

Arizona Certified Nursing Assistant (CNA) Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What should a nurse aide do when giving perineal care to an uncircumcised male resident?**
 - A. Use a mild soap to clean the area**
 - B. Push the foreskin back to clean**
 - C. Leave the foreskin in place**
 - D. Apply lotion after cleaning**
- 2. When a resident's husband gives advice on caring for his wife, what should the nurse aide understand?**
 - A. The husband is trying to take control of the care**
 - B. The husband is unaware of the care plan**
 - C. The husband wants staff to be aware of his wife's needs**
 - D. The husband is expressing dissatisfaction with the care**
- 3. Which of the following describes a resident's concern that needs to be reported to the charge nurse immediately?**
 - A. A resident who is laughing uncontrollably**
 - B. A resident who is suddenly scared and confused**
 - C. A resident who expresses feeling tired**
 - D. A resident who requests a different roommate**
- 4. What is semi-Fowler's position?**
 - A. Head raised 30 degrees**
 - B. Flat on the back**
 - C. Head raised 60-90 degrees**
 - D. Head raised with knees straight**
- 5. What should a nurse aide do if assigned postmortem care but has never performed this before?**
 - A. Ask a colleague to show them how**
 - B. Discuss the nurse aide's lack of experience with the nurse**
 - C. Refuse to perform the task**
 - D. Complete the task as best as possible**

- 6. In high Fowler's position, how is the patient's head positioned?**
- A. Lowered**
 - B. Raised 30 degrees**
 - C. Flat**
 - D. Raised 60-90 degrees**
- 7. What should the care plan for a resident with an indwelling urinary catheter include?**
- A. Keeping the area where the catheter enters the body clean**
 - B. Changing the catheter every day**
 - C. Encouraging hydration**
 - D. Regularly checking for blockages**
- 8. How should a nurse aide respond when a resident with dementia frequently walks to the piano?**
- A. Ignore the behavior as it is normal**
 - B. Redirect the resident to another activity**
 - C. Invite the resident to sit down at the piano with the nurse aide**
 - D. Suggest that the resident just stop and rest**
- 9. If a resident expresses concern about skin breakdown, which of the following should a nurse aide monitor?**
- A. Dry skin patches**
 - B. Color changes at pressure points**
 - C. Shininess of the skin**
 - D. Elasticity of the skin**
- 10. When a nurse aide finds a resident with a history of falls on the floor, what should they do first?**
- A. Administer first aid**
 - B. Call for help while keeping the resident calm**
 - C. Check the resident for injuries**
 - D. Help the resident to their feet immediately**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What should a nurse aide do when giving perineal care to an uncircumcised male resident?

- A. Use a mild soap to clean the area**
- B. Push the foreskin back to clean**
- C. Leave the foreskin in place**
- D. Apply lotion after cleaning**

When providing perineal care to an uncircumcised male resident, it is essential to push the foreskin back gently in order to clean underneath it. This practice is crucial for preventing infection and maintaining hygiene. The foreskin can trap moisture and bacteria, so removing it temporarily during cleaning allows for proper washing of the glans (the head of the penis) and the shaft. After cleaning, the foreskin should always be returned to its original position to protect the sensitive glans and to ensure comfort for the resident. Proper technique in this area is vital for the resident's health and comfort, and it reflects the nursing aide's training in providing appropriate care for individuals of varying anatomical considerations.

2. When a resident's husband gives advice on caring for his wife, what should the nurse aide understand?

- A. The husband is trying to take control of the care**
- B. The husband is unaware of the care plan**
- C. The husband wants staff to be aware of his wife's needs**
- D. The husband is expressing dissatisfaction with the care**

When a resident's husband provides advice on how to care for his wife, it is crucial for the nurse aide to recognize that the husband is likely expressing a desire for the staff to be aware of his wife's specific needs and preferences. This illustrates the importance of communication and collaboration in the caregiving process, highlighting that family members often have valuable insights about the resident's history, routines, and concerns. Understanding this perspective allows the nurse aide to engage the husband constructively, encouraging open dialogue, which can enhance the quality of care provided. By recognizing his input as valuable, the nurse aide can foster a supportive atmosphere, demonstrating respect for the husband's relationship with his wife and ensuring that her care aligns more closely with her individual needs. This approach can also strengthen the collaborative relationship between the care team, the resident, and their family members, ultimately leading to improved patient satisfaction and outcomes.

