

CNA PROGRAM PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 sign may indicate a patient is experiencing anxiety?**
 - A. Calm breathing and relaxed posture
 - B. Rapid speech and restlessness
 - C. Being very quiet and withdrawn
 - D. Frequent smiling and laughter
- 2. What is the main characteristic of emotional lability?**
 - A. Inability to swallow
 - B. Inability to communicate
 - C. Involuntary laughing or crying
 - D. Difficulty in understanding language
- 3. Long Term Care (LTC) is primarily for individuals with what type of conditions?**
 - A. Acute conditions
 - B. Chronic conditions
 - C. Temporary conditions
 - D. Emergency conditions
- 4. What should a CNA do if a patient refuses care?**
 - A. Insist on providing the care regardless
 - B. Document the refusal and inform the nurse
 - C. Leave the patient alone
 - D. Ignore the request
- 5. What should a CNA do if a patient expresses a desire to leave the facility against medical advice?**
 - A. Inform the nurse and document the patient's wishes
 - B. Try to convince the patient to stay
 - C. Ignore the statement and continue care
 - D. Call the patient's family for discussions

6. What is one responsibility of a CNA concerning medication administration?

- A. To administer medications directly
- B. To monitor patients during surgery
- C. To remind patients to take their medications as prescribed
- D. To decide on medication adjustments

7. What is a recommended approach when a resident is reluctant to participate in an activity?

- A. Ask why they don't want to
- B. Force them to go
- C. Suggest an alternative activity
- D. Provide reassurance and ask if they are tired

8. What role does documentation play in protecting nursing assistants?

- A. It creates additional work
- B. It serves as a legal record of treatment
- C. It is unnecessary and redundant
- D. It improves patient satisfaction levels

9. What is the role of a CNA in preventing bedsores?

- A. To ensure patients are rectally examined regularly
- B. To reposition patients regularly and keep the skin clean and dry
- C. To apply antiseptic cream to all patients
- D. To only check patients from time to time

10. What additional support can a CNA provide to enhance patient mental well-being?

- A. Discussing medication side effects
- B. Encouraging social interactions and activities
- C. Administering sedatives when necessary
- D. Providing physical therapy instructions

Answers

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

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Explanations

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1. Which sign may indicate a patient is experiencing anxiety?

- A. Calm breathing and relaxed posture
- B. Rapid speech and restlessness**
- C. Being very quiet and withdrawn
- D. Frequent smiling and laughter

The presence of rapid speech and restlessness is significant when identifying signs of anxiety in a patient. Anxiety often manifests as heightened arousal, which can lead to a quickened pace of speech as the individual struggles to communicate their feelings or thoughts. This can be a response to internal distress or a sense of urgency about their emotional state. Additionally, restlessness, such as fidgeting or an inability to stay still, is a common behavior exhibited by those experiencing anxiety. These indicators reflect a state of nervousness and an overwhelming need to manage overwhelming feelings. In contrast, calm breathing and relaxed posture signify a state of comfort and tranquility, which contrasts with the experience of anxiety. Being very quiet and withdrawn can describe individuals who may be overwhelmed but doesn't specifically indicate anxiety, as it could also indicate other emotional states, such as depression or fatigue. Frequent smiling and laughter typically suggests comfort or happiness, which does not align with the experience of anxiety. Thus, the combination of rapid speech and restlessness directly correlates with the physiological and psychological responses often observed in anxious individuals.

2. What is the main characteristic of emotional lability?

- A. Inability to swallow
- B. Inability to communicate
- C. Involuntary laughing or crying**
- D. Difficulty in understanding language

Emotional lability is primarily characterized by involuntary emotional responses, which can include sudden and unpredictable episodes of laughing or crying. This condition often occurs due to neurological disorders or brain injuries that affect emotional regulation. Individuals with emotional lability may experience emotional responses that are disproportionate to the situation, such as laughing at something sad or crying without a clear reason, illustrating the instability of their emotional expressions. In this context, the other options do not align with the definition of emotional lability. Inability to swallow refers to dysphagia, and inability to communicate pertains to aphasia or other communication disorders. Difficulty in understanding language relates to language processing issues, which are distinct from emotional lability. Recognizing the specific features of emotional lability helps in understanding how it manifests and impacts individuals emotionally and socially.

