

# CNA Resident-Based Competency Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What do 'baseline vital signs' indicate?**
  - A. The highest normal range of vital signs**
  - B. The lowest normal range of vital signs**
  - C. The normal range of an individual's vital signs**
  - D. The average vital signs of all residents**
- 2. What is the recommended action when a resident shows signs of anxiety during activities?**
  - A. Encourage them to engage more.**
  - B. Ask them to take deeper breaths.**
  - C. Provide them with distractions.**
  - D. Allow them to rest and reassure them.**
- 3. Which of the following is important when conducting bathing and hygiene tasks?**
  - A. Limit conversation to avoid distractions**
  - B. Ensure privacy**
  - C. Use cold water for hygiene**
  - D. Remove all personal items from the room**
- 4. When transferring residents, what safety measure should be prioritized?**
  - A. Using any available lifting technique**
  - B. Assessing the need for assistance**
  - C. Transferring residents quickly**
  - D. Getting the job done without regard to the resident's needs**
- 5. What are the signs of a stroke that a CNA should be aware of?**
  - A. Sudden headache and dizziness**
  - B. Sudden numbness and loss of balance**
  - C. Sudden fatigue and chest pain**
  - D. Sudden vision impairment only**

- 6. What should CNAs consider when lifting and transferring residents?**
- A. Using proper body mechanics and getting assistance if needed**
  - B. Lifting quickly to minimize discomfort**
  - C. Using superior strength regardless of technique**
  - D. Transferring residents without another person present**
- 7. What factor is important when ensuring a resident's weight is accurate?**
- A. Time of day.**
  - B. Clothing worn by the resident.**
  - C. Wheelchair presence.**
  - D. All of the above.**
- 8. What is one way to ensure resident safety during ambulation?**
- A. Let them walk without assistance**
  - B. Use non-slip shoes**
  - C. Guide them using only verbal instructions**
  - D. Allow them to lead the way**
- 9. Why is monitoring residents' nutritional intake essential?**
- A. To maintain personal preferences**
  - B. To prevent malnutrition or dehydration**
  - C. To assess food costs**
  - D. To track meal times**
- 10. What are essential aspects of resident-centered care?**
- A. Prioritizing staff preferences**
  - B. Focusing on individual needs and preferences**
  - C. Implementing standardized care procedures**
  - D. Encouraging minimal interactions**

## **Answers**

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

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## **Explanations**

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## 1. What do 'baseline vital signs' indicate?

- A. The highest normal range of vital signs
- B. The lowest normal range of vital signs
- C. The normal range of an individual's vital signs**
- D. The average vital signs of all residents

Baseline vital signs refer to the normal range of an individual's vital signs obtained during a stable period of their health. These measurements serve as a point of reference for future assessments, allowing healthcare professionals to identify any changes or abnormalities that may indicate a shift in the patient's health status. Establishing baseline vital signs is critical in a healthcare setting, as it helps in determining what is normal for each specific individual. Variations from these baseline readings can signal a potential problem, requiring further investigation or intervention. Having a solid understanding of a patient's usual range assists in timely and effective medical assessments. In contrast to the other options, which do not accurately reflect the purpose or meaning of baseline vital signs, option C specifically emphasizes the individual nature of these measurements. The highest or lowest normal range of vital signs does not convey the personal context or significance of an individual's health status, and averaging all residents does not consider the unique variations that exist among different individuals.

## 2. What is the recommended action when a resident shows signs of anxiety during activities?

- A. Encourage them to engage more.
- B. Ask them to take deeper breaths.
- C. Provide them with distractions.
- D. Allow them to rest and reassure them.**

When a resident shows signs of anxiety during activities, allowing them to rest and provide reassurance is the recommended action because it addresses their immediate emotional state in a supportive manner. Anxiety can often be overwhelming, causing a person to feel both mentally and physically drained. By allowing the resident to take a break, you are giving them the opportunity to regain their composure and reduce feelings of stress. Reassuring them helps to build trust and provides emotional validation, showing that their feelings are acknowledged and supported. This approach fosters a calm environment which can significantly help in easing anxiety. Engaging more with an anxious resident, asking them to take deeper breaths, or providing distractions can sometimes be beneficial, but they may not be sufficient or appropriate responses in every situation. Each individual reacts differently to anxiety, so prioritizing rest and reassurance caters specifically to their need for comfort and safety during distressing moments.

