

# Certified Nursing Assistant (CNA) Prometric 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. Which type of temperature measurement is considered the most common?**
  - A. Rectal**
  - B. Axillary**
  - C. Oral**
  - D. Tympanic**
- 2. What should a nurse aide do if a resident expresses feelings of loneliness?**
  - A. Encourage them to spend more time alone**
  - B. Offer to sit and talk with them or engage in an activity**
  - C. Dismiss their feelings as normal**
  - D. Suggest they talk to a family member**
- 3. When a client expresses feelings of punishment from a higher power, how should the nursing assistant respond?**
  - A. Suggest they see a psychologist**
  - B. Listen quietly**
  - C. Dismiss their feelings**
  - D. Encourage them to pray**
- 4. When a bedbound patient complains about clutter and requests cleaning, what is an appropriate response from the CNA?**
  - A. I can't help, I'm too busy**
  - B. I'll clean it up later**
  - C. I would be happy to clean up for you**
  - D. That's not my responsibility**
- 5. What is the primary goal of palliative care for a dying resident?**
  - A. To provide aggressive physical treatment**
  - B. To ensure a peaceful and comfortable end-of-life experience**
  - C. To focus on curing the illness**
  - D. To facilitate hospital transfers**

**6. Which of the following is an effective way for CNAs to communicate with patients?**

- A. Use medical jargon to explain procedures**
- B. Be mindful of body language and tone of voice**
- C. Communicate loudly to be heard**
- D. Only write messages to patients**

**7. What is the normal range for respiratory rate in adults?**

- A. 10 to 15 breaths per minute**
- B. 12 to 20 breaths per minute**
- C. 20 to 25 breaths per minute**
- D. 25 to 30 breaths per minute**

**8. When assisting a blind resident to walk, how should the nurse aide approach the situation?**

- A. Encourage the resident to use a walker for better stability**
- B. Guide the resident without any assistive devices**
- C. Ban the use of a walker due to space constraints**
- D. Walk beside the resident without giving directions**

**9. The nurse aide sees a newly admitted resident sitting alone in his room. What should the nurse aide do?**

- A. Leave him alone to rest**
- B. Ask the resident if he would like to join the activity in the next room**
- C. Inform the nurse about the resident's behavior**
- D. Suggest reading a book**

**10. A resident is found crawling over the side rails trying to get out of bed. After helping the resident into a safe position, what is the next action?**

- A. Call for assistance immediately**
- B. Ask questions to the resident to see what he needs**
- C. Notify the resident's family**
- D. Check the resident's vital signs**

## **Answers**

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

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## **Explanations**

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**1. Which type of temperature measurement is considered the most common?**

- A. Rectal**
- B. Axillary**
- C. Oral**
- D. Tympanic**

The most common type of temperature measurement is oral. This method is widely used due to its balance of accuracy and ease of use. Measuring temperature orally typically provides a good reflection of the body's core temperature and is non-invasive, making it suitable for both adults and children who are able to hold the thermometer under their tongue properly. Oral temperature readings are also generally quick and can be performed using digital thermometers, which are easy to sanitize and safe when used correctly. This method is particularly preferred in clinical settings and home care because it can be done comfortably and effectively. Other methods like rectal, axillary, and tympanic are also used, but they may have specific contexts or populations where they are most appropriate. Rectal measurements, while accurate, are more invasive and usually reserved for specific situations such as in infants or when a more precise measurement is necessary. Axillary readings are often less reliable and can be influenced by environmental factors, while tympanic measurements, though quick, can require proper technique to ensure an accurate reading.

**2. What should a nurse aide do if a resident expresses feelings of loneliness?**

- A. Encourage them to spend more time alone**
- B. Offer to sit and talk with them or engage in an activity**
- C. Dismiss their feelings as normal**
- D. Suggest they talk to a family member**

When a resident expresses feelings of loneliness, the most supportive response is to offer to sit and talk with them or engage in an activity. This approach is key to addressing their emotional needs and enhances their sense of connection and well-being. By providing companionship, the nurse aide can help alleviate feelings of isolation, encourage the resident to share their thoughts and feelings, and offer emotional support, which can significantly improve the resident's mood and overall quality of life. Engaging in conversations or activities helps foster a sense of belonging and community, which is vital for individuals who may feel alone. It allows the resident to feel valued and heard, reinforcing the importance of social interaction in improving mental health and emotional well-being. Other options, such as encouraging the resident to spend more time alone, may inadvertently exacerbate feelings of loneliness and isolation. Dismissing their feelings as normal can minimize their experience and contribute to a lack of understanding and support. While suggesting they talk to a family member could be beneficial in some circumstances, it may not provide immediate emotional support in the moment when the resident is expressing a need for connection.

