

ARKANSAS CNA PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 considered a safe oral temperature reading?**
 - A. 95°F
 - B. 98.6°F
 - C. 100.4°F
 - D. 97.2°F

- 2. Which of the following is crucial in managing a resident's care plan?**
 - A. Following personal preferences regardless of medical advice
 - B. Including family opinions without patient consent
 - C. Adhering to the established medical framework
 - D. Prioritizing staff convenience over patient needs

- 3. What health condition may develop in a person who has recovered from childhood chickenpox?**
 - A. Warts
 - B. Shingles
 - C. Lupus
 - D. Psoriasis

- 4. The purpose of resident rights is to:**
 - A. Provide entertainment options
 - B. Inform residents of their rights and provide an ethical code for healthcare workers
 - C. Develop personal relationships with staff
 - D. Ensure availability of recreational activities

- 5. What might a nursing assistant observe as a non-verbal cue indicating discomfort in a resident?**
 - A. Lack of communication
 - B. Increased laughter
 - C. Frowning or grimacing
 - D. Excessive talking

- 6. Which condition should always be communicated to a healthcare provider?**
- A. Minor cuts and scrapes
 - B. Incontinence
 - C. Frequent headaches
 - D. Signs of dehydration
- 7. Which of the following is an important aspect of care for residents with diabetes?**
- A. Monitoring blood sugar levels
 - B. Encouraging high-carb snacks
 - C. Reducing water intake
 - D. Administering insulin without consultation
- 8. When is shaving performed?**
- A. Before meals
 - B. During bathing
 - C. With hair growth
 - D. After applying lotion
- 9. What is the primary goal of isolation precautions in a healthcare setting?**
- A. To ensure patient comfort and privacy
 - B. To prevent the spread of germs to others
 - C. To comply with health regulations
 - D. To manage patient behavior
- 10. What is the best way for a CNA to maintain professionalism during patient care?**
- A. Joking around with the patient
 - B. Listening and responding to patient needs
 - C. Talking about personal issues
 - D. Sharing patient information with others

Answers

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

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Explanations

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1. What is considered a safe oral temperature reading?

- A. 95°F
- B. 98.6°F**
- C. 100.4°F
- D. 97.2°F

A safe oral temperature reading is typically around 98.6°F, which is widely accepted as the average normal body temperature for adults. This value serves as a benchmark for assessing whether an individual's body temperature falls within a healthy range. It's important because a temperature significantly above or below this average may indicate an underlying health issue. For instance, temperatures around 95°F may suggest hypothermia, while a reading of 100.4°F could indicate a fever, prompting further investigation or treatment. A measurement of 97.2°F is slightly below the average but is generally considered acceptable; however, it still does not reflect the optimal mid-point of 98.6°F. Understanding these norms is crucial for healthcare providers to monitor patient health effectively.

2. Which of the following is crucial in managing a resident's care plan?

- A. Following personal preferences regardless of medical advice
- B. Including family opinions without patient consent
- C. Adhering to the established medical framework**
- D. Prioritizing staff convenience over patient needs

Adhering to the established medical framework is critical in managing a resident's care plan because it ensures that the care provided is based on best practices, guidelines, and protocols that have been shown to be effective in promoting patient health and safety. A proper medical framework includes evidence-based approaches that take into account the medical history, current health status, and specific needs of the resident. It prioritizes their well-being and ensures that all interventions and treatments are legally and ethically sound. Incorporating a medical framework also facilitates team collaboration among healthcare professionals, ensuring everyone involved in the care plan is on the same page, leading to more coordinated and comprehensive care. This approach does not dismiss the importance of personal preferences or family input but ensures that such considerations are integrated into a care plan that fundamentally prioritizes the patient's health outcomes and adheres to professional standards.