3. Which of the following describes a resident's concern that needs to be reported to the charge nurse immediately?

A. A resident who is laughing uncontrollably

B. A resident who is suddenly scared and confused

C. A resident who expresses feeling tired

D. A resident who requests a different roommate

The resident who is suddenly scared and confused represents a situation that requires immediate reporting to the charge nurse. This type of behavior can be indicative of a sudden change in mental status, which can be linked to several serious medical issues, such as a stroke, infection, or other neurological problems. Prompt assessment and intervention by the charge nurse and healthcare team are crucial in addressing potential complications that could arise from this sudden change. Other concerns mentioned, like a resident laughing uncontrollably or feeling tired, may warrant attention but do not usually signify an urgent medical concern. A request for a different roommate is more related to personal preference and comfort and does not imply an immediate risk to the resident's health.

4. What is semi-Fowler's position?

A. Head raised 30 degrees

B. Flat on the back

C. Head raised 60-90 degrees

D. Head raised with knees straight

Semi-Fowler's position is characterized by the head being elevated at an angle of approximately 30 degrees. This position is commonly used in various healthcare settings, particularly for patients who have respiratory issues, are recovering from surgery, or need to be monitored closely. Elevating the head in this manner can aid in easier breathing, promote comfort, and facilitate better circulation. In contrast, the other choices describe different body positions. Flat on the back corresponds to a supine position, which does not offer the benefits of elevation for certain medical conditions. Elevating the head to 60-90 degrees is more aligned with the Fowler's position, which is used for different therapeutic reasons. Lastly, having the knees straight does not define the semi-Fowler's position, as it focuses specifically on head elevation rather than knee positioning. Therefore, understanding the specifics of the semi-Fowler's position is crucial for providing appropriate patient care.

5. What should a nurse aide do if assigned postmortem care but has never performed this before?

- A. Ask a colleague to show them how**
- B. Discuss the nurse aide's lack of experience with the nurse**
- C. Refuse to perform the task**
- D. Complete the task as best as possible**

The most appropriate action for a nurse aide who is assigned postmortem care for the first time is to discuss their lack of experience with the supervising nurse. This option emphasizes the importance of communication and seeking guidance in a professional healthcare setting. Postmortem care involves specific procedures that are crucial to ensure respect for the deceased and support for grieving families. By informing the supervising nurse, the aide can receive proper instruction, oversight, and support, ensuring that the care provided is appropriate and respectful. In a healthcare environment, asking for assistance or clarification is vital for patient safety and quality of care. This approach promotes a culture of teamwork and shared knowledge, helping the nurse aide to learn and build their skills under supervision. Moreover, having direct communication with a more experienced nurse helps to ensure that all procedures are followed correctly and compassionately. While asking a colleague to demonstrate is also valuable, it does not ensure the aide receives consistent instruction or oversight that a supervising nurse can provide. Refusing to perform the task may not be in the best interest of the healthcare team or the patients involved, as postmortem care is a necessary responsibility. Completing the task without adequate guidance could lead to mistakes and a lack of compassion in carrying out the care, which is why prior communication

6. In high Fowler's position, how is the patient's head positioned?

- A. Lowered**
- B. Raised 30 degrees**
- C. Flat**
- D. Raised 60-90 degrees**

In high Fowler's position, the patient's head is elevated between 60 to 90 degrees. This position is often used for patients who have respiratory issues or difficulty swallowing, as it helps improve lung expansion and facilitates eating and drinking. By raising the head to this angle, the gravity assists with ventilation and reduces the risk of aspiration. The positioning is crucial in a clinical setting, especially for patient comfort and safety. When a patient is in high Fowler's position, they are typically sitting upright, which can enhance their ability to breathe more comfortably and effectively. This position is commonly used during meals, medication administration, or when a healthcare professional needs to assess the patient's upper body.

