

# Certified Nursing Assistant (CNA) Level I - OSBN State Certification 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 does the term 'cite' mean?**
  - A. To find a problem through survey**
  - B. To quote a source in writing**
  - C. To verify information with a second source**
  - D. To present a formal complaint**
  
- 2. Which statement is true about OBRA and NATCEP?**
  - A. OBRA bans NATCEP.**
  - B. OBRA requires NATCEP to set minimum standards for nursing assistant training.**
  - C. OBRA eliminates NATCEP.**
  - D. OBRA defines scope of practice.**
  
- 3. Which statement best describes an ombudsman?**
  - A. A legally appointed advocate who visits facilities and listens to residents**
  - B. An administrator who oversees finances**
  - C. A nurse responsible for care plans**
  - D. A family member appointed by residents**
  
- 4. Which tasks are nursing assistants not allowed to perform?**
  - A. Insert or remove tubes**
  - B. Take vital signs**
  - C. Provide assistance with daily living activities**
  - D. Assist with routine hygiene**
  
- 5. Which item is sometimes listed as a fifth vital sign?**
  - A. Pain**
  - B. Temperature**
  - C. Blood pressure**
  - D. Heart rate**

- 6. What does the chain of command describe?**
- A. The line of authority that ensures proper care and protects from liability**
  - B. A staff scheduling hierarchy**
  - C. The sequence of patient admission steps**
  - D. The order of medication administration**
- 7. TB disease is characterized by**
- A. Shows symptoms and can spread to others**
  - B. No symptoms but can spread**
  - C. Only affects the skin**
  - D. Is non-communicable**
- 8. Which statement best describes the difference between policy and procedure?**
- A. Policy outlines what should be done; procedure describes how to do it**
  - B. Policy explains how to perform tasks; procedure is optional guidance**
  - C. Policy is optional; procedure is mandatory but vague**
  - D. Policy is a financial rule; procedure is a clinical rule**
- 9. The fracture type most linked to death and disability is which of the following?**
- A. Hip fractures**
  - B. Spiral fractures**
  - C. Avulsion fractures**
  - D. Stress fractures**
- 10. ADLs refer to activities of daily living and include which of the following?**
- A. Walking**
  - B. Diagnosing illnesses**
  - C. Scheduling appointments**
  - D. Administering medications**

## Answers

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

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## **Explanations**

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## 1. What does the term 'cite' mean?

- A. To find a problem through survey**
- B. To quote a source in writing**
- C. To verify information with a second source**
- D. To present a formal complaint**

Cite means to reference and give credit to a source when you write. It shows where information came from and lets others find the original material. When you cite, you're indicating that a fact, idea, or quotation comes from someone else's work rather than your own. This protects against plagiarism and adds credibility to your writing by providing evidence you can be checked. In practice, you can include an in-text note mentioning the author and year, with a full reference listed at the end. For example, you might write something like: Hydration supports cognitive function in older adults (Lee, 2020). The reader can then look up Lee's work to verify the information. Citations can appear as parenthetical notes or as footnotes, depending on the style you're using, and they point to a detailed reference so readers can locate the source. Citing isn't about finding a problem through a survey or about simply verifying information with a second source on its own, and it isn't about presenting a formal complaint. It's about giving proper credit and guiding readers to the original source of the information.

## 2. Which statement is true about OBRA and NATCEP?

- A. OBRA bans NATCEP.**
- B. OBRA requires NATCEP to set minimum standards for nursing assistant training.**
- C. OBRA eliminates NATCEP.**
- D. OBRA defines scope of practice.**

OBRA sets federal requirements for nursing homes, including the training and competency of nursing assistants. NATCEP is the program states use to meet those federal requirements by establishing the minimum standards for CNA training and the competency evaluation. So OBRA requires NATCEP to set minimum standards for nursing assistant training. The other statements aren't correct: OBRA does not ban or eliminate NATCEP, and OBRA does not define the CNA scope of practice—that is determined by state law.

## 3. Which statement best describes an ombudsman?

- A. A legally appointed advocate who visits facilities and listens to residents**
- B. An administrator who oversees finances**
- C. A nurse responsible for care plans**
- D. A family member appointed by residents**

An ombudsman is an independent, legally appointed advocate for residents in care facilities. They visit facilities to observe conditions, listen to residents' concerns, and help resolve complaints. Their role is to protect residents' rights and ensure they receive appropriate care, guiding residents and families through the process of addressing issues or filing complaints. This differs from a facility administrator who oversees finances, a nurse who develops care plans, or a family member chosen by the resident—the ombudsman is not part of the facility staff and exists to advocate for residents' interests. So, describing someone who is a legally appointed advocate who visits facilities and listens to residents best captures the ombudsman's role.

