

ALASKA CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Which system is described as the largest organ of the body?**
 - A. Nervous system
 - B. Integumentary system
 - C. Musculoskeletal system
 - D. Circulatory system
- 2. What are bacteria and viruses characterized as?**
 - A. Large multicellular organisms
 - B. Microscopic organisms
 - C. Visible parasites
 - D. Non-infectious agents
- 3. What does "force" refer to in a physical context?**
 - A. The number of repetitions performed
 - B. The distance moved during an exercise
 - C. The amount of physical effort to lift or move
 - D. The speed at which an action is performed
- 4. Which cognitive change might indicate aging in an individual?**
 - A. Faster information processing
 - B. Stronger decision-making skills
 - C. Memory decline
 - D. Easier language comprehension
- 5. What is a common symptom of peripheral neuropathy?**
 - A. Severe headaches
 - B. Numbness and tingling in the extremities
 - C. Increased appetite
 - D. Severe abdominal pain
- 6. What is the primary goal of monitoring a patient in restraints?**
 - A. Ensure patient comfort
 - B. Ensure safety and well-being
 - C. Gather data for research
 - D. Provide emotional support

7. Which stage of a pressure sore is characterized by redness of the skin?

- A. Stage 1
- B. Stage 2
- C. Stage 3
- D. Stage 4

8. What does the integumentary system include?

- A. Heart and blood vessels
- B. Skin, hair, nails, and exocrine glands
- C. Kidneys and bladder
- D. Lungs and respiratory passages

9. Which of the following is an example of a protective transfer device?

- A. Wheelchair
- B. Gait belt
- C. Gloves
- D. Bed rails

10. What does Range of Motion (ROM) refer to?

- A. The flexibility to move joints freely
- B. The degree of joint movement without causing pain
- C. The ability to perform exercises independently
- D. The limit of movement in a sitting position

Answers

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

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Explanations

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1. Which system is described as the largest organ of the body?

- A. Nervous system
- B. Integumentary system**
- C. Musculoskeletal system
- D. Circulatory system

The integumentary system is referred to as the largest organ of the body because it comprises the skin, which is the body's outer protective layer. The skin plays a vital role in shielding the internal organs from external pathogens, regulating body temperature, and providing sensory information through its various receptors. While other systems, such as the muscular and circulatory systems, include numerous organs and components, they do not comprise a single cohesive structure as the skin does. The nervous system, although extensive in neural connections and distribution throughout the body, does not encompass the size or protective function of the integumentary system. Thus, the integumentary system's unique characteristics, including its extensive coverage and multifunctional role, solidify its position as the largest organ of the body.

2. What are bacteria and viruses characterized as?

- A. Large multicellular organisms
- B. Microscopic organisms**
- C. Visible parasites
- D. Non-infectious agents

Bacteria and viruses are classified as microscopic organisms, which means they are too small to be seen without the aid of a microscope. Both of these entities can only be observed at a microscopic level, highlighting their tiny size compared to larger life forms. Bacteria are single-celled organisms that can exist independently or in groups, while viruses are even smaller and consist of genetic material encased in a protein coat and cannot reproduce independently; they need a host cell to replicate. This microscopic characteristic is fundamental to understanding their biology and the way they interact with hosts and the environment, as well as their relevance in causing infections and diseases. This understanding emphasizes that while they can lead to infections and health issues, they do not fit the descriptions of larger multicellular organisms, parasites that are visible to the naked eye, or non-infectious agents.

3. What does "force" refer to in a physical context?

- A. The number of repetitions performed
- B. The distance moved during an exercise
- C. The amount of physical effort to lift or move**
- D. The speed at which an action is performed

In a physical context, "force" refers to the amount of physical effort required to lift or move an object. Force is a fundamental concept in physics, representing the interaction that changes the motion of an object, and it is typically measured in newtons. When lifting weights or moving heavy objects, the understanding of force is critical, as it informs how much effort an individual must exert to achieve a specific outcome, such as successfully performing a lift. The other options relate to different concepts in physical training and exercise. The number of repetitions performed pertains to the volume of an exercise, while the distance moved during an exercise relates to the movement's range. The speed at which an action is performed describes the tempo of the exercise. While all these factors are important in physical training, they do not encapsulate the definition of force itself.

4. Which cognitive change might indicate aging in an individual?

- A. Faster information processing
- B. Stronger decision-making skills
- C. Memory decline**
- D. Easier language comprehension

Memory decline is a common cognitive change associated with aging. As individuals age, they may experience difficulties in recalling information, remembering names, or retaining new information, which can manifest in both short-term and long-term memory challenges. This decline may be attributed to various factors, including neural changes in the brain, decreased blood flow, and the natural aging process. Recognizing memory decline as a potential indicator of aging helps in understanding the cognitive experiences that come with this life stage and can prompt discussions about mental health, cognitive assessments, and potential interventions to support brain health in older adults. In contrast, the other options typically do not align with conventional understanding of cognitive changes linked to aging. For example, faster information processing and stronger decision-making skills more often correlate with a lifetime of experience and knowledge rather than decline, while easier language comprehension can improve with age as individuals enhance their communication skills over time.