3. What health condition may develop in a person who has recovered from childhood chickenpox?

- A. Warts
- B. Shingles**
- C. Lupus
- D. Psoriasis

After recovering from childhood chickenpox, a person can develop shingles later in life. This occurs because the varicella-zoster virus, which causes chickenpox, remains dormant in the nerve tissues after the initial infection. When the immune system is weakened or stressed, the virus can reactivate and lead to shingles, also known as herpes zoster. This condition is characterized by a painful rash that typically occurs on one side of the body and affects specific nerve paths. It's important to note that shingles can be quite serious and is associated with pain, itching, and discomfort. Understanding this connection highlights the importance of monitoring individuals who have had chickenpox, particularly as they age or if their immune system is compromised. This connection also clarifies how the body can retain viral infections and how they can manifest later in life.

4. The purpose of resident rights is to:

- A. Provide entertainment options
- B. Inform residents of their rights and provide an ethical code for healthcare workers**
- C. Develop personal relationships with staff
- D. Ensure availability of recreational activities

The purpose of resident rights is fundamentally about informing residents of their rights and outlining an ethical code for healthcare workers. This framework ensures that residents are aware of what they can expect from their care, promoting dignity and respect within healthcare environments. The rights empower individuals, allowing them to make informed decisions regarding their care and treatment. By providing a structured set of rights, healthcare facilities not only uphold the standards of care expected by regulators and society but also foster an environment of transparency and client-centered care. This supports the idea that residents have the right to participate actively in their own care decisions and protect their dignity at all times. In contrast, options like providing entertainment options, developing personal relationships with staff, or ensuring availability of recreational activities, while they may enhance the quality of life for residents, do not directly relate to the fundamental framework of rights and ethical expectations for both residents and healthcare staff.

5. What might a nursing assistant observe as a non-verbal cue indicating discomfort in a resident?

- A. Lack of communication
- B. Increased laughter
- C. Frowning or grimacing**
- D. Excessive talking

Frowning or grimacing is a significant non-verbal cue that can indicate discomfort in a resident. These facial expressions often convey pain or distress even when the individual may not verbally express their feelings. A furrowed brow, a tense mouth, or a furrowed forehead are common signs that a person is uncomfortable, whether due to physical pain, emotional distress, or situational anxiety. Being attentive to these cues is crucial for nursing assistants, as residents may have challenges articulating their discomfort due to various reasons, such as cognitive impairment or language barriers. In contrast, the other choices do not reliably indicate discomfort. A lack of communication might suggest that a resident is withdrawn or disengaged but does not specifically point to discomfort. Increased laughter could imply that a person is in a good mood or trying to alleviate stress, and excessive talking may indicate anxiety or excitement rather than discomfort. Recognizing and interpreting these non-verbal cues correctly is an essential skill for providing effective care.

6. Which condition should always be communicated to a healthcare provider?

- A. Minor cuts and scrapes
- B. Incontinence
- C. Frequent headaches
- D. Signs of dehydration**

Signs of dehydration should always be communicated to a healthcare provider because dehydration can lead to serious health complications, especially in vulnerable populations such as the elderly or individuals with chronic illnesses. Dehydration can result in symptoms like confusion, dizziness, and decreased urine output, which can escalate quickly into more severe issues like kidney failure or cardiovascular problems. Effective communication of dehydration signs ensures that a healthcare provider can assess the individual's hydration status, implement necessary interventions, and prevent further health deterioration. The urgency in addressing signs of dehydration highlights their potential to impact overall health and recovery significantly, making it a priority for communication in a healthcare setting. While other conditions, such as frequent headaches and incontinence, may also warrant attention, they are generally not as immediately life-threatening as dehydration. Minor cuts and scrapes typically do not require urgent medical attention unless there are complications or signs of infection. Recognizing the critical nature of dehydration aids healthcare workers in prioritizing patient assessments and emergency responses.

