

# Certified Nursing Assistant (CNA) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. Mr. Dirkens has a history of stroke. He sometimes has difficulty keeping food in his mouth when chewing because he cannot close his lips all the way on the right side of his face. Which of the following might be of benefit to Mr. Dirkens?**
  - A. Supportive devices**
  - B. Speech-language pathology**
  - C. The rehabilitation process starts as soon as:**
  - D. Encouraging the resident to use a trapeze to reposition herself in bed, if this is part of the resident's care plan.**
- 2. When a muscle atrophies, it:**
  - A. Becomes bigger and stronger**
  - B. Doubles in size**
  - C. Remains the same**
  - D. Becomes thinner and weaker**
- 3. The nursing assistant provides care to individuals who are unable to care for themselves at home but do not need an acute care setting. This nursing assistant would most likely care for individuals at which facility?**
  - A. Assisted living facility**
  - B. Hospice care**
  - C. Long term care**
  - D. Rehabilitation center**
- 4. What should a nursing assistant prioritize when seeking new employment and relocating to a different city?**
  - A. Previous employers' opinions**
  - B. Full name and social security number**
  - C. Full name, home address, any reported incidents of abuse or neglect**
  - D. Education background**

**5. How is constipation defined?**

- A. Excessive water content in stool**
- B. Lack of appetite**
- C. Condition when the feces remain in the intestines too long, causing dry, hard feces**
- D. Difficulty in swallowing**

**6. How does aging affect the nervous system?**

- A. Speeds up reaction time**
- B. Causes complete shutdown of nerve function**
- C. Improves memory retention**
- D. Older people may take slightly longer to react to things**

**7. A dying person has the right to:**

- A. Be left alone**
- B. Be treated with aggressive measures**
- C. Die with peace and dignity**
- D. Stay on life support indefinitely**

**8. What is a major focus of physical rehabilitation?**

- A. To prevent complication that can result from loss of function**
- B. The process that helps a person with a disability to return her highest level of physical function and emotional well-being is called:**
- C. Someone who is frail is:**
- D. A person who is having difficulty with balance when walking can benefit from which of the following?**

**9. Throughout the grieving process, what is the one thing that usually persists?**

- A. Denial**
- B. Anger**
- C. Bargaining**
- D. Hope**

**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**

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## **Answers**

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

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## **Explanations**

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**1. Mr. Dirkens has a history of stroke. He sometimes has difficulty keeping food in his mouth when chewing because he cannot close his lips all the way on the right side of his face. Which of the following might be of benefit to Mr. Dirkens?**

- A. Supportive devices**
- B. Speech-language pathology**
- C. The rehabilitation process starts as soon as:**
- D. Encouraging the resident to use a trapeze to reposition herself in bed, if this is part of the resident's care plan.**

Speech-language pathology might be of benefit to Mr. Dirkens because speech-language pathologists specialize in assessing and treating communication and swallowing disorders. In this case, Mr. Dirkens is having difficulty keeping food in his mouth due to facial weakness following a stroke. A speech-language pathologist can help him with strategies to improve his ability to chew and swallow safely. Option A (Supportive devices) may not directly address the underlying issue of Mr. Dirkens' facial weakness affecting his ability to chew and swallow, as this option does not specifically target his need for improving oral motor function. Option C (The rehabilitation process starts as soon as:) is an incomplete statement and does not offer a specific intervention or therapy that could help Mr. Dirkens with his swallowing difficulties. Option D (Encouraging the resident to use a trapeze to reposition herself in bed, if this is part of the resident's care plan) is unrelated to the issue described in the question, which focuses on Mr. Dirkens' difficulty with chewing and swallowing due to facial weakness after a stroke.

**2. When a muscle atrophies, it:**

- A. Becomes bigger and stronger**
- B. Doubles in size**
- C. Remains the same**
- D. Becomes thinner and weaker**

Atrophy refers to the process by which muscles decrease in size and strength, often due to disuse, lack of stimulation, or injury. When a muscle atrophies, the muscle fibers become smaller, leading to a reduction in muscle mass and a loss of strength. This can result from prolonged inactivity, such as after a surgery or due to a sedentary lifestyle. Therefore, the correct response reflects the physiological changes that occur when atrophy happens. In contrast, the other responses suggest an increase in size or strength, which does not align with the characteristics of atrophied muscle tissue.

**3. The nursing assistant provides care to individuals who are unable to care for themselves at home but do not need an acute care setting. This nursing assistant would most likely care for individuals at which facility?**

- A. Assisted living facility**
- B. Hospice care**
- C. Long term care**
- D. Rehabilitation center**

The nursing assistant would most likely care for individuals at a long-term care facility, as this type of facility is specifically designed for individuals who require assistance with daily activities and cannot live independently at home but do not need the intensive medical care provided in a hospital or acute care setting. Long-term care facilities offer support for residents with chronic illnesses or disabilities, providing them with assistance in personal care, meals, and activities of daily living. Assisted living facilities do provide some level of personal support, but they typically cater to those who need less assistance than what is offered in long-term care. Hospice care focuses on comfort and end-of-life support for terminally ill patients, often in their final days rather than long-term care. Rehabilitation centers are intended for individuals recovering from surgery, injury, or illness and usually provide short-term care focusing on regaining independence rather than long-term care needs.

