

CNA Headmaster Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What is the purpose of a dressing?**
 - A. To cover a wound**
 - B. To provide encouragement**
 - C. To support physical activity**
 - D. To enhance appearance**
- 2. What lifestyle change can help alleviate constipation?**
 - A. Reducing fiber intake**
 - B. Increasing fluid and fiber in the diet**
 - C. Decreasing physical activity**
 - D. Limiting meal frequency**
- 3. What is paranoia in a medical context?**
 - A. Fear of social situations**
 - B. A mental illness of unreasonable anxiety, especially believing someone is out to get you**
 - C. A condition characterized by excessive happiness**
 - D. A type of sleep disorder**
- 4. What is the primary use of a gait belt?**
 - A. For exercise training**
 - B. To assist with transfers and ambulating a patient**
 - C. To support a patient during physical therapy**
 - D. To measure a patient's waist size**
- 5. Which of the following terms describes a person experiencing emotional stress after a traumatic event?**
 - A. Anxiety disorder**
 - B. Post-Traumatic Stress Disorder**
 - C. Major depression**
 - D. Generalized anxiety disorder**
- 6. What is peristalsis?**
 - A. A wave-like muscle contraction in the alimentary tract**
 - B. A form of physical therapy**
 - C. A type of mental health therapy**
 - D. A method of pet therapy**

- 7. What action should be taken after brushing dentures?**
- A. Leave them out to dry**
 - B. Rinse the cup and fill it with water for the dentures**
 - C. Store them in a dry, open space**
 - D. Wrap them in a towel for safekeeping**
- 8. What term describes the normal process of excreting urine?**
- A. Urination**
 - B. Excretion**
 - C. Filtration**
 - D. Defecation**
- 9. What is the primary purpose of wearing eye glasses?**
- A. To protect against injury**
 - B. To aid vision**
 - C. To enhance fashion**
 - D. To reduce glare**
- 10. What does dependability in nursing refer to?**
- A. The ability to act without assistance**
 - B. The ability to be trusted or relied upon**
 - C. The ability to perform flexible roles**
 - D. The ability to manage time effectively**

Answers

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

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Explanations

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1. What is the purpose of a dressing?

- A. To cover a wound**
- B. To provide encouragement**
- C. To support physical activity**
- D. To enhance appearance**

The primary purpose of a dressing is to cover a wound. Dressings serve crucial functions in the healing process by protecting the wound from environmental contaminants, such as dirt and bacteria, which can lead to infection. Additionally, dressings help to absorb any exudate (fluids) that may be produced by the wound and can keep the wound moist, which is beneficial for healing. They also provide a barrier to friction and should be designed to adhere securely to the skin, minimizing the risk of further injury to the wound area. In contrast, the other options do not correctly represent the primary medical function of a dressing. While encouragement, support for physical activity, and enhancing appearance can be important in different contexts, they do not relate to the main medical purpose of dressing wounds.

2. What lifestyle change can help alleviate constipation?

- A. Reducing fiber intake**
- B. Increasing fluid and fiber in the diet**
- C. Decreasing physical activity**
- D. Limiting meal frequency**

Increasing fluid and fiber in the diet is a well-known and effective strategy for alleviating constipation. Fiber adds bulk to the stool and makes it easier to pass, while adequate fluid intake helps to soften the stool, further promoting regular bowel movements. When both are increased in a person's diet, it encourages healthier digestion and can lead to more effective elimination of waste from the body. In contrast, reducing fiber intake can lead to harder stools and worsen constipation, making it more difficult for individuals to have regular bowel movements. Decreasing physical activity can also contribute to constipation, as regular movement stimulates the digestive system and encourages peristalsis, the contractions that move food through the digestive tract. Lastly, limiting meal frequency might disrupt normal digestive processes and can lead to irregular bowel habits, further exacerbating constipation. Therefore, the combined approach of increasing both fluid and fiber is particularly effective for maintaining digestive health and preventing constipation.

3. What is paranoia in a medical context?

- A. Fear of social situations
- B. A mental illness of unreasonable anxiety, especially believing someone is out to get you**
- C. A condition characterized by excessive happiness
- D. A type of sleep disorder

Paranoia, in a medical context, is specifically recognized as a type of mental illness characterized by irrational and persistent feelings of mistrust or suspicion. This often manifests as an overwhelming belief that one is being persecuted, harassed, or harmed by others. It is marked by unreasonable anxiety, where individuals may think that people are plotting against them or intend to cause them harm, even in the absence of concrete evidence to support these fears. This stands in contrast to the other options: the fear of social situations pertains to social anxiety disorder, excessive happiness relates to mood disorders but is not recognized as paranoia, and a sleep disorder involves disruptions in sleep patterns, which is not connected to paranoia. Understanding paranoia is crucial for recognizing the signs and symptoms that may require professional intervention or support in mental health care.

4. What is the primary use of a gait belt?

- A. For exercise training
- B. To assist with transfers and ambulating a patient**
- C. To support a patient during physical therapy
- D. To measure a patient's waist size

The primary use of a gait belt is to assist with transfers and ambulating a patient. A gait belt is a device made of sturdy material designed to be securely placed around a patient's waist. It provides caregivers with a reliable means of holding and guiding the patient while moving them from one position to another, such as from a bed to a wheelchair or while helping them walk. This tool is essential in promoting patient safety and preventing falls during mobility tasks. When a caregiver uses a gait belt properly, it allows them to maintain control and support the patient, making the process smoother and reducing the risk of injury for both the patient and the caregiver. In contrast, while a gait belt may be involved in exercise training or physical therapy, its primary and most critical function is related to transfers and ambulation, not as a direct support mechanism during therapeutic exercises. Additionally, measuring a patient's waist size isn't a function of a gait belt; it's specifically designed for mobility assistance rather than measurements.

