

CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 is the main function of the cardiovascular system?**
 - A. Regulate body temperature
 - B. Convert food into energy
 - C. Maintain balance of body fluids
 - D. Transport oxygen, nutrients and other substances to tissues and remove carbon dioxide and other wastes from tissues
- 2. What is sundowning?**
 - A. Increased confusion, restlessness, and insecurity that occur late in the day
 - B. A time for residents to enjoy the sunset view
 - C. A type of exercise program for the elderly
 - D. A gardening activity in the afternoon
- 3. Which of the following should be done when providing perineal care?**
 - A. Use scented soaps for a pleasant experience.
 - B. Skip asking for consent to save time.
 - C. Rinse away all the soap and dry thoroughly, ask the person's consent before beginning, and use standard precautions.
 - D. Rub vigorously to ensure cleanliness.
- 4. The most common way of getting HBV and HIV is having what type of sexual intercourse?**
 - A. Anal
 - B. Oral
 - C. Unprotected
 - D. Protected
- 5. What should a nursing assistant prioritize when learning how to communicate effectively with clients?**
 - A. Avoiding eye contact to respect privacy
 - B. Projecting authority in speech
 - C. Providing personal opinions to engage the clients
 - D. Listen carefully and speak clearly

6. When involved in conflict, the best way to express why you are upset is to use "I" rather than "you" messages.
- A. Hand
 - B. Subjective
 - C. True
 - D. Standard
7. How far should a rectal thermometer be placed into the rectum of an adult patient?
- A. 1/2 inch
 - B. 1 inch
 - C. 2 inches
 - D. 3 inches
8. Who is not permitted to use nail clippers to trim a resident's toenails in long-term care?
- A. Registered nurse
 - B. Nursing assistant
 - C. Physical therapist
 - D. Occupational therapist
9. A nursing assistant can help meet a dying person's emotional needs by:
- A. Being distant and avoiding conversations
 - B. Only focusing on physical care
 - C. Providing emotional support and listening
 - D. Following a strict routine without interactions
10. A nursing assistant has begun working at a large long-term care facility that has many residents. The nursing assistant should expect the largest proportion of residents will be living with which health problem?
- A. Heart Disease
 - B. Diabetes
 - C. Cancer
 - D. Dementia

Answers

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

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Explanations

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1. What is the main function of the cardiovascular system?

- A. Regulate body temperature
- B. Convert food into energy
- C. Maintain balance of body fluids
- D. Transport oxygen, nutrients and other substances to tissues and remove carbon dioxide and other wastes from tissues**

The main function of the cardiovascular system is to transport oxygen, nutrients, and other essential substances to tissues while also facilitating the removal of carbon dioxide and metabolic wastes from those same tissues. This intricate system, comprising the heart, blood vessels, and blood, plays a critical role in sustaining life by ensuring that every cell in the body receives the necessary materials for metabolism and energy production. Oxygen, carried by red blood cells from the lungs, is vital for cellular respiration—the process through which cells generate energy. Alongside oxygen, nutrients obtained from the digestive system, such as glucose, vitamins, and minerals, are also delivered to cells for various biochemical processes. Additionally, the cardiovascular system is responsible for transporting waste products, like carbon dioxide, generated during cellular activity, back to the lungs for exhalation. This dynamic exchange is essential for maintaining homeostasis and overall health. The other options represent functions that are important to the body but are not the primary role of the cardiovascular system. Regulating body temperature involves a variety of mechanisms, including vasodilation and vasoconstriction, but it is not the cardiovascular system's main function. Converting food into energy is primarily a metabolic process handled by the digestive system and the cells. Maintaining the balance of

2. What is sundowning?

- A. Increased confusion, restlessness, and insecurity that occur late in the day**
- B. A time for residents to enjoy the sunset view
- C. A type of exercise program for the elderly
- D. A gardening activity in the afternoon

Sundowning refers specifically to a phenomenon often observed in individuals with dementia or other cognitive impairments, where they experience increased confusion, restlessness, and insecurity during the late afternoon and evening hours. This behavior is thought to be influenced by changes in the environment, fatigue, or decreased lighting, which may exacerbate feelings of confusion and anxiety. Recognizing sundowning is important for caregivers to provide appropriate support and calming strategies to help manage these symptoms effectively, ensuring a more peaceful transition into the evening. The other options do not capture the nature of this phenomenon; instead, they suggest activities or scenarios unrelated to the cognitive challenges faced by individuals during this time.

