

Alabama CNA Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What action should a CNA take if a resident is experiencing chest pain?**
 - A. Ignore it if the resident is calm**
 - B. Offer the resident water**
 - C. Alert a nurse immediately and stay with the resident**
 - D. Encourage the resident to walk around**
- 2. Which nursing approach involves assigning specific tasks to staff members?**
 - A. Primary Nursing**
 - B. Functional Nursing**
 - C. Team Nursing**
 - D. Direct Nursing**
- 3. What is the importance of reporting changes in a patient's condition?**
 - A. It helps in creating a care plan**
 - B. It ensures timely intervention and care adjustments**
 - C. It documents the patient's history**
 - D. It is required for insurance purposes**
- 4. What is the primary purpose of a care plan in healthcare?**
 - A. To document staff schedules**
 - B. To create a schedule for patient meals**
 - C. To provide a structured plan to meet each patient's needs**
 - D. To manage healthcare staff training**
- 5. In Team Nursing, how is patient care assigned?**
 - A. By the individual nurse only**
 - B. By the head nurse without team input**
 - C. By the team leader to team members**
 - D. By the patients' requests**

- 6. What is a key responsibility of a CNA regarding patient privacy?**
- A. Share information with relatives**
 - B. Maintain confidentiality of patient information**
 - C. Update patient records**
 - D. Discuss patient habits with coworkers**
- 7. What is a fracture?**
- A. An injury to a muscle**
 - B. Any break in a bone**
 - C. A condition affecting ligaments**
 - D. A symptom of arthritis**
- 8. How should a CNA respond if a patient shows signs of distress?**
- A. Ignore the signs and continue working**
 - B. Notify a nurse and monitor the patient**
 - C. Leave the patient's room**
 - D. Attempt to treat the symptoms independently**
- 9. How should a CNA respond to a patient's call light?**
- A. Ignore it if busy**
 - B. Respond promptly and with a positive attitude**
 - C. Only check after an hour**
 - D. Yell from a distance to ask if they need help**
- 10. What is the proper way to assist a patient with their daily hygiene?**
- A. Only wash the visible parts of the body**
 - B. Respect the patient's privacy and assist them as needed**
 - C. Rush through to complete the task quickly**
 - D. Allow the patient to do everything on their own**

Answers

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

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Explanations

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1. What action should a CNA take if a resident is experiencing chest pain?

- A. Ignore it if the resident is calm**
- B. Offer the resident water**
- C. Alert a nurse immediately and stay with the resident**
- D. Encourage the resident to walk around**

When a resident is experiencing chest pain, the appropriate action is to alert a nurse immediately and stay with the resident. This is crucial because chest pain can be a sign of a serious medical condition, such as a heart attack or other cardiovascular issues, which require prompt medical assessment and intervention. By notifying a nurse, who is trained to handle medical emergencies and evaluate the situation, you ensure that the resident receives the necessary care. Staying with the resident helps provide reassurance and monitor any changes in their condition, which is important while waiting for medical help. Any assumption that the resident's calm demeanor means they do not need assistance can be dangerous, as symptoms can progress rapidly. Additionally, offering water or encouraging movement could exacerbate the situation, as these actions may not be safe for someone experiencing chest pain. The focus should always be on immediate communication with nursing staff and ensuring the resident remains stable and comfortable until help arrives.

2. Which nursing approach involves assigning specific tasks to staff members?

- A. Primary Nursing**
- B. Functional Nursing**
- C. Team Nursing**
- D. Direct Nursing**

The nursing approach that involves assigning specific tasks to staff members is functional nursing. This model emphasizes the division of labor among staff, where each member of the healthcare team is responsible for a specific task or function in the care of patients. By delegating tasks according to the skills of each team member, functional nursing can be highly efficient in providing care to multiple patients. In this approach, nurses and other staff members are designated to perform certain duties such as administering medications, bathing patients, or taking vital signs. This method allows for a streamlined workflow and can optimize the use of resources within the healthcare facility. The focus is on the task at hand rather than on individual patients, which can lead to effective and organized care, especially in settings with high patient volumes. In contrast, primary nursing involves a single nurse taking responsibility for the total care of a patient, fostering a consistent nurse-patient relationship. Team nursing assigns a group of nurses to care for a specific patient load, promoting collaborative care, while direct nursing focuses on hands-on patient care without the delegation aspect that is characteristic of functional nursing.

