

CERTIFIED NURSING ASSISTANT (CNA) PROMETRIC PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What is the primary purpose of performing range-of-motion exercises?**
 - A. To tire the resident
 - B. To improve circulation and flexibility
 - C. To restrict movement for recovery
 - D. To reduce the need for physical therapy

- 2. What action should a certified nurse aide take after a change of address?**
 - A. Notify the resident they serve
 - B. Update their resume
 - C. Notify human resources department and nurse registry
 - D. Change their address online

- 3. What is the term for a device used to take the place of a missing body part?**
 - A. Orthotic
 - B. Prosthesis
 - C. Supportive device
 - D. Assistive technology

- 4. How should a nurse aide handle a resident demonstrating aggressive behavior?**
 - A. Confront the resident directly
 - B. Calmly redirect the resident's attention
 - C. Report the behavior immediately
 - D. Leave the resident alone

- 5. What should a CNA remember about older patients' skin?**
 - A. It is generally strong and resilient
 - B. It is often thick and can endure pressure
 - C. It is very thin and fragile
 - D. It is generally free of complications

- 6. When serving a gluten-free diet, which item must be removed from a resident's tray if found?**
- A. A piece of rice bread
 - B. A piece of wheat bread
 - C. A sandwich on rye
 - D. A biscuit made from cornmeal
- 7. What acronym is used to remember fire protocols?**
- A. F.L.A.M.E
 - B. S.A.F.E
 - C. R.A.C.E
 - D. C.A.L.M
- 8. Who is it appropriate for a nurse aide to share information about a client's status with?**
- A. The client's family
 - B. The staff on the next shift
 - C. The patient's doctor only
 - D. The facility administrator
- 9. Which practice is essential for infection control in a healthcare setting?**
- A. Wearing gloves when providing personal care
 - B. Using scented lotions to mask odors
 - C. Changing bed linens only once a week
 - D. Using alcohol wipes on resident's skin
- 10. Where should wrist restraints be secured after repositioning a patient?**
- A. To the nurse's station
 - B. To a non-moving part of the bed
 - C. To the patient's wrist
 - D. To the side rail of the bed

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the primary purpose of performing range-of-motion exercises?

- A. To tire the resident
- B. To improve circulation and flexibility**
- C. To restrict movement for recovery
- D. To reduce the need for physical therapy

The primary purpose of performing range-of-motion exercises is to improve circulation and flexibility. These exercises help maintain or enhance the mobility of the joints, which is essential for overall physical functioning. By encouraging movement through the full extent of joint motion, these exercises promote better blood flow, reduce stiffness, and prevent the loss of muscle strength. Improved circulation is particularly important for residents who may be less mobile due to illness or disability, as it can aid in the distribution of nutrients and the removal of waste products from the tissues. Enhancing flexibility through range-of-motion exercises also aids in preventing injuries and maintaining a higher quality of life for individuals. This is especially crucial for those at risk of developing conditions such as contractures, which can result from prolonged inactivity. By regularly performing these exercises, caregivers can support their residents' physical health and well-being.

2. What action should a certified nurse aide take after a change of address?

- A. Notify the resident they serve
- B. Update their resume
- C. Notify human resources department and nurse registry**
- D. Change their address online

When a certified nurse aide changes their address, it is essential to inform the human resources department and the nurse registry. This action is crucial because it ensures that all personal and professional records are accurate and up to date. The nurse registry relies on correct address information for important communications, including licensure renewal, job placements, and compliance with regulatory requirements. Keeping such information updated helps maintain the integrity of the workforce and supports effective operations within healthcare facilities. While other options such as notifying the resident, updating a resume, or changing an address online may seem relevant, they do not address the need for official and regulatory updates that directly impact the aide's employment and licensure status. Therefore, the most responsible step is to officially notify those in administrative roles who require this information for record-keeping and operational purposes.

