

CALIFORNIA CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

[https://
californiacertifiednursingassistant.examzify.com](https://californiacertifiednursingassistant.examzify.com)



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What term is commonly used to refer to individuals living in long-term care facilities?**
 - A. Senior Citizen
 - B. Patient
 - C. Retiree
 - D. Resident
- 2. Which of the following can be a sign of dehydration in elderly patients?**
 - A. Pale urine
 - B. Clear urine
 - C. Dark yellow urine
 - D. Frequent urination
- 3. What action should a CNA take during a fire emergency?**
 - A. Initiate the fire alarm and evacuate patients
 - B. Try to extinguish the fire immediately
 - C. Call family members of patients
 - D. Continue with normal duties until instructed otherwise
- 4. What do California regulations, Title 22, establish for nursing assistants?**
 - A. Maximum work hours per shift
 - B. Minimum standards of patient care
 - C. Mandatory training requirements
 - D. Patient privacy rights
- 5. When should a nursing assistant collect sputum specimens from a patient on airborne precautions due to suspected tuberculosis?**
 - A. After meals
 - B. During the night shift
 - C. First thing in the morning
 - D. At the nurse's discretion

- 6. Which of the following indicates an inappropriate application of a jacket restraint?**
- A. Restraint straps that are safely secured to the side rails
 - B. Straps that restrict the patient's movement significantly
 - C. Restraint checked frequently for comfort
 - D. Patient being monitored for safety
- 7. Which choice reflects a resident's right regarding participation in social, religious, and community activities?**
- A. Residents must participate only in facility-organized activities
 - B. Residents have no rights concerning activities
 - C. Residents can choose to participate as they wish
 - D. Participation is limited to designated times
- 8. When cleaning areas of the body, which direction should cleaning occur?**
- A. From bottom to top
 - B. Away from your body
 - C. From the cleanest to the dirtiest
 - D. As fast as possible
- 9. What is a common practice for ensuring the proper fit of a hearing aid?**
- A. Adjusting it only when uncomfortable
 - B. Ensuring it is clean and dry before use
 - C. Setting it to maximum volume
 - D. Wearing it throughout the night
- 10. What is a characteristic of clients with receptive aphasia?**
- A. They can express themselves fluently
 - B. They cannot understand spoken language
 - C. They have difficulty interpreting written text
 - D. They are unable to express themselves meaningfully through speech

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What term is commonly used to refer to individuals living in long-term care facilities?

- A. Senior Citizen
- B. Patient
- C. Retiree
- D. Resident**

The term "Resident" is commonly used to refer to individuals living in long-term care facilities. This terminology is preferred because it emphasizes the individual's ongoing residence and participation in a community setting, rather than reducing their identity to a medical or temporary status. Unlike the term "Patient," which implies a focus on medical care, "Resident" acknowledges that individuals in long-term care are often there for a variety of reasons, including assistance with daily living activities, socialization, and overall quality of life enhancement. Utilizing "Resident" also reflects a more person-centered approach, recognizing that these individuals have their own lives, histories, and identities beyond their health care needs.

2. Which of the following can be a sign of dehydration in elderly patients?

- A. Pale urine
- B. Clear urine
- C. Dark yellow urine**
- D. Frequent urination

Dark yellow urine can indicate dehydration in elderly patients because it signifies that the urine is more concentrated, typically due to insufficient fluid intake. When the body is dehydrated, the kidneys conserve water, leading to less urine production and more concentrated urine, which appears darker in color. On the other hand, pale or clear urine is often a sign of adequate hydration, as these colors indicate that the urine is diluted. Frequent urination is not necessarily indicative of dehydration; instead, it can occur for various reasons, such as urinary tract infections or certain medications. Understanding these distinctions is crucial for monitoring hydration status, particularly in elderly patients, who may be more vulnerable to the effects of dehydration.