3. Long Term Care (LTC) is primarily for individuals with what type of conditions?

- A. Acute conditions
- B. Chronic conditions**
- C. Temporary conditions
- D. Emergency conditions

Long Term Care (LTC) is primarily designed for individuals with chronic conditions. These are health issues that typically require ongoing medical attention and support over an extended period. Chronic conditions can include illnesses such as diabetes, heart disease, dementia, and other long-lasting health problems that necessitate assistance with daily living activities and continuous care. Unlike acute conditions, which are severe but typically short-term and may resolve with treatment, chronic conditions often require a shift in the type of care provided. LTC facilities focus on providing supportive services and assistance that help individuals manage their daily lives and maintain their quality of life over time. In contrast, temporary conditions, while they may require some degree of care, do not generally warrant the extended and multifaceted support that LTC facilities provide. Similarly, emergency conditions need immediate and often short-term care rather than long-term management, which is the core of what LTC encompasses.

4. What should a CNA do if a patient refuses care?

- A. Insist on providing the care regardless
- B. Document the refusal and inform the nurse**
- C. Leave the patient alone
- D. Ignore the request

The most appropriate action for a CNA when a patient refuses care is to document the refusal and inform the nurse. This response is crucial for several reasons. First, patients have the right to make decisions about their own care, including the right to refuse treatment. Respecting this autonomy is a fundamental principle in healthcare. By documenting the refusal, the CNA creates a record that identifies the patient's wishes, which is essential for legal and medical accuracy. Informing the nurse is also vital because the nurse has the authority to assess the situation and determine if any additional interventions are needed. The nurse can discuss the refusal with the patient to understand their concerns, provide further education about the care being offered, and potentially find a compromise that respects the patient's wishes while still addressing their health needs. Ensuring that proper protocols are followed helps maintain clear communication among the healthcare team and safeguards the patient's rights, dignity, and safety.

5. What should a CNA do if a patient expresses a desire to leave the facility against medical advice?

- A. Inform the nurse and document the patient's wishes**
- B. Try to convince the patient to stay
- C. Ignore the statement and continue care
- D. Call the patient's family for discussions

When a patient expresses a desire to leave the facility against medical advice, the appropriate course of action is to inform the nurse and document the patient's wishes. This ensures that the nursing staff is aware of the patient's intentions and can properly assess the situation, discuss the potential risks with the patient, and provide the necessary care and support. Documenting the patient's wishes is crucial as it creates a record of the patient's decision, ensuring that their autonomy is respected while also protecting the facility and the healthcare team legally. It allows for continuity of care and informs subsequent healthcare decisions. This steps underscore the importance of communication within the healthcare team and safeguarding the patient's rights in the care process. Engaging family members or attempting to persuade the patient to stay might not address the patient's autonomy and could lead to potential conflicts, while ignoring the patient's statement is not acceptable as it disregards their expressed wishes and may increase their distress.

6. What is one responsibility of a CNA concerning medication administration?

- A. To administer medications directly
- B. To monitor patients during surgery
- C. To remind patients to take their medications as prescribed**
- D. To decide on medication adjustments

The role of a Certified Nursing Assistant (CNA) primarily revolves around supporting the nursing staff and ensuring patient comfort and safety. One key responsibility related to medication is reminding patients to take their medications as prescribed. This task is crucial because it helps ensure that patients adhere to their medication schedules, which is vital for their treatment and overall health outcomes. By reminding patients about their medications, CNAs play a supportive role in the healthcare team, assisting in the management of patients' conditions. While CNAs are not authorized to administer medications directly, monitor patients during surgical procedures, or make decisions regarding medication adjustments, their involvement in reminding patients is an important aspect of patient care, contributing to effective communication and adherence to treatment plans. It underscores the importance of teamwork within healthcare settings, where every role supports the well-being of the patient.

