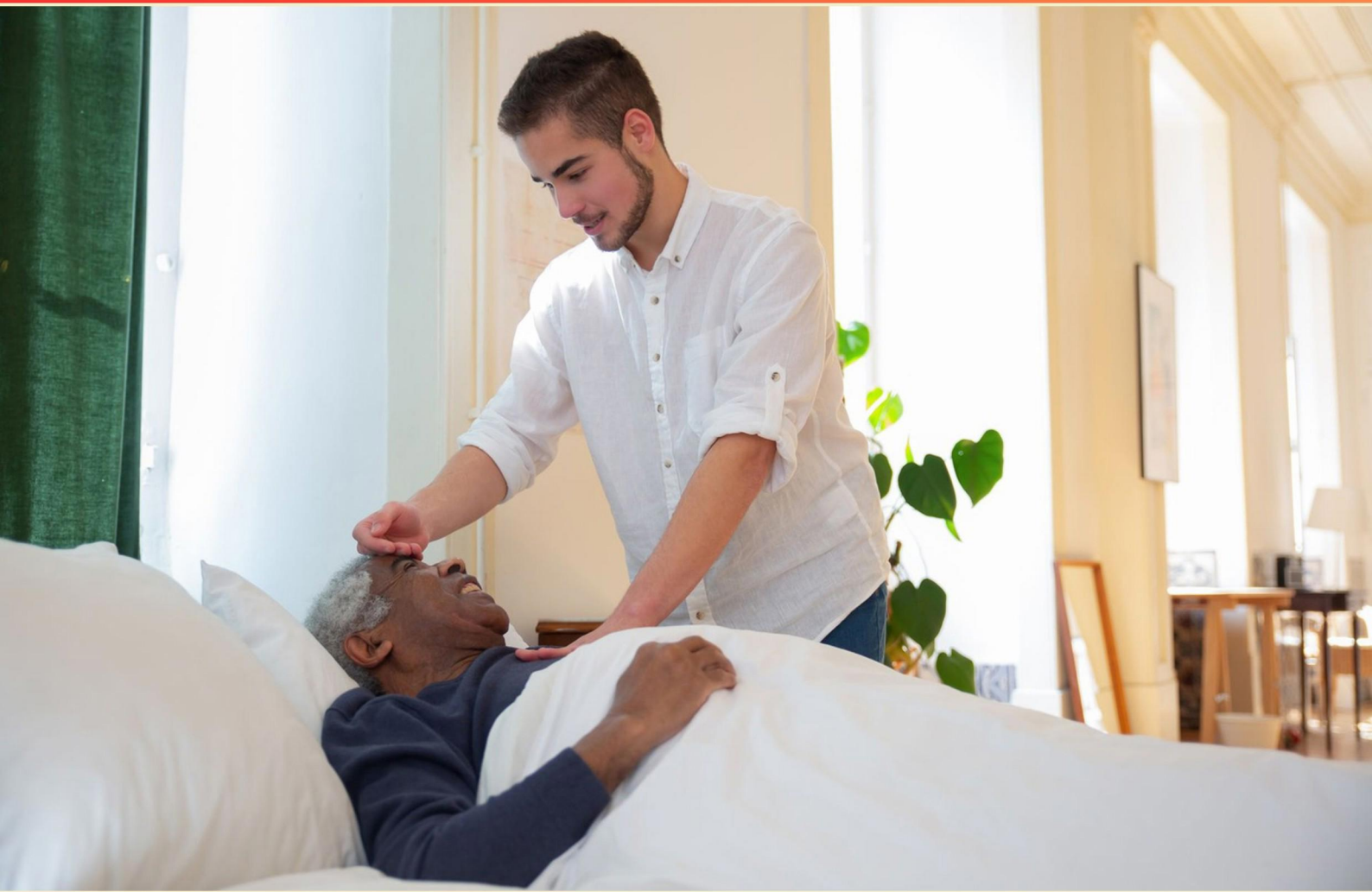


CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://certifiednursingassistant.examzify.com>