3. What is the term for a device used to take the place of a missing body part?

- A. Orthotic
- B. Prosthesis**
- C. Supportive device
- D. Assistive technology

The term for a device used to take the place of a missing body part is "prosthesis." This term specifically refers to artificial devices that are designed to replace a missing limb or body part, such as a leg or an arm. Prostheses are crafted to fit the individual's needs and are often custom-made to ensure comfort and functionality, allowing the person to regain mobility or functionality that may have been lost due to injury, congenital conditions, or amputation. While supportive devices, orthotics, and assistive technology serve important roles in healthcare and rehabilitation, they do not fit the exact description of replacing a missing body part. Supportive devices may provide stability or aid for existing limbs, orthotics are typically used to support or correct the function of a body part without replacing it, and assistive technology encompasses a broader range of tools designed to help with daily tasks but does not specifically designate devices that replace missing anatomy.

4. How should a nurse aide handle a resident demonstrating aggressive behavior?

- A. Confront the resident directly
- B. Calmly redirect the resident's attention**
- C. Report the behavior immediately
- D. Leave the resident alone

Handling a resident demonstrating aggressive behavior requires a skilled and careful approach to ensure safety and de-escalate the situation. Calming and redirecting the resident's attention is the most appropriate response because it helps to diffuse potential conflict and prevents further escalation of aggressive behavior. By using calm and non-threatening verbal and non-verbal communication, the aide can create a more stable environment for both the resident and themselves. Redirecting attention can involve engaging the resident in a different activity, changing the environment, or using soothing techniques. This approach acknowledges the resident's feelings without provoking them further, demonstrating empathy, and maintaining the dignity of the individual. Confronting the resident directly might increase their aggression and lead to a more volatile situation, while immediate reporting should be reserved for severe or ongoing incidents that pose a risk to safety, rather than as an immediate response to a single episode. Leaving the resident alone could escalate feelings of isolation or frustration, potentially worsening their behavior. Therefore, the goal is to maintain a calm demeanor and effectively redirect their focus to promote a peaceful resolution.

5. What should a CNA remember about older patients' skin?

- A. It is generally strong and resilient
- B. It is often thick and can endure pressure
- C. It is very thin and fragile**
- D. It is generally free of complications

Older patients typically experience significant changes in their skin as they age, which makes it thinner and more fragile. This fragility is a result of several factors, including the natural reduction in collagen and elastin production, decreased subcutaneous fat, and changes in moisture retention. As a consequence, older individuals are at a higher risk for skin tears, bruising, and pressure ulcers. The thinning of the skin can make injuries heal more slowly and can lead to various complications. Understanding this aspect is crucial for a Certified Nursing Assistant because it emphasizes the need for gentle handling, proper skin care, and preventive measures to protect older patients' skin, ultimately contributing to their overall health and well-being. In contrast, the other options present misleading notions about the resilience and integrity of older patients' skin, which could lead to inadequate care or oversight regarding their special needs.

6. When serving a gluten-free diet, which item must be removed from a resident's tray if found?

- A. A piece of rice bread
- B. A piece of wheat bread**
- C. A sandwich on rye
- D. A biscuit made from cornmeal

A gluten-free diet is essential for individuals with celiac disease or gluten intolerance, as gluten is a protein found in wheat, barley, and rye that can trigger adverse health effects. In the context of the question, the item that must be removed for a resident following a gluten-free diet is wheat bread. Wheat bread contains gluten, which makes it unsuitable for anyone who is avoiding gluten. It's vital to ensure that any item served to a resident on a gluten-free diet aligns with their dietary needs to prevent potential health complications. Other choices, like rice bread and cornmeal biscuits, can be gluten-free depending on their ingredients. A sandwich on rye also contains gluten due to rye flour, but not all dietary guidelines consider it as strictly problematic for all individuals as wheat does. However, wheat has a broader impact and is specifically recognized as an ingredient to be avoided in gluten-free plans, leading to the conclusion that wheat bread must be removed from the tray.

