

# CNA Headmaster 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. Which term describes a state of tiredness or sleepiness?**

- A. Drowsy**
- B. Active**
- C. Alert**
- D. Energetic**

**2. What is a common effect of emphysema on everyday life?**

- A. Increased physical endurance**
- B. Difficulty in breathing**
- C. Improved lung capacity**
- D. Enhanced immune response**

**3. What is the purpose of an abductor wedge in medical care?**

- A. To stabilize the torso**
- B. To separate the legs of a patient**
- C. To elevate the head of the bed**
- D. To support the arms during recovery**

**4. What does it mean to fracture a bone?**

- A. To strengthen the bone**
- B. To twist the bone**
- C. To break the bone**
- D. To align the bone**

**5. What is the general procedure for cleaning spills?**

- A. Leave it to someone else**
- B. Apply gloves and wipe up without haste**
- C. Wipe up immediately, starting from the outside**
- D. Use water only and ignore sharp objects**

**6. What does the process of hair care include aside from washing?**

- A. Arranging and styling hair only**
- B. Only cutting hair**
- C. Curling, arranging, and cutting hair**
- D. Only washing and styling**

**7. In which situation would cardiopulmonary resuscitation be necessary?**

- A. When a patient is breathing normally**
- B. When a patient is experiencing cardiac arrest**
- C. During a routine check-up**
- D. When a patient is recovering from surgery**

**8. What does empathy allow a person to do?**

- A. Ignore others' feelings**
- B. Understand and share the feelings of another**
- C. Criticize others' emotions**
- D. Focus solely on oneself**

**9. What defines an authorized duty in a healthcare setting?**

- A. A duty to act in a medically unauthorized manner**
- B. A requirement to use extensive medical training**
- C. A duty to use care toward others as a reasonable person would**
- D. A responsibility that can be ignored under extreme circumstances**

**10. Which technique is used to remove an object from the airway of a choking victim?**

- A. Jaw thrust**
- B. Abdominal thrust**
- C. Back blows**
- D. Cervical spine stabilization**

## **Answers**

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

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## **Explanations**

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## 1. Which term describes a state of tiredness or sleepiness?

- A. Drowsy**
- B. Active**
- C. Alert**
- D. Energetic**

The term "drowsy" specifically refers to a state of tiredness or sleepiness. It indicates a condition where an individual may feel a strong urge to sleep or may have difficulty staying awake. This term is commonly used in medical and everyday contexts to describe someone who is experiencing fatigue or a lack of alertness. Understanding this concept is important, especially in healthcare settings, as recognizing signs of drowsiness can help caregivers provide appropriate support and care. The other terms do not convey the same meaning. "Active" suggests a state of being engaged in activity or movement, while "alert" indicates a state of being awake, attentive, and aware of surroundings. "Energetic," on the other hand, describes a state of high energy and enthusiasm. These alternatives highlight states of engagement or vitality, contrasting sharply with the concept of tiredness that "drowsy" embodies.

## 2. What is a common effect of emphysema on everyday life?

- A. Increased physical endurance**
- B. Difficulty in breathing**
- C. Improved lung capacity**
- D. Enhanced immune response**

Emphysema is a chronic respiratory condition that primarily affects the lungs and leads to significant breathing difficulties. This condition is characterized by the destruction of alveoli, the tiny air sacs in the lungs where gas exchange occurs. As the walls of these alveoli break down, the surface area available for gas exchange decreases, making it increasingly difficult for individuals to breathe effectively. The most common effect of emphysema on everyday life is, therefore, difficulty in breathing. Individuals with emphysema often experience shortness of breath, especially during physical activities. This can limit their ability to perform daily tasks, engage in exercise, or participate in social activities. The condition can lead to a decreased quality of life due to this ongoing struggle to breathe. In contrast, the other options relate to positive or enhanced capabilities, which are not characteristics of emphysema. For instance, increased physical endurance, improved lung capacity, and enhanced immune response do not occur in individuals with emphysema. Instead, they experience the exact opposite when it comes to lung function and overall respiratory health.