5. What is a common symptom of peripheral neuropathy?

- A. Severe headaches
- B. Numbness and tingling in the extremities**
- C. Increased appetite
- D. Severe abdominal pain

Numbness and tingling in the extremities is a hallmark symptom of peripheral neuropathy, which occurs when nerve damage affects the peripheral nervous system. This condition can result from various causes, including diabetes, alcohol abuse, infections, and certain medications. As the nerves responsible for sensing changes in the environment are compromised, individuals often experience sensations such as numbness, tingling, or a "pins and needles" feeling, particularly in the hands and feet. This is distinct from other symptoms listed; for instance, severe headaches are typically associated with other neurological issues, not peripheral neuropathy. Increased appetite is unrelated to nerve issues and doesn't typically stem from neuropathic conditions. Severe abdominal pain often indicates gastrointestinal or other medical problems, diverging from the primary manifestations of peripheral nerve damage. Understanding these typical symptoms helps in identifying and managing peripheral neuropathy effectively.

6. What is the primary goal of monitoring a patient in restraints?

- A. Ensure patient comfort
- B. Ensure safety and well-being**
- C. Gather data for research
- D. Provide emotional support

The primary goal of monitoring a patient in restraints is to ensure safety and well-being. Restraints are typically used when a patient poses a risk to themselves or others, and proper monitoring is crucial to prevent any physical harm or psychological distress that may arise from their use. Monitoring allows healthcare providers to observe the patient's condition, check for signs of complications, and ensure that the restraints are being used appropriately and safely. This includes ensuring circulation is not compromised and that the patient is not experiencing undue stress or discomfort. It is essential that while restraints may limit a patient's freedom of movement, their safety and overall well-being are prioritized at all times. In contrast, while comfort, research, and emotional support are important aspects of patient care, they are not the primary focus when a patient is in restraints. The emphasis must be on preventing harm and addressing any risks associated with restraint use.

7. Which stage of a pressure sore is characterized by redness of the skin?

- A. Stage 1**
- B. Stage 2
- C. Stage 3
- D. Stage 4

In the context of pressure sores, Stage 1 is specifically defined by the presence of non-blanchable erythema, which is the medical term for redness of the skin that does not fade when pressure is applied. This stage indicates that the skin is intact but shows signs of potential injury due to pressure. The redness is often a result of increased blood flow to the area as the body attempts to respond to the pressure. Identifying a pressure sore at this early stage is critical because it allows for timely interventions that can help prevent the progression to more severe stages of pressure injury, which involve more extensive tissue damage and loss. In contrast, other stages of pressure sores involve additional symptoms and more severe tissue damage. Stage 2 involves partial thickness loss of skin and may present as a blister or abrasion. Stage 3 indicates a full thickness loss of skin that may extend into the subcutaneous tissue, while Stage 4 indicates extensive destruction, tissue necrosis, or damage to muscle, bone, or supporting structures. Recognizing the characteristics of each stage aids healthcare providers in effective assessment and management of pressure injuries.

8. What does the integumentary system include?

- A. Heart and blood vessels
- B. Skin, hair, nails, and exocrine glands**
- C. Kidneys and bladder
- D. Lungs and respiratory passages

The integumentary system is primarily responsible for protecting the body and regulating various physiological processes. It includes structures such as the skin, hair, nails, and exocrine glands like sweat and sebaceous glands. The skin itself serves as a barrier against pathogens, helps regulate body temperature, and facilitates the sensation of touch, pressure, and pain. Hair provides insulation and protection, while nails protect the fingertips and enhance the ability to grasp and manipulate objects. Each component plays a vital role in the overall health and functioning of the body. For example, sweat glands help regulate temperature through perspiration, while the skin's ability to serve as a sensory organ is crucial for interaction with the surrounding environment. Thus, the integumentary system encompasses these essential components, making this answer the most accurate representation of its structure.

9. Which of the following is an example of a protective transfer device?

- A. Wheelchair
- B. Gait belt**
- C. Gloves
- D. Bed rails

A gait belt is specifically designed to assist in the safe transfer of patients, making it a protective transfer device. It is used to provide caregivers with a secure grip while moving or assisting patients, which helps prevent falls and injuries during transfers. The use of a gait belt promotes safety by allowing for better control and support, ensuring both the patient's and the caregiver's well-being. In contrast, a wheelchair is primarily used for mobility rather than transferring patients; it does not offer the same level of safety support during transfers. Gloves are a personal protective item that provides infection control but do not assist with patient transfer. Bed rails are safety features on beds that may prevent falls but are not designed to facilitate the movement of a patient from one surface to another. Therefore, the gait belt stands out as the best example of a protective transfer device among the options provided.

10. What does Range of Motion (ROM) refer to?

- A. The flexibility to move joints freely
- B. The degree of joint movement without causing pain**
- C. The ability to perform exercises independently
- D. The limit of movement in a sitting position

Range of Motion (ROM) specifically refers to the degree of joint movement without causing pain. Understanding ROM is essential in nursing and rehabilitation contexts as it helps assess a patient's mobility and functionality. When evaluating ROM, healthcare providers typically measure how far a joint can be moved in various directions and take note of any discomfort or limitations experienced by the patient. This measurement is crucial in identifying areas where patients may need intervention, such as physical therapy or specialized exercises to improve flexibility and strength. Flexibility to move joints freely encompasses a broader idea but does not specifically address the importance of pain during movement. The ability to perform exercises independently relates more to a patient's overall physical capability rather than the specific measurement of joint mobility. Additionally, focusing on the limit of movement in a sitting position is too narrow and may overlook the complete functional capabilities of a joint when a person is standing or moving. Each of these aspects is important in a clinical setting, but the most precise definition of Range of Motion is the degree of joint movement without causing pain.

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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