

Certified Nursing Assistant (CNA) 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

- 1. What is the best method for a shy nursing assistant to prioritize when learning to communicate effectively with clients?**
 - A. Engage in small talk to build rapport**
 - B. Ask personal questions to connect emotionally**
 - C. Speak loudly to convey confidence**
 - D. Listen carefully and speak clearly**
- 2. What increases the risk of choking in older individuals?**
 - A. Consuming soft foods**
 - B. Having strong jaw muscles**
 - C. Wearing properly fitting dentures**
 - D. Having healthy teeth**
- 3. Why is it important to prevent pressure ulcers from forming?**
 - A. They can cause itching**
 - B. They can lead to disfigurement**
 - C. They are difficult to treat**
 - D. They result in hair loss**
- 4. Which is an example of negative body language?**
 - A. aphasia**
 - B. Crossing your arms across your chest**
 - C. Empathy**
 - D. The patient or resident**
- 5. What action should a nursing assistant take to empty a Foley catheter drainage bag?**
 - A. Open the cap at the bottom of the bag and allow urine to spill onto the floor**
 - B. Unclamps the emptying spout on the urine drainage bag to allow urine to drain into a graduate on the floor**
 - C. Shake the bag to expedite the drainage process**
 - D. Leave the bag as is without emptying it**

- 6. Why is it important for a nursing assistant to apply TED stockings?**
- A. To improve vision**
 - B. To promote relaxation**
 - C. To prevent falls**
 - D. To prevent the formation of blood clots in the lower legs**
- 7. What does AMA stand for?**
- A. Against Medical Advice**
 - B. Alternative Medicine Application**
 - C. Advanced Medical Assessment**
 - D. Absolutely Medical Accuracy**
- 8. What is the unit of measurement to record a person's height?**
- A. Centimeters**
 - B. Feet**
 - C. Meters**
 - D. Inches**
- 9. What condition does an adult have with a consistent blood pressure measurement of 150/90?**
- A. Hypotension**
 - B. Hypertension**
 - C. Normotension**
 - D. Hypertensive crisis**
- 10. Which government program is designed to help people with low incomes pay for health care?**
- A. Medicare**
 - B. Medicaid**
 - C. Medigap**
 - D. Mediassist**

Answers

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

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Explanations

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1. What is the best method for a shy nursing assistant to prioritize when learning to communicate effectively with clients?

- A. Engage in small talk to build rapport**
- B. Ask personal questions to connect emotionally**
- C. Speak loudly to convey confidence**
- D. Listen carefully and speak clearly**

The best method for a shy nursing assistant to prioritize when learning to communicate effectively with clients is to listen carefully and speak clearly. Active listening demonstrates respect and attentiveness, which helps build trust with clients. By focusing on what the client is saying, the nursing assistant can respond appropriately and ensure that the client's needs and concerns are understood. Speaking clearly is also essential, particularly in a healthcare setting where precise communication is crucial for providing quality care. This approach allows the nursing assistant to convey information effectively, ensuring that the client feels heard and valued. While engaging in small talk can help establish rapport, it may not be as effective for someone who is shy, as it requires a level of confidence that the individual might not possess yet. Asking personal questions may make both the assistant and the client uncomfortable, particularly if boundaries are not yet established. Speaking loudly might give a false impression of confidence and can come off as aggressive or intimidating, which is not conducive to effective, compassionate communication. Therefore, prioritizing careful listening and clear speech lays a solid foundation for developing strong communication skills.

2. What increases the risk of choking in older individuals?

- A. Consuming soft foods**
- B. Having strong jaw muscles**
- C. Wearing properly fitting dentures**
- D. Having healthy teeth**

Wearing properly fitting dentures is important for older individuals because ill-fitting dentures can lead to problems with chewing and swallowing. When dentures do not fit well, they can become loose during eating, which increases the risk of difficulty in breaking down food effectively. This can lead to improperly chewed food being swallowed, making choking more likely. In contrast, consuming soft foods, having strong jaw muscles, and having healthy teeth can contribute to better chewing efficiency and reduce the risk of choking. Soft foods are generally easier to swallow, and strong jaw muscles, along with healthy teeth, aid in the proper breakdown of food, contributing to safer eating habits. Therefore, the significance of properly fitting dentures directly relates to the risk of choking among older adults.

3. Why is it important to prevent pressure ulcers from forming?

- A. They can cause itching**
- B. They can lead to disfigurement**
- C. They are difficult to treat**
- D. They result in hair loss**

Preventing pressure ulcers is crucial because they are not only challenging to treat, but they can also lead to severe complications, including infections and systemic issues. Once a pressure ulcer develops, it requires intense medical attention and can impede the recovery of a patient's overall health. Treatment often involves pain management, wound care, and possible surgical intervention, which can extend a patient's hospital stay and lead to further health complications. Consequently, preventing their occurrence is much more effective and beneficial for patient outcomes than dealing with treatment after they develop.

4. 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.