**4. What should a nursing assistant prioritize when seeking new employment and relocating to a different city?**

- A. Previous employers' opinions**
- B. Full name and social security number**
- C. Full name, home address, any reported incidents of abuse or neglect**
- D. Education background**

When seeking new employment and relocating to a different city, it is essential for a nursing assistant to prioritize relevant personal information as well as any incidents that may affect their employability. Having a full name and home address is crucial for the application process, while being transparent about any reported incidents of abuse or neglect is vital for the safety of clients and maintaining professional integrity in the healthcare field. Employers often conduct background checks, and disclosing such information beforehand can prevent complications during the hiring process. While the opinions of previous employers, a complete educational background, and other personal identification information are significant in the job application, they do not carry the same weight as the necessity of being forthright about any past incidents that may impact care quality or workplace safety. This prioritization helps ensure that the nursing assistant stands out as a responsible and trustworthy candidate.

## 5. How is constipation defined?

- A. Excessive water content in stool
- B. Lack of appetite
- C. Condition when the feces remain in the intestines too long, causing dry, hard feces**
- D. Difficulty in swallowing

Constipation is characterized as a condition in which feces remain in the intestines for an extended period, leading to the formation of dry and hard stools. This prolonged retention reduces the water content of the stool, making it difficult to pass. The definition captures the essence of what occurs physically in the digestive system during constipation, highlighting the importance of both retention time and the resultant consistency of the stool. In contrast, the other options refer to different bodily issues: excessive water content in stool relates to diarrhea rather than constipation; lack of appetite is a symptom not directly related to bowel regularity; and difficulty swallowing pertains to dysphagia, which is unrelated to stool formation or bowel movements. Understanding the specific nature of constipation helps in providing appropriate care and interventions for those affected by it.

## 6. How does aging affect the nervous system?

- A. Speeds up reaction time
- B. Causes complete shutdown of nerve function
- C. Improves memory retention
- D. Older people may take slightly longer to react to things**

The correct answer highlights a key aspect of the aging process and its effect on the nervous system. As people age, there is a natural decline in certain cognitive and motor functions, which includes a slowing of reaction time. This phenomenon can be attributed to various factors, including changes in the brain's structure and function, reductions in neurotransmitter levels, and a general decrease in the speed of nerve signal conduction. This slowing down can affect everyday activities, such as responding to sudden stimuli or making quick decisions. While aging can also bring about a wealth of experience and wisdom, the physical responses might not be as swift as they were in younger years. Understanding this aspect is crucial for providing care and ensuring the safety of older adults.

**7. A dying person has the right to:**

- A. Be left alone**
- B. Be treated with aggressive measures**
- C. Die with peace and dignity**
- D. Stay on life support indefinitely**

The correct response emphasizes the importance of allowing a dying person to experience a peaceful and dignified end of life. This aligns with the principles of patient-centered care, which prioritize the comfort, autonomy, and emotional needs of individuals facing terminal conditions. Ensuring that a person can die with peace and dignity recognizes their right to make personal choices about how they want their final moments to be, surrounded by loved ones or gently managing their transition. The other options do not reflect the holistic approach to end-of-life care. Leaving a person alone may deny them the emotional support they need. Aggressive treatment measures might not be in line with the individual's wishes or may prolong suffering. The option of staying on life support indefinitely can conflict with the goals of palliative care, which aims to provide comfort rather than prolong life unnecessarily. Overall, honoring a person's right to die with peace and dignity is a fundamental aspect of compassionate care in end-of-life scenarios.

**8. What is a major focus of physical rehabilitation?**

- A. To prevent complication that can result from loss of function**
- B. The process that helps a person with a disability to return her highest level of physical function and emotional well-being is called:**
- C. Someone who is frail is:**
- D. A person who is having difficulty with balance when walking can benefit from which of the following?**

Physical rehabilitation aims to restore or improve a person's physical function and well-being after experiencing a disability or injury. Therefore, options B, C, and D are not the major focus of physical rehabilitation. Option B is the definition of rehabilitation, not its focus. Option C describes a frail individual, not the focus of rehabilitation. Option D focuses specifically on improving balance, but not the overall physical function and well-being of a person. Option A is the correct answer because preventing complications from loss of function is an important aspect of physical rehabilitation and aligns with its overall goal of restoring physical function and well-being.

**9. Throughout the grieving process, what is the one thing that usually persists?**

- A. Denial**
- B. Anger**
- C. Bargaining**
- D. Hope**

The correct answer is hope. Throughout the grieving process, hope often persists as it offers individuals a sense of motivation and the possibility of healing. It represents the belief that life will improve and that they can find joy or meaning again after their loss. This sense of hope can help individuals cope with their grief and gradually move towards acceptance. While denial, anger, and bargaining are common stages of grief that individuals may experience, they are typically more transient emotions and can fluctuate over time. Hope, in contrast, tends to be a more stable and enduring sentiment that can sustain individuals as they navigate their grief journey. It allows for the continuation of life and the potential for future happiness, making it a critical element in the healing process.

**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.

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

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

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