CNA Program Practice Exam (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Sample study guide. For the full version with hundreds of questions, visit:
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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.

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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!

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Questions

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1. **When should nursing assistants document care provided to residents?**
   - **A. Before care is given**
   - **B. At the end of the shift**
   - **C. Immediately after care is given**
   - **D. Only during scheduled assessments**

2. **How can a CNA help prevent dehydration in patients?**
   - **A. Encourage fluid intake and monitor for signs of dehydration**
   - **B. Limit fluid intake to reduce bathroom trips**
   - **C. Monitor only for signs of fluid overload**
   - **D. Provide only oral fluids to patients**

3. **What is the proper way to lift a heavy object?**
   - **A. Bend at the waist and keep the back straight**
   - **B. Bend at the knees and keep the back straight**
   - **C. Lift with your arms only**
   - **D. Twist your body to gain leverage**

4. **What are standard precautions in healthcare?**
   - **A. Practices for managing patient interactions**
   - **B. Infection control practices used to prevent transmission of diseases**
   - **C. Guidelines for providing comfort care**
   - **D. Methods for improving patient satisfaction**

5. **What is a common type of restraint used in healthcare?**
   - **A. Padded arm restraints**
   - **B. Soft wrist restraints or lap belts**
   - **C. Leather straps**
   - **D. Electronic monitoring devices**

6. **What is one of the primary functions of an ombudsman?**
   - **A. To provide emotional support for staff**
   - **B. To advocate for residents' rights**
   - **C. To train nursing assistants**
   - **D. To perform medical assessments**

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7. What is one way to provide feedback while listening?

- **A. Ignoring the speaker**
- **B. Repeating the sender's message**
- **C. Thinking about your response**
- **D. Interrupting the speaker**

8. What is the best position for a patient recovering from surgery?

- **A. Prone position**
- **B. Supine position**
- **C. Semi-Fowler's position or as directed by the healthcare provider**
- **D. Sitting upright at a 90-degree angle**

9. Which of the following is an example of ethical behavior for a nursing assistant?

- **A. Documenting information inaccurately**
- **B. Accepting gifts from residents**
- **C. Keeping staff information confidential**
- **D. Ignoring care plans**

10. Which term describes the abnormal accumulation of fluid in the lungs?

- **A. Pneumonia**
- **B. Asthma**
- **C. Edema**
- **D. Congestive Heart Failure**

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Answers

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

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Explanations

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1. When should nursing assistants document care provided to residents?

A. Before care is given

B. At the end of the shift

C. Immediately after care is given

D. Only during scheduled assessments

Documenting care provided to residents immediately after care is given is essential for several reasons. It ensures accuracy in the medical record, capturing details while they are fresh in the caregiver's memory. This practice helps to provide a clear and precise account of the care delivered, including any observations, changes in the resident's condition, or reactions to treatments. Timely documentation also allows for continuity of care, as it informs other healthcare providers about the resident's status and care plan without delay. In contrast, documenting before care is provided could lead to inaccuracies, as it would not reflect any changes in the resident's condition at the time care is actually administered. Waiting until the end of the shift could result in forgotten details or confusion about what was done. Lastly, documenting only during scheduled assessments would not provide a complete picture of the resident's ongoing care and needs. Therefore, immediate documentation is the best practice for maintaining high-quality care and proper communication among the healthcare team.

2. How can a CNA help prevent dehydration in patients?

A. Encourage fluid intake and monitor for signs of dehydration

B. Limit fluid intake to reduce bathroom trips

C. Monitor only for signs of fluid overload

D. Provide only oral fluids to patients

Encouraging fluid intake and monitoring for signs of dehydration is crucial for a Certified Nursing Assistant (CNA) in their role to promote patient health. Proper hydration is essential for various bodily functions, and patients, especially the elderly or those with specific medical conditions, are at higher risk for dehydration. By proactively encouraging patients to drink fluids, a CNA can help maintain adequate hydration levels. Monitoring for signs of dehydration is equally important. Recognizing symptoms such as dry mouth, decreased skin turgor, low urine output, and confusion allows for timely intervention, ensuring that patients receive the necessary care before dehydration becomes severe. This proactive approach not only enhances patient comfort but also helps prevent complications related to dehydration, such as urinary tract infections, kidney issues, and urinary incontinence. The other choices do not prioritize the overall well-being and health of the patients, and could potentially lead to negative health outcomes.

