

Certified Nursing Assistant (CNA) Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What neurological disorder is characterized by chronic seizure activity?**
 - A. Alzheimer's disease**
 - B. Parkinson's disease**
 - C. Epilepsy**
 - D. Multiple sclerosis**
- 2. After completing your training as a nursing assistant, you are no longer responsible for learning new things.**
 - A. True**
 - B. False**
 - C. Partially True**
 - D. Inconclusive**
- 3. While assisting a resident to a commode, the assistant notices the resident is wheezing and their breathing is faster than usual. Which action should the assistant prioritize?**
 - A. Activate the emergency response team**
 - B. Adjust the position of the resident**
 - C. Report this observation to the nurse**
 - D. Retrieve the resident's medical records**
- 4. If a resident is at risk for falling, what should a nursing assistant do to promote safety?**
 - A. Encourage the resident to walk unassisted**
 - B. Keep the call light out of reach**
 - C. Keep the resident's room cluttered for convenience**
 - D. Ensure the resident wears non-slip footwear**
- 5. Which nervous disorder is characterized by a lack of the neurotransmitter dopamine?**
 - A. Alzheimer's disease**
 - B. Epilepsy**
 - C. Parkinson's disease**
 - D. Multiple sclerosis**

- 6. When providing care to a resident, which action should a nursing assistant avoid to show sensitivity?**
- A. Using the resident's preferred name**
 - B. Asking about their well-being**
 - C. Calling the elderly resident Grandma**
 - D. Offering additional assistance**
- 7. During mealtime, a resident starts choking on food. What should the nursing assistant do first?**
- A. Offer the resident more food**
 - B. Give the resident a drink of water**
 - C. Begin the Heimlich maneuver**
 - D. Encourage the resident to keep eating**
- 8. What does the word "pulmonary" refer to?**
- A. Heart**
 - B. Lungs**
 - C. Brain**
 - D. Bones**
- 9. Which is an example of negative body language?**
- A. aphasia**
 - B. Crossing your arms across your chest**
 - C. Empathy**
 - D. The patient or resident**
- 10. When assisting Mrs. Dinksley, who had a stroke affecting her left side, to put on her sweater, which arm should you put in the sleeve first?**
- A. The right arm**
 - B. The left arm**
 - C. Either arm is acceptable**
 - D. No arms, start from the middle**

Answers

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

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Explanations

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1. What neurological disorder is characterized by chronic seizure activity?

- A. Alzheimer's disease**
- B. Parkinson's disease**
- C. Epilepsy**
- D. Multiple sclerosis**

The correct answer is indeed characterized primarily by chronic seizure activity. Epilepsy is a neurological disorder that leads to recurrent, unprovoked seizures due to abnormal electrical activity in the brain. These seizures can vary in severity and manifestations, ranging from brief lapses in attention to full convulsions. The other conditions listed do not primarily involve seizures. Alzheimer's disease is characterized primarily by issues with memory, cognition, and behavior due to neurodegeneration. Parkinson's disease mainly affects movement and is distinguished by tremors, rigidity, and bradykinesia, while multiple sclerosis involves the degeneration of the myelin sheath, leading to a variety of neurological symptoms, such as motor and sensory deficits, but not specifically to chronic seizures.

2. After completing your training as a nursing assistant, you are no longer responsible for learning new things.

- A. True**
- B. False**
- C. Partially True**
- D. Inconclusive**

The correct answer is that it is false to say you are no longer responsible for learning new things after completing your training as a nursing assistant. Learning is an ongoing process, especially in the healthcare field where practices, technologies, and regulations can change frequently. As a nursing assistant, there is a continuous need for updating skills and knowledge to provide safe and effective care to patients. Continuing education is often required to maintain certifications and licenses. This not only enhances your abilities as a CNA but also ensures that you are providing the best possible care to those you serve. Staying informed about new techniques, equipment, and care practices is essential to being an effective and competent professional in the nursing field. This ongoing education might include attending workshops, taking additional courses, and participating in training sessions offered by employers.

3. While assisting a resident to a commode, the assistant notices the resident is wheezing and their breathing is faster than usual. Which action should the assistant prioritize?

- A. Activate the emergency response team**
- B. Adjust the position of the resident**
- C. Report this observation to the nurse**
- D. Retrieve the resident's medical records**

Prioritizing the action of reporting the resident's observation to the nurse is essential in this scenario because the assistant is witnessing signs of respiratory distress, which can indicate a serious medical issue. The nurse is trained to assess situations like this and can take the appropriate steps, such as providing immediate medical intervention or further evaluations. While activating the emergency response team is a possible course of action, it may not be necessary at this moment unless the nurse determines that the situation requires urgent escalation. Adjusting the resident's position can sometimes help with breathing, but doing this should be guided by nursing assessment and not assumed to be the immediate solution. Retrieving the resident's medical records may provide useful information but will not address the immediate health concern observed during the activity. Therefore, reporting the respiratory signs to the nurse is the most appropriate action to ensure the resident receives timely and proper care.