3. What is the importance of reporting changes in a patient's condition?

- A. It helps in creating a care plan**
- B. It ensures timely intervention and care adjustments**
- C. It documents the patient's history**
- D. It is required for insurance purposes**

Reporting changes in a patient's condition is crucial because it ensures timely intervention and adjustments to care. Any observed changes can be indicators of a patient's health status evolving, whether for better or worse. By promptly reporting these changes, healthcare professionals can initiate appropriate responses, which may include modifying treatments, enhancing monitoring, or coordinating with other members of the healthcare team. This proactive approach can significantly impact the patient's recovery and overall health, minimizing potential complications or deterioration. While creating a care plan, documenting a patient's history, and fulfilling insurance requirements are relevant considerations in patient care, the primary focus of reporting changes is the immediate response to those changes, ensuring that patients receive the necessary attention and interventions when they need them most.

4. What is the primary purpose of a care plan in healthcare?

- A. To document staff schedules**
- B. To create a schedule for patient meals**
- C. To provide a structured plan to meet each patient's needs**
- D. To manage healthcare staff training**

The primary purpose of a care plan in healthcare is to provide a structured plan to meet each patient's needs. Care plans are individualized documents that detail the specific health care and support services required by a patient based on their unique medical conditions, preferences, and goals. This personalized approach ensures that all members of the healthcare team - including nurses, doctors, and aides - understand the patient's needs and how to address them effectively. A care plan typically includes assessments, interventions, and measurable outcomes, which guide the delivery of care and help coordinate the efforts of all involved. This tailored approach not only enhances the quality of care but also improves patient outcomes by ensuring that the care provided aligns with the patient's objectives and circumstances. In contrast, documenting staff schedules, creating meal plans, and managing staff training are important aspects of healthcare management but do not directly address the individual needs of patients, which is the primary focus of a care plan.

5. In Team Nursing, how is patient care assigned?

- A. By the individual nurse only**
- B. By the head nurse without team input**
- C. By the team leader to team members**
- D. By the patients' requests**

In Team Nursing, patient care is assigned by the team leader to the various members of the team. This model emphasizes collaboration and utilizes the strengths of different team members, allowing for a more coordinated approach to patient care. The team leader assesses the needs of the patients and distributes tasks accordingly, ensuring each team member is responsible for specific aspects of care. This promotes efficiency, as tasks can be divided based on each caregiver's expertise and training. The other choices represent less effective methods of assigning patient care in a team setting. Assigning care solely by an individual nurse overlooks the collaborative aspect of Team Nursing. When a head nurse assigns care without input from the team, it does not leverage the diverse skills of the team members. Lastly, relying on patients' requests to assign care can lead to unbalanced workloads and may not adequately address the overall needs of the patient population being cared for.

6. What is a key responsibility of a CNA regarding patient privacy?

- A. Share information with relatives**
- B. Maintain confidentiality of patient information**
- C. Update patient records**
- D. Discuss patient habits with coworkers**

Maintaining confidentiality of patient information is a fundamental responsibility for a Certified Nursing Assistant (CNA). This responsibility stems from the ethical standards and legal requirements surrounding patient privacy, which are critical in fostering trust between patients and healthcare providers. By protecting patient information, CNAs ensure that sensitive details about a patient's health, treatments, and personal life are kept secure and only shared with authorized personnel who are involved in the patient's care. When a CNA upholds confidentiality, they help comply with laws such as the Health Insurance Portability and Accountability Act (HIPAA), which mandates strict guidelines on how patient information can be handled and shared. This not only protects patients but also safeguards the facility from potential legal repercussions. Sharing information with relatives, updating patient records, or discussing patient habits with coworkers can lead to breaches of privacy if not done in accordance with established protocols and permissions. This emphasizes the importance of understanding and prioritizing confidentiality as a cornerstone of patient care.

