

# Arkansas CNA Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 main purpose of applying cold to an injury?**
  - A. Eliminate pain**
  - B. Prevent or reduce swelling**
  - C. Improve circulation**
  - D. Speed up healing**
  
- 2. If a nursing assistant witnesses a coworker abusing a resident and fails to report it, they could be charged with what?**
  - A. Negligence**
  - B. Neglect**
  - C. Abuse**
  - D. Misconduct**
  
- 3. What is a common cause of C. diff infections in residents?**
  - A. Improper hand hygiene**
  - B. Over use of antibiotics**
  - C. Undiagnosed diabetes**
  - D. Lack of physical activity**
  
- 4. During a restorative care session, a nursing assistant should encourage residents to do what?**
  - A. Stop all physical activities**
  - B. Focus only on their past disabilities**
  - C. Participate as much as they can**
  - D. Follow strict daily routines**
  
- 5. What should be done immediately after accidentally nicking a resident while shaving them?**
  - A. Apply antibiotic ointment and bandage the area**
  - B. Apply pressure directly over the area**
  - C. Wash the area with soap and water**
  - D. Inform the charge nurse immediately**

- 6. What condition is likely indicated by a resident exhibiting left side facial drooping and slurred speech?**
- A. Cerebrovascular accident**
  - B. Dehydration**
  - C. Seizure**
  - D. Stroke warning**
- 7. During peri-care on an uncircumcised resident, what should the NA do?**
- A. Do not touch the foreskin**
  - B. Bring the foreskin back to cleanse the meatus and skin folds**
  - C. Use only water during cleansing**
  - D. Apply lotion to the foreskin**
- 8. In what position should a resident be placed for eating?**
- A. Reclined on their back**
  - B. Sitting as upright as possible**
  - C. Sitting on the edge of the bed**
  - D. Lying on their side**
- 9. What does cultural diversity encompass?**
- A. Geographical differences**
  - B. Beliefs and customs**
  - C. Language variety**
  - D. Educational disparity**
- 10. As people age, what tends to happen to their skin?**
- A. It becomes more elastic**
  - B. It tends to be drier and more wrinkled**
  - C. It loses color**
  - D. It becomes thicker overall**

## Answers

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

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## **Explanations**

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**1. What is the main purpose of applying cold to an injury?**

- A. Eliminate pain**
- B. Prevent or reduce swelling**
- C. Improve circulation**
- D. Speed up healing**

Applying cold to an injury primarily serves to prevent or reduce swelling. When cold is applied, it causes blood vessels to constrict, which decreases blood flow to the affected area. This reduced blood flow helps limit the amount of fluid that accumulates at the injury site, thereby minimizing swelling. Swelling can lead to increased pain and prolonged recovery times, so controlling it is crucial for effective healing. In contrast, while cold therapy may also provide some pain relief, its primary role focuses on managing inflammation and swelling. Improving circulation typically involves the use of heat rather than cold, as heat expands blood vessels and encourages blood flow. Lastly, while cold application can aid in the healing process indirectly by minimizing swelling, it does not speed up healing directly; other factors play a more significant role in the overall healing timeline.

**2. If a nursing assistant witnesses a coworker abusing a resident and fails to report it, they could be charged with what?**

- A. Negligence**
- B. Neglect**
- C. Abuse**
- D. Misconduct**

If a nursing assistant witnesses a coworker abusing a resident and fails to report it, they could be charged with negligence. Negligence, in this context, refers to the failure to act in a way that a reasonably prudent person would under similar circumstances, particularly in a healthcare setting. This includes the responsibility to protect residents from harm. By not reporting the abuse, the assistant is failing to fulfill their duty of care owed to the residents, which constitutes negligent behavior. In this situation, the nursing assistant has a legal and ethical obligation to report any signs of abuse to ensure the safety and well-being of the residents. This failure to act not only places the resident at further risk but also potentially exposes the assistant to legal consequences for not intervening when it was their duty to do so. By understanding the implications of negligence, it is clear why this is the correct answer.