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3. What is the proper way to lift a heavy object?

A. Bend at the waist and keep the back straight

B. Bend at the knees and keep the back straight

C. Lift with your arms only

D. Twist your body to gain leverage

Bending at the knees and keeping the back straight is the proper way to lift a heavy object because it utilizes the strength of the legs rather than the back. This technique minimizes the risk of back injury by allowing the larger, stronger muscle groups in the legs to do the work of lifting. When the knees are bent, the center of gravity is lowered, providing better balance and stability. Maintaining a straight back throughout the lift helps to keep the spine aligned and reduces the strain on the back muscles. The other methods described, such as bending at the waist or lifting with your arms only, can lead to improper lifting techniques that increase the risk of injury. Twisting the body while lifting can also place undue stress on the spine and surrounding muscles, increasing the likelihood of strain or injury. Therefore, using proper lifting techniques, like bending at the knees and keeping the back straight, is essential for safety during lifting tasks.

4. What are standard precautions in healthcare?

A. Practices for managing patient interactions

B. Infection control practices used to prevent transmission of diseases

C. Guidelines for providing comfort care

D. Methods for improving patient satisfaction

Standard precautions in healthcare refer to the infection control practices used to prevent the transmission of infectious diseases. These precautions are essential for protecting both healthcare workers and patients from potential infections. They encompass a variety of measures, including proper hand hygiene, the use of personal protective equipment (such as gloves and masks), safe injection practices, and the appropriate handling of potential biohazards. The rationale for emphasizing infection control through standard precautions is based on the understanding that all blood and certain bodily fluids may carry infectious agents. Therefore, these precautions are to be applied to all patients, regardless of their diagnosis or perceived infection status, ensuring a baseline level of safety in all healthcare settings. This approach not only helps in managing potential exposure to infectious diseases but also lays the foundation for broader infection control strategies within healthcare facilities. It is a fundamental component of patient care that prioritizes safety and health for everyone involved.

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5. What is a common type of restraint used in healthcare?

A. Padded arm restraints

B. Soft wrist restraints or lap belts

C. Leather straps

D. Electronic monitoring devices

Soft wrist restraints or lap belts are a common type of restraint used in healthcare settings due to their safety and effectiveness. These restraints are designed to limit a patient's movement while still allowing for some freedom of movement to prevent injury and promote comfort. Soft wrist restraints are typically less restrictive and provide a gentler way to manage a patient who may be at risk of injury from falling or wandering off. The use of soft materials reduces the risk of physical injury compared to more rigid options, making them suitable for many patients, especially those who may have sensitivities or are prone to skin irritation. These restraints are often used in situations where patients are confused, disoriented, or may harm themselves or others. Proper assessment and care protocols are in place when using any restraints in healthcare to ensure the patient's dignity and comfort while addressing safety concerns. This balance is vital in maintaining a therapeutic environment.

6. What is one of the primary functions of an ombudsman?

A. To provide emotional support for staff

B. To advocate for residents' rights

C. To train nursing assistants

D. To perform medical assessments

One of the primary functions of an ombudsman is to advocate for residents' rights. This role is crucial in long-term care facilities, as ombudsmen work to ensure that residents receive the care, services, and respect they deserve. They investigate complaints made by residents or their families and help resolve issues related to care, quality of life, and rights within the facility. By focusing on the rights of residents, ombudsmen play a vital role in safeguarding individuals from potential abuse or neglect and ensuring that their voices are heard in the care they receive. In the context of the other options, providing emotional support for staff, training nursing assistants, and performing medical assessments are not primary functions of the ombudsman role. While supporting staff may be important in fostering a positive work environment, it does not align with the main responsibilities that define the ombudsman's advocacy for residents. Similarly, training nursing assistants is typically handled by nursing supervisors or designated trainers rather than an ombudsman, and performing medical assessments is within the scope of healthcare providers, not an advocate.