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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. Which of the following can be used to treat and control pain?**
 - A. Physical restraints
 - B. Psychological counseling
 - C. Medications such as aspirin and morphine, back massage, heat and cold applications
 - D. Music therapy only
- 2. What can happen if you forget to pull the foreskin back up over the head of the penis of a male patient who has NOT been circumcised?**
 - A. The foreskin can create a band around the penis causing pain, and possible tissue damage.
 - B. The penis may become more sensitive.
 - C. The foreskin may retract naturally over time.
 - D. The penis may elongate due to reduced blood flow.
- 3. How should a nursing assistant assist a resident who has weak swallowing abilities?**
 - A. Give the resident large portions of food to encourage swallowing
 - B. Place food on the weak side of the mouth
 - C. Use a straw instead of a cup for liquids
 - D. Give the resident thickened liquids as prescribed
- 4. It is important to notify your employer verbally when you want to resign from your job.**
 - A. True
 - B. False
 - C. Sometimes
 - D. Case-by-case
- 5. Which signs may cause concern and suspicion of potential abuse in a long-term care facility?**
 - A. Constant monitoring by staff
 - B. Regular meal delivery
 - C. Good personal hygiene
 - D. Poor personal hygiene, weight loss, unexplained bruises, and chafing

- 6. What is the purpose of the opening at the toes of a TEDS stockings?**
- A. To allow for inspection of the persons toes for color and oxygenation.
 - B. To prevent slipping of the stockings.
 - C. To improve blood circulation in the toes.
 - D. To provide space for toe exercises.
- 7. What act set standards of care in nursing homes and required the residents' needs to be addressed?**
- A. Medicare Act
 - B. Affordable Care Act
 - C. Omnibus Budget Reconciliation Act (OBRA)
 - D. Healthy People 2020
- 8. If a nurse asks you to place a patient in the semi-Fowler's position during tube feeding, how many degrees should the head of the bed be elevated?**
- A. 15 degrees
 - B. 30 degrees
 - C. 45 degrees
 - D. 60 degrees
- 9. If a patient's weight has increased by 4 pounds over the past 72 hours, what does this indicate?**
- A. Weight loss
 - B. Muscle gain
 - C. Fluid accumulation
 - D. Bone density increase
- 10. Which legislation was passed in response to public concern over increasing numbers of on-the-job injuries and deaths?**
- A. OSHA
 - B. OSAC
 - C. OSRA
 - D. OSTA

Answers

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

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Explanations

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1. Which of the following can be used to treat and control pain?

- A. Physical restraints
- B. Psychological counseling
- C. Medications such as aspirin and morphine, back massage, heat and cold applications**
- D. Music therapy only

Medications such as aspirin and morphine are widely used to manage pain effectively. Aspirin is a non-opioid analgesic that reduces pain and inflammation, while morphine is a powerful opioid analgesic for severe pain relief. Back massage, heat, and cold applications also play significant roles in pain management, as they can alleviate discomfort and reduce muscle tension. This combination of pharmacological and non-pharmacological methods offers a comprehensive approach to pain management, making it the most effective choice for treating and controlling pain. Other options are less effective for direct pain management. While psychological counseling can help manage pain by addressing the emotional aspects, it does not specifically treat the physical sensation of pain itself. Physical restraints are typically inappropriate in the context of pain treatment and may even exacerbate distress. Music therapy, while beneficial for emotional well-being and relaxation, is not a standalone treatment for pain but can be a complementary approach.

2. What can happen if you forget to pull the foreskin back up over the head of the penis of a male patient who has NOT been circumcised?

- A. The foreskin can create a band around the penis causing pain, and possible tissue damage.**
- B. The penis may become more sensitive.
- C. The foreskin may retract naturally over time.
- D. The penis may elongate due to reduced blood flow.