### 3. What is the purpose of an abductor wedge in medical care?

- A. To stabilize the torso
- B. To separate the legs of a patient**
- C. To elevate the head of the bed
- D. To support the arms during recovery

The purpose of an abductor wedge in medical care is to separate the legs of a patient. This device is specifically designed to maintain the appropriate positioning of the legs, which is particularly significant for individuals who may have undergone hip surgery or those who require help in maintaining proper leg alignment. By keeping the legs apart, the abductor wedge helps prevent dislocation of the hip joint, promotes healing, and provides comfort to the patient during recovery. It also allows for better stabilization of the body during various activities, ensuring the patient remains safe and secure in their positioning. The other potential uses mentioned are not the primary function of an abductor wedge, highlighting its specialized role in patient care.

### 4. What does it mean to fracture a bone?

- A. To strengthen the bone
- B. To twist the bone
- C. To break the bone**
- D. To align the bone

Fracturing a bone specifically refers to the condition where the bone's continuity is compromised, resulting in a break. This can happen due to various causes, including trauma, stress, or medical conditions affecting bone density. A fracture can range in severity from a hairline crack to a complete break that may misalign the bone fragments. In the context of the other options, strengthening a bone indicates a process of increasing its density, which does not relate to fracture. Twisting a bone typically describes a motion that could lead to a fracture but does not define the action of fracturing itself. Aligning a bone involves repositioning it back to its normal structure, usually after a fracture has occurred. Therefore, the essence of what it means to fracture a bone is accurately captured by stating that it refers to a break in the bone.

### 5. What is the general procedure for cleaning spills?

- A. Leave it to someone else
- B. Apply gloves and wipe up without haste
- C. Wipe up immediately, starting from the outside**
- D. Use water only and ignore sharp objects

The general procedure for cleaning spills emphasizes the importance of acting quickly and safely to prevent accidents and contamination. Wiping up immediately helps to minimize the risk of slips and falls, as well as the potential for bacterial growth or spreading harmful substances. Starting from the outside and working inwards is crucial because it helps to contain the spill, preventing it from spreading further and ensuring a thorough clean-up. This methodical approach ensures that the entire area is addressed efficiently, reducing the likelihood of hazardous residues being left behind. Inappropriately delaying the clean-up or leaving it to someone else can lead to prolonged exposure to the spill, which can be dangerous. Using gloves is important for personal safety, but simply wiping without a proper methodology can lead to mistakes. Additionally, using water only and ignoring sharp objects is not advisable; it does not effectively clean many types of spills and presents a risk of injury from sharp materials.

**6. What does the process of hair care include aside from washing?**

- A. Arranging and styling hair only**
- B. Only cutting hair**
- C. Curling, arranging, and cutting hair**
- D. Only washing and styling**

The process of hair care encompasses a variety of activities beyond just washing. Correctly identifying curling, arranging, and cutting hair as crucial components highlights the comprehensive nature of hair care. Curling involves the use of heat or styling products to create waves or curls, which enhances the overall appearance and style of the hair. Arranging refers to the way hair is styled and positioned, which not only affects aesthetics but can also contribute to the individual's self-esteem and confidence. Cutting is an essential aspect of maintaining healthy hair, as regular trims can remove split ends and promote growth. Combining these practices illustrates that hair care is multifaceted, focusing not only on cleanliness but also on maintenance and style, which are key to achieving desired looks and hair health.