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7. What is one way to provide feedback while listening?

A. Ignoring the speaker

B. Repeating the sender's message

C. Thinking about your response

D. Interrupting the speaker

Providing feedback while listening is essential for effective communication, and one effective method is to repeat the sender's message. This practice, often referred to as paraphrasing, demonstrates active listening and confirms that you have accurately understood the speaker's points. By restating the main ideas or key details, you signal to the speaker that their message has been received and allows for clarification if there are any misunderstandings. This technique encourages an interactive dialogue, where the speaker feels heard and valued, fostering a more engaged communication process. It also helps reinforce the listener's understanding and retention of the information being shared, contributing positively to the overall interaction.

8. What is the best position for a patient recovering from surgery?

A. Prone position

B. Supine position

C. Semi-Fowler's position or as directed by the healthcare provider

D. Sitting upright at a 90-degree angle

The semi-Fowler's position or as directed by the healthcare provider is often the best position for a patient recovering from surgery due to its balance of comfort and support for optimal recovery. This position involves reclining at about a 30 to 45-degree angle, which can help prevent complications such as aspiration, particularly if the patient has been under anesthesia. It also promotes better lung expansion and circulation, making it easier for patients to breathe and maintain oxygen levels. The semi-Fowler's position is also beneficial for certain surgical procedures, as it reduces pressure on the surgical site and can alleviate discomfort. In contrast, the prone position may not be suitable for most postoperative patients, as it can put unnecessary strain on incisions or limits access to the surgical area. The supine position, while common, might not offer the same advantages in terms of lung expansion and comfort depending on the type of surgery. Sitting upright at a 90-degree angle can be uncomfortable for many recovering patients and may not be advised immediately post-surgery, as it can lead to increased strain on the abdominal area or surgical site.

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9. Which of the following is an example of ethical behavior for a nursing assistant?

A. Documenting information inaccurately

B. Accepting gifts from residents

C. Keeping staff information confidential

D. Ignoring care plans

Keeping staff information confidential is an example of ethical behavior for a nursing assistant. Confidentiality is a core principle in healthcare that ensures the privacy of both patients and staff members. By maintaining confidentiality, nursing assistants respect the trust placed in them by residents and their families, as well as their colleagues. This practice protects sensitive information and helps to foster a safe and secure healthcare environment where individuals feel comfortable disclosing personal information. Adhering to confidentiality guidelines not only aligns with ethical standards but also complies with legal requirements, such as HIPAA (Health Insurance Portability and Accountability Act) in the United States, which mandates the protection of patient information. Upholding confidentiality helps to build a professional relationship between nursing assistants and those they care for, thereby enhancing the quality of care provided.

10. Which term describes the abnormal accumulation of fluid in the lungs?

A. Pneumonia

B. Asthma

C. Edema

D. Congestive Heart Failure

The term that describes the abnormal accumulation of fluid in the lungs is congestive heart failure. In this condition, the heart is unable to pump blood effectively, which can lead to a buildup of fluid in the lungs, causing symptoms such as shortness of breath and difficulty breathing. When blood flow is impeded, pressure builds up in the veins, and fluid can leak out into lung tissue, resulting in pulmonary edema—an important factor associated with congestive heart failure. Understanding the context of the other choices helps clarify why they are not appropriate descriptors for this condition. Pneumonia refers to an infection of the lung tissue that can lead to inflammation and fluid accumulation, but it is driven by infection rather than heart function. Asthma is a chronic respiratory condition characterized by narrowed airways and is due to an inflammatory response, which does not primarily involve fluid buildup in the lungs. Edema is a broader term that refers to an excess of watery fluid in the body tissues, but when specifically talking about the lungs, the term pulmonary edema is more accurate in the context of congestive heart failure.

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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.

Or visit your dedicated course page for more study tools and resources:

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

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