### 3. What is a common cause of C. diff infections in residents?

- A. Improper hand hygiene
- B. Over use of antibiotics**
- C. Undiagnosed diabetes
- D. Lack of physical activity

A common cause of C. difficile infections is the overuse of antibiotics. Antibiotics can disrupt the normal balance of bacteria in the gut, reducing the population of beneficial bacteria and allowing C. difficile, which is normally present in low levels, to proliferate unchecked. This overgrowth can lead to severe diarrhea and other gastrointestinal issues characteristic of C. difficile infections. The other options, while they may be relevant in different healthcare contexts, do not have the same direct link to C. difficile infections. For example, improper hand hygiene is critical in preventing the spread of infections in general, but it is not the primary cause of C. diff infections specifically. Undiagnosed diabetes and lack of physical activity influence overall health and can complicate existing conditions, but they are not recognized as direct causes of C. difficile infections. Therefore, understanding the role of antibiotics in the disruption of gut flora provides crucial insight into why this particular option is the correct answer relating to C. diff infections.

### 4. During a restorative care session, a nursing assistant should encourage residents to do what?

- A. Stop all physical activities
- B. Focus only on their past disabilities
- C. Participate as much as they can**
- D. Follow strict daily routines

Encouraging residents to participate as much as they can during a restorative care session is essential for their physical and emotional well-being. Engaging in activities helps to promote independence, boosts self-esteem, and enhances mobility. It allows residents to build strength and regain skills that may have diminished due to illness or inactivity. Participating actively in restorative care also fosters a sense of accomplishment and motivation among residents, leading to better outcomes in their rehabilitation journey. Instead of withdrawing from activities, residents are encouraged to do what they can, which directly contributes to their overall health and quality of life. This approach aligns with the principles of restorative care, which emphasizes empowering individuals to take an active role in their recovery.

**5. What should be done immediately after accidentally nicking a resident while saving them?**

- A. Apply antibiotic ointment and bandage the area**
- B. Apply pressure directly over the area**
- C. Wash the area with soap and water**
- D. Inform the charge nurse immediately**

Applying pressure directly over the area is the appropriate action to take immediately after accidentally nicking a resident. This step is crucial as it helps to control any bleeding that may occur from the injury. By applying pressure, you facilitate clotting and allow the body's natural healing processes to begin. It's essential for caregiver responders to prioritize the patient's safety and well-being by addressing potential blood loss right away. The other actions may be necessary to attend to after controlling bleeding. For example, cleaning the area with soap and water is important to prevent infection, and informing the charge nurse is vital for further evaluation of the injury and the resident's care management. However, these actions should follow the immediate need to stop any bleeding by applying pressure. Bandaging and applying antibiotic ointment are also crucial steps in caring for the wound, but they are secondary to the initial action of managing any bleeding.

**6. What condition is likely indicated by a resident exhibiting left side facial drooping and slurred speech?**

- A. Cerebrovascular accident**
- B. Dehydration**
- C. Seizure**
- D. Stroke warning**

The condition indicated by a resident exhibiting left side facial drooping and slurred speech is most closely associated with a cerebrovascular accident, commonly known as a stroke. A stroke occurs when there is an interruption of blood supply to the brain, which can be due to a blockage (ischemic stroke) or a rupture of a blood vessel (hemorrhagic stroke). The symptoms you describe, which include facial drooping and slurred speech, are classic signs of a stroke and suggest that the area of the brain responsible for motor control and speech may be affected. Facial drooping typically occurs on one side of the face, indicating that there may be damage to the areas of the brain controlling those muscles. Slurred speech is another critical sign since it points to difficulties in coordinating the movements necessary for clear verbal communication. The combination of these symptoms requires immediate medical evaluation as they can indicate that the individual is experiencing a stroke. While dehydration, seizures, and stroke warnings may present with various neurological symptoms, they do not specifically correlate as directly with the combination of facial drooping and slurred speech as a cerebrovascular accident does. Thus, the identification of these specific symptoms strongly suggests the occurrence of a stroke, necessitating urgent care and intervention.