The correct answer identifies a significant health concern associated with neglecting to pull the foreskin back up over the penis of an uncircumcised male patient. If the foreskin is left retracted, it can lead to a condition known as paraphimosis. In this situation, the foreskin becomes trapped behind the head of the penis, which can constrict blood flow and create pressure. This, in turn, may cause significant pain and potentially result in tissue damage or necrosis if not addressed promptly. While the other options address potential changes in sensitivity or anatomical conditions, they do not adequately reflect the immediate medical risks involved with failing to properly care for the foreskin. Understanding this condition emphasizes the importance of ensuring that any patient care practices concerning the genital area are performed with thoroughness to avoid complications.

3. How should a nursing assistant assist a resident who has weak swallowing abilities?

- A. Give the resident large portions of food to encourage swallowing
- B. Place food on the weak side of the mouth
- C. Use a straw instead of a cup for liquids
- D. Give the resident thickened liquids as prescribed**

The choice to provide thickened liquids as prescribed is essential for residents with weak swallowing abilities, also known as dysphagia. Thickened liquids can help reduce the risk of aspiration, where food or liquid enters the airway instead of the esophagus, which can lead to severe complications such as choking or pneumonia. These liquids move more slowly and are easier for individuals with swallowing difficulties to manage, allowing for better control and reducing the likelihood of them being overwhelmed by the fluid. Using a straw or providing large portions of food can lead to aspiration, and placing food on the weak side may not offer the necessary support for effective swallowing. It's crucial to follow specific dietary recommendations and adjustments to ensure the safety and well-being of residents with compromised swallowing abilities.

4. It is important to notify your employer verbally when you want to resign from your job.

- A. True
- B. False**
- C. Sometimes
- D. Case-by-case

The most appropriate understanding is that when planning to resign from a job, it is indeed important to notify your employer verbally, in addition to providing a written notice. This approach allows for a professional conversation regarding your departure, clarifying any immediate concerns or questions, and signifies respect for the workplace and the employer. Verbal notice provides a chance for you and your employer to discuss your reasons for leaving, address any potential transitions, and ensure that both parties are clear on the next steps. While some circumstances might allow for a less formal announcement, the norm in most professional settings favors clear communication through both verbal and written means. Therefore, the notion that it's important to notify your employer verbally aligns with the standard professional etiquette expected during the resignation process.

5. Which signs may cause concern and suspicion of potential abuse in a long-term care facility?

- A. Constant monitoring by staff
- B. Regular meal delivery
- C. Good personal hygiene
- D. Poor personal hygiene, weight loss, unexplained bruises, and chafing**

The signs that indicate potential abuse in a long-term care facility are poor personal hygiene, weight loss, unexplained bruises, and chafing. These symptoms can suggest neglect or physical abuse, as they reflect a deterioration in the individual's usual self-care and well-being. Poor personal hygiene can be a red flag, as it may indicate that the resident is not receiving the care they need. Weight loss can also signal neglect, either due to a lack of proper nutrition or mental health issues that prevent the individual from eating adequately. Unexplained bruises can imply physical abuse, raising serious concerns about the safety of the resident. Chafing may be associated with inadequate care, often seen when a resident is not being turned regularly or is left in soiled clothing for prolonged periods. These combined indicators warrant immediate attention and investigation to ensure the resident's safety and well-being.

6. What is the purpose of the opening at the toes of a TEDS stockings?

- A. To allow for inspection of the persons toes for color and oxygenation.**
- B. To prevent slipping of the stockings.
- C. To improve blood circulation in the toes.
- D. To provide space for toe exercises.