#### 4. Which tasks are nursing assistants not allowed to perform?

- A. Insert or remove tubes**
- B. Take vital signs**
- C. Provide assistance with daily living activities**
- D. Assist with routine hygiene**

The key idea is understanding what a CNA is legally allowed to do within their role. CNAs provide basic comfort and daily care under supervision and can take vital signs, help with activities of daily living, and assist with routine hygiene. Inserting or removing tubes is an invasive procedure that requires medical judgment, sterile technique, and authorization by a licensed nurse or physician. Because this goes beyond the CNA scope, it's not within what a CNA may perform. If a tube needs attention, the CNA should report to the nurse so the appropriate licensed provider can handle it.

#### 5. Which item is sometimes listed as a fifth vital sign?

- A. Pain**
- B. Temperature**
- C. Blood pressure**
- D. Heart rate**

Pain is included as a fifth vital sign because it captures the patient's subjective experience of discomfort, which directly affects healing, function, and safety. While the traditional four vital signs—temperature, pulse (heart rate), respiration, and blood pressure—are objective measurements, pain is reported by the patient and can change with treatment. Regularly assessing pain with a standardized scale (like 0-10 or a faces scale) helps clinicians identify distress early, document it consistently, and gauge how well analgesia is working. Some settings also track oxygen saturation as an additional indicator, but pain is commonly listed as the fifth vital sign due to its critical impact on comfort and recovery.

#### 6. What does the chain of command describe?

- A. The line of authority that ensures proper care and protects from liability**
- B. A staff scheduling hierarchy**
- C. The sequence of patient admission steps**
- D. The order of medication administration**

The chain of command is the line of authority and accountability in a healthcare team, showing who has the responsibility to make decisions, who provides supervision, and who staff report to. This structure helps ensure proper care by clarifying roles, guiding who approves actions, and providing a clear path to escalate concerns. It also protects against liability because decisions are made by the appropriate level of authority, supervision is in place, and actions are followable and traceable. The other options describe scheduling structures, admission steps, or the sequence of giving medications, which are about processes or workflows rather than who has authority to direct care.

**7. TB disease is characterized by**

- A. Shows symptoms and can spread to others**
- B. No symptoms but can spread**
- C. Only affects the skin**
- D. Is non-communicable**

Active TB disease is the active infection. When it's active, the person usually has symptoms such as a persistent cough for weeks, coughing up blood or sputum, chest pain, fever, night sweats, and unintended weight loss. Because the bacteria spread through the air when someone with active TB coughs, talks, or sneezes, it can be transmitted to others, making TB disease contagious. This is different from latent TB infection, where the person has the bacteria but no symptoms and cannot spread it. TB does not only affect the skin; the most common form involves the lungs, and it is not non-communicable.

**8. Which statement best describes the difference between policy and procedure?**

- A. Policy outlines what should be done; procedure describes how to do it**
- B. Policy explains how to perform tasks; procedure is optional guidance**
- C. Policy is optional; procedure is mandatory but vague**
- D. Policy is a financial rule; procedure is a clinical rule**

The main idea is the difference between a policy and a procedure: a policy is a broad rule that states what should be done or the standard to follow, while a procedure provides the exact, step-by-step method for how to carry out that policy. In practice, a policy sets the expectations and mandatory requirements for care, safety, or behavior. A procedure translates that policy into actionable steps, detailing the sequence, who performs each step, the tools or forms required, and how to document the process. So the statement that policy outlines what should be done and procedure describes how to do it captures the real relationship between the two. The other descriptions mix up the roles or imply things that aren't accurate. Policies aren't explanations of how to perform tasks—that's the job of procedures. Policies are not optional; they establish mandatory standards. Procedures aren't vague or limited to one domain; they are the concrete, often standardized, steps used to implement the policy across clinical and supportive tasks.

**9. The fracture type most linked to death and disability is which of the following?**

**A. Hip fractures**

**B. Spiral fractures**

**C. Avulsion fractures**

**D. Stress fractures**

Hip fractures in older adults carry the highest risk of death and long-term disability. When the hip breaks, surgery is usually needed and recovery depends a lot on overall health and mobility before the injury. Immobilization after a hip fracture can lead to serious complications—pneumonia, blood clots, urinary infections, delirium, and skin or muscle wasting—so many people lose their independence and function. Even with treatment, mortality within the first year is significantly higher compared with other fracture types, which is why this fracture is most closely linked to death and disability. Spiral fractures, avulsion fractures, and stress fractures can be serious, but they don't typically carry the same level of systemic risk or long-term functional decline, especially in the populations most affected by fractures.

**10. ADLs refer to activities of daily living and include which of the following?**

**A. Walking**

**B. Diagnosing illnesses**

**C. Scheduling appointments**

**D. Administering medications**

ADLs are basic self-care tasks people do every day to care for themselves. Walking is a basic mobility task that lets a person move around and perform daily activities independently, so it fits as an ADL. The other options involve obtaining medical care or managing healthcare services—diagnosing illnesses, scheduling appointments, and administering medications—which are not self-care tasks, but rather medical or care-management activities. So walking is the best choice.

## 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://cna1v11osbn.examzify.com>**

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

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