

ARIZONA CERTIFIED NURSING ASSISTANT (CNA) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://arizonacertifiednursingassistant.examzify.com>



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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. What is the purpose of using a lift or turning sheet when moving a resident in bed?**
 - A. To ensure the resident remains comfortable
 - B. To help prevent shearing
 - C. To assist in repositioning the bed
 - D. To facilitate quicker movements
- 2. Which of the following conditions represents an emergency that should be reported immediately?**
 - A. Swelling in the hands
 - B. Cold and discolored fingers
 - C. Minor scrapes and cuts
 - D. Skin irritation from soap
- 3. Which food items are typically included in a high protein diet?**
 - A. Fruits and vegetables
 - B. Cereal and bread
 - C. Dairy products and grains
 - D. Meat and eggs
- 4. What is the primary purpose of using a physical restraint for a resident?**
 - A. To prevent resident's mobility
 - B. To protect the resident from injury
 - C. To facilitate staff monitoring
 - D. To ensure compliance with medication
- 5. If a nurse aide is asked to perform an out-of-scope task by a charge nurse, what is the appropriate response?**
 - A. Perform the task to help the charge nurse
 - B. Refuse and explain that it is not within the nurse's aide role
 - C. Ask the charge nurse for more details
 - D. Look for another team member to assist

- 6. Which foods are primarily included in a high protein diet?**
- A. Fruits and vegetables
 - B. Meat and eggs
 - C. Grains and legumes
 - D. Dairy products only
- 7. How should the nurse aide assist a resident with a contracture of the right arm when dressing?**
- A. Put the shirt sleeve on the left arm first
 - B. Put the shirt over the head
 - C. Put the shirt sleeve on the right arm first, then the left arm
 - D. Let the resident dress themselves
- 8. A resident reports a very large bowel movement two days ago. What is the first action the nurse aide should take?**
- A. Provide a laxative to the resident
 - B. Ask if this is a normal pattern for the resident
 - C. Inform the nurse immediately
 - D. Check the resident's diet for fiber
- 9. In terms of resident care, what should a CNA prioritize during their shift?**
- A. Completing all tasks before speaking with residents
 - B. Building rapport with residents through conversation
 - C. Assessing and addressing immediate resident needs
 - D. Reading the resident's previous medical history
- 10. What is the primary focus of a CNA when caring for residents?**
- A. Performing complex medical procedures
 - B. Promoting resident comfort and safety
 - C. Keeping accurate medical records
 - D. Enhancing resident social interactions

Answers

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

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Explanations

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1. What is the purpose of using a lift or turning sheet when moving a resident in bed?

- A. To ensure the resident remains comfortable
- B. To help prevent shearing**
- C. To assist in repositioning the bed
- D. To facilitate quicker movements

Using a lift or turning sheet when moving a resident in bed is crucial for helping to prevent shearing. Shearing occurs when the skin moves in one direction while the underlying tissue moves in another, which can lead to skin damage and pressure ulcers. The lift or turning sheet allows caregivers to reposition the resident smoothly and without dragging the skin, thereby minimizing friction and maintaining skin integrity. While comfort is important in caring for residents, the primary function of the lift or turning sheet focuses on skin health and protection from injuries associated with movement. Repositioning the bed or facilitating quicker movements are not the main goals of utilizing a lift or turning sheet; rather, the emphasis is on the safe and gentle handling of residents to avoid potential harm.

2. Which of the following conditions represents an emergency that should be reported immediately?

- A. Swelling in the hands
- B. Cold and discolored fingers**
- C. Minor scrapes and cuts
- D. Skin irritation from soap

Cold and discolored fingers indicate a potentially serious condition that requires immediate attention. This condition may suggest inadequate blood flow or circulation issues, which could be a sign of frostbite, arterial blockage, or other vascular problems. Prompt reporting and intervention are crucial because delayed treatment can lead to severe complications, including tissue damage or loss. In contrast, swelling in the hands, while possibly uncomfortable, does not necessarily indicate an immediate emergency unless accompanied by other concerning symptoms. Minor scrapes and cuts are often treatable with basic first aid and typically do not pose significant risk unless there is an infection or excessive bleeding. Skin irritation from soap is generally a mild reaction that can usually be addressed by changing soap and utilizing soothing creams, and it rarely requires urgent care. Understanding the severity of symptoms helps in prioritizing response actions in healthcare settings.