**7. During peri-care on an uncircumcised resident, what should the NA do?**

**A. Do not touch the foreskin**

**B. Bring the foreskin back to cleanse the meatus and skin folds**

**C. Use only water during cleansing**

**D. Apply lotion to the foreskin**

During peri-care on an uncircumcised resident, it is essential to properly cleanse the area to maintain hygiene and prevent infections. The recommended practice involves gently pulling back the foreskin to access and cleanse the meatus (the opening where urine exits) and the skin folds beneath the foreskin. This ensures that any accumulated smegma and bacteria are effectively removed, promoting overall genital hygiene. Gently retracting the foreskin is a standard practice in caring for uncircumcised individuals, as it helps in maintaining their health and comfort. It is important that this is done gently and without force to avoid any injury or discomfort. After cleansing, the foreskin should be returned to its original position to protect the glans (the sensitive tip of the penis). The other options imply practices that may neglect proper hygiene or risk the resident's comfort and health. Not touching the foreskin at all neglects an important aspect of care for uncircumcised residents, while only using water may not be sufficient for effective cleansing, especially if soap is recommended. Applying lotion to the foreskin is not a typical practice and could potentially create a hospitable environment for bacteria if not done correctly.

**8. In what position should a resident be placed for eating?**

**A. Reclined on their back**

**B. Sitting as upright as possible**

**C. Sitting on the edge of the bed**

**D. Lying on their side**

The correct position for a resident during mealtime is sitting as upright as possible. This position is crucial because it helps ensure that the resident can swallow food and liquids safely, reducing the risk of aspiration, which occurs when food or liquid enters the airway instead of the esophagus. Being in an upright position enhances digestion and promotes comfort while eating. It also allows the resident to maintain better control over their swallowing reflex, which is especially important for individuals who may have difficulty swallowing due to medical conditions or aging. Other positions, such as reclining on the back or lying on the side, can impede the swallowing process and increase the risk of choking or aspiration. Similarly, sitting on the edge of the bed may not provide the necessary support or ensure that the resident is positioned correctly for safe eating, depending on the setup and the individual's health status. Therefore, sitting as upright as possible is the best practice for facilitating safe and effective eating for residents.

## 9. What does cultural diversity encompass?

- A. Geographical differences
- B. Beliefs and customs**
- C. Language variety
- D. Educational disparity

Cultural diversity encompasses a wide range of characteristics and elements that reflect the variety of human societies and cultures. Beliefs and customs are fundamental aspects of cultural diversity because they shape how communities understand the world, interact with others, and practice their traditions. This includes religion, rituals, values, and social norms, which all contribute to the distinct identities of various cultural groups. While geographical differences, language variety, and educational disparity can play a role in defining cultural aspects, they are not the core of what cultural diversity signifies. Cultural diversity is primarily about the differences in beliefs and customs that exist among various groups, which can lead to a richer understanding and appreciation of different ways of life. By honoring these differences, individuals and societies can foster inclusivity and respect in an increasingly interconnected world.

## 10. As people age, what tends to happen to their skin?

- A. It becomes more elastic
- B. It tends to be drier and more wrinkled**
- C. It loses color
- D. It becomes thicker overall

As people age, their skin tends to become drier and more wrinkled due to several physiological changes. The production of natural oils decreases, leading to a loss of moisture and making the skin less able to retain hydration. Additionally, the outer layer of skin, known as the epidermis, thins over time, contributing to increased visibility of fine lines and wrinkles. The underlying layer of fat that provides cushioning also diminishes, resulting in sagging and a less plump appearance. Furthermore, the collagen and elastin fibers in the skin, which are responsible for its elasticity and strength, break down with age. This change promotes the formation of wrinkles and a less taut appearance. The overall combination of these factors makes skin more susceptible to damage, dryness, and a decrease in resiliency. Therefore, the correct answer highlights the common experience of skin aging, which includes increased dryness and wrinkle formation.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://arkansascna.examzify.com>**

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

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