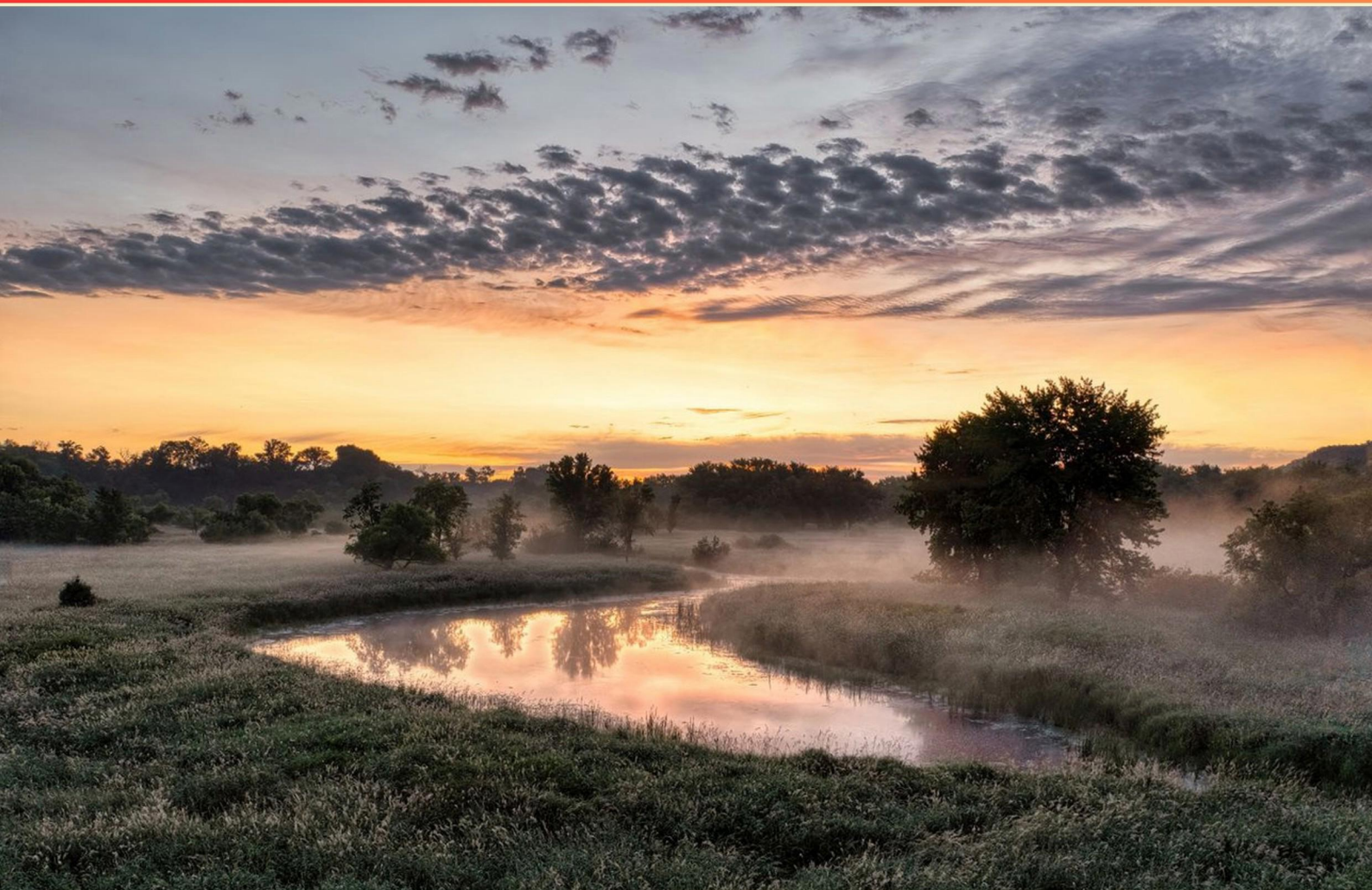


ARKANSAS CNA PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
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. When cleaning the perineal area, the NA should:**
 - A. Work from back to front
 - B. Work from front to back
 - C. Use hot water only
 - D. Be gentle without using any soap
- 2. 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
- 3. What does person-centered care prioritize?**
 - A. Generalized preferences for all residents
 - B. Personal preferences that are important for the resident
 - C. Staff needs and schedules
 - D. Medical regulations and protocols
- 4. When aiding a resident after hip surgery who requires partial weight-bearing, the CNA should:**
 - A. Allow the foot of the affected leg to touch the floor
 - B. Let the resident transfer unassisted
 - C. Not allow the foot of the affected leg to touch the floor
 - D. Encourage weight on both legs
- 5. Which condition may progress to chronic obstructive pulmonary disease?**
 - A. Asthma
 - B. Acute bronchitis
 - C. Pneumonia
 - D. Lung cancer
- 6. What is elopement in the context of healthcare?**
 - A. An unplanned departure from care
 - B. A type of psychological therapy
 - C. A form of medication administration
 - D. An involuntary physical restraint