7. What is a recommended approach when a resident is reluctant to participate in an activity?

- A. Ask why they don't want to
- B. Force them to go
- C. Suggest an alternative activity
- D. Provide reassurance and ask if they are tired**

Providing reassurance and asking if the resident is tired is a thoughtful and compassionate approach when encountering reluctance to participate in an activity. This method respects the individual's feelings and acknowledges that they may have valid reasons for their hesitation. It allows the caregiver to engage with the resident on a personal level, validating their emotions while also creating a supportive environment. Taking this approach encourages open communication, which can lead to better understanding and possibly uncover the underlying reasons for the resident's reluctance. By expressing reassurance, the caregiver can help alleviate any anxiety or discomfort, making it more likely for the resident to consider participating. Furthermore, inquiring if they are tired acknowledges their physical state, which is important in providing person-centered care. This approach also allows for flexibility. If the resident indicates they are not interested or too fatigued, it opens the door to suggesting alternative activities that might be more appealing or manageable for them, fostering a positive and empowering experience.

8. What role does documentation play in protecting nursing assistants?

- A. It creates additional work
- B. It serves as a legal record of treatment**
- C. It is unnecessary and redundant
- D. It improves patient satisfaction levels

Documentation plays a critical role in protecting nursing assistants by serving as a legal record of treatment. Accurate and thorough documentation provides a detailed account of the care provided to patients, making it an essential tool for maintaining accountability and transparency in the healthcare environment. This legal record can be pivotal in case of disputes about the care delivered, as it offers evidence that can support the nursing assistant's actions and decisions during patient care. Well-maintained documentation can help establish that nursing assistants have followed established protocols and provided appropriate care based on the patient's condition, needs, and wishes. In legal situations, such as potential malpractice claims or investigations, these records can demonstrate that the nursing assistant acted professionally and adhered to standards, thereby offering protection from liability. Furthermore, proper documentation can facilitate continuity of care by ensuring that all members of the healthcare team have access to accurate information about the patient's history and treatment plans.

9. What is the role of a CNA in preventing bedsores?

- A. To ensure patients are rectally examined regularly
- B. To reposition patients regularly and keep the skin clean and dry**
- C. To apply antiseptic cream to all patients
- D. To only check patients from time to time

The role of a Certified Nursing Assistant (CNA) in preventing bedsores, also known as pressure ulcers, primarily involves the practice of repositioning patients regularly and ensuring their skin remains clean and dry. Bedsores occur when there is prolonged pressure on the skin, particularly over bony areas, which can lead to skin breakdown. By regularly repositioning patients, CNAs redistribute pressure, thereby minimizing the risk of sore development. This can include turning patients every two hours or as directed by a care plan. Additionally, keeping the skin clean and dry is crucial since moisture can lead to skin irritation and increase the risk of pressure ulcers. Therefore, maintaining good hygiene and ensuring that any incontinence or moisture is promptly addressed are key responsibilities of the CNA that directly contribute to skin integrity. Other options do not align with the essential preventive measures for pressure ulcers. Regular rectal examinations are not related to sore prevention, applying antiseptic cream universally can lead to unnecessary skin irritation, and merely checking on patients sporadically would not provide the continuous care needed to effectively prevent bedsores.

10. What additional support can a CNA provide to enhance patient mental well-being?

- A. Discussing medication side effects
- B. Encouraging social interactions and activities**
- C. Administering sedatives when necessary
- D. Providing physical therapy instructions

Encouraging social interactions and activities is vital for promoting a patient's mental well-being. Social engagement helps to reduce feelings of loneliness and isolation, which are common among patients, especially those in long-term care settings. When a CNA facilitates opportunities for patients to engage with others through group activities or simply encourages them to spend time with family and friends, it can significantly enhance their mood and outlook on life. Building relationships and taking part in social activities can stimulate cognitive functions and promote a sense of belonging and community. This supportive interaction aligns with the holistic approach to patient care, recognizing that mental and emotional health is just as important as physical health. In contrast, discussing medication side effects, while informative, may not actively contribute to improving mental well-being, as it could lead to increased anxiety about medications. Administering sedatives is a medical intervention that should only be performed by licensed healthcare professionals. Providing physical therapy instructions, while important for physical health, does not directly address the mental and emotional aspects of overall well-being like social interactions do.

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://cnaprogram.examzify.com>

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

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