

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 of the following best defines the concept of a 'handoff report'?**
 - A. Continuous health monitoring of patients
 - B. Formal method of transferring patient information
 - C. Documentation of medications given during shifts
 - D. Charting changes in treatment plans
- 2. What does HIPAA stand for?**
 - A. Healthcare Insurance Practices and Accountability Act
 - B. Health Information Protection and Accountability Act
 - C. Health Insurance Portability and Accountability Act
 - D. Healthcare Information Privacy and Accountability Act
- 3. What does diastolic blood pressure represent?**
 - A. Pressure during heart contraction
 - B. Pressure while the heart is at rest
 - C. Average blood pressure
 - D. Maximum heart pressure
- 4. What type of diet includes flaked fish and cooked vegetables as part of its components?**
 - A. A soft diet
 - B. A mechanical soft diet
 - C. A liquid diet
 - D. A regular diet
- 5. When performing passive Range of Motion, what should the caregiver focus on?**
 - A. Encouraging the resident to move independently
 - B. Deliberately moving the joint through its range
 - C. Monitoring the resident's vital signs
 - D. Limiting movement to avoid pain

- 6. Which of the following is NOT a risk factor for falls?**
- A. Weakness
 - B. Poor vision
 - C. Strict bedrest
 - D. Effective pain management
- 7. What is one benefit of having a clear chain of command in healthcare?**
- A. Increased workload for nursing staff
 - B. Faster resolution of issues
 - C. Higher levels of confusion among staff
 - D. Greater patient wait times
- 8. What indicates an abnormal finding in palpation?**
- A. Normal heartbeat
 - B. Presence of pain or swelling
 - C. Normal blood pressure
 - D. Regular breathing patterns
- 9. What does a speech therapist specialize in?**
- A. Physical rehabilitation exercises
 - B. Treatment of issues related to speech and swallowing
 - C. Managing a patient's diet
 - D. Conducting psychological assessments
- 10. What is nocturnal enuresis commonly known as?**
- A. Sleepwalking.
 - B. Daytime incontinence.
 - C. Privacy issues.
 - D. Bedwetting.

Answers

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

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Explanations

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1. Which of the following best defines the concept of a 'handoff report'?

- A. Continuous health monitoring of patients
- B. Formal method of transferring patient information**
- C. Documentation of medications given during shifts
- D. Charting changes in treatment plans

A handoff report is best defined as a formal method of transferring patient information from one caregiver to another. This process is critical in healthcare settings as it ensures that important details regarding a patient's status, treatment plans, and ongoing care are communicated effectively. A handoff report typically includes information such as the patient's medical history, current condition, medications, and any changes that occurred during the previous shift. This structured exchange helps to maintain continuity of care, minimize the risk of errors, and ensures that all team members remain informed about the patient's needs. The other options involve important aspects of patient care but do not accurately encapsulate the concept of a handoff report. Continuous health monitoring pertains to ongoing assessment rather than information transfer; documentation of medications focuses specifically on what has been administered, rather than the broader context of patient care. Charting changes in treatment plans is about recording modifications in a patient's care, which is also part of care continuity but does not specifically represent the process of transferring information during a shift change.

2. What does HIPAA stand for?

- A. Healthcare Insurance Practices and Accountability Act
- B. Health Information Protection and Accountability Act
- C. Health Insurance Portability and Accountability Act**
- D. Healthcare Information Privacy and Accountability Act

The correct answer is that HIPAA stands for the Health Insurance Portability and Accountability Act. This federal law was enacted in 1996 with the primary purpose of protecting the privacy and security of individuals' health information. It sets national standards for the electronic exchange, privacy, and security of health information. HIPAA also ensures that individuals have greater control over their health information and outlines the rights of patients regarding their personal health records. It serves to provide protections for the privacy of health information, setting guidelines for how that information can be shared and used, particularly in healthcare organizations and related services. Understanding HIPAA is crucial for those in the healthcare field, including nursing assistants, as it emphasizes the importance of maintaining confidentiality and ensuring that patient information is handled with care and respect.

3. What does diastolic blood pressure represent?

- A. Pressure during heart contraction
- B. Pressure while the heart is at rest**
- C. Average blood pressure
- D. Maximum heart pressure

Diastolic blood pressure represents the pressure in the arteries when the heart is at rest between beats. It specifically measures the relaxation phase of the cardiac cycle, when the heart muscles are not contracting and blood fills the chambers of the heart. This is an important phase because it reflects the minimum pressure exerted on the arterial walls, indicating how well the blood flow is maintained during the resting periods of the heart. In contrast, the other options describe different aspects of blood pressure or heart activity. The pressure during heart contraction refers to systolic blood pressure, which occurs when the heart is actively pumping blood. Average blood pressure might mix both systolic and diastolic values but does not specifically refer to the resting state of the heart. Maximum heart pressure, similarly, does not accurately capture the concept of diastolic pressure and might suggest a peak that occurs during contraction. Understanding diastolic blood pressure is crucial for assessing cardiovascular health and managing conditions such as hypertension.

4. What type of diet includes flaked fish and cooked vegetables as part of its components?

- A. A soft diet
- B. A mechanical soft diet**
- C. A liquid diet
- D. A regular diet

The correct response indicates a mechanical soft diet. This type of diet is designed for those who may have difficulties chewing or swallowing but still require nutritious food. It includes foods that are soft in texture yet can still provide adequate nutrition. Flaked fish and cooked vegetables are typical components because they are easy to chew and swallow, making them suitable for individuals who need modifications to their diet due to dental issues or other medical conditions. In contrast, a soft diet also emphasizes softer foods but may not have the same breadth of texture variation that a mechanical soft diet incorporates. A liquid diet consists primarily of liquids or pureed foods, which would not include flaked fish in any significant form. A regular diet encompasses all food textures without restrictions, which would not specifically highlight the nuances of a mechanical soft diet. Hence, a mechanical soft diet is essential for patients needing specific dietary considerations while maintaining nutritional balance.