- 7. What is the main purpose of wearing gloves in a healthcare setting?**
- A. To ensure staff does not get dirty
 - B. To prevent direct contact with blood or bodily fluids
 - C. To avoid helping a patient
 - D. To maintain a sterile environment
- 8. What is a key indicator of the nursing assistant's responsibility towards patient safety?**
- A. Taking breaks when feeling tired
 - B. Ignoring minor complaints from residents
 - C. Being observant and proactive about potential hazards
 - D. Following standard procedures without questioning
- 9. Why is it important to keep the resident's bedding wrinkle-free?**
- A. To keep the room tidy
 - B. To prevent pressure areas
 - C. To enhance comfort
 - D. To prevent allergies
- 10. What is a key feature of mechanical lifts in healthcare settings?**
- A. They can be used by a single caregiver
 - B. They prevent injury and require 2 people
 - C. They are only for transporting patients
 - D. They have no weight capacity limits

Answers

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

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Explanations

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1. When cleaning the perineal area, the NA should:

- A. Work from back to front
- B. Work from front to back**
- C. Use hot water only
- D. Be gentle without using any soap

Working from front to back when cleaning the perineal area is crucial for several reasons related to hygiene and infection prevention. This technique helps to minimize the risk of transferring bacteria from the rectal area to the urethra, which can lead to urinary tract infections, particularly in women who are more susceptible. By beginning at the front and moving towards the back, the natural anatomy is respected, and the process becomes safer and more effective. Additionally, this method is important in maintaining the dignity of the individual receiving care, as it ensures a thorough and respectful cleaning routine that prioritizes their health and comfort. Choosing the correct cleaning direction is part of basic CNA training and showcases an understanding of infection control practices that are vital for patient safety and well-being.

2. 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.

3. What does person-centered care prioritize?

- A. Generalized preferences for all residents
- B. Personal preferences that are important for the resident**
- C. Staff needs and schedules
- D. Medical regulations and protocols

Person-centered care prioritizes personal preferences that are important for the resident, focusing on their individual needs, values, and choices. This approach acknowledges that each resident is unique, with specific likes, dislikes, and life experiences that influence their care. By centering the care around the resident's preferences, caregivers can enhance their quality of life and create a more supportive and meaningful environment. In this model, care is tailored to meet the specific desires of the resident rather than adopting a one-size-fits-all approach. This can include choices related to daily routines, personal habits, cultural practices, and social interactions. Understanding and respecting a resident's individuality fosters a stronger caregiver-resident relationship, improves resident satisfaction, and often leads to better health outcomes.

4. When aiding a resident after hip surgery who requires partial weight-bearing, the CNA should:

- A. Allow the foot of the affected leg to touch the floor
- B. Let the resident transfer unassisted
- C. Not allow the foot of the affected leg to touch the floor**
- D. Encourage weight on both legs

After hip surgery, it is crucial to adhere to specific weight-bearing guidelines to ensure the resident's safety and promote healing. A resident who is prescribed partial weight-bearing has limitations on how much weight they can place on the affected leg. The correct choice emphasizes that the foot of the affected leg should not touch the floor. This restriction is in place to prevent undue stress on the surgical site, which could hinder recovery or lead to complications such as dislocation or pain. By ensuring that the affected leg does not make contact with the floor, the CNA protects the resident's recovery process and minimizes the risk of injury. Other options imply actions that could compromise the surgical site or lead to unsafe conditions for the resident. For instance, allowing the foot of the affected leg to touch the floor or transferring unassisted may lead to excessive weight being placed on the affected leg, which is contrary to the recovery protocols following hip surgery. Encouraging weight on both legs does not align with the partial weight-bearing restriction and could result in potential harm to the resident's recovery. Therefore, the correct approach ensures careful adherence to the specified weight-bearing guidelines.

5. Which condition may progress to chronic obstructive pulmonary disease?

- A. Asthma
- B. Acute bronchitis**
- C. Pneumonia
- D. Lung cancer

The condition that may progress to chronic obstructive pulmonary disease (COPD) is acute bronchitis. Acute bronchitis is characterized by inflammation of the bronchial tubes, leading to coughing, mucus production, and difficulty breathing. In some cases, especially if the acute bronchitis is recurrent or not properly treated, it can lead to longer-term airway changes that contribute to the development of COPD. COPD is a progressive disease that includes chronic bronchitis and emphysema. When the inflammation associated with acute bronchitis becomes chronic, it can lead to the symptoms and physiological changes consistent with COPD. This can be exacerbated by risk factors such as smoking and prolonged exposure to irritants. Chronic obstruction due to inflammation, excessive mucus production, and airway narrowing, common in both acute and chronic bronchitis, illustrates the potential progression from acute bronchitis to a chronic condition like COPD.

