

Alaska Certified Nursing Assistant (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 does bradycardia refer to?**
 - A. Fast heart rate**
 - B. Slow heart rate**
 - C. Absence of breathing**
 - D. Normal heart rate**

- 2. Who typically leads a patient through therapeutic exercises?**
 - A. Health care providers**
 - B. Nurses**
 - C. Physical and occupational therapists**
 - D. Dietitians**

- 3. What are some examples of Standard Precautions?**
 - A. Vaccination only**
 - B. Hand hygiene and facial protection**
 - C. Isolation of all patients**
 - D. Regular exercise**

- 4. What is the primary characteristic of the prone position?**
 - A. Lying on their side**
 - B. Sitting at a 90-degree angle**
 - C. Lying on the abdomen, facing downward**
 - D. Lying with legs elevated**

- 5. Which of the following is included in a full liquid diet?**
 - A. Solid fruits and vegetables**
 - B. Clear liquids and pureed soups**
 - C. Only soft food items like bread**
 - D. A diet consisting entirely of solids**

- 6. What are pressure sores also known as?**
 - A. Bedsores or pressure ulcers**
 - B. Skin abrasions**
 - C. Deep wounds**
 - D. Infections**

- 7. What do airborne droplets refer to?**
- A. Fecal matter in the air**
 - B. Secretions from the nose or throat**
 - C. Particles from medical equipment**
 - D. Dust particles in the environment**
- 8. What is the role of a nursing assistant primarily focused on?**
- A. Performing evaluations of patient health status**
 - B. Managing administrative responsibilities**
 - C. Executing delegated nursing tasks under supervision**
 - D. Leading nursing teams during patient care**
- 9. What is a power of attorney?**
- A. A title given to healthcare workers**
 - B. A legal document authorizing someone to act on your behalf**
 - C. A type of medical insurance**
 - D. A certification for healthcare providers**
- 10. What type of abuse involves the use of force causing bodily injury?**
- A. Emotional abuse**
 - B. Neglect**
 - C. Sexual abuse**
 - D. Physical abuse**

Answers

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

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Explanations

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1. What does bradycardia refer to?

- A. Fast heart rate
- B. Slow heart rate**
- C. Absence of breathing
- D. Normal heart rate

Bradycardia refers specifically to a slower than normal heart rate, typically defined as fewer than 60 beats per minute in an adult. This condition may be a normal physiological response in well-trained athletes or during sleep, but it can also indicate an underlying health issue if it occurs in non-athletic individuals or is associated with symptoms like dizziness or fatigue. Understanding bradycardia is crucial for CNAs as it provides insight into a patient's cardiovascular health and can guide further assessment or interventions.

2. Who typically leads a patient through therapeutic exercises?

- A. Health care providers
- B. Nurses
- C. Physical and occupational therapists**
- D. Dietitians

The correct choice indicates that physical and occupational therapists are typically responsible for leading patients through therapeutic exercises. These professionals are specifically trained in the assessment and treatment of physical impairments and functional limitations. They possess in-depth knowledge of exercise regimens tailored to an individual's needs, often using therapeutic exercises to improve strength, flexibility, coordination, and overall functional capability. Physical therapists focus on restoring movement and managing pain often after injury or surgery, while occupational therapists help patients develop or regain the skills needed for daily activities and work. Both types of therapists create individualized exercise plans based on evaluation and ongoing assessment, ensuring that each patient's specific rehabilitation goals are met effectively. In contrast, while healthcare providers, including nurses, offer essential support and may assist in some exercises, their primary role is not to lead the therapeutic exercise sessions. Nurses conduct a variety of patient care tasks and may help facilitate therapy sessions, but do not take the lead in designing those specific exercise programs. Similarly, dietitians focus on nutrition and dietary needs, which do not typically fall within the scope of therapeutic exercise. Thus, the role of leading patients through therapeutic exercises is best suited to physical and occupational therapists, who have the specialized training for such tasks.