3. What action should a CNA take during a fire emergency?

- A. Initiate the fire alarm and evacuate patients**
- B. Try to extinguish the fire immediately
- C. Call family members of patients
- D. Continue with normal duties until instructed otherwise

In a fire emergency, the primary responsibility of a Certified Nursing Assistant (CNA) is to ensure the safety of patients and staff. Initiating the fire alarm is a crucial first step as it alerts everyone in the facility about the fire, enabling timely evacuation and response from emergency personnel. Evacuating patients is essential to prevent harm; patients need assistance during such emergencies, especially those who are immobile or require help to leave the area. Choosing to try to extinguish the fire immediately could endanger both the CNA and the patients if the fire is beyond control or if the situation is unsafe. Calling family members is not vital during an emergency and can divert attention from immediate safety needs. Continuing with normal duties is not appropriate, as it puts both patients and staff at risk by failing to respond to a life-threatening situation promptly. Therefore, initiating the alarm and evacuating patients is the correct course of action in a fire emergency.

4. What do California regulations, Title 22, establish for nursing assistants?

- A. Maximum work hours per shift
- B. Minimum standards of patient care**
- C. Mandatory training requirements
- D. Patient privacy rights

The correct answer centers on the establishment of minimum standards of patient care within California regulations, Title 22. This regulation is essential as it defines the fundamental expectations for nursing assistants and other healthcare workers in delivering care to patients. These minimum standards ensure consistent quality of care across various healthcare settings, promoting patient safety and the overall well-being of individuals receiving care. While training requirements are indeed important for nursing assistants and can be found within related regulations, Title 22 specifically addresses the standards of care rather than solely focusing on the training aspects. Patient privacy rights are protected under different regulations, such as HIPAA, and maximum work hours per shift may be regulated under labor laws rather than Title 22. Thus, the emphasis on minimum standards of patient care highlights the core responsibilities and obligations that nursing assistants must adhere to while providing care.

5. When should a nursing assistant collect sputum specimens from a patient on airborne precautions due to suspected tuberculosis?

- A. After meals
- B. During the night shift
- C. First thing in the morning**
- D. At the nurse's discretion

Collecting sputum specimens from a patient on airborne precautions due to suspected tuberculosis is most effective when done first thing in the morning. This timing is ideal because sputum production is generally higher in the morning after a patient has been resting overnight. Overnight, the secretions can accumulate in the lungs, making it easier and more productive to gather a sample when the patient has just woken up. Additionally, the morning is a time when patients tend to have less food and fluid intake, which can influence the quality of the sputum sample. By collecting the specimen at this time, nursing assistants can ensure a clearer representation of the airway secretions, leading to more accurate diagnostic results. This practice is particularly important in the context of suspected tuberculosis, where an accurate sample is crucial for effective diagnosis and treatment.

6. Which of the following indicates an inappropriate application of a jacket restraint?

- A. Restraint straps that are safely secured to the side rails
- B. Straps that restrict the patient's movement significantly**
- C. Restraint checked frequently for comfort
- D. Patient being monitored for safety

A jacket restraint is designed to ensure the safety of patients while allowing for some degree of mobility, depending on their condition. An inappropriate application occurs when it significantly restricts the patient's movement, compromising their ability to move freely and potentially causing discomfort or harm. When restraint straps restrict a patient's movement to a significant degree, they may lead to complications such as muscle atrophy, pressure injuries, or even psychological distress. The goal of using any restraint is to maintain patient safety while minimizing restriction of movement as much as possible. In contrast, a proper application includes securing straps to the side rails in a way that does not hinder movement excessively, ensuring frequent checks for the patient's comfort, and ongoing monitoring for safety, which all support the appropriate use of restraints. These practices are critical to promoting dignity and ensuring that the patient is comfortable while still being safe.