**3. When a client expresses feelings of punishment from a higher power, how should the nursing assistant respond?**

- A. Suggest they see a psychologist**
- B. Listen quietly**
- C. Dismiss their feelings**
- D. Encourage them to pray**

Listening quietly is an appropriate response when a client expresses feelings of punishment from a higher power. This approach acknowledges the client's emotions without judgment or interruption, providing them with a safe space to share their thoughts. This practice demonstrates empathy and support, which is crucial in establishing trust and rapport in a healthcare setting. Through active listening, the nursing assistant can help the client feel heard and understood, which may alleviate some of their distress. This supportive interaction aligns with the principles of patient-centered care, where the focus is on the individual's feelings and experiences. Instead of trying to provide solutions or advice, simply listening can be a powerful way to show that their concerns are valid and important.

**4. When a bedbound patient complains about clutter and requests cleaning, what is an appropriate response from the CNA?**

- A. I can't help, I'm too busy**
- B. I'll clean it up later**
- C. I would be happy to clean up for you**
- D. That's not my responsibility**

An appropriate response in this situation is to express a willingness to help with the patient's request. A positive response reinforces the CNA's role in providing care and support, addressing the patient's concerns effectively. By saying, "I would be happy to clean up for you," the CNA demonstrates empathy and attentiveness to the patient's needs, which is crucial in fostering a supportive environment for those who are bedbound. Additionally, this response highlights the importance of communication and establishing rapport with patients. It shows that the CNA values the patient's comfort and dignity, acknowledging the discomfort that clutter can cause for someone who is unable to get up and address the situation themselves. This approach promotes trust and can enhance the patient's overall experience and satisfaction with the care they receive.

## 5. What is the primary goal of palliative care for a dying resident?

- A. To provide aggressive physical treatment
- B. To ensure a peaceful and comfortable end-of-life experience**
- C. To focus on curing the illness
- D. To facilitate hospital transfers

The primary goal of palliative care for a dying resident is to ensure a peaceful and comfortable end-of-life experience. Palliative care is centered on providing relief from the symptoms, pain, and stress that may accompany serious illness, rather than focusing solely on curative treatments. It aims to enhance the quality of life for both the patient and their family, allowing for dignity and comfort in the final stages of life. This approach encompasses not only physical care but also emotional and spiritual support, ensuring that the individual's needs and preferences are prioritized. In contrast, aggressive physical treatment would typically involve more invasive procedures aimed at prolonging life, which is not in line with the goals of palliative care. Focusing on curing the illness aligns with more aggressive medical treatments that are often not suitable or desired for someone in the dying process. Facilitating hospital transfers could be necessary in some cases, but the overarching intent of palliative care is to provide comfort and support rather than ensure transitions between medical facilities. Thus, prioritizing the resident's comfort and peace during their final moments is the essence of palliative care.

## 6. Which of the following is an effective way for CNAs to communicate with patients?

- A. Use medical jargon to explain procedures
- B. Be mindful of body language and tone of voice**
- C. Communicate loudly to be heard
- D. Only write messages to patients

Being mindful of body language and tone of voice is essential for effective communication with patients. Non-verbal cues, such as maintaining eye contact, leaning slightly forward, and using a warm smile, can help create a sense of trust and openness. Additionally, the tone of voice can convey empathy and understanding, influencing how patients perceive the information being shared with them. This approach ensures that patients feel comfortable expressing their concerns and questions, leading to better overall communication and a stronger patient-caregiver relationship. In contrast, using medical jargon can confuse patients and make them feel alienated. Communicating loudly may come across as aggressive or disrespectful, potentially intimidating the patient instead of fostering an environment of care. Solely writing messages may limit the interaction and emotional support that verbal communication provides, neglecting important non-verbal elements that contribute to effective engagement.