3. What are some examples of Standard Precautions?

- A. Vaccination only
- B. Hand hygiene and facial protection**
- C. Isolation of all patients
- D. Regular exercise

Standard precautions are vital practices designed to prevent the transmission of infections in healthcare settings. Among the most significant aspects of standard precautions is the emphasis on hand hygiene and personal protective equipment, such as facial protection when necessary. Hand hygiene involves thoroughly washing hands with soap and water or using an alcohol-based hand sanitizer to reduce the risk of spreading infections. This procedure is essential before and after patient interactions, as well as after contact with potentially contaminated surfaces or materials. Facial protection, which may include masks or face shields, serves to protect healthcare workers from exposure to respiratory droplets and other potential hazards that could lead to infection. Using these protective measures contributes to a safer healthcare environment for both the patient and the provider. The other options reflect practices that do not encompass the broad scope of standard precautions effectively or are not typically classified as such within standard infection control protocols. Vaccination, while important for overall health, does not fall under the direct practices of standard precautions. Isolation of all patients is unnecessary and impractical; isolation protocols apply selectively based on specific risk assessments. Regular exercise, while beneficial to health, has no relation to infection control practices in a healthcare context.

4. What is the primary characteristic of the prone position?

- A. Lying on their side
- B. Sitting at a 90-degree angle
- C. Lying on the abdomen, facing downward**
- D. Lying with legs elevated

The primary characteristic of the prone position is that the person is lying on their abdomen, facing downward. This position is often used in various clinical settings, such as for certain medical examinations, surgical procedures, or therapeutic interventions. When a patient is placed in the prone position, it allows for specific access to the back, chest, and abdomen, which can be essential depending on the clinical scenario. The prone position can also enhance respiratory function in some patients by improving lung expansion and drainage. It is crucial for nurses and caregivers to understand this position as it can impact patient comfort and care in different contexts. The other positions mentioned do not align with the definition of prone. Lying on a side refers to the lateral position, sitting at a 90-degree angle describes the upright position, and lying with legs elevated pertains to a position that may be utilized for specific circulatory or comfort needs but does not represent the prone orientation.

5. Which of the following is included in a full liquid diet?

- A. Solid fruits and vegetables**
- B. Clear liquids and pureed soups**
- C. Only soft food items like bread**
- D. A diet consisting entirely of solids**

A full liquid diet includes foods that are liquid at room temperature and encompasses both clear liquids and those that are thicker in consistency, such as pureed soups. This type of diet is often used for individuals who are recovering from surgery, have difficulty swallowing, or need a temporary diet adjustment for other medical reasons. Clear liquids like broth, apple juice, or gelatin provide hydration and some calories, while pureed soups add nutrients and a bit more substance to the diet without introducing solid foods that could be harder to digest. This combination ensures that patients remain nourished while still allowing their digestive systems a chance to recover or adapt. The other options fall outside of the definition of a full liquid diet. Solid fruits and vegetables, for example, are not permissible because they require chewing and digestion, which is not suitable for this type of diet. Similarly, a diet consisting solely of solid foods or soft food items like bread would not meet the guidelines of a full liquid diet, as these do not maintain the necessary liquid consistency required for this dietary plan.

6. What are pressure sores also known as?

- A. Bedsores or pressure ulcers**
- B. Skin abrasions**
- C. Deep wounds**
- D. Infections**

Pressure sores are also known as bedsores or pressure ulcers. This terminology reflects the nature of these skin injuries, which occur when sustained pressure on the skin restricts blood flow to the area, leading to tissue damage. Bedsores are most commonly found on bony areas of the body, such as the heels, elbows, and the back of the head, where pressure can easily develop when a person is immobile for extended periods. The alternative choices do not accurately convey the specific condition associated with pressure sores. Skin abrasions refer to superficial injuries that scrape away the outer layers of skin, which is different from the deeper tissue damage seen in pressure ulcers. Deep wounds involve more significant depth and potential for complications compared to pressure sores, while infections are a consequence that may arise if the pressure sore is not properly managed, but they do not describe the sores themselves. Recognizing that bedsores and pressure ulcers are synonymous is crucial for understanding the risk factors and care strategies associated with preventing and treating these skin injuries in vulnerable populations, such as immobile patients.