3. Which of the following should be done when providing perineal care?

- A. Use scented soaps for a pleasant experience.
- B. Skip asking for consent to save time.
- C. Rinse away all the soap and dry thoroughly, ask the person's consent before beginning, and use standard precautions.**
- D. Rub vigorously to ensure cleanliness.

The correct approach when providing perineal care is to ensure that the individual's privacy and dignity are maintained throughout the process. This involves asking for consent before starting the procedure, which is essential for respecting the individual's autonomy and comfort. Additionally, using standard precautions helps prevent infections and ensures safety for both the caregiver and the patient. Rinsing away all soap and drying the area thoroughly are critical steps to avoid skin irritation and promote hygiene. This careful attention to hygiene not only helps in keeping the area clean but also prevents potential complications such as urinary tract infections or skin breakdown. In contrast, using scented soaps can lead to allergic reactions or irritations, skipping consent disregards the patient's rights, and rubbing vigorously can damage sensitive skin, rather than promote cleanliness. Each of these actions emphasizes the importance of a respectful, safe, and hygienic approach to personal care tasks.

4. The most common way of getting HBV and HIV is having what type of sexual intercourse?

- A. Anal
- B. Oral
- C. Unprotected**
- D. Protected

The correct choice highlights that the most prevalent means of transmitting Hepatitis B Virus (HBV) and Human Immunodeficiency Virus (HIV) is through unprotected sexual intercourse. This refers to sexual activities that do not involve the use of barrier methods, such as condoms, which significantly reduce the risk of transmission for these infections. Unprotected intercourse exposes individuals to bodily fluids that may carry these viruses, increasing the likelihood of infection. Both HBV and HIV can be present in blood, semen, vaginal fluids, and breast milk, making unprotected sexual activities a primary route for their transmission. While anal and oral intercourse can also transmit these viruses, the overall risk of transmission during unprotected sexual activity encompasses all types of intercourse, thereby making it the most common method through which these infections are spread. Protected intercourse, which involves the use of condoms or other barriers, greatly decreases the risk of transmission and is considered a preventive measure against these diseases.

5. What should a nursing assistant prioritize when learning how to communicate effectively with clients?

- A. Avoiding eye contact to respect privacy
- B. Projecting authority in speech
- C. Providing personal opinions to engage the clients

D. Listen carefully and speak clearly

The choice to prioritize listening carefully and speaking clearly is essential for effective communication with clients. This approach fosters a supportive environment where clients feel heard and understood. Active listening ensures that the assistant fully grasps the client's needs and concerns, while clear speech helps convey information in a way that is easy for clients to comprehend. This mutual understanding ultimately builds trust and rapport, which is crucial in healthcare settings. Establishing clear communication can also help in assessing the client's condition more accurately and providing better care, as it encourages clients to express their thoughts and feelings openly. Ultimately, prioritizing listening and clarity enhances the overall quality of care and client satisfaction.

6. When involved in conflict, the best way to express why you are upset is to use "I" rather than "you" messages.

- A. Hand
- B. Subjective

C. True

D. Standard

Your answer is correct. Using "I" messages allows individuals to express their feelings and perspectives in a way that promotes understanding and reduces defensiveness. For example, saying "I feel upset when..." focuses on your feelings and experiences, rather than placing blame or making accusations with "you" messages, which can escalate conflict. This approach encourages open communication and helps to resolve issues more collaboratively. The concept of "I" versus "you" messages is foundational in conflict resolution and interpersonal communication, especially in caregiving roles, where maintaining a positive environment is crucial. By expressing feelings through "I" messages, you foster a more constructive dialogue and encourage empathy from others.

