

ALLIED HEALTH CERTIFIED NURSING ASSISTANT (CNA) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. In medical shorthand, what does Hyper indicate regarding a measurement?**
 - A. Above normal
 - B. Below normal
 - C. Normal
 - D. Unknown

- 2. In Latin medical shorthand, ac stands for which?**
 - A. With meals
 - B. At meals
 - C. Before meals
 - D. After meals

- 3. Which position involves lying on the stomach?**
 - A. Supine
 - B. Fowlers Position
 - C. Prone
 - D. Sims Position

- 4. What term describes the care of the body after death?**
 - A. Postmortem Care
 - B. Sundowning
 - C. Task Segmentation
 - D. Sims Position

- 5. NPO stands for which phrase?**
 - A. No intake of food or liquid by mouth
 - B. Not permitted to swallow
 - C. Nothing by mouth
 - D. Nasogastric feed only

- 6. How should you identify and prevent postural hypotension during ambulation?**
- A. Rise slowly from lying to sitting, monitor for dizziness, use assistance as needed, and have the resident sit before standing if needed.
 - B. Stand quickly to test tolerance.
 - C. Ignore dizziness and continue.
 - D. Let the resident walk unassisted regardless.
- 7. Which statement about normal vital signs is correct?**
- A. Normal resting blood pressure is about 120/80.
 - B. Normal resting blood pressure is about 180/100.
 - C. Normal resting blood pressure is about 60/40.
 - D. Normal resting blood pressure is about 90/60.
- 8. Which term describes a plan developed for each resident to achieve goals; outlines steps?**
- A. Dysphasia
 - B. Ambulate
 - C. Colostomy
 - D. Care Plan
- 9. Which term refers to the medical specialty focused on aging and care of older adults?**
- A. Geriatrics
 - B. Dementia
 - C. Edema
 - D. Emesis
- 10. The abbreviation 'o' refers to which site?**
- A. Axillary (armpit)
 - B. Rectal (rectum)
 - C. Oral (mouth)
 - D. Temporal (forehead)

Answers

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

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Explanations

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1. In medical shorthand, what does Hyper indicate regarding a measurement?

- A. Above normal
- B. Below normal
- C. Normal
- D. Unknown

Hyper indicates that a measurement is higher than the normal range. The prefix hyper- means excessive or above normal, as in hyperglycemia (high blood sugar) or hypertension (high blood pressure). So a measurement described with hyper is above normal, not below normal, not normal, and not unknown. (Below normal would use hypo-, normal is within the expected range, and unknown would be indeterminate.)

2. In Latin medical shorthand, ac stands for which?

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

In Latin medical shorthand, timing relative to meals is shown with Latin terms. ac stands for ante cibum, meaning before meals. This tells you the medication should be taken on an empty stomach, before eating, to optimize absorption or effectiveness. The counterpart post cibum (pc) means after meals. So why the other ideas don't fit: "with meals" would use a form of cum cibum, not ac. "At meals" isn't a standard prescription shorthand. Remember ante means before, post means after, which helps you quickly interpret timing cues in prescriptions.

3. 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.

4. What term describes the care of the body after death?

- A. Postmortem Care**
- B. Sundowning
- C. Task Segmentation
- D. Sims Position

Care of the body after death is called postmortem care. This care centers on respecting the person who has died and supporting the family during the grieving process. The CNA's role includes preparing the body for viewing if requested, ensuring modesty and privacy, cleaning as needed, placing the body in a natural, comfortable position, adjusting facial features, placing dentures if present, and removing or securing jewelry per policy and family wishes. It also involves closing the eyes, covering the body with a shroud or sheet, and documenting the time of death and any required information per facility policy. Preparing for transport to the morgue, labeling, and following legal requirements are part of the process as well, all while maintaining dignity, cultural and religious considerations, and safety for the staff. Other terms describe different concepts: Sundowning refers to increased confusion in some people with dementia during the evening, task segmentation is a planning method for breaking work into steps, and Sims position is a specific left-side-lying posture used for certain procedures.