5. What action should a nursing assistant take to empty a Foley catheter drainage bag?
- A. Open the cap at the bottom of the bag and allow urine to spill onto the floor
 - B. Unclamps the emptying spout on the urine drainage bag to allow urine to drain into a graduate on the floor**
 - C. Shake the bag to expedite the drainage process
 - D. Leave the bag as is without emptying it

To empty a Foley catheter drainage bag properly, the nursing assistant should unclamp the emptying spout on the urine drainage bag to allow the urine to drain into a graduate container. This method ensures that the urine is collected in a controlled and sanitary manner without risking spillage or contamination. Option A is incorrect as allowing urine to spill onto the floor is unsanitary and can lead to contamination. Option C is incorrect as shaking the bag can cause damage to the catheter or introduce air bubbles into the system. Option D is incorrect as leaving the bag full without emptying it can lead to potential complications for the patient.

6. Why is it important for a nursing assistant to apply TED stockings?
- A. To improve vision
 - B. To promote relaxation
 - C. To prevent falls
 - D. To prevent the formation of blood clots in the lower legs**

The correct choice highlights the primary purpose of applying TED stockings, which is to prevent the formation of blood clots in the lower legs. TED stockings, or thromboembolic deterrent stockings, are specially designed to provide graduated compression that encourages blood flow in the veins of the legs. This compression helps to reduce the risk of blood clots, particularly in patients who are immobile, recovering from surgery, or have other conditions that may increase their risk. The importance of this intervention lies in how blood clots can lead to serious complications, such as deep vein thrombosis (DVT) or pulmonary embolism. By wearing TED stockings, patients can significantly decrease their likelihood of experiencing these dangerous conditions, thereby enhancing their overall health outcomes.

7. What does AMA stand for?

- A. Against Medical Advice**
- B. Alternative Medicine Application**
- C. Advanced Medical Assessment**
- D. Absolutely Medical Accuracy**

The correct answer is "Against Medical Advice." This term is commonly used in healthcare to describe a situation where a patient chooses to leave a medical facility or discontinue treatment against the recommendations of their healthcare provider. This choice can pose significant risks to the patient, as they may not fully understand the potential consequences of leaving treatment unfinished or prematurely. Understanding this term is crucial for healthcare workers, including Certified Nursing Assistants (CNAs), because it highlights the importance of patient education and ensuring that patients are fully informed about their health decisions. It also emphasizes the necessity for healthcare providers to document such instances carefully to protect themselves legally and to ensure continuity of care. The other options represent terms or phrases that do not have standard recognition in the same context as AMA. While alternative medicine and advanced medical assessments are relevant topics in the medical field, they are not widely associated with the acronym "AMA." Thus, it's clear that "Against Medical Advice" is the widely accepted and recognized meaning in a healthcare context.

8. What is the unit of measurement to record a person's height?

- A. Centimeters**
- B. Feet**
- C. Meters**
- D. Inches**

The unit of measurement commonly used to record an individual's height is typically inches, especially in the United States. This is because many medical practices and healthcare environments in the U.S. use the imperial system for height, where measurements are expressed in feet and inches. For example, a person might be recorded as being 5 feet 8 inches tall, which is more familiar and accessible for most individuals in this region. While feet, centimeters, and meters are also valid units for measuring height, inches provides a more standardized and widely accepted format in many healthcare settings. In other parts of the world, centimeters and meters are often used, especially in metric systems, but in the context of this question, inches is the most prevalent choice in practice.

9. What condition does an adult have with a consistent blood pressure measurement of 150/90?

A. Hypotension

B. Hypertension

C. Normotension

D. Hypertensive crisis

A consistent blood pressure measurement of 150/90 indicates that the adult is experiencing hypertension, which is characterized by elevated blood pressure levels. The American Heart Association defines hypertension as having a systolic blood pressure of 130 mm Hg or higher, or a diastolic blood pressure of 80 mm Hg or higher. Since this measurement exceeds those thresholds, particularly the systolic reading, it confirms a diagnosis of hypertension. This condition may require lifestyle changes or medical management to lower the blood pressure and reduce the risk of complications. The other conditions mentioned in the choices represent different states of blood pressure. Hypotension refers to abnormally low blood pressure, normotension indicates a normal blood pressure range, and a hypertensive crisis refers to severely elevated blood pressure that can lead to organ damage, typically defined as a systolic blood pressure over 180 mm Hg or diastolic pressure over 120 mm Hg, which is not the case here.

10. Which government program is designed to help people with low incomes pay for health care?

A. Medicare

B. Medicaid

C. Medigap

D. Mediassist

The correct choice is Medicaid, a government program specifically designed to assist individuals and families with low incomes in accessing affordable health care. Medicaid offers a range of services, including hospital stays, doctor visits, long-term care, preventive services, and more, thereby ensuring that those with limited financial resources can obtain necessary medical care without incurring overwhelming costs. Medicaid is funded jointly by the federal and state governments, and eligibility requirements often vary by state but generally focus on income and household size. This program plays a crucial role in supporting vulnerable populations, including children, pregnant women, individuals with disabilities, and the elderly. In contrast, Medicare is aimed at providing health care coverage primarily for seniors aged 65 and older, as well as some younger individuals with disabilities. Medigap is a supplementary insurance designed to fill the gaps in coverage that Medicare does not cover, and Mediassist is not a widely recognized program. Thus, Medicaid is clearly positioned as the appropriate choice for aiding those with low incomes in paying for health 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.

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!