3. Which food items are typically included in a high protein diet?

- A. Fruits and vegetables
- B. Cereal and bread
- C. Dairy products and grains
- D. Meat and eggs**

A high protein diet primarily emphasizes the intake of foods that are rich in protein, essential for muscle repair, growth, and overall bodily functions. Meat and eggs are excellent sources of high-quality protein, as they contain all essential amino acids that the body needs. Meat, such as chicken, beef, pork, and fish, is not only loaded with protein but also provides other vital nutrients like iron and B vitamins, which are crucial for energy production and overall health. Eggs, often regarded as a complete protein source, contain a good balance of essential amino acids and are versatile in many culinary preparations. The other food items mentioned do not typically offer the same level of protein concentration. Fruits and vegetables, while healthy and important to a balanced diet, have lower protein content. Cereal and bread, primarily composed of carbohydrates, contain some protein but are not considered high protein foods. Dairy products can contribute to protein intake, but grains typically do not provide substantial amounts of protein when compared to meat and eggs. Thus, focusing on meat and eggs is an effective way to ensure adequate protein consumption in a high protein diet.

4. What is the primary purpose of using a physical restraint for a resident?

- A. To prevent resident's mobility
- B. To protect the resident from injury**
- C. To facilitate staff monitoring
- D. To ensure compliance with medication

The primary purpose of using a physical restraint for a resident is to protect the resident from injury. Restraints are intended to minimize the risk of harm, particularly for individuals who may be prone to falling or who exhibit behaviors that could lead to self-injury or injury to others. In a healthcare setting, ensuring the safety of residents is the utmost priority, and physical restraints can be an intervention when less restrictive methods have not been effective. Using restraints must always be done in accordance with facility policies, legal regulations, and ethical guidelines. The focus is on safeguarding individuals who may not have the capacity to protect themselves in specific situations. Restraints should be used judiciously and only when absolutely necessary, ensuring that the dignity and rights of the resident are respected throughout the process.

5. If a nurse aide is asked to perform an out-of-scope task by a charge nurse, what is the appropriate response?

- A. Perform the task to help the charge nurse
- B. Refuse and explain that it is not within the nurse's aide role**
- C. Ask the charge nurse for more details
- D. Look for another team member to assist

When a nurse aide is asked to perform a task that is beyond their scope of practice, the appropriate response is to refuse the task and explain that it is not within the nurse aide's role. This is important for several reasons. First, nurse aides have specific training that defines the scope of their practice, which is designed to ensure patient safety and the delivery of appropriate care. Tasks that fall outside this scope may require specialized knowledge and skills that the aide may not possess, thus putting patients at risk. Second, refusing to perform out-of-scope tasks is a crucial component of professional integrity and adherence to regulatory standards in healthcare. It helps ensure that all team members perform tasks within their competencies, which promotes a collaborative and safe work environment. Additionally, this response encourages open communication regarding professional boundaries, and it helps to reinforce the importance of each team member's role in patient care. By clearly stating that the task is not within their responsibility, the nurse aide can contribute to a conversation about task delegation and appropriate roles within the healthcare team.

6. Which foods are primarily included in a high protein diet?

- A. Fruits and vegetables
- B. Meat and eggs**
- C. Grains and legumes
- D. Dairy products only

A high protein diet primarily focuses on foods that are rich sources of protein, which is essential for muscle repair, growth, and overall body functions. Meat and eggs are significant contributors to this diet as they contain high-quality protein that provides all essential amino acids required by the body. Meat, including poultry, beef, and fish, is packed with protein, and it also offers important nutrients such as iron and B vitamins. Eggs are another excellent source of protein and are versatile in cooking. Together, they form a cornerstone of a high protein diet, making them the best choice given the options listed. While other food sources like dairy, grains, legumes, fruits, and vegetables can contribute to protein intake, they do not provide protein in the same concentrations as meat and eggs. Therefore, for someone focusing on increasing protein intake specifically, meat and eggs are the primary and most effective foods to include.