7. What is a fracture?

- A. An injury to a muscle
- B. Any break in a bone**
- C. A condition affecting ligaments
- D. A symptom of arthritis

A fracture is defined as any break in a bone, which encompasses a wide range of potential break types, including complete breaks, partial breaks, and hairline fractures. Understanding this definition is crucial because fractures can vary in severity and can occur due to various causes such as trauma, falls, or medical conditions that weaken the bones. The other options focus on different types of injuries or conditions: an injury to a muscle refers to strains or sprains, a condition affecting ligaments points to issues like sprains or ligament tears, and a symptom of arthritis involves joint pain and inflammation rather than a structural bone injury. Thus, knowing that a fracture specifically relates to a bone break is essential for effectively recognizing and addressing related medical issues in patients.

8. How should a CNA respond if a patient shows signs of distress?

- A. Ignore the signs and continue working
- B. Notify a nurse and monitor the patient**
- C. Leave the patient's room
- D. Attempt to treat the symptoms independently

When a patient shows signs of distress, the appropriate response is to notify a nurse and monitor the patient. This is crucial because a certified nursing assistant (CNA) is not authorized to make medical decisions or interventions independently. By alerting a nurse, the CNA ensures that a qualified healthcare professional can assess the situation, determine the underlying cause of the distress, and initiate appropriate treatment. Monitoring the patient during this time is also essential, as it enables the CNA to observe any changes in the patient's condition. This information can be vital for the nurse when making clinical decisions. Overall, this response aligns with the principles of patient safety and advocacy, reflecting the CNA's role in supporting the healthcare team and ensuring the best possible care for the patient.

9. How should a CNA respond to a patient's call light?

- A. Ignore it if busy
- B. Respond promptly and with a positive attitude**
- C. Only check after an hour
- D. Yell from a distance to ask if they need help

Responding promptly and with a positive attitude to a patient's call light is essential in providing quality patient care. A patient's call light is a signal that they require assistance, and timely responses are crucial for their safety and comfort. By addressing their needs quickly, you demonstrate respect and attentiveness, which helps to build trust and rapport between the patient and the caregiver. Additionally, maintaining a positive attitude can significantly enhance the patient's experience. It helps to alleviate anxiety, as patients often feel vulnerable when they need help. A friendly demeanor can make a substantial difference in how patients perceive their care and can lead to better outcomes. Overall, this approach reflects the core values of compassion and responsibility fundamental to the role of a certified nursing assistant.

10. What is the proper way to assist a patient with their daily hygiene?

A. Only wash the visible parts of the body

B. Respect the patient's privacy and assist them as needed

C. Rush through to complete the task quickly

D. Allow the patient to do everything on their own

The proper way to assist a patient with their daily hygiene is to respect the patient's privacy and assist them as needed. This approach prioritizes the dignity and comfort of the patient, creating an environment where they feel secure and respected during a potentially vulnerable task. Assisting as needed means recognizing the individual capabilities and preferences of each patient. Some patients may require more assistance due to physical limitations or cognitive impairments, while others may be able to perform certain tasks independently but may still appreciate guidance or support. By focusing on the patient's needs and involving them in their own care as much as possible, caregivers can promote a sense of autonomy and self-worth. Maintaining privacy during hygiene tasks is also crucial for fostering trust between the caregiver and the patient. This includes using curtains, doors, or other barriers to ensure that the patient feels safe and comfortable while receiving care. In this way, the caregiver not only fulfills the task of hygiene but also contributes to the overall emotional and psychological well-being of the patient.