7. Which of the following is an important aspect of care for residents with diabetes?

- A. Monitoring blood sugar levels**
- B. Encouraging high-carb snacks
- C. Reducing water intake
- D. Administering insulin without consultation

Monitoring blood sugar levels is a crucial aspect of care for residents with diabetes because it helps to maintain stable glucose levels, preventing both hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar). Regular monitoring allows caregivers to make informed decisions about diet, physical activity, and medication adjustments, which are all vital for managing diabetes effectively. Understanding and tracking blood sugar trends assist in recognizing patterns that may indicate the need for intervention, promoting overall health and minimizing complications associated with diabetes. In contrast, encouraging high-carb snacks can lead to spikes in blood sugar levels, which are detrimental to individuals with diabetes. Reducing water intake can result in dehydration and negatively affect overall health, especially in individuals with diabetes who may be at a higher risk for kidney issues. Administering insulin without consultation undermines safety protocols and can result in dangerous fluctuations in a resident's blood sugar, making careful monitoring and professional guidance essential components of diabetic care. Overall, prioritizing regular monitoring ensures that residents receive appropriate care tailored to their specific health needs.

8. When is shaving performed?

- A. Before meals
- B. During bathing
- C. With hair growth**
- D. After applying lotion

Shaving is performed during times of consistent hair growth. This is because shaving aims to remove hair, and it is most effective when there is an adequate amount of hair to be cut. Performing shaving when hair growth is present allows for a smoother and more efficient process. It's important for caregivers to ensure that they are addressing any safety and comfort needs of the individual being shaved, ensuring that the procedure is done gently and appropriately. While some other times, such as during bathing, may seem convenient due to water use and skin softening effects, the primary focus should be on hair growth. This ensures that the procedure is beneficial and efficient. Additionally, performing shaving at times unrelated to hair growth, like before meals, may not be practical as it could lead to discomfort or the risk of nicks and cuts. Applying lotion before shaving could also interfere with the shaving process rather than enhance it, as lotion may create a slippery surface that could make shaving more difficult. Thus, focusing on hair growth aligns directly with the purpose of shaving.

9. What is the primary goal of isolation precautions in a healthcare setting?

- A. To ensure patient comfort and privacy
- B. To prevent the spread of germs to others**
- C. To comply with health regulations
- D. To manage patient behavior

The primary goal of isolation precautions in a healthcare setting is to prevent the spread of germs to others. This is essential for safeguarding not only the individual patient who is isolated but also the healthcare staff, visitors, and other patients. Isolation precautions involve specific measures, such as using personal protective equipment (PPE), to minimize the risk of transmission of infectious agents. By applying these precautions correctly, healthcare providers can reduce outbreaks of infections, protect vulnerable populations, and maintain a safer environment in healthcare facilities. Other considerations, such as ensuring patient comfort and privacy, compliance with health regulations, and managing patient behavior, while important in their own right, do not directly address the primary intent of isolation precautions. The focus here is specifically on controlling the risk of infection transmission, which is critical in preventing cross-contamination and maintaining public health within healthcare environments.

10. What is the best way for a CNA to maintain professionalism during patient care?

- A. Joking around with the patient
- B. Listening and responding to patient needs**
- C. Talking about personal issues
- D. Sharing patient information with others

Maintaining professionalism during patient care is crucial for several reasons, including building trust and ensuring a positive care environment. Listening and responding to patient needs is essential because it demonstrates respect and understanding, which can significantly improve a patient's experience. This involves not only hearing what the patient is saying but also acknowledging their concerns, preferences, and feelings. By actively engaging with patients, a CNA can provide care that is both effective and compassionate. This approach helps in establishing a rapport, which can enhance patient comfort and cooperation during care activities. A professional demeanor combined with responsive communication fosters a better healthcare experience and ensures that the patient feels valued and understood. In contrast, joking around with the patient may lead to misunderstandings or be perceived as disrespectful, especially if the humor is not well-received or appropriate for the situation. Talking about personal issues can shift the focus away from the patient's needs and may not be suitable in a professional setting. Sharing patient information with others breaches confidentiality, violating ethical standards and legal regulations, which can have serious repercussions for both the patient and the healthcare provider.

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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://arkansascna.examzify.com>

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

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