

Alabama CNA Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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.

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!

Questions

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1. What is a recommended drink to encourage for a patient with constipation?

- A. Caffeinated drinks**
- B. Low-calorie sodas**
- C. Water**
- D. Fruity juices**

2. What does the term "Postoperative" refer to?

- A. Before a surgical procedure**
- B. After a surgical procedure**
- C. During a surgical procedure**
- D. None of the above**

3. In medical shorthand, what does "P or Post" typically stand for?

- A. Post-surgery**
- B. Patient Observation**
- C. After**
- D. Prior**

4. What is a contracture?

- A. A temporary tightening of muscles**
- B. A permanent shortening of a muscle**
- C. An involuntary muscle spasm**
- D. A muscle that is unable to contract**

5. What is one of the vital functions of the skin?

- A. To produce vitamins for the body**
- B. To act as a barrier against infection**
- C. To regulate body temperature**
- D. To store electrolytes**

6. What is the appropriate technique for taking an oral temperature?

- A. Place the thermometer under the tongue with the mouth open**
- B. Place the thermometer under the tongue with a closed mouth for several seconds**
- C. Hold the thermometer in the armpit**
- D. Insert the thermometer into the ear**

7. If a CNA suspects that a patient is being abused, what is the appropriate action to take?

- A. Confront the suspected abuser**
- B. Document the observations thoroughly**
- C. Ignore the suspicions**
- D. Report to a supervisor immediately**

8. Why is it important for a CNA to maintain patient confidentiality?

- A. To protect the patient's personal information**
- B. To follow hospital protocols only**
- C. To avoid legal consequences**
- D. To ensure all staff are aware of the patient's history**

9. Which personal quality involves accepting limitations and being accountable for one's actions in a job?

- A. Integrity**
- B. Honesty**
- C. Empathy**
- D. Reliability**

10. What does "Rx" represent in a medical context?

- A. Recovery**
- B. Reference**
- C. Prescription or treatment**
- D. Registered Nurse**

Answers

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

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Explanations

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1. What is a recommended drink to encourage for a patient with constipation?

- A. Caffeinated drinks**
- B. Low-calorie sodas**
- C. Water**
- D. Fruity juices**

Encouraging a patient with constipation to drink water is a key recommendation due to its vital role in maintaining hydration and supporting digestive health. Water helps to soften stool and promotes regular bowel movements by aiding the digestive process. When a person is well-hydrated, their body is more capable of effectively moving waste through the intestines, which can alleviate constipation. Other beverages, such as caffeinated drinks and low-calorie sodas, can have a diuretic effect or contain added sugars and artificial ingredients that may not support digestive health. While fruity juices can provide some hydration and may contain natural sugars that stimulate digestion, they can also be high in calories and sugars, which is not ideal compared to plain water. Therefore, water remains the top recommendation for encouraging regular bowel movements and managing constipation effectively.

2. What does the term "Postoperative" refer to?

- A. Before a surgical procedure**
- B. After a surgical procedure**
- C. During a surgical procedure**
- D. None of the above**

The term "Postoperative" specifically refers to the period following a surgical procedure. This phase encompasses the time immediately after the surgery as well as the ongoing recovery period. It is a critical stage where monitoring is essential to ensure that the patient is recovering properly and to manage any potential complications that may arise after the surgery has been completed. Understanding "postoperative" care is essential in healthcare settings, as it involves the assessment of vital signs, pain management, wound care, and patient education on recovery processes. By distinguishing postoperative care from the preoperative phase, which involves preparation before surgery, and the intraoperative phase, which is focused on the surgery itself, healthcare providers can effectively plan and execute the necessary care during recovery.

3. In medical shorthand, what does "P or Post" typically stand for?

- A. Post-surgery**
- B. Patient Observation**
- C. After**
- D. Prior**

In medical shorthand, "P or Post" is commonly used to denote the concept of "after." This term is frequently employed in various medical contexts, such as in descriptions of treatments, observations, and assessments that occur following a certain event or procedure. For example, when referring to "post-operative care," it indicates the care that takes place after a surgical procedure. Understanding this shorthand is essential for clear communication in healthcare settings, as it helps professionals accurately document patient information and care timelines. While some other terms may seem relevant, they do not align as closely with the primary meanings attributed to the shorthand "P or Post." The phrase "patient observation," while potentially applicable in some contexts, does not directly reflect the meaning of "after." Similarly, "post-surgery" references a specific situation rather than a general time frame, and "prior" denotes an earlier time, which is contrary to the meaning of "post." Thus, understanding "P or Post" as representing "after" provides clarity in medical communication.

4. What is a contracture?

- A. A temporary tightening of muscles**
- B. A permanent shortening of a muscle**
- C. An involuntary muscle spasm**
- D. A muscle that is unable to contract**

A contracture is defined as a permanent shortening of a muscle or muscle-tendon unit that leads to the restriction of movement in a joint. This condition occurs when there is a lack of use or prolonged immobility of the muscle, resulting in the muscle fibers becoming fibrotic and shortening. It can occur in various conditions, such as after surgery, due to muscle spasticity, or in individuals with certain diseases. Understanding this definition helps to recognize that unlike a temporary muscle tightening, which may resolve spontaneously, or muscle spasms that can also be transient, a contracture persists and often requires intervention for management. This distinction is crucial for caregivers and healthcare professionals, as it informs them about the importance of maintaining mobility and flexibility in patients to prevent the development of contractures.

