (Northern Emirates)	See the guide on wathim.com *Wathim guide, checked 2026-11-20*
DHCC: DHCC exam for nursing assistants (Dubai Healthcare City)	See the guide on wathim.com *Wathim guide, checked 2026-11-20*
Bahrain NHRA: NHRA exam for practical nurses	Pass mark: 50% *Wathim guide, checked 2026-11-20*

Practice papers, not the real length. Practice papers of 60 questions in 72 minutes, a pace of just over a minute a question. The Gulf assistant nurse and nursing assistant licensing exams differ in length and scoring: the DHA Assistant Nurse exam is a computer test at Prometric with 150 multiple choice questions in 3 hours and a 50% pass mark, and the DOH exam for assistant nurses has 100 questions in 2 hours with no published pass mark. No single percentage pass mark is set here; the 70% shown in the app and the printed papers is our own practice target, not any regulator's. This bank is for assistant nurses and nursing assistants who work under a registered nurse, and it is a different bank from the Registered Nurse one. The questions are original practice questions on core assistant nursing knowledge, not real or recalled exam questions, and they are not mapped one to one to any exam blueprint.

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What these questions are. Original practice questions written by Wathim to the exam's published topics and to the laws and standards it tests. They are not real, recalled or leaked exam items, and no official question bank is published for this exam. Practising with honest original questions is the safe and effective way to prepare.

Topic coverage

Topic	Questions in this pack	Share
Basic anatomy and physiology	**30**	7%
Common conditions and observation	**30**	7%
Basic nursing care and hygiene	**28**	6%
Infection prevention and control	**26**	6%
Vital signs and observations	**24**	5%
Ethics, rights and professional conduct	**22**	5%
Care of older adults	**22**	5%
Mobility, positioning and transfers	**20**	4%
Patient safety and the care environment	**20**	4%
First aid and emergency response	**20**	4%
Communication and interpersonal skills	**20**	4%
Maternal, newborn and child care	**20**	4%
Nutrition, hydration and elimination	**18**	4%
Documentation, reporting and teamwork	**18**	4%
Mental health and dementia care	**18**	4%
Skin, wound and pressure care	**18**	4%
Respiratory and oxygen care	**14**	3%
Perioperative and procedure care	**14**	3%
Rehabilitation and restorative care	**14**	3%
Specimens and assisting with procedures	**12**	3%
Medication awareness	**12**	3%
End-of-life and comfort care	**12**	3%
Admission, transfer and discharge	**10**	2%
Nursing calculations and measurement	**8**	2%

Mark yourself

Score out of 60	Percentage	What it means
51-60	85-100%	Comfortably over the line. Keep the habit, sit the next paper cold.
42-50	70-83%	A pass, but a few questions either way decide it. Close your weakest topic first.

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Score out of 60	Percentage	What it means
36-41	60-68%	Close. Read every answer you missed, then re-sit this paper in a week.
0-35	0-58%	A real gap. Work topic by topic before the next full paper.

> Not any regulator's pass rule: each Gulf regulator scores its own exam in its own way. The bands mark against our own 70% practice target: 42 of 60.

How to use it

1. **Sit Paper 1 cold, in one block**
   60 questions in 72 minutes, no notes, on the answer sheet. A paper done in pieces tells you what you know; one done in a block tells you what you would score.
2. **Mark it by topic, not just by total**
   Count your misses against the topic chips beside each question. The total says whether you would pass today; the topics say what to do tomorrow.
3. **Read every answer, including the ones you got right**
   If you cannot say why the other three options are wrong, you guessed well rather than knew.
4. **Spend a week on your two weakest topics**
   Work from the source named under each answer you missed, not a general read-through.
5. **Sit the next paper a week later**
   Compare topic scores, not just totals. A flat total can hide two topics moving in opposite directions.
6. **Keep the revision bank for the last few days**
   270 questions no paper uses, with answers beside them, and the night-before list, for a final pass before the exam.

What is in the download

5 PDFs, each with its own cover, named **Wathim - Assistant Nurse Exam Practice - *part*.pdf**. Print only the paper you are about to sit.

Start here	This guide: the exam, topic coverage, how to mark yourself and how to use the pack
Paper 1	60 questions · 72 minutes · answer sheet, key, every answer explained, and the score bands
Paper 2	60 questions · 72 minutes · answer sheet, key, every answer explained, and the score bands
Paper 3	60 questions · 72 minutes · answer sheet, key, every answer explained, and the score bands
Revision bank	270 more questions by topic, with the answer under each, and the night-before list of the hardest questions

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Answer sheet

Paper 1 of 3. Shade one letter per question, then mark it against the key at the end of the paper.

Name _____ Date _____ Score / 5

1 (A) (B) (C) (D)	2 (A) (B) (C) (D)	3 (A) (B) (C) (D)	4 (A) (B) (C) (D)	5 (A) (B) (C) (D)

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ASSISTANT NURSE EXAM PRACTICE

Paper 1 of 3: first 5 questions

5 of **60** questions
sample

Choose the single best answer. Answers and reasoning follow.