5. NPO stands for which phrase?

- A. No intake of food or liquid by mouth
- B. Not permitted to swallow
- C. Nothing by mouth**
- D. Nasogastric feed only

Nothing by mouth is what NPO means in medical practice. It's the standard instruction used to prevent any food or drink from being taken by mouth, usually to protect the airway during anesthesia or certain procedures. The phrase Nothing by mouth is the conventional expansion of the acronym, coming from the Latin nil per os, and it directly matches how healthcare teams record and communicate the order. Other options either aren't standard order language, are vague, or actually imply the opposite (feeding through a tube), so they don't fit the intended meaning as well.

6. How should you identify and prevent postural hypotension during ambulation?

- A. Rise slowly from lying to sitting, monitor for dizziness, use assistance as needed, and have the resident sit before standing if needed.**
- B. Stand quickly to test tolerance.
- C. Ignore dizziness and continue.
- D. Let the resident walk unassisted regardless.

Postural hypotension happens when moving to an upright position causes a drop in blood pressure, which can lead to dizziness or fainting and increase the risk of a fall during ambulation. To identify and prevent it, rise slowly from lying to sitting and give time for the circulatory system to adjust. Monitor for dizziness or lightheadedness and use assistance as needed, so you can support the person and prevent a fall. Have the resident sit before standing if they feel dizzy, and let them rest or dangle legs at the edge of the bed or chair to stabilize before full standing. This approach reduces sudden blood pressure drops and keeps the person safer. Quick standing, ignoring symptoms, or walking unassisted with dizziness markedly raises the risk of harm.

7. Which statement about normal vital signs is correct?

- A. Normal resting blood pressure is about 120/80.**
- B. Normal resting blood pressure is about 180/100.
- C. Normal resting blood pressure is about 60/40.
- D. Normal resting blood pressure is about 90/60.

Normal resting blood pressure is about 120/80 mmHg, where 120 is the pressure in the arteries during the heartbeat (systolic) and 80 is the pressure when the heart rests between beats (diastolic). This value is the standard reference for a healthy adult's vital signs. A reading like 180/100 is well above normal and indicates hypertension that may require treatment. A value such as 60/40 is too low for most adults and can cause dizziness or fainting from hypotension. While 90/60 can be normal for some individuals, it isn't the typical reference used to define normal resting blood pressure in the general adult population. Therefore, 120/80 mmHg best fits the expected normal resting blood pressure.

8. Which term describes a plan developed for each resident to achieve goals; outlines steps?

- A. Dysphasia
- B. Ambulate
- C. Colostomy
- D. Care Plan**

A care plan describes a written plan developed for each resident to set goals and outline the steps the team will take to reach them. It guides daily care, keeps efforts focused on the resident's needs, safety, and preferences, and specifies measurable goals, actions, responsibilities, and timelines for reevaluation. For example, if the goal is to improve mobility, the plan would spell out steps such as assisting with walking, prescribed exercises, safety precautions, and scheduled check-ins to monitor progress. The other terms refer to a condition (dysphasia), an action (to walk), or a surgical intervention (colostomy) rather than a plan to coordinate care.

9. Which term refers to the medical specialty focused on aging and care of older adults?

- A. Geriatrics**
- B. Dementia
- C. Edema
- D. Emesis

Geriatrics is the medical specialty focused on aging and care of older adults. It covers the unique health needs of seniors, including managing multiple chronic conditions, maintaining independence, preventing falls, and ensuring safe medication use. This makes geriatrics the best answer because it denotes the field as a whole that concentrates on aging, not on a single condition. Dementia refers to cognitive decline that can accompany aging or disease, edema is swelling from fluid buildup, and emesis is vomiting—each is a specific issue rather than the overall specialty. In daily CNA care, understanding geriatrics helps you recognize age-related changes, support safety and function, and communicate effectively with older adults to promote quality of life.

10. The abbreviation 'o' refers to which site?

- A. Axillary (armpit)
- B. Rectal (rectum)
- C. Oral (mouth)**
- D. Temporal (forehead)

An o in documentation points to the oral site for temperature measurement. This means the temperature was taken in the mouth, typically when the patient is awake, cooperative, and able to keep the probe under the tongue with lips closed. It's used for an easy, noninvasive reading, but isn't suitable if the patient has been smoking, eaten, or drunk something hot or cold within about 15 minutes, or if they can't safely hold the device (unconscious, confused, etc.). Other sites use different indicators—for example, axillary refers to the armpit, rectal to the rectum, and temporal to the forehead. So, o denotes the mouth.

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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!

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