5. What is one of the vital functions of the skin?

- A. To produce vitamins for the body
- B. To act as a barrier against infection**
- C. To regulate body temperature
- D. To store electrolytes

The skin serves a crucial role as a barrier against infection, making it one of its vital functions. It is the body's first line of defense, protecting internal organs and systems from harmful pathogens like bacteria, viruses, and fungi. The outermost layer of the skin, known as the epidermis, contains cells that can prevent the entry of these pathogens, thus reducing the risk of infection and maintaining overall health. While the skin does have other important functions, such as regulating body temperature through sweat production and blood flow changes, and even synthesizing certain vitamins when exposed to sunlight, the primary role of providing a barrier against infection stands out as essential for protecting the body from external threats.

6. What is the appropriate technique for taking an oral temperature?

- A. Place the thermometer under the tongue with the mouth open
- B. Place the thermometer under the tongue with a closed mouth for several seconds**
- C. Hold the thermometer in the armpit
- D. Insert the thermometer into the ear

Taking an oral temperature using the appropriate technique is crucial for obtaining an accurate reading. The correct method involves placing the thermometer under the tongue with the patient's mouth closed. This technique ensures that the thermometer is in contact with the sublingual artery, which provides a reliable reading of the body's core temperature. Having the mouth closed minimizes the influence of outside air and ensures that the temperature of the oral cavity is stable during the measurement. This consistency is why the technique that specifies a closed mouth is essential for accurate readings in a clinical setting. Using an open mouth can lead to inaccurate results due to airflow affecting the thermometer's measurement. Other methods, such as measuring temperature in the armpit or ear, represent different techniques for assessing body temperature, but they are not considered oral temperature measurements and would yield different readings.

7. If a CNA suspects that a patient is being abused, what is the appropriate action to take?

- A. Confront the suspected abuser**
- B. Document the observations thoroughly**
- C. Ignore the suspicions**
- D. Report to a supervisor immediately**

When a CNA suspects that a patient is being abused, the most appropriate action is to report the situation to a supervisor immediately. This step is crucial because CNAs are mandated reporters, meaning they are legally required to report any suspicions of abuse to ensure the safety and well-being of the patient. By notifying a supervisor, the proper authorities and trained professionals can then investigate the situation and take necessary actions to protect the patient and address the suspected abuse. It is essential to rely on the protocol established by the healthcare facility, which typically involves informing a higher authority rather than taking matters into one's own hands. This ensures that the situation is handled appropriately and that the patient receives the protection and support they need. In contrast, confronting the suspected abuser can be dangerous and could lead to further harm to the patient. Documenting observations is important in the overall process but should occur in conjunction with reporting the abuse rather than being a standalone action. Ignoring suspicions of abuse fails to protect the vulnerable patient and can allow the abuse to continue unchecked.

8. Why is it important for a CNA to maintain patient confidentiality?

- A. To protect the patient's personal information**
- B. To follow hospital protocols only**
- C. To avoid legal consequences**
- D. To ensure all staff are aware of the patient's history**

Maintaining patient confidentiality is vital for several reasons, with one primary focus being the protection of the patient's personal information. When a Certified Nursing Assistant (CNA) upholds confidentiality, they help to cultivate an environment of trust between the patient and the healthcare system. Patients are more likely to divulge sensitive information, which can be crucial for accurate diagnoses and effective treatment, when they feel their privacy is safeguarded. Additionally, confidentiality supports the ethical standards of the nursing profession and aligns with regulations such as the Health Insurance Portability and Accountability Act (HIPAA). These laws mandate that healthcare providers take steps to protect patient information, further emphasizing the importance of confidentiality in delivering quality care. While following hospital protocols and avoiding legal consequences are also important aspects of maintaining confidentiality, the fundamental reason for doing so centers on the intrinsic right of patients to have their personal and medical information kept private. This is not merely about compliance or avoiding penalties; it is a matter of respecting the dignity and autonomy of individuals seeking medical care.

9. Which personal quality involves accepting limitations and being accountable for one's actions in a job?

- A. Integrity**
- B. Honesty**
- C. Empathy**
- D. Reliability**

The key personal quality that involves accepting limitations and being accountable for one's actions in a job is integrity. Integrity refers to the adherence to moral and ethical principles, which includes being honest with oneself and others, taking responsibility for one's actions, and accepting when one is wrong. Individuals with integrity are committed to doing the right thing even when faced with challenges, and they are reliable in their commitments and duties. While honesty is related to truthfulness and does involve accountability to some extent, it does not fully encompass the idea of accepting limitations. Honesty primarily focuses on being truthful in communications rather than the broader concept of personal accountability and acceptance of one's own limitations and mistakes. Empathy involves understanding and being sensitive to the feelings and experiences of others, which does not directly relate to the acceptance of personal limitations or accountability for one's actions. Reliability is about being dependable and consistent in responsibilities, but it does not explicitly incorporate the acceptance of limitations or a deep sense of personal accountability that integrity embodies. Thus, integrity is the most comprehensive quality connecting acceptance of limitations to accountability in a job.

10. What does "Rx" represent in a medical context?

- A. Recovery**
- B. Reference**
- C. Prescription or treatment**
- D. Registered Nurse**

In a medical context, "Rx" is widely recognized as representing a prescription or treatment. This abbreviation originates from the Latin word "recipe," which translates to "take" or "to take." It is commonly used in the healthcare field to refer to the instructions given to pharmacists on the medication and dosage that a patient should receive. Understanding this terminology is crucial for healthcare professionals, including CNAs, as it pertains to medication administration and patient care. When a physician writes an "Rx," they are providing a formal directive for a patient's treatment plan, which can include medications or other therapeutic measures. This distinction underscores the importance of following proper protocols in medication management to ensure patient safety and effective treatment outcomes. In contrast, the other choices do not accurately capture the specific meaning of "Rx" in medical terminology. Recovery refers to the process of getting better from an illness, reference indicates a source of information, and registered nurse refers to a specific healthcare profession. These terms, while relevant in the healthcare context, do not align with the established definition of "Rx."

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://alabamacna.examzify.com>

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

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