

Allied Health Certified Nursing Assistant (CNA) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. PROM stands for which type of motion?**
 - A. Passive Range of Motion**
 - B. Postoperative Motion**
 - C. Progressive Range of Motion**
 - D. Passive Residual Motion**

- 2. The accumulation of stool in the colon, blocking normal passage of feces.**
 - A. Edema**
 - B. Fecal Impaction**
 - C. Emesis**
 - D. Dementia**

- 3. Which term describes a condition where bones become porous and brittle due to mineral loss?**
 - A. Perineal Care (pericare)**
 - B. Osteoporosis**
 - C. Ombudsman**
 - D. Osteoarthritis**

- 4. Which term means showing or prompting someone to perform an activity?**
 - A. Elopement**
 - B. Cue**
 - C. Exploitation**
 - D. Constipation**

- 5. OOB stands for which phrase?**
 - A. In Building**
 - B. Out Of City**
 - C. Out Of Grounds**
 - D. Out Of Building**

- 6. In medication timing, pc indicates administration after meals.**
- A. Before meals**
 - B. With meals**
 - C. At bedtime**
 - D. After meals**
- 7. In scheduling, the letter q means?**
- A. Every**
 - B. Quickly**
 - C. Question**
 - D. Quantity**
- 8. Which position involves lying on the stomach?**
- A. Supine**
 - B. Fowlers Position**
 - C. Prone**
 - D. Sims Position**
- 9. Which term describes loss of the gag reflex and inability to swallow?**
- A. Dysphagia**
 - B. Aphasia**
 - C. Aphagia**
 - D. Aphonia**
- 10. Which condition is described as a chronic lung disease most commonly caused by smoking?**
- A. Hypertension**
 - B. Diabetes Mellitus**
 - C. COPD**
 - D. Myocardial Infarction**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. PROM stands for which type of motion?

- A. Passive Range of Motion**
- B. Postoperative Motion**
- C. Progressive Range of Motion**
- D. Passive Residual Motion**

Passive Range of Motion is the movement of a joint performed by a caregiver or device, with the patient not actively using their muscles. This technique helps maintain joint flexibility, prevent stiffness and contractures, and preserve circulation when the patient cannot move on their own, such as after surgery or during immobilization. The other options aren't standard terms for this type of motion, since postoperative motion, progressive range of motion, or passive residual motion don't describe the method of movement being performed passively by someone else. Active range of motion, by contrast, would involve the patient moving the joint themselves.

2. The accumulation of stool in the colon, blocking normal passage of feces.

- A. Edema**
- B. Fecal Impaction**
- C. Emesis**
- D. Dementia**

Fecal impaction occurs when stool becomes so hard and packed in the colon or rectum that it cannot be passed through normal bowel movements. The mass can block the usual flow of stool, leading to a sense of fullness, abdominal cramping or distension, and sometimes leakage of liquid stool around the blockage. This situation is common in people who are dehydrated, immobile, or taking medications that slow bowel movements. It's important to recognize that this is not about swelling from fluid (edema), vomiting (emesis), or a cognitive condition like dementia. Management requires assessment by a nurse or clinician; removing the impacted stool or relieving the blockage (often with procedures or prescribed therapies) is needed, along with measures to prevent recurrence such as hydration and a regular bowel regimen. As a CNA, monitor bowel patterns, encourage fluids and activity as ordered, and report any signs of possible impaction promptly.

3. Which term describes a condition where bones become porous and brittle due to mineral loss?

- A. Perineal Care (pericare)**
- B. Osteoporosis**
- C. Ombudsman**
- D. Osteoarthritis**

Osteoporosis is the condition where bones become porous and brittle due to mineral loss. This means bone density decreases and the internal bone structure weakens, so small stresses or minor falls can cause fractures. It's common in older adults, especially postmenopausal women, and factors like inadequate calcium or vitamin D, inactivity, and certain medications can influence risk. Prevention and management focus on getting enough calcium and vitamin D, engaging in weight-bearing exercise, fall prevention, and, in some cases, medical therapies to strengthen bones. Perineal care refers to hygiene of the genital and anal area, not bone health. An ombudsman is a person who advocates for residents, not a medical condition. Osteoarthritis is a degenerative joint disease affecting cartilage and joint function, not primarily a loss of mineral from bone.

