

CNA Comprehensive Core Competency Practice Test (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

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- 1. Reducing work-related injuries can help decrease what specific issue in healthcare?**
 - A. Patient satisfaction**
 - B. Medical errors**
 - C. Staff turnover**
 - D. Healthcare costs**
- 2. Why is it important for healthcare workers to learn to recognize substance abuse?**
 - A. To maintain a judgment-free workplace**
 - B. To ensure all patients are receiving safe care**
 - C. To fulfill legal requirements in the workplace**
 - D. To create a supportive environment for patients**
- 3. How should a CNA handle a call bell in a patient's room?**
 - A. Ensure it is easily accessible for the patient**
 - B. Ignore it until the patient requests assistance**
 - C. Place it out of reach for safety**
 - D. Respond to it only during scheduled rounds**
- 4. What is the purpose of a care plan in a nursing facility?**
 - A. To outline facility regulations**
 - B. To provide general health information**
 - C. To detail individualized approaches for health needs**
 - D. To track nurse schedules**
- 5. What is a common practice to maintain a patient's privacy?**
 - A. Discussing care loudly in the hallway**
 - B. Posting patient information on a bulletin board**
 - C. Always securing documents and walls during discussions**
 - D. Using closed doors and curtains**
- 6. Covid-19 primarily spreads through what method?**
 - A. Contact with contaminated surfaces**
 - B. Respiratory droplets**
 - C. Ingestion of contaminated food**
 - D. Direct blood contact**

7. Which of the following is a sign of a stroke that a CNA should recognize?

- A. Slow heart rate**
- B. Sudden numbness**
- C. Persistent cough**
- D. Frequent urination**

8. How should a pulse be checked?

- A. Using a blood pressure cuff**
- B. Applying gentle pressure with two fingers to the wrist or neck**
- C. Counting heartbeats from the chest**
- D. Using an electronic pulse monitor**

9. What are standard precautions?

- A. General precautions used for every patient**
- B. Specific instructions for handling certain medications**
- C. Protocols only followed during surgeries**
- D. Precautions that vary by the patient's condition**

10. What is the recommended way to move a patient with limited mobility?

- A. Dragging the patient across the bed**
- B. Using assistive devices and proper body mechanics**
- C. Carrying the patient by arms**
- D. Shouting for help before moving them**

Answers

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

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Explanations

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1. Reducing work-related injuries can help decrease what specific issue in healthcare?

- A. Patient satisfaction
- B. Medical errors**
- C. Staff turnover
- D. Healthcare costs

Reducing work-related injuries in healthcare settings significantly impacts the rate of medical errors. When healthcare workers experience injuries, it can lead to decreased concentration and increased stress, which may compromise their ability to perform tasks efficiently and accurately. In environments where staff is injured, the quality of patient care can be jeopardized, resulting in higher chances of mistakes, such as administering incorrect medications or miscommunicating important health information. Furthermore, a workforce that is healthier and uninjured is generally more engaged and effective, leading to better overall patient safety practices. When injuries are minimized, workers can operate at their optimal performance levels, thus contributing to a more reliable healthcare environment where medical errors are less likely to occur. This connection illustrates the importance of workplace safety in not just protecting staff but also ensuring the highest standard of patient care.

2. Why is it important for healthcare workers to learn to recognize substance abuse?

- A. To maintain a judgment-free workplace
- B. To ensure all patients are receiving safe care**
- C. To fulfill legal requirements in the workplace
- D. To create a supportive environment for patients

Recognizing substance abuse in healthcare settings is crucial to ensuring that all patients receive safe care. Substance abuse can significantly impair a patient's ability to interact effectively with healthcare services, potentially leading to compromised health outcomes. For instance, individuals under the influence of substances may not accurately communicate their symptoms, adhere to treatment plans, or understand post-care instructions. Identifying these issues allows healthcare workers to tailor their approach, provide appropriate interventions, and coordinate additional support services, thereby enhancing patient safety and promoting better health outcomes. While maintaining a judgment-free workplace, fulfilling legal requirements, and creating a supportive environment are important aspects of healthcare provision, the primary focus remains on delivering safe and effective care to all patients, making the recognition of substance abuse a vital component of patient safety protocols.