**3. Which of the following is important when conducting bathing and hygiene tasks?**

- A. Limit conversation to avoid distractions**
- B. Ensure privacy**
- C. Use cold water for hygiene**
- D. Remove all personal items from the room**

Ensuring privacy during bathing and hygiene tasks is crucial for maintaining the dignity and comfort of the resident. Privacy helps to foster a sense of security and respect, allowing individuals to feel more at ease during what can be a vulnerable and intimate process. By providing privacy, you create a more supportive environment that can reduce anxiety and promote trust between the caregiver and the resident. In the context of bathing and hygiene, privacy also helps to comply with personal preferences and rights regarding bodily autonomy. This consideration is important in a healthcare setting, where residents may already feel exposed or uncomfortable due to their circumstances. Overall, ensuring privacy is a fundamental aspect of providing respectful and compassionate care within the daily activities of residents.

**4. When transferring residents, what safety measure should be prioritized?**

- A. Using any available lifting technique**
- B. Assessing the need for assistance**
- C. Transferring residents quickly**
- D. Getting the job done without regard to the resident's needs**

Prioritizing the assessment of the need for assistance when transferring residents is crucial for ensuring both the safety of the resident and the caregiver. Each resident has unique needs and capabilities, and evaluating these before initiating a transfer helps to determine whether a resident can move independently, requires assistance, or needs specialized equipment to facilitate a safe transfer. By assessing the need for assistance, caregivers can identify potential risks such as falls or injuries, ensure that the correct lifting techniques are used, and stimulate communication with the resident regarding their comfort and capabilities. This proactive approach not only enhances the safety of the transfer process but also promotes dignity and respect for the resident's individual needs and preferences. Other options do not prioritize safety and care in the same way. Using any available lifting technique lacks consideration of specific circumstances that may vary by resident, quickly transferring a resident can lead to accidents due to haste, and completing the task without regard to the resident's needs undermines the importance of individualized care and can place both the resident and caregiver in harm's way.

**5. What are the signs of a stroke that a CNA should be aware of?**

- A. Sudden headache and dizziness**
- B. Sudden numbness and loss of balance**
- C. Sudden fatigue and chest pain**
- D. Sudden vision impairment only**

The signs of a stroke that a Certified Nursing Assistant (CNA) should be particularly aware of include sudden numbness and loss of balance. These symptoms are indicative of a potential stroke as they represent a sudden change in neurological function. Numbness occurring on one side of the body can affect the face, arm, or leg and often suggests that a part of the brain responsible for movement or sensation is compromised. Additionally, loss of balance can lead to difficulties with coordination and stability, making it a critical warning sign for immediate medical attention. Recognizing these signs quickly is vital because timely intervention can significantly improve the affected individual's chances of recovery and minimize any lasting damage. Some common methods for recognizing the signs of a stroke include using the acronym FAST: Facial drooping, Arm weakness, Speech difficulties, and Time to call emergency services, which aligns closely with the symptoms a CNA should be observant of in a resident.

**6. What should CNAs consider when lifting and transferring residents?**

- A. Using proper body mechanics and getting assistance if needed**
- B. Lifting quickly to minimize discomfort**
- C. Using superior strength regardless of technique**
- D. Transferring residents without another person present**

When lifting and transferring residents, it is crucial for CNAs to consider using proper body mechanics along with seeking assistance when necessary. Proper body mechanics involves using the body's natural movements to prevent injury, which includes bending at the knees, keeping the back straight, and maintaining a stable stance. This technique not only protects the CNA from injury, but it also helps ensure the safety and comfort of the resident being moved. Adequate assistance can also make the transfer safer and more manageable. CNAs should not attempt to lift residents on their own if they are unsure or the resident is too heavy, as this can increase the risk of falls or injuries for both the caregiver and the resident. The importance of collaboration during lifting and transferring cannot be overstated. Moving residents safely often requires at least two people to ensure both their safety and comfort throughout the process. This choice emphasizes the practice of teamwork, which is a fundamental aspect of patient care in a healthcare setting. By focusing on these principles, CNAs help provide a secure environment for the residents they care for.