7. Which choice reflects a resident's right regarding participation in social, religious, and community activities?

- A. Residents must participate only in facility-organized activities
- B. Residents have no rights concerning activities
- C. Residents can choose to participate as they wish**
- D. Participation is limited to designated times

Residents in care facilities have the fundamental right to choose their level of participation in social, religious, and community activities. This aligns with their autonomy and personal preferences, which is essential for their mental and emotional well-being. When residents are allowed to participate as they wish, it empowers them to engage in activities that are meaningful and enjoyable to them. This choice supports their individuality and helps maintain a sense of normalcy and community connection. By recognizing that residents can opt in or out of activities based on their interests and desires, facilities promote a person-centered approach to resident care. This is crucial for fostering dignity and respect among residents, allowing them to maintain control over their social interactions and community involvement. Engaging in preferred activities can also enhance their quality of life, prevent feelings of isolation, and encourage social bonds with others, which is vital in a communal living environment.

8. When cleaning areas of the body, which direction should cleaning occur?

- A. From bottom to top
- B. Away from your body
- C. From the cleanest to the dirtiest**
- D. As fast as possible

Cleaning areas of the body from the cleanest to the dirtiest is fundamental in maintaining proper hygiene and preventing the spread of infection. This method ensures that any area that is already clean does not become contaminated by cleaning dirtier areas. For instance, when bathing a patient, you would start with less soiled areas, such as the face and arms, before moving on to areas like the feet or groin, which are typically more soiled. This technique minimizes the risk of transferring pathogens from dirty to clean regions, thereby promoting a more effective cleaning process and enhancing the overall health and safety of the patient. The other options do not align with best practices for hygiene. For example, cleaning from bottom to top could redistribute dirt or bacteria to cleaner areas. Cleaning away from your body isn't universally applicable to all body parts and could actually lead to ineffective cleaning, while trying to clean as fast as possible risks overlooking thoroughness and could increase the risk of injury or inadequate cleaning.

9. What is a common practice for ensuring the proper fit of a hearing aid?

- A. Adjusting it only when uncomfortable
- B. Ensuring it is clean and dry before use**
- C. Setting it to maximum volume
- D. Wearing it throughout the night

Ensuring that a hearing aid is clean and dry before use is crucial for its proper function and fit. A clean hearing aid contributes to optimal sound quality and minimizes the risk of infections or skin irritations, which can occur if dirt or moisture is trapped against the ear. Regular cleaning allows for better performance of the hearing aid by preventing occlusions that can muffle sound. In addition to cleanliness, a dry hearing aid is important because moisture can damage the electronic components or distort sound processing. Keeping the device free from moisture helps maintain its functionality over time. Other practices mentioned, such as adjusting the hearing aid only when uncomfortable or setting it to maximum volume, do not address the fundamental requirement of ensuring a comfortable and effective fit for ongoing use. Similarly, wearing a hearing aid throughout the night may not be suitable as it could lead to discomfort and does not directly relate to the fit or function of the device during the day, when it is needed most.

10. What is a characteristic of clients with receptive aphasia?

- A. They can express themselves fluently
- B. They cannot understand spoken language
- C. They have difficulty interpreting written text
- D. They are unable to express themselves meaningfully through speech**

Receptive aphasia, also known as Wernicke's aphasia, primarily affects a person's ability to understand language, while their ability to produce speech may remain intact in terms of fluency. Therefore, clients with receptive aphasia typically struggle to comprehend spoken and often written language. The characteristic of being unable to express themselves meaningfully through speech relates more to expressive aphasia, or Broca's aphasia, where individuals have difficulty with the motor aspects of speech and forming coherent sentences. In the case of receptive aphasia, individuals may speak in well-formed sentences that lack meaning or context, which can lead to confusion in communication but does not imply they are unable to express themselves. Understanding this distinction is crucial: while people with receptive aphasia may seem to have fluent speech, it often does not convey logical or meaningful content, highlighting the challenges they experience in communication. Thus, recognizing that they may speak fluently but struggle to understand or convey messages correctly is key in identifying the nature of receptive aphasia.

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://californiacertifiednursingassistant.examzify.com>

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

SAMPLE