**7. In which situation would cardiopulmonary resuscitation be necessary?**

- A. When a patient is breathing normally**
- B. When a patient is experiencing cardiac arrest**
- C. During a routine check-up**
- D. When a patient is recovering from surgery**

Cardiopulmonary resuscitation (CPR) is a critical lifesaving procedure performed when someone's breathing or heartbeat has stopped. In the context of this question, a patient experiencing cardiac arrest will be unresponsive and not breathing adequately or at all. Performing CPR can help maintain blood flow to vital organs until professional medical help arrives. This procedure is designed to restore airflow and blood circulation, increasing the chances of survival and minimizing the risk of brain damage due to lack of oxygen. In situations where a patient is breathing normally, undergoing a routine check-up, or recovering from surgery, CPR is not indicated because these conditions are not critical emergencies requiring immediate resuscitative measures. Thus, identifying cardiac arrest as the situation necessitating CPR highlights the importance of recognizing life-threatening circumstances where this intervention is essential.

## 8. What does empathy allow a person to do?

- A. Ignore others' feelings**
- B. Understand and share the feelings of another**
- C. Criticize others' emotions**
- D. Focus solely on oneself**

Empathy enables a person to understand and share the feelings of another individual. This ability is crucial in many interpersonal interactions, particularly in nursing and caregiving settings where connections with patients are essential for effective care. When a caregiver practices empathy, they can better recognize the emotional states of others and respond appropriately, leading to improved patient outcomes, enhanced trust, and stronger therapeutic relationships. Empathy involves active listening and an open heart, allowing caregivers to resonate with the experiences of those they are caring for. This not only fosters a compassionate environment but also helps individuals feel validated and understood, which is particularly important in times of distress or vulnerability. Hence, the correct answer reflects the core essence of empathy as a foundational element in emotional intelligence and effective communication.

## 9. What defines an authorized duty in a healthcare setting?

- A. A duty to act in a medically unauthorized manner**
- B. A requirement to use extensive medical training**
- C. A duty to use care toward others as a reasonable person would**
- D. A responsibility that can be ignored under extreme circumstances**

An authorized duty in a healthcare setting is defined by the obligation to use care toward others as a reasonable person would. This aligns with the principles of standard care in medical practice, where healthcare providers are expected to act with the competence and caution that a similar professional would exhibit in comparable circumstances. This concept is crucial because it establishes a baseline for accountability and the expected ethical behavior of healthcare professionals. Practicing due diligence, showing consideration for patients' safety, and making informed decisions are all part of this responsibility. Adhering to this standard ensures that patients receive appropriate care and that healthcare providers fulfill their obligations to the individuals they are serving. Other options, while they touch on different aspects of care, do not accurately represent the concept of authorized duty. For instance, acting in a medically unauthorized manner does not constitute an authorized duty, and reliance on extensive medical training alone does not define an authorized duty because reasonable actions can occur without extensive training depending on the situation. Furthermore, the idea that a duty can be ignored under extreme circumstances does not align with the foundational ethics of healthcare, where the responsibility to care for others remains paramount, even in challenging scenarios. Thus, the focus on the reasonable person's standard captures the essence of authorized duty effectively.

**10. Which technique is used to remove an object from the airway of a choking victim?**

- A. Jaw thrust**
- B. Abdominal thrust**
- C. Back blows**
- D. Cervical spine stabilization**

The technique used to remove an object from the airway of a choking victim is the abdominal thrust maneuver, often referred to as the Heimlich maneuver. This technique involves standing behind the choking individual and delivering firm upward thrusts just above the navel. The thrusts create an artificial cough that can help expel the object blocking the airway. In the context of choking emergencies, this method is effective because it can generate enough pressure in the thoracic cavity to dislodge the obstruction. Understanding the mechanics behind this technique highlights its importance in emergency situations, as it can save a life when performed correctly. The other options have different purposes or uses in medical emergencies. The jaw thrust is primarily used in situations where there may be a neck injury or when it's necessary to maintain an open airway without moving the cervical spine. Back blows are often used as a first response to help dislodge a minor obstruction in a child or infant, but they are not as effective for adults compared to abdominal thrusts. Cervical spine stabilization is crucial in specific trauma cases to prevent further injury but is not applicable for dealing with choking.

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# 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://cnaheadmaster.examzify.com>**

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

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