**7. What factor is important when ensuring a resident's weight is accurate?**

- A. Time of day.**
- B. Clothing worn by the resident.**
- C. Wheelchair presence.**
- D. All of the above.**

The accuracy of a resident's weight is influenced by several factors, and considering all of them is crucial for obtaining a reliable measurement. When thinking about the time of day, it's important to note that a person's weight can fluctuate throughout the day due to various reasons, such as food and fluid intake. Weighing a resident at the same time each day ensures consistency and accuracy in tracking any weight changes. Clothing worn by the resident can also significantly affect weight readings. Heavier fabrics or accessories can add unnecessary weight, leading to inaccurate results. If a resident is weighed in different types of clothing, the discrepancies could distort health assessments. Additionally, the presence of a wheelchair can impact weight measurements. If a resident is weighed while seated in a wheelchair, the weight of the wheelchair must be accounted for to get an accurate reading of the individual's body weight. Considering all these factors together ensures that the measurement is as accurate as possible, making choice "D" the correct answer as it encapsulates all the essential elements that contribute to an accurate weight assessment for a resident.

**8. What is one way to ensure resident safety during ambulation?**

- A. Let them walk without assistance**
- B. Use non-slip shoes**
- C. Guide them using only verbal instructions**
- D. Allow them to lead the way**

Using non-slip shoes is essential for ensuring resident safety during ambulation, as these types of footwear provide better traction and stability. Non-slip shoes reduce the risk of slipping or falling, especially on potentially slick surfaces such as floors that may be wet or polished. This footwear supports balance and helps to securely grip the walking surface, which is crucial for residents who may already have mobility challenges or decreased strength. When considering other options, allowing a resident to walk without assistance does not provide the necessary support needed for safety and can significantly increase the risk of falls. Relying solely on verbal instructions for guidance is inadequate, as many residents may need physical support or actual guidance to navigate effectively. Allowing residents to lead the way can result in them taking unsafe routes or moving too quickly, which can also increase the likelihood of falls. Using non-slip shoes is a proactive measure that addresses safety needs directly and effectively.

## 9. Why is monitoring residents' nutritional intake essential?

- A. To maintain personal preferences
- B. To prevent malnutrition or dehydration**
- C. To assess food costs
- D. To track meal times

Monitoring residents' nutritional intake is essential primarily to prevent malnutrition or dehydration. Adequate nutrition and hydration are critical for maintaining residents' overall health and well-being, especially in a healthcare or long-term care setting where individuals may have increased nutritional needs or difficulty consuming adequate amounts of food and fluids. Malnutrition can lead to a variety of health complications, including weakened immune function, delayed healing, and decreased muscle strength, which can significantly affect a resident's quality of life. Similarly, dehydration can result in serious health issues, such as kidney problems, confusion, and impaired bodily functions. Therefore, monitoring nutritional intake allows healthcare providers to identify potential issues early and intervene appropriately by adjusting meal plans, providing supplements, or addressing any barriers that may prevent residents from consuming the necessary nutrients and fluids. While maintaining personal preferences, assessing food costs, and tracking meal times are important aspects of resident care, the primary focus on monitoring nutritional intake is to ensure that residents receive the nourishment they need to thrive and minimize health risks associated with poor nutrition.

## 10. What are essential aspects of resident-centered care?

- A. Prioritizing staff preferences
- B. Focusing on individual needs and preferences**
- C. Implementing standardized care procedures
- D. Encouraging minimal interactions

Focusing on individual needs and preferences is at the heart of resident-centered care. This approach emphasizes personalized services that enhance the quality of life for residents by recognizing and respecting their unique backgrounds, preferences, and desires. In a resident-centered care model, caregivers work to understand what matters most to each individual resident, tailoring care plans and daily routines to align with their specific wishes and requirements. By prioritizing individual needs, caregivers promote dignity, autonomy, and satisfaction among residents, making them active participants in their own care. In contrast, prioritizing staff preferences is counterproductive to the resident-centered approach, as it places the focus on what is convenient for staff rather than what is best for the residents. Implementing standardized care procedures does not take into account the unique preferences of each resident, which could lead to a one-size-fits-all approach that may not meet individual needs. Similarly, encouraging minimal interactions may reduce the quality of care and the emotional connections that are essential in a supportive environment, as active engagement is vital for building trust and understanding between residents and caregivers. Ultimately, resident-centered care recognizes that fulfilling individual preferences leads to more meaningful and effective care experiences.