## 7. What is the normal range for respiratory rate in adults?

- A. 10 to 15 breaths per minute
- B. 12 to 20 breaths per minute**
- C. 20 to 25 breaths per minute
- D. 25 to 30 breaths per minute

The normal range for respiratory rate in adults is between 12 to 20 breaths per minute. This range reflects the typical breathing patterns of a healthy adult at rest. Respiratory rate can vary based on several factors such as activity level, health status, and emotional state, but in a stable condition, the 12 to 20 breaths per minute range is generally accepted as normal. The measurement of respiratory rate is an essential part of assessing a person's overall health and can indicate various medical conditions if it falls outside this range. A rate below 12 breaths per minute may suggest bradypnea, while a rate above 20 breaths per minute may suggest tachypnea, both of which can signify underlying health issues that might require further investigation. Understanding this normal range is vital for anyone involved in patient care, as it serves as a benchmark for recognizing respiratory distress or other complications.

## 8. When assisting a blind resident to walk, how should the nurse aide approach the situation?

- A. Encourage the resident to use a walker for better stability**
- B. Guide the resident without any assistive devices
- C. Ban the use of a walker due to space constraints
- D. Walk beside the resident without giving directions

When aiding a blind resident in walking, utilizing an assistive device such as a walker can significantly enhance their stability and safety. A walker provides extra support, allowing the resident to navigate their environment more confidently. This is particularly important for individuals with vision impairments, as they may have difficulty judging distances and detecting obstacles in their path. Encouraging the use of a walker can help mitigate the risk of falls, which is a critical concern for residents with visual impairments. It enables the resident to maintain a sense of independence while ensuring that they are supported as they move through their environment. In contrast, guiding the resident without an assistive device could lead to instability, and banning the use of the walker due to space constraints would remove an important safety measure. Walking beside the resident without offering guidance could also leave them vulnerable, as they may require direction to navigate effectively. Thus, promoting the use of a walker is the best approach for supporting the resident's mobility in a safe and effective manner.

**9. The nurse aide sees a newly admitted resident sitting alone in his room. What should the nurse aide do?**

- A. Leave him alone to rest**
- B. Ask the resident if he would like to join the activity in the next room**
- C. Inform the nurse about the resident's behavior**
- D. Suggest reading a book**

In this scenario, the most appropriate action is to ask the resident if he would like to join the activity in the next room. This approach promotes social interaction and encourages the resident to engage with others, which can be beneficial for their emotional well-being and overall comfort in their new environment. Socialization is an important aspect of life in a care facility, especially for newly admitted residents who may feel isolated or anxious about their new surroundings. By inviting the resident to participate in an activity, the nurse aide shows a willingness to include him and help him feel more connected and involved. This not only supports the resident's mental health but also fosters a sense of community in the facility. In contrast, leaving the resident alone to rest may not address potential feelings of loneliness or isolation. Informing the nurse about the resident's behavior might be appropriate if there were signs of distress or concerning actions, but in this case, a proactive approach to engaging the resident is preferable. Suggesting a book could provide a solitary activity, which may not effectively alleviate feelings of loneliness, especially for someone who may benefit more from social interaction at that moment.

**10. A resident is found crawling over the side rails trying to get out of bed. After helping the resident into a safe position, what is the next action?**

- A. Call for assistance immediately**
- B. Ask questions to the resident to see what he needs**
- C. Notify the resident's family**
- D. Check the resident's vital signs**

After helping the resident into a safe position, asking questions to the resident to see what he needs is a crucial next action. This approach facilitates communication and engages the resident, allowing them to express their feelings or desires. It's important to ascertain why the resident attempted to crawl out of bed in the first place, as it could indicate a need for assistance, a desire to use the restroom, or other discomforts.

Inquiring about the resident's needs not only helps address any immediate concerns but also promotes the resident's autonomy and dignity. Establishing open lines of communication strengthens the caregiver-resident relationship and can often provide insights into the resident's mental and emotional state, informing further care and interventions. The other options, while relevant in other contexts, do not specifically address the immediate need to understand the resident's intentions or needs. For instance, calling for assistance might be necessary at a later stage, and notifying the family may not be immediately relevant to the situation at hand. Checking vital signs, while important for assessing overall health, does not directly address the reason the resident was attempting to leave the bed. Prioritizing immediate communication with the resident enables a more tailored approach to 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-prometric.examzify.com>**

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

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