The correct answer is focused on the primary purpose of the opening at the toes of TEDS stockings, which is to allow for inspection of the person's toes for color and oxygenation. This feature is crucial for healthcare providers, as it enables them to monitor the condition of the toes easily. By being able to visually assess the toes, caregivers can detect any signs of inadequate blood flow, discoloration, or other complications that may arise while the stockings are being used. Regular inspection helps in ensuring that the patient is not experiencing any adverse effects from the compression of the stockings. The other options, while they may seem logical, do not align with the main function of the toe opening in TEDS stockings. For instance, the idea that the opening helps to prevent slipping does not directly relate to its intended purpose, nor does it contribute to the primary goal of monitoring toe health. Additionally, improving blood circulation in the toes is not a direct function of the openings, as TEDS stockings work by providing graduated compression; the focus is on the legs. Finally, providing space for toe exercises is not a recognized purpose of TEDS stockings, as their design primarily centers on compression rather than movement facilitation. Thus, recognizing the need for toe inspection underscores the essential aspect of

7. What act set standards of care in nursing homes and required the residents' needs to be addressed?

- A. Medicare Act
- B. Affordable Care Act
- C. Omnibus Budget Reconciliation Act (OBRA)**
- D. Healthy People 2020

The correct answer is the Omnibus Budget Reconciliation Act (OBRA). This legislation, enacted in 1987, established specific standards of care and quality for nursing homes to ensure that the needs of residents are met adequately. OBRA introduced important regulations that focus on improving the quality of life for residents, including the requirement for personalized care plans based on individual assessments. It emphasizes that nursing homes must provide care that meets the physical, emotional, and social needs of residents, enhancing their dignity and quality of life. The other options do contribute significantly to healthcare but do not specifically address standards of care in nursing homes. The Medicare Act primarily focused on health insurance for individuals over 65 and some younger people with disabilities, while the Affordable Care Act aimed at expanding health insurance coverage and improving healthcare access. Healthy People 2020 was a public health initiative focusing on improving the health of Americans overall, but it does not set care standards for nursing homes specifically.

8. If a nurse asks you to place a patient in the semi-Fowler's position during tube feeding, how many degrees should the head of the bed be elevated?

- A. 15 degrees
- B. 30 degrees**
- C. 45 degrees
- D. 60 degrees

The semi-Fowler's position involves elevating the head of the bed to an angle of approximately 30 degrees. This position is particularly beneficial during tube feeding because it helps to reduce the risk of aspiration and promotes better digestion. By maintaining this elevation, the esophagus is positioned in a way that minimizes the chances of reflux, allowing for a more comfortable and safe feeding process for the patient. In contrast, other angles like 15 degrees may not provide enough elevation for optimal safety, while 45 degrees and 60 degrees may be more in line with the Fowler's position, which is typically reserved for different clinical indications or patient comfort.

9. If a patient's weight has increased by 4 pounds over the past 72 hours, what does this indicate?

- A. Weight loss
- B. Muscle gain
- C. Fluid accumulation**
- D. Bone density increase

An increase in a patient's weight by 4 pounds over a short period, such as 72 hours, typically indicates fluid accumulation. Rapid weight gain is often associated with changes in body fluid levels rather than changes in muscle mass, bone density, or fat. Conditions such as heart failure, kidney issues, or certain medications can cause the body to retain excess fluid, leading to noticeable weight gain. Monitoring weight changes is crucial in a healthcare setting, as it can provide important insights into a patient's health status and the effectiveness of treatments.

10. Which legislation was passed in response to public concern over increasing numbers of on-the-job injuries and deaths?

- A. OSHA**
- B. OSAC
- C. OSRA
- D. OSTA

The correct choice is OSHA, which stands for the Occupational Safety and Health Administration. This legislation was established in response to growing public concern about the significant number of workplace injuries and fatalities that were occurring during the time. OSHA was created to set and enforce standards to ensure safe and healthy working conditions for employees. It aims to reduce hazards in the workplace through regulations, inspections, and education on occupational safety. The other options do not pertain specifically to workplace safety legislation in the context of addressing injuries and deaths. OSHA's establishment marked a pivotal shift towards prioritizing worker safety and health, making it a key piece of legislation in the realm of occupational safety.

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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