3. How should a CNA handle a call bell in a patient's room?

- A. Ensure it is easily accessible for the patient**
- B. Ignore it until the patient requests assistance**
- C. Place it out of reach for safety**
- D. Respond to it only during scheduled rounds**

Ensuring that the call bell is easily accessible for the patient is vital for several reasons. Patients may need assistance for a variety of reasons, including medical emergencies, discomfort, or simple inquiries, and the call bell serves as their primary means of communication with caregivers. When the call bell is within easy reach, it empowers patients to call for help whenever they need it, thereby enhancing their safety and comfort. This accessibility fosters a sense of independence while ensuring prompt responses from nursing staff. On the other hand, making the call bell inaccessible or ignoring it can lead to serious risks, such as patients being unable to call for help when needed, which may compromise their safety and well-being. It is essential to prioritize patient needs and ensure that they can easily signal for assistance, reinforcing the caregiving principle of being responsive and attentive to patients' rights and needs.

4. What is the purpose of a care plan in a nursing facility?

- A. To outline facility regulations**
- B. To provide general health information**
- C. To detail individualized approaches for health needs**
- D. To track nurse schedules**

The purpose of a care plan in a nursing facility is to detail individualized approaches for health needs. Care plans are essential because they provide a structured way to assess each resident's unique health requirements, preferences, and goals. This individualized approach ensures that caregivers understand how to meet the specific needs of each resident, which can vary widely based on their medical history, current health status, psychological needs, and personal preferences. Creating a personalized care plan involves collaboration among healthcare providers, residents, and their families. It includes setting measurable objectives and interventions tailored to support each resident's well-being, monitor progress, and adjust care as necessary. This personalized attention helps improve the overall quality of care and enhances the resident's experience in the facility, ensuring that they receive appropriate treatment and support. In contrast, outlining facility regulations is more administrative and does not directly address individual care needs. Providing general health information lacks the specificity required to manage individual care effectively, and tracking nurse schedules is logistical rather than focused on patient care. Therefore, the correct option emphasizes the importance of customized care in promoting health and well-being within nursing facilities.

5. What is a common practice to maintain a patient's privacy?

- A. Discussing care loudly in the hallway**
- B. Posting patient information on a bulletin board**
- C. Always securing documents and walls during discussions**
- D. Using closed doors and curtains**

Using closed doors and curtains is crucial for maintaining a patient's privacy in healthcare settings. This practice helps create a confidential environment where patients can be assured that their personal information and conversations are not overheard or seen by unauthorized individuals. Closed doors and curtains act as physical barriers that promote a sense of security and respect for the patient's dignity. This approach also aligns with legal and ethical standards, which mandate that healthcare providers protect patient confidentiality and privacy at all times. Properly managing the environment by using these barriers not only enhances patient comfort but also fosters trust between the patient and healthcare providers, allowing for open communication regarding sensitive health issues. In contrast, discussing care loudly in the hallway or posting patient information publicly would violate privacy standards, and failing to secure documents might lead to unauthorized access to sensitive health information.

6. Covid-19 primarily spreads through what method?

- A. Contact with contaminated surfaces**
- B. Respiratory droplets**
- C. Ingestion of contaminated food**
- D. Direct blood contact**

Covid-19 primarily spreads through respiratory droplets. This conclusion is supported by extensive research demonstrating that the virus is transmitted when an infected person coughs, sneezes, talks, or breathes. The respiratory droplets carrying the virus can be inhaled by individuals nearby, which is why maintaining physical distance and wearing masks are essential public health measures to mitigate transmission. Contact with contaminated surfaces has been recognized as a possible but less common route of transmission. While the virus can survive on surfaces for varying amounts of time, transmission through this method is not the primary concern compared to respiratory droplet spread. Ingestion of contaminated food is not a recognized mode of transmission for Covid-19. There have been no substantial studies showing that the virus spreads through food consumption. Direct blood contact is also not a typical route of transmission for Covid-19. The virus primarily affects the respiratory system and is predominantly spread through the air, not through blood. Thus, the focus on respiratory droplets as the primary method of Covid-19 transmission underscores the importance of airborne precautions in preventing the spread of the virus.