4. If a resident is at risk for falling, what should a nursing assistant do to promote safety?

- A. Encourage the resident to walk unassisted**
- B. Keep the call light out of reach**
- C. Keep the resident's room cluttered for convenience**
- D. Ensure the resident wears non-slip footwear**

The correct answer promotes safety by ensuring that the resident wears non-slip footwear. Non-slip footwear provides better traction, reducing the likelihood of slipping and falling, which is especially important for individuals who are at risk of falling. This simple precaution can significantly enhance the resident's stability and confidence when moving around. In contrast, encouraging a resident to walk unassisted could increase their chances of falling, especially if they need assistance or support. Keeping the call light out of reach would prevent the resident from easily requesting help when needed, further increasing safety risks. Lastly, keeping the room cluttered introduces obstacles that could lead to falls and injuries, instead of creating a clear and safe environment for mobility. These practices do not align with promoting the resident's safety.

5. Which nervous disorder is characterized by a lack of the neurotransmitter dopamine?

- A. Alzheimer's disease**
- B. Epilepsy**
- C. Parkinson's disease**
- D. Multiple sclerosis**

The condition characterized by a deficiency of the neurotransmitter dopamine is Parkinson's disease. This neurodegenerative disorder primarily affects movement control and is associated with symptoms such as tremors, stiffness, slow movement, and balance issues. The loss of dopamine-producing neurons in a specific area of the brain called the substantia nigra leads to the hallmark motor symptoms seen in individuals with Parkinson's. Dopamine is crucial for transmitting signals that coordinate smooth and controlled movements. When its levels are insufficient, it disrupts these signals, resulting in the characteristic symptoms of the disease. Understanding the role of dopamine in the nervous system is essential for recognizing the pathophysiology of Parkinson's and differentiating it from other disorders such as Alzheimer's disease, epilepsy, and multiple sclerosis, which involve different mechanisms and neurotransmitter systems.

6. When providing care to a resident, which action should a nursing assistant avoid to show sensitivity?

- A. Using the resident's preferred name**
- B. Asking about their well-being**
- C. Calling the elderly resident Grandma**
- D. Offering additional assistance**

Calling an elderly resident "Grandma" can be seen as disrespectful or patronizing, particularly if the resident does not have a personal connection to the caregiver or prefers to be addressed in a more formal or specific way. Sensitivity in caregiving involves respecting an individual's identity and preferences, including how they wish to be addressed. Using the resident's preferred name fosters a sense of dignity and personal recognition, while asking about their well-being and offering assistance demonstrates care and attentiveness. Therefore, avoiding informal or overly familiar terms ensures that you honor the resident's individuality and feelings.

7. During mealtime, a resident starts choking on food. What should the nursing assistant do first?

- A. Offer the resident more food**
- B. Give the resident a drink of water**
- C. Begin the Heimlich maneuver**
- D. Encourage the resident to keep eating**

In a situation where a resident is choking, the most immediate and appropriate action is to begin the Heimlich maneuver. This technique is designed to help dislodge food or an object that is blocking the airway, allowing the resident to breathe again. Choking can quickly become a life-threatening emergency, so responding promptly is crucial. Offering more food or encouraging the resident to continue eating would not only be ineffective but could exacerbate the choking hazard. Providing a drink of water may also be counterproductive, as it could further obstruct the airway rather than alleviate the choking situation. The Heimlich maneuver is a well-established response for such emergencies and should always be prioritized when someone is choking.

8. What does the word "pulmonary" refer to?

- A. Heart**
- B. Lungs**
- C. Brain**
- D. Bones**

The term "pulmonary" specifically pertains to the lungs. It is derived from the Latin word "pulmo," meaning lung. In medical terminology, anything that is described as pulmonary is directly related to the function or conditions of the lungs. For example, pulmonary disease refers to any disorder affecting the lungs, and pulmonary function tests measure how well the lungs are working. This terminology is essential for understanding discussions around respiratory health and treatments.

9. Which is an example of negative body language?

- A. aphasia**
- B. Crossing your arms across your chest**
- C. Empathy**
- D. The patient or resident**

Crossing your arms across your chest is a clear example of negative body language. This gesture often conveys defensiveness, discomfort, or resistance. It can signal to others that a person is not open to communication or may be feeling closed off or unapproachable. In a healthcare setting, such body language can impact the rapport between a caregiver and a patient, potentially affecting the quality of care and communication. On the other hand, the other options do not exemplify negative body language. For instance, aphasia refers to a communication disorder that affects a person's ability to speak or understand language but does not relate to body language itself. Empathy involves understanding and sharing the feelings of others, which is typically communicated through positive, open body language. The patient or resident as a choice does not provide a clear example of body language at all. Thus, crossing your arms is the correct representation of negative body language within the context provided.

10. When assisting Mrs. Dinksley, who had a stroke affecting her left side, to put on her sweater, which arm should you put in the sleeve first?

A. The right arm

B. The left arm

C. Either arm is acceptable

D. No arms, start from the middle

The correct approach when assisting someone who has had a stroke affecting one side of their body is to support the affected side. In this case, with Mrs. Dinksley's left side impacted, it is essential to place her affected arm, the left arm, into the sweater sleeve first. This method not only provides comfort and stability but also encourages independence and the use of the affected side as much as possible. Putting in the left arm first allows for better control over the garment, making it easier to manage the sweater and allowing Mrs. Dinksley to participate in the process. Additionally, this approach minimizes any potential strain or discomfort that might occur if the affected arm were managed last. Starting with the functional arm is less likely to cause frustration or additional difficulty for the individual, recognizing their capabilities while ensuring they remain engaged in their care.