7. How far should a rectal thermometer be placed into the rectum of an adult patient?

- A. 1/2 inch
- B. 1 inch**
- C. 2 inches
- D. 3 inches

Placing a rectal thermometer correctly is important for accurate readings and patient safety. For an adult patient, the thermometer should be inserted about 1 inch into the rectum. This depth is sufficient to ensure that the thermometer reaches the area where the temperature can be accurately measured without causing discomfort or injury to the patient. Inserting the thermometer deeper than 1 inch, like 2 or 3 inches, can increase the risk of injury to the rectal lining or other anatomical structures. Inserting it less than 1 inch, such as 1/2 inch, may not yield an accurate reading, as the thermometer might not be in the correct position to measure the core body temperature effectively. Thus, the recommended insertion depth of 1 inch strikes a balance between achieving an accurate measurement and ensuring patient safety.

8. Who is not permitted to use nail clippers to trim a resident's toenails in long-term care?

- A. Registered nurse
- B. Nursing assistant**
- C. Physical therapist
- D. Occupational therapist

In long-term care settings, the responsibilities associated with personal care tasks, including the use of nail clippers for trimming toenails, are often delineated by the scope of practice for different healthcare professionals. Nursing assistants typically assist residents with daily living activities, but trimming toenails is often restricted due to the potential for complications such as cuts, infections, or other issues that may arise from improper technique or lack of training in handling specific conditions, such as diabetes or circulatory problems. Registered nurses, physical therapists, and occupational therapists are all trained to handle a broader range of interventions, including foot care, especially in patients who might have more intricate medical needs. Registered nurses possess the education and experience to ensure that toenail trimming is done safely, taking into account any medical conditions present. Physical therapists and occupational therapists may also engage in foot-related care through their rehabilitation activities, including assessing foot health and providing appropriate interventions. Given these considerations, the nursing assistant is generally not permitted to use nail clippers for this task in long-term care, as it falls outside their designated scope of practice and training. This regulation ensures that residents' care is performed by professionals with the appropriate skills to minimize risks and promote safety.

9. A nursing assistant can help meet a dying person's emotional needs by:

- A. Being distant and avoiding conversations
- B. Only focusing on physical care
- C. Providing emotional support and listening**
- D. Following a strict routine without interactions

The correct choice emphasizes the importance of providing emotional support and being an active listener for a dying person. As individuals approach the end of life, they often experience a wide range of emotions, including fear, sadness, and a need for connection. By offering emotional support, the nursing assistant helps to create a safe and comforting environment that allows the dying person to express their feelings and thoughts. Listening actively shows that the caregiver values the person's experiences and emotions, which can be incredibly reassuring during such a vulnerable time. This kind of interaction not only enhances the emotional well-being of the individual but can also foster a sense of dignity and respect at the end of life. Through compassionate engagement, the nursing assistant plays a crucial role in addressing the holistic needs of the patient, which include both physical and emotional aspects.

10. A nursing assistant has begun working at a large long-term care facility that has many residents. The nursing assistant should expect the largest proportion of residents will be living with which health problem?

A. Heart Disease

B. Diabetes

C. Cancer

D. Dementia

Dementia is indeed the most prevalent health problem among residents in long-term care facilities. This condition, which encompasses a range of cognitive impairments affecting memory, thinking, and social abilities, significantly impacts the elderly population, many of whom reside in such facilities. Statistics show that a substantial percentage of long-term care residents have some form of dementia, including Alzheimer's disease. While heart disease, diabetes, and cancer are also common health issues among older adults, dementia often requires specialized care and supervision, making it a frequent diagnosis in long-term care settings. The need for assistance with daily living activities and the management of behavioral changes associated with dementia further contribute to its prominence in these environments. Caring for residents with dementia requires specific skills and an understanding of their unique needs, which is why nursing assistants in these facilities should be particularly attuned to this health problem.

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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!

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