5. When performing passive Range of Motion, what should the caregiver focus on?

- A. Encouraging the resident to move independently
- B. Deliberately moving the joint through its range**
- C. Monitoring the resident's vital signs
- D. Limiting movement to avoid pain

In passive Range of Motion (ROM) exercises, the caregiver's primary focus is to deliberately move the joints through their full range of motion. This is done to maintain joint flexibility, prevent stiffness, and enhance circulation. The caregiver is responsible for gently guiding the resident's limbs through the exercises, ensuring that movements are smooth and within a comfortable range for the resident. Emphasizing controlled movement helps to stimulate joint function and facilitates better mobility for the resident, which is crucial for their overall health and wellbeing. It is important for the caregiver to be attentive to the resident's comfort level and any resistance they might feel during the motion, but the core objective is exerting proper movement without relying on the resident's active participation. The other options represent different aspects of patient care or exercise that are not applicable in the context of passive ROM. Encouraging independent movement pertains more to active ROM techniques, monitoring vital signs is essential for overall patient safety but not the focus of ROM exercises, and limiting movement to avoid pain can be the opposite of what is intended in passive ROM, where the goal is to aid movement rather than restrict it.

6. Which of the following is NOT a risk factor for falls?

- A. Weakness
- B. Poor vision
- C. Strict bedrest
- D. Effective pain management**

Effective pain management is not considered a risk factor for falls because it plays a critical role in enhancing a person's ability to move freely and participate in activities safely. When pain is well-managed, individuals can be more alert, coordinated, and capable of maintaining their balance. This can reduce the likelihood of accidents and falls, as they are not hindered by discomfort or hesitation related to pain. In contrast, factors like weakness, poor vision, and strict bedrest can significantly increase the risk of falls. Weakness may impact muscle strength and balance, making it difficult for individuals to stand or walk steadily. Poor vision can lead to difficulties in judging distances and obstacles, increasing the likelihood of stumbling or tripping. Strict bedrest may contribute to deconditioning, where a lack of physical activity leads to weakened muscles and reduced mobility, further heightening the risk of falls when a person attempts to get up or move around.

7. What is one benefit of having a clear chain of command in healthcare?

- A. Increased workload for nursing staff
- B. Faster resolution of issues**
- C. Higher levels of confusion among staff
- D. Greater patient wait times

Having a clear chain of command in healthcare facilitates a faster resolution of issues by establishing defined roles and responsibilities among staff members. When each team member knows who to report to and who is responsible for making decisions, it streamlines communication and decision-making processes. This clarity helps in effectively addressing patient needs, coordinating care, and responding to emergencies quickly. When staff members are aware of their specific roles within the chain of command, they can confidently escalate concerns or problems without unnecessary delays, which ultimately leads to improved patient care and outcomes.

8. What indicates an abnormal finding in palpation?

- A. Normal heartbeat
- B. Presence of pain or swelling**
- C. Normal blood pressure
- D. Regular breathing patterns

The presence of pain or swelling during palpation indicates an abnormal finding. In a clinical context, palpation is a technique used by healthcare professionals to assess the body through the sense of touch, often to detect abnormalities. Normal findings would include a lack of pain, a smooth and even surface, and an absence of swelling. Pain may suggest underlying issues such as inflammation, infection, or injury, while swelling could indicate conditions such as edema, which is an abnormal accumulation of fluid in tissues. Both of these findings warrant further investigation to understand the underlying cause, making their presence a clear indicator of a potential health issue. In contrast, normal heartbeat, blood pressure, and regular breathing patterns are expected findings during thorough assessments, signaling that these aspects of the patient's health are functioning as they should.

9. What does a speech therapist specialize in?

- A. Physical rehabilitation exercises
- B. Treatment of issues related to speech and swallowing**
- C. Managing a patient's diet
- D. Conducting psychological assessments

A speech therapist specializes in the treatment of issues related to speech and swallowing, which is integral to effective communication and the ability to eat safely. These professionals assess and address a variety of communication disorders, such as difficulties with articulation, fluency, and voice, as well as swallowing disorders known as dysphagia. Their work might involve creating individualized treatment plans, providing therapy, and educating patients and their families about communication strategies. Understanding the role of a speech therapist helps clarify why other choices do not fit this specialization. For instance, while managing a patient's diet is important in many healthcare contexts, it primarily falls under the expertise of nutritionists or dietitians rather than speech therapists. Similarly, physical rehabilitation exercises are typically managed by physical therapists, and conducting psychological assessments is the domain of psychologists or mental health professionals. By focusing on speech and swallowing, speech therapists play a crucial role in enhancing patients' quality of life through improved communication and safe eating practices.

10. What is nocturnal enuresis commonly known as?

- A. Sleepwalking.
- B. Daytime incontinence.
- C. Privacy issues.
- D. Bedwetting.**

Nocturnal enuresis is commonly known as bedwetting. This condition typically refers to involuntary urination during sleep, particularly in children, although it can also occur in adults. Bedwetting can be due to various factors, such as developmental delays, deep sleep patterns, or underlying medical issues. Understanding this term is important for addressing concerns and providing appropriate support and interventions for individuals experiencing it. This definition highlights the key aspect of the condition, identifying it specifically in the context of nighttime urination rather than confusing it with related but distinct issues such as sleepwalking or daytime incontinence.

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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