6. What is elopement in the context of healthcare?

- A. An unplanned departure from care**
- B. A type of psychological therapy
- C. A form of medication administration
- D. An involuntary physical restraint

Elopement in the context of healthcare refers to an unplanned departure from care, particularly in settings such as hospitals or nursing facilities. It is a significant concern as it can lead to various safety risks for patients, especially those who may be vulnerable due to medical conditions, cognitive impairments, or mental health issues. When a patient elopes, they leave the facility without the knowledge or permission of healthcare staff, which can result in dangerous situations, including exposure to adverse environmental conditions, the risk of accidents, or the abandonment of necessary medical treatment. Addressing elopement involves implementing safety protocols and monitoring systems to better protect patients and ensure they are receiving the care they need. The other options refer to different concepts: psychological therapy addresses mental health through various therapeutic techniques, medication administration involves safely delivering drugs to patients, and involuntary physical restraint pertains to methods used to restrict a patient's movement for safety purposes, but all these are distinct from the definition of elopement.

7. What is the main purpose of wearing gloves in a healthcare setting?

- A. To ensure staff does not get dirty
- B. To prevent direct contact with blood or bodily fluids**
- C. To avoid helping a patient
- D. To maintain a sterile environment

Wearing gloves in a healthcare setting primarily serves to prevent direct contact with blood or bodily fluids. This practice is crucial for maintaining both patient and healthcare worker safety. By wearing gloves, healthcare professionals create a barrier that helps reduce the risk of transmitting infections, as many pathogens can be present in blood and other bodily fluids. This is especially critical in situations where there is a risk of exposure to potentially infectious materials. The role of gloves extends beyond just personal cleanliness; it emphasizes the importance of infection control practices. This protective measure is a key component of standard precautions, which are designed to prevent the spread of infections within healthcare environments. While maintaining a sterile environment is important, especially in surgical settings, the primary purpose of gloves in everyday patient care is about preventing direct contact with contaminants. Additionally, gloves do not ensure that staff doesn't get dirty, nor do they imply avoidance of patient interactions. Instead, gloves are an integral part of the care process to protect both caregivers and patients.

8. What is a key indicator of the nursing assistant's responsibility towards patient safety?

- A. Taking breaks when feeling tired
- B. Ignoring minor complaints from residents
- C. Being observant and proactive about potential hazards**
- D. Following standard procedures without questioning

Being observant and proactive about potential hazards is essential to a nursing assistant's responsibility towards patient safety. This involves actively monitoring the environment and the patient's condition to identify any risks that could lead to accidents or harm. By being vigilant, a nursing assistant can recognize things like wet floors, improperly stored equipment, or changes in a resident's health status that may require immediate attention. This proactive approach is crucial in preventing injuries and ensuring a safe care environment for residents. In contrast, taking breaks when feeling tired may contribute to a caregiver's overall well-being but does not directly relate to actively ensuring patient safety. Ignoring minor complaints overlooks the importance of addressing all resident concerns, as even small issues can escalate into larger problems if neglected. Following standard procedures without questioning hinders critical thinking and may lead to overlooking important safety considerations that need assessment and adaptation to unique circumstances.

9. Why is it important to keep the resident's bedding wrinkle-free?

- A. To keep the room tidy
- B. To prevent pressure areas**
- C. To enhance comfort
- D. To prevent allergies

Keeping a resident's bedding wrinkle-free is crucial primarily to prevent pressure areas, also known as pressure ulcers or bedsores. When bedding is wrinkled, it can create uneven pressure points against the skin, especially in individuals who are immobile or have limited mobility. These pressure points can restrict blood circulation, leading to skin breakdown and the formation of painful sores. By ensuring that the bedding is smooth and free of wrinkles, caregivers help distribute body weight evenly and maintain healthy skin integrity, ultimately reducing the risk of developing these serious complications. This practice is an essential part of providing quality care in a healthcare setting, as it directly contributes to the resident's overall well-being and comfort.

10. What is a key feature of mechanical lifts in healthcare settings?

- A. They can be used by a single caregiver
- B. They prevent injury and require 2 people**
- C. They are only for transporting patients
- D. They have no weight capacity limits

A key feature of mechanical lifts in healthcare settings is their ability to prevent injuries to both caregivers and patients during transfers. These devices are designed to handle the weight of the patient safely, which allows for a more secure lift when two caregivers are involved. This collaborative approach not only minimizes the risk of physical strain on caregivers but also ensures that the patient is transferred smoothly and safely. Using two caregivers helps to stabilize the lift and manage the patient more effectively, reducing the likelihood of accidents or falls, which is particularly important when dealing with patients who may be frail or unable to assist in their own movement. The other options do not accurately highlight the purpose or operation of mechanical lifts. For instance, while they may sometimes be operated by a single caregiver in specific situations, this practice is generally discouraged without proper training and a thorough understanding of the patient's needs and safety protocols. Additionally, although mechanical lifts assist in transporting patients from one location to another, that is not their sole function; they are primarily used to enhance safety during the transfer process. Finally, it's important to note that mechanical lifts do have weight capacity limits, which are crucial for ensuring the safety and effectiveness of the equipment.

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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