7. What should the care plan for a resident with an indwelling urinary catheter include?

- A. Keeping the area where the catheter enters the body clean**
- B. Changing the catheter every day**
- C. Encouraging hydration**
- D. Regularly checking for blockages**

The care plan for a resident with an indwelling urinary catheter should indeed include keeping the area where the catheter enters the body clean. This practice is crucial for preventing infections, such as catheter-associated urinary tract infections (CAUTIs). Maintaining cleanliness reduces the risk of bacteria entering the urinary tract and helps ensure the catheter functions properly. It typically involves routine cleaning according to facility protocols and emphasizing the importance of hygiene to both staff and residents. The other choices, while they may seem sensible in their own right, are not universally applicable. For example, changing the catheter every day is unnecessary and could cause trauma to the urethra; catheters are usually changed every 2 to 4 weeks or as needed. Encouraging hydration is generally a good practice for overall health but is not specific to catheter care itself, and excessively high fluid intake without medical guidance might lead to complications. Regularly checking for blockages is important, but it is usually part of routine catheter management rather than a specific focus area in the care plan. Thus, the emphasis on cleanliness stands out as a fundamental aspect of proper care for residents with an indwelling urinary catheter.

8. How should a nurse aide respond when a resident with dementia frequently walks to the piano?

- A. Ignore the behavior as it is normal**
- B. Redirect the resident to another activity**
- C. Invite the resident to sit down at the piano with the nurse aide**
- D. Suggest that the resident just stop and rest**

Inviting the resident to sit down at the piano with the nurse aide is a productive response, as it addresses the resident's behavior in a positive and engaging way. People with dementia can often benefit from being involved in activities that are familiar to them, and if the resident has shown an interest in the piano, participating in that activity can help to stimulate their cognitive function and evoke positive memories or emotions associated with music. This approach fosters social interaction, which is vital in promoting emotional well-being. By engaging the resident in music, the nurse aide can also create a calming environment and potentially reduce any agitation the resident may feel from wandering. This interaction not only validates the resident's interests but also encourages them to express themselves artistically, which can be particularly beneficial for those with dementia. In contrast, ignoring the behavior may overlook the emotional needs of the resident, while redirecting them might not tap into their interests, and suggesting they stop and rest could foster feelings of frustration or disappointment. Addressing the behavior positively by joining in allows the nurse aide to connect with the resident meaningfully.

9. If a resident expresses concern about skin breakdown, which of the following should a nurse aide monitor?

- A. Dry skin patches**
- B. Color changes at pressure points**
- C. Shininess of the skin**
- D. Elasticity of the skin**

Monitoring color changes at pressure points is crucial when a resident expresses concern about skin breakdown because these changes can signal the early onset of pressure ulcers. Pressure points, such as the heels, sacrum, and elbows, are areas where the skin is more susceptible to breakdown due to prolonged pressure. When the skin color changes, it may indicate compromised blood circulation, which can lead to tissue damage if not addressed promptly. In addition to color changes, monitoring for other signs such as dryness, shininess, and skin elasticity are important. However, color changes specifically at pressure points provide immediate insights into potential skin breakdown, allowing for timely interventions to prevent further deterioration. Identifying these changes early is essential to maintaining skin integrity and preventing serious complications such as infections or deep tissue injury.

10. When a nurse aide finds a resident with a history of falls on the floor, what should they do first?

- A. Administer first aid**
- B. Call for help while keeping the resident calm**
- C. Check the resident for injuries**
- D. Help the resident to their feet immediately**

When a nurse aide finds a resident with a history of falls on the floor, the first action should be to call for help while keeping the resident calm. This approach is essential for several reasons. In situations where a resident has fallen, maintaining the safety and well-being of the individual is paramount. By calling for help, the nurse aide ensures that trained personnel are on hand to assist, which is crucial as moving the resident prematurely could exacerbate any potential injuries they may have sustained. Additionally, keeping the resident calm is vital. Falls can be disorienting and frightening, so offering reassurance can help mitigate anxiety and prevent further panic. This calm demeanor helps create a safer environment until professional assistance arrives. Checking for injuries or administering first aid are important follow-up actions, but they should occur after the initial step of ensuring help is on the way. Helping the resident to their feet immediately could lead to complications if they have sustained an injury, which is why this action should be avoided until a proper assessment is made by qualified personnel.