7. What acronym is used to remember fire protocols?

- A. F.L.A.M.E
- B. S.A.F.E
- C. R.A.C.E**
- D. C.A.L.M

*The acronym R.A.C.E is used to remember the fire protocols in a healthcare setting, which stands for Rescue, Alarm, Contain, and Extinguish. Each component of the acronym provides critical steps that should be taken in the event of a fire. - **Rescue** emphasizes the importance of first ensuring the safety of patients and individuals in immediate danger from the fire. - **Alarm** indicates the necessity to alert others and notify the fire department or appropriate authorities to ensure rapid response. - **Contain** involves closing doors and windows to help prevent the spread of the fire and smoke, thereby protecting those who cannot evacuate. - **Extinguish** refers to using a fire extinguisher to put out small fires, provided it is safe to do so and the fire is manageable. This structured approach is essential for ensuring the safety of patients, staff, and visitors in a healthcare environment, and is widely taught in training for health care professionals. Other acronyms, while sometimes used in various contexts (such as S.A.F.E or C.A.L.M), do not specifically outline the fire protocols as clearly and effectively as R.A.C.E does.*

8. Who is it appropriate for a nurse aide to share information about a client's status with?

- A. The client's family
- B. The staff on the next shift**
- C. The patient's doctor only
- D. The facility administrator

Sharing information about a client's status is critical in ensuring continuity of care and maintaining patient safety. The appropriate individuals for a nurse aide to share information with include other staff members who are directly involved in the care of the client, such as those on the next shift. This practice ensures that important details regarding the client's condition, care plan, and any changes in their status are communicated effectively, allowing for a seamless transition and ongoing care. While sharing information with the client's family may be appropriate in certain contexts, it is typically governed by privacy laws and facility policy, hence not always applicable. Direct communication with the patient's doctor or the facility administrator may not be necessary, especially if the information is routine or pertains to daily care that other staff members on the shift would need to know. Prioritizing communication among immediate care providers fosters collaborative care and enhances the safety and well-being of clients.

9. Which practice is essential for infection control in a healthcare setting?

- A. Wearing gloves when providing personal care**
- B. Using scented lotions to mask odors
- C. Changing bed linens only once a week
- D. Using alcohol wipes on resident's skin

Wearing gloves when providing personal care is essential for infection control in a healthcare setting because gloves act as a barrier between healthcare workers and patients, preventing the transfer of pathogens. This practice helps to protect both the patient and the caregiver from the potential transmission of infections, which is particularly important in settings where individuals may have compromised immune systems or open wounds. Additionally, using gloves indicates adherence to standard precautions, which are critical in minimizing the risk of healthcare-associated infections (HAIs). The other options do not adequately address the primary needs for infection control. Scented lotions to mask odors do not contribute to infection prevention and could potentially irritate the skin or cause allergic reactions. Changing bed linens only once a week may not suffice to prevent the accumulation of pathogens, especially in high-risk environments where patients may be at risk of infection. Utilizing alcohol wipes on a resident's skin may be beneficial for cleaning but cannot replace the need for proper hand hygiene and wearing protective equipment.

10. Where should wrist restraints be secured after repositioning a patient?

- A. To the nurse's station
- B. To a non-moving part of the bed**
- C. To the patient's wrist
- D. To the side rail of the bed

Wrist restraints should be secured to a non-moving part of the bed to ensure the patient's safety and prevent injury. This allows for effective restraint while enabling the patient to move within the confines of the bed without risking entrapment or aggravating any existing conditions. By attaching the restraints to a stable and fixed part of the bed, healthcare providers can ensure that the restraints are effective without compromising the patient's comfort or safety. Other options, such as securing restraints to the nurse's station or the side rail of the bed, could create hazards. For instance, side rails can move and may lead to unintended consequences if a patient tries to get up or shift, creating a risk for falls or injuries. Attaching restraints to the patient's wrist is impractical, as it does not provide the necessary stability and can lead to potential injury. Thus, securing wrist restraints properly is essential for the patient's well-being and the overall safety of the care environment.

SAMPLE

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-prometric.examzify.com>

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

SAMPLE