Q1 Infection prevention and control STANDARD

A nursing assistant moves between two patients. Her hands look clean, and no sink is near the bedside. What is the best way to clean her hands?

(A) Put on new gloves without cleaning the hands first
(B) Wipe them on her uniform before touching the next patient
(C) Rub them with alcohol-based hand rub until they are dry
(D) Wait to wash them at the end of the round

Q2 Infection prevention and control EASY

What is the correct way to deal with a used needle and syringe after use?

(A) Recap the needle with both hands, then place it in the bin
(B) Put the needle in the infectious waste bag with the syringe
(C) Pass the needle to a colleague to dispose of it later on the ward
(D) Place them straight into the sharps container without recapping

Q3 Basic anatomy and physiology STANDARD

Which tissue is the main site where blood cells are made in an adult?

(A) Yellow bone marrow
(B) Spleen
(C) Red bone marrow
(D) Periosteum

Q4 Infection prevention and control EASY

A nursing assistant cleans her hands between caring for two patients in the same ward. Which link in the chain of infection does this action mainly break?

(A) The infectious agent, the organism carried by the first patient
(B) The reservoir, the place in the ward where organisms live
(C) The mode of transmission, the route organisms take on hands
(D) The susceptible host, the second patient who may become infected

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Q5 Infection prevention and control HARD

A nursing assistant pricks her finger with a used needle. What is the correct first action?

(A) Squeeze the finger hard and suck the wound to draw out any contamination

(B) Scrub the area hard with a brush and bleach to kill any germs in the wound

(C) Wash it with soap under running water, allow it to bleed, and report at once

(D) Carry on with the current task and report the injury at the end of the shift

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Answer key at a glance

Mark your sheet and count your score first. Then read every answer below, including the ones you got right: a lucky guess looks the same as knowledge on the sheet.

1	C	2	D	3	C	4	C	5	C

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Paper 1 of 3: answers and reasoning

Why the answer is right, why the others are not, and where the rule comes from.

Q1 Answer: **C Rub them with alcohol-based hand rub until they are dry**

WHO recommends alcohol-based hand rub as the preferred method when hands are not visibly soiled, because it is quick, effective and available at the point of care. Gloves do not replace hand hygiene and put contaminated hands inside the glove. A uniform is a contaminated surface and will transfer organisms. Delaying cleaning until the end of the round leaves the hands carrying organisms from one patient to the next.

Source: WHO Guidelines on Hand Hygiene in Health Care

Q2 Answer: **D Place them straight into the sharps container without recapping**

Used sharps must go directly into a puncture-resistant container at the point of use, with no recapping, bending or breaking, because recapping is a major cause of needlestick injury. A waste bag can be punctured and injure staff handling it. Passing a used needle to a colleague hands the danger to another person and risks an injury while it is moved, and it leaves the sharp unsecured.

Source: WHO Standard Precautions in Health Care

Q3 Answer: **C Red bone marrow**

In adults, red marrow in flat bones and the ends of some long bones makes red cells, white cells and platelets. Yellow marrow is mainly fat and does not make blood cells in health. The spleen filters old red cells and stores some blood but is not a normal site of blood production in adults. The periosteum is the fibrous covering of bone that supplies nerves, blood vessels and bone-forming cells.

Source: Tortora's Principles of Anatomy and Physiology

Q4 Answer: **C The mode of transmission, the route organisms take on hands**

Hands carry microorganisms from one patient or surface to another, so they are the route of transmission, and hand hygiene breaks that link. It does not remove the infectious agent from the first patient, it does not clear the reservoir, which is where the organism lives and multiplies, and it does not make the second patient less susceptible. Susceptibility is changed by measures such as vaccination, good nutrition and protecting broken skin.

Source: Sorrentino's Mosby's Textbook for Nursing Assistants

Q5 Answer: **C Wash it with soap under running water, allow it to bleed, and report at once**

Washing with soap and running water and allowing gentle bleeding reduces the contamination, and an immediate report lets the nurse in charge start the exposure follow-up, including testing and possible preventive treatment, which is time-sensitive. Sucking the wound puts blood into the mouth. Scrubbing with a brush or bleach damages skin and may drive organisms deeper. Reporting at the end of the shift wastes the window for treatment.

Source: WHO Standard Precautions in Health Care

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What the full pack contains

This sample is a slice of Paper 1. The full pack is:

Start here	The guide at the front of this sample, in full
3 full papers	60 questions · 72 minutes each, with answer sheet, key, every answer explained and the score bands
Revision bank	270 more questions by topic with the answer under each, and the night-before list
Total	450 original questions, every one answered and sourced

Get the full pack at **wathim.com/practice/assistant-nurse-practice**

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