7. Which of the following is a sign of a stroke that a CNA should recognize?

- A. Slow heart rate**
- B. Sudden numbness**
- C. Persistent cough**
- D. Frequent urination**

Sudden numbness is a classic sign of a stroke and is part of what healthcare professionals refer to as the FAST acronym—Face drooping, Arm weakness, Speech difficulties, and Time to call emergency services. When a stroke occurs, it disrupts blood flow to the brain, which can lead to sudden weakness or numbness, especially on one side of the body. This is a critical symptom that needs immediate attention, as it often signifies that part of the brain is not receiving the oxygen it needs due to interrupted blood supply. In contrast, the other options do not represent typical stroke symptoms. A slow heart rate, while potentially concerning, is not specifically indicative of a stroke. A persistent cough may suggest respiratory or pulmonary issues, and frequent urination could signal a variety of conditions, none of which are direct signs of a stroke. Recognizing sudden numbness is vital for quick intervention and can greatly impact the patient's outcome, making it essential for a CNA to be able to identify this sign.

8. How should a pulse be checked?

- A. Using a blood pressure cuff**
- B. Applying gentle pressure with two fingers to the wrist or neck**
- C. Counting heartbeats from the chest**
- D. Using an electronic pulse monitor**

The best method for checking a pulse is to apply gentle pressure with two fingers to the wrist or neck. This technique allows for the detection of the heartbeat effectively by feeling the pulsations of the blood as it flows through the arteries. The wrist (radial pulse) and neck (carotid pulse) are common sites where the pulse can be easily palpated. Using two fingers is important because it helps to avoid applying too much pressure, which could occlude the pulse and prevent accurate measurement. This traditional method is widely taught and practiced in healthcare settings. Other methods, such as using a blood pressure cuff, are not appropriate for specifically checking the pulse, as they measure blood pressure rather than the heartbeat directly. Counting heartbeats from the chest could lead to inaccuracies since it's challenging to distinguish heartbeats without proper technique or equipment. Utilizing an electronic pulse monitor can be effective but relies on technology, which may not always be available or necessary in every situation. Understanding the manual method ensures that caregivers can always assess a patient's pulse, as it requires no special tools or devices.

9. What are standard precautions?

- A. General precautions used for every patient**
- B. Specific instructions for handling certain medications**
- C. Protocols only followed during surgeries**
- D. Precautions that vary by the patient's condition**

Standard precautions are a set of infection prevention practices that are applied universally to all patients, regardless of their diagnosis or presumed infectious status. They are designed to minimize the risk of transmission of infections in healthcare settings. These precautions include measures such as hand hygiene, the use of personal protective equipment (PPE), safe handling of sharps, and proper cleaning and disinfection of surfaces and equipment. By implementing these general precautions for every patient, healthcare providers create a safer environment for both patients and staff. This approach helps ensure that even if a patient's infection status is unknown, the risk of spreading infections is significantly reduced. The idea is to treat all bodily fluids, whether visible or not, as potentially infectious, thereby protecting everyone involved in patient care. In contrast, specific instructions for handling medications, protocols only for surgeries, or precautions that vary based on a patient's condition do not encompass the comprehensive and universal nature of standard precautions. These other options lack the broad applicability that is the hallmark of standard precautions, which are essential for maintaining safety and health in all healthcare interactions.

10. What is the recommended way to move a patient with limited mobility?

- A. Dragging the patient across the bed**
- B. Using assistive devices and proper body mechanics**
- C. Carrying the patient by arms**
- D. Shouting for help before moving them**

Using assistive devices and proper body mechanics is crucial when moving a patient with limited mobility to ensure their safety and comfort, as well as to prevent injury to both the patient and the caregiver. Assistive devices, such as transfer belts, slide sheets, or patient lifts, are designed to help facilitate safe and effective movement, allowing caregivers to maintain control and support the patient appropriately. Proper body mechanics involve using the right techniques such as bending at the knees rather than at the waist, keeping the load close to the body, and using the legs to lift rather than the back. This helps to conserve energy and reduces the risk of musculoskeletal injuries for the caregiver. By employing these techniques, caregivers can create a safer environment and provide necessary support for patients who may be fragile or at risk of falls. Using alternatives such as dragging the patient or carrying them by their arms could lead to injuries for both the patient and the caregiver. Additionally, simply shouting for help before moving does not contribute to a safe transfer and may cause unnecessary stress for the patient. Overall, the emphasis on the use of assistive devices and proper body mechanics is essential in promoting effective and safe patient 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://cnacompcorecompetency.examzify.com>

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

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