5. Which of the following terms describes a person experiencing emotional stress after a traumatic event?

- A. Anxiety disorder**
- B. Post-Traumatic Stress Disorder**
- C. Major depression**
- D. Generalized anxiety disorder**

The term that best describes a person experiencing emotional stress following a traumatic event is Post-Traumatic Stress Disorder (PTSD). This condition occurs when an individual has been exposed to a traumatic experience, such as combat, natural disasters, or serious accidents, leading to significant distress and disruption in their everyday life. Individuals with PTSD often experience a variety of symptoms, including flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the traumatic incident. The condition may also result in emotional numbness or a feeling of estrangement from others, often complicating the recovery process. While anxiety disorders and major depression can also manifest in response to stress or trauma, they are broader categories that do not specifically focus on the aftermath of a singular traumatic event like PTSD does. Generalized anxiety disorder, for instance, pertains more to chronic, pervasive anxiety that isn't linked to a specific event. Therefore, the distinct nature of PTSD as a response to trauma makes it the most accurate answer in this context.

6. What is peristalsis?

- A. A wave-like muscle contraction in the alimentary tract**
- B. A form of physical therapy**
- C. A type of mental health therapy**
- D. A method of pet therapy**

Peristalsis refers to the wave-like muscle contractions that occur in the alimentary tract, which is the pathway that food takes through the digestive system. This involuntary process is essential for moving food along the digestive tract, from the esophagus to the intestines, ultimately aiding in digestion and absorption of nutrients. The contractions are rhythmic and are triggered by the presence of food, working to push the contents forward in a coordinated manner. This mechanism is crucial for ensuring that food is effectively processed and that waste is eliminated from the body. Understanding peristalsis is important for those in the healthcare field, as it relates directly to gastrointestinal health and the proper functioning of digestive processes. The other options, which include forms of physical or mental health therapy and pet therapy, do not pertain to the physiological function of the digestive system and thus do not define peristalsis accurately.

7. What action should be taken after brushing dentures?

- A. Leave them out to dry
- B. Rinse the cup and fill it with water for the dentures**
- C. Store them in a dry, open space
- D. Wrap them in a towel for safekeeping

After brushing dentures, it is essential to rinse the cup and fill it with water for the dentures. This action helps to keep the dentures moist, preventing them from drying out, which can lead to distortion and discomfort during use. Storing denture care materials properly is crucial for maintaining hygiene and ensuring the longevity of the dentures. Rinsing the cup removes any debris or residues from previous use, while adding water helps to keep the dentures clean and ready for wear. Other options might imply a lack of proper care or might risk damaging the dentures by either allowing them to dry out or improperly securing them. Keeping dentures moist in a clean environment after brushing is a best practice in denture care.

8. What term describes the normal process of excreting urine?

- A. Urination**
- B. Excretion
- C. Filtration
- D. Defecation

The term that describes the normal process of excreting urine is urination. This term specifically refers to the act of discharging urine from the urinary bladder through the urethra to the outside of the body. It is an important physiological function that helps to maintain the body's fluid balance and eliminate waste products. In the context of other potential choices, excretion is a broader term that refers to the process of removing waste materials from the body, which includes not just urine but also other waste elimination processes. Filtration is primarily associated with the kidneys filtering blood to form urine, but it does not describe the actual expulsion of urine itself. Defecation pertains specifically to the elimination of solid waste from the digestive tract and is unrelated to the urinary system. Thus, urination is the most accurate term for the specific act of excreting urine.

9. What is the primary purpose of wearing eye glasses?

- A. To protect against injury
- B. To aid vision**
- C. To enhance fashion
- D. To reduce glare

The primary purpose of wearing eyeglasses is to aid vision. Eyeglasses are designed to correct refractive errors in the eyes, such as nearsightedness, farsightedness, and astigmatism, allowing individuals to see more clearly. The lenses in eyeglasses help to focus light properly onto the retina, which is essential for good visual acuity. While protective eyewear can prevent injury, and some people choose eyeglasses for fashion reasons or to reduce glare, these are secondary benefits compared to their main function of improving vision. Therefore, the correct answer highlights the fundamental role of eyeglasses in enhancing visual capability.

10. What does dependability in nursing refer to?

- A. The ability to act without assistance**
- B. The ability to be trusted or relied upon**
- C. The ability to perform flexible roles**
- D. The ability to manage time effectively**

Dependability in nursing fundamentally refers to the ability to be trusted or relied upon. This trait is crucial because healthcare settings require professionals to consistently provide care that patients can count on, especially in high-stress and unpredictable environments. Dependability ensures that nurses will be present for their shifts, reliably follow through on their responsibilities, and maintain the safety and well-being of their patients. When patients and team members see a nurse as dependable, it fosters a relationship of trust, which is essential for effective communication and collaboration. Trust in a nurse's capabilities and commitment can significantly impact patient care outcomes, ensuring that care plans are followed, and necessary interventions are performed in a timely manner. While other aspects like acting without assistance, managing time effectively, and performing flexible roles are also important in nursing, they are not the central focus of dependability. Dependability specifically emphasizes the reliability that patients and colleagues need from a nurse in order to create a stable and supportive healthcare environment.