7. What do airborne droplets refer to?

- A. Fecal matter in the air
- B. Secretions from the nose or throat**
- C. Particles from medical equipment
- D. Dust particles in the environment

Airborne droplets specifically refer to secretions from the nose or throat, which can carry infectious agents when a person coughs, sneezes, or talks. These droplets are typically larger than aerosols and can travel short distances through the air before settling. This means that individuals in close proximity to someone who is actively expelling these droplets are at risk of inhaling them, which can result in the spread of respiratory infections such as the flu, COVID-19, and other communicable diseases. Understanding this concept is crucial for implementing appropriate infection control measures, such as wearing masks and practicing good respiratory hygiene. The other options do not pertain to the definition of airborne droplets. Fecal matter in the air is associated with different routes of transmission, particles from medical equipment refer to contamination risks but not specifically to droplet transmission, and dust particles are unrelated to the biological secretions that cause airborne infections.

8. What is the role of a nursing assistant primarily focused on?

- A. Performing evaluations of patient health status
- B. Managing administrative responsibilities
- C. Executing delegated nursing tasks under supervision**
- D. Leading nursing teams during patient care

The primary role of a nursing assistant revolves around executing delegated nursing tasks under the supervision of licensed nursing staff. Nursing assistants are integral members of the healthcare team, providing essential support in activities such as bathing, grooming, feeding, and assisting patients with mobility. Their responsibilities are specifically designed to ensure that patient needs are met while allowing registered nurses and licensed practical nurses to focus on more complex clinical tasks. In a typical healthcare setting, nursing assistants work closely with patients, helping to monitor their comfort and responding to their basic healthcare needs. This hands-on care is vital to maintaining patient well-being and can include vital sign checks, feeding assistance, and ensuring that patients are safe and comfortable. While other roles, such as performing health evaluations or managing administrative tasks, may be necessary in a healthcare facility, those functions fall outside the primary responsibilities of the nursing assistant. The focus on executing delegated nursing tasks emphasizes the support role that nursing assistants play in delivering patient-centered care under the oversight of qualified nursing personnel.

9. What is a power of attorney?

- A. A title given to healthcare workers
- B. A legal document authorizing someone to act on your behalf**
- C. A type of medical insurance
- D. A certification for healthcare providers

A power of attorney is a legal document that grants one individual the authority to act on another person's behalf in legal or financial matters. This document is significant because it allows the designated person, known as the attorney-in-fact or agent, to make decisions and handle transactions for the person who created the document, referred to as the principal. This arrangement is often utilized in situations where the principal is incapacitated, unavailable, or wishes to delegate specific responsibilities. Understanding this concept is vital for healthcare settings, as a power of attorney can also encompass healthcare decisions if it includes medical directives. This means the agent can make decisions regarding medical treatment and healthcare options for the principal. It is crucial for CNAs to recognize and respect such legal arrangements when providing care to ensure the patient's wishes are honored. The other options represent different concepts unrelated to the legal framework of power of attorney, showing the importance of identifying and understanding specific legal terms accurately in the healthcare environment.

10. What type of abuse involves the use of force causing bodily injury?

- A. Emotional abuse
- B. Neglect
- C. Sexual abuse
- D. Physical abuse**

The correct choice refers to physical abuse, which is characterized by the intentional use of force that results in bodily injury, pain, or impairment. This type of abuse can manifest in various forms, such as hitting, punching, or using objects to inflict harm. The key component here is the physical action that leads to injury, making it distinct from other forms of abuse. Emotional abuse involves psychological harm or manipulation rather than physical action, while neglect refers to the failure to provide necessary care or resources which can lead to harm or distress, but does not involve direct force. Sexual abuse, on the other hand, encompasses actions that are sexually harmful or exploitative, which again differs from the direct physical injury associated with physical abuse. Therefore, the definition and characteristics of physical abuse clearly align with the description given in the question.

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://alaskacna.examzify.com>

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

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