7. How should the nurse aide assist a resident with a contracture of the right arm when dressing?

- A. Put the shirt sleeve on the left arm first
- B. Put the shirt over the head
- C. Put the shirt sleeve on the right arm first, then the left arm**
- D. Let the resident dress themselves

When assisting a resident with a contracture of the right arm while dressing, the correct approach involves putting the shirt sleeve on the affected arm first, even when it seems counterintuitive. Doing so allows the nurse aide to appropriately manage the limitations caused by the contracture. By dressing the right arm first, it accommodates the resident's condition and helps prevent any discomfort that might arise from trying to maneuver the arm into the sleeve after the left arm is dressed. It's important to prioritize the comfort and ease of dressing for the resident, especially when mobility and flexibility in the affected arm are compromised. This method provides support and minimizes strain, aligning with best practices in assisting residents with special needs.

8. A resident reports a very large bowel movement two days ago. What is the first action the nurse aide should take?

- A. Provide a laxative to the resident
- B. Ask if this is a normal pattern for the resident**
- C. Inform the nurse immediately
- D. Check the resident's diet for fiber

In this scenario, the most appropriate initial action for the nurse aide to take is to ask if this is a normal pattern for the resident. Understanding the resident's usual bowel habits is crucial for assessing their current situation accurately. Each individual has different normal patterns when it comes to bowel movements, which can vary based on factors such as diet, fluid intake, medication, and underlying health conditions. By inquiring about whether this large bowel movement is typical for the resident, the aide can gather important contextual information. This allows for a more informed assessment of whether there may be an issue that needs to be addressed, such as potential constipation or changes in diet. It also helps establish a trusting relationship and encourages open communication, which is essential in a healthcare setting. Providing a laxative, informing the nurse immediately, or checking the resident's diet for fiber might all be appropriate follow-up actions, but these should come after understanding the resident's usual pattern. This step ensures that any intervention taken is based on the resident's specific needs and circumstances.

9. In terms of resident care, what should a CNA prioritize during their shift?

- A. Completing all tasks before speaking with residents
- B. Building rapport with residents through conversation
- C. Assessing and addressing immediate resident needs**
- D. Reading the resident's previous medical history

Prioritizing assessing and addressing immediate resident needs is crucial for a Certified Nursing Assistant (CNA) because it directly impacts the health, safety, and comfort of the residents under their care. Residents may have various needs, such as assistance with daily activities, medication reminders, or emotional support. By focusing on these immediate needs, a CNA ensures that residents receive timely care, which can prevent complications and enhance their overall well-being. In this context, while building rapport with residents through conversation is important for fostering a positive environment, it should complement the primary focus on their immediate needs rather than take precedence over them. Similarly, completing tasks before engaging with residents can lead to neglecting important aspects of direct care. Reading the resident's previous medical history, although valuable for understanding their background, does not take precedence over addressing current needs and situations that require immediate attention. Hence, the most effective approach for a CNA is to prioritize resident care by first assessing and responding to what each resident requires at that moment.

10. What is the primary focus of a CNA when caring for residents?

- A. Performing complex medical procedures
- B. Promoting resident comfort and safety**
- C. Keeping accurate medical records
- D. Enhancing resident social interactions

The primary focus of a Certified Nursing Assistant (CNA) when caring for residents is promoting resident comfort and safety. This role involves assisting residents with activities of daily living, such as bathing, dressing, eating, and mobility, to enhance their overall well-being and quality of life. It is crucial for CNAs to create a safe environment, as they often work with individuals who may be vulnerable due to medical conditions or age, requiring extra care and attention to prevent accidents and ensure comfort. While keeping accurate medical records and enhancing resident social interactions are also important tasks that support resident care, they are secondary to the primary goal of ensuring comfort and safety. CNAs are not typically trained to perform complex medical procedures, which are reserved for licensed healthcare professionals. Their main responsibility is to provide direct care that promotes physical and emotional well-being, addressing the immediate needs of the residents.

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://arizonacertifiednursingassistant.examzify.com>

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

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