4. Which term means showing or prompting someone to perform an activity?

- A. Elopement**
- B. Cue**
- C. Exploitation**
- D. Constipation**

A cue is a signal or prompt that encourages someone to begin or complete an activity. In caregiving, cues help residents initiate tasks and participate in their care, without taking over. A cue can be verbal, like saying, "Let's wash our hands," or nonverbal, such as pointing to the sink or guiding a hand to start the step. The purpose is to motivate and guide the person toward independence and safety, while gradually fading prompts as they become able. The other terms refer to different ideas: elopement is when a resident leaves the facility without permission, exploitation is taking advantage of someone, and constipation is a bowel movement issue, none of which describe prompting someone to perform an activity.

5. OOB stands for which phrase?

- A. In Building**
- B. Out Of City**
- C. Out Of Grounds**
- D. Out Of Building**

Understanding the acronym in safety and facility communication helps you know what to report and where someone is. OOB means the person is outside a space, so the phrase that fits the context is Out Of Building. That wording clearly communicates location during emergencies or drills, where being outside the structure is the point to note. The other options describe being inside (In Building) or refer to locations that aren't standard phrases used for this purpose (Out Of City, Out Of Grounds). In some nursing contexts OOB can also mean Out Of Bed, but for this item the intended meaning is outside the building.

6. In medication timing, pc indicates administration after meals.

- A. Before meals**
- B. With meals**
- C. At bedtime**
- D. After meals**

Understanding medication timing abbreviations is important because when a drug is taken relative to meals can change how well it works and how it feels in the stomach. pc stands for post cibum, Latin for after meals. So the instruction to take the medicine after you eat is the correct interpretation. This timing helps with absorption for some drugs and can reduce stomach irritation. If a prescription meant before meals, it would use ante cibum; with meals would indicate taking during the meal, and at bedtime would be hs.

7. In scheduling, the letter q means?

- A. Every**
- B. Quickly**
- C. Question**
- D. Quantity**

In scheduling, the symbol q expresses frequency—meaning how often something should occur. It stands for “every.” For example, q4h means every 4 hours, and q24h means every 24 hours. This usage helps tell you how often to repeat a task or medication. Quickly isn’t a scheduling shorthand; it doesn’t convey a timing interval. Question and quantity aren’t about timing either—they refer to an inquiry or an amount, not how often something should happen.

8. Which position involves lying on the stomach?

- A. Supine**
- B. Fowlers Position**
- C. Prone**
- D. Sims Position**

Lying on the stomach is the prone position. In this position, the person lies face down with the back exposed and the head turned to one side. Supine means lying on the back, face up. Fowler’s position is a semi-upright sitting posture with the head of the bed raised, sometimes with the knees bent. Sims position is a side-lying posture, typically on the left side with one knee bent and the upper body rotated partly forward and supported. Prone is the term used specifically for stomach-down positioning, making it the correct choice.

9. Which term describes loss of the gag reflex and inability to swallow?

- A. Dysphagia**
- B. Aphasia**
- C. Aphagia**
- D. Aphonia**

This topic covers swallowing-related terms. Inability to swallow is aphagia. Dysphagia means difficulty swallowing, not a complete inability. Aphasia is a language impairment, affecting speech and comprehension, and aphonia is loss of voice. So, the description of losing the gag reflex and being unable to swallow matches aphagia.

10. Which condition is described as a chronic lung disease most commonly caused by smoking?

- A. Hypertension**
- B. Diabetes Mellitus**
- C. COPD**
- D. Myocardial Infarction**

Chronic obstructive pulmonary disease is a long-term lung condition where airflow is gradually limited and worsens over time. It is most commonly caused by smoking, which irritates and damages the airways and lung tissue, leading to components like chronic bronchitis and emphysema. People with COPD typically experience ongoing breathlessness, a persistent cough, and trouble with daily activities, and the airflow limitation is not fully reversible. The other options describe conditions outside of a chronic lung disease: hypertension is high blood pressure, diabetes mellitus is a metabolic disorder, and myocardial infarction is a heart attack. So COPD best fits the description.

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://alliedcna.examzify.com>

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

SAMPLE