

CNA Resident-Based Competency 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. 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**

- 2. What does resident-centered care focus on?**
 - A. Individual needs and preferences of residents**
 - B. Standardized care procedures for all residents**
 - C. Maximizing staff efficiency**
 - D. Minimizing resident interactions**

- 3. Which of the following can be a sign of medical neglect?**
 - A. Failure to provide medication.**
 - B. Ignoring resident's dietary needs.**
 - C. Delaying responses to call lights.**
 - D. All of the above.**

- 4. Which sign might indicate that a resident is not getting enough nutrition?**
 - A. Increased energy levels**
 - B. Consistent weight gain**
 - C. Weight loss or fatigue**
 - D. Improved muscle tone**

- 5. What is considered a normal adult pulse rate?**
 - A. 40 to 60 beats per minute**
 - B. 60 to 100 beats per minute**
 - C. 100 to 120 beats per minute**
 - D. 120 to 140 beats per minute**

- 6. What is one way to ensure the comfort of residents during care?**
- A. By only focusing on outcomes**
 - B. By attending to their physical and emotional needs**
 - C. By limiting conversations**
 - D. By rushing through tasks**
- 7. 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**
- 8. Which is a critical aspect of ensuring resident comfort during bathing?**
- A. Water that is too cold**
 - B. Having the resident fully clothed**
 - C. Personal attention and reassurance**
 - D. Noise from other residents**
- 9. How can you encourage a resident to stay hydrated throughout the day?**
- A. Limit fluid intake to meal times only**
 - B. Provide fluids with every interaction**
 - C. Offer dry snacks like crackers**
 - D. Restrict fluids for those with incontinence**
- 10. What action should a CNA take when observing changes in a resident's condition?**
- A. Ignore the changes if they seem minor**
 - B. Report the changes to a nurse promptly**
 - C. Document the changes in their own personal notes**
 - D. Call the resident's family immediately**

Answers

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

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Explanations

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1. 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.

2. What does resident-centered care focus on?

- A. Individual needs and preferences of residents**
- B. Standardized care procedures for all residents**
- C. Maximizing staff efficiency**
- D. Minimizing resident interactions**

Resident-centered care emphasizes the importance of recognizing and addressing the individual needs and preferences of each resident. This approach prioritizes the dignity, autonomy, and unique circumstances of residents, ensuring that their care is tailored to their specific desires, values, and lifestyles. By focusing on what is most important to each individual, resident-centered care promotes a higher quality of life and satisfaction among residents. While standardized care procedures are essential for maintaining safety and consistency, they may not cater to the unique aspects of each resident's life. Maximizing staff efficiency is also important in healthcare settings, but it should not come at the expense of personalized care. Lastly, minimizing resident interactions contradicts the fundamental goal of resident-centered care, which is to foster relationships and engagement between residents and staff, ultimately enriching the residents' experiences.

3. Which of the following can be a sign of medical neglect?

- A. Failure to provide medication.
- B. Ignoring resident's dietary needs.
- C. Delaying responses to call lights.
- D. All of the above.**

Medical neglect can manifest in various forms, and each of the options presented indicates a possible sign of neglect. When considering the question, it's important to recognize that neglect occurs when caregivers fail to provide essential care or meet the basic needs of the residents they are responsible for. Failure to provide medication is a critical aspect of medical care; if a resident does not receive their prescribed medications, it can lead to significant health issues, exacerbation of conditions, or even life-threatening situations. Ignoring a resident's dietary needs can also be a form of neglect, as proper nutrition is vital for maintaining health and supporting recovery. Residents may have specific dietary restrictions or requirements due to medical conditions, and not adhering to these can cause harm. Delaying responses to call lights is another potential sign of neglect. Residents often rely on staff to assist them promptly, and failing to respond quickly can lead to distress and an unsafe living environment. Because all these actions or inactions contribute to a lack of proper care and can jeopardize the health and well-being of residents, recognizing that each behavior represents a different aspect of medical neglect leads to the conclusion that all of the above choices are indeed signs of medical neglect.

4. Which sign might indicate that a resident is not getting enough nutrition?

- A. Increased energy levels
- B. Consistent weight gain
- C. Weight loss or fatigue**
- D. Improved muscle tone

Weight loss or fatigue is a strong indicator that a resident may not be receiving adequate nutrition. When a person does not get enough nutrients, their body begins to use its reserves for energy, leading to weight loss over time. Fatigue often accompanies inadequate nutrition because a lack of essential vitamins and minerals diminishes energy levels and affects overall physical and mental health. With insufficient caloric intake, the body's ability to function optimally is compromised, indicating a need for dietary assessment and intervention. The other potential signs, such as increased energy levels, consistent weight gain, or improved muscle tone, typically suggest that an individual is receiving sufficient nutrition and may even be thriving as a result of a well-balanced diet. These factors are generally not signs of nutritional deficiency, making weight loss and fatigue key indicators for monitoring a resident's nutritional status.

5. What is considered a normal adult pulse rate?

- A. 40 to 60 beats per minute**
- B. 60 to 100 beats per minute**
- C. 100 to 120 beats per minute**
- D. 120 to 140 beats per minute**

A normal adult pulse rate is typically defined as being between 60 to 100 beats per minute. This range is considered the standard for adults at rest and reflects the heart's efficiency in pumping blood throughout the body. Within this range, a pulse rate can be influenced by various factors including stress, physical activity, and overall health. Values below 60 beats per minute may indicate bradycardia, which can be a concern in certain individuals, while rates above 100 beats per minute may suggest tachycardia. Therefore, recognizing the normal range is vital for monitoring cardiovascular health and identifying potential issues.

6. What is one way to ensure the comfort of residents during care?

- A. By only focusing on outcomes**
- B. By attending to their physical and emotional needs**
- C. By limiting conversations**
- D. By rushing through tasks**

Ensuring the comfort of residents during care is fundamentally about meeting their physical and emotional needs. This approach involves actively listening to residents, understanding their preferences, and being responsive to their requests or concerns. Addressing physical needs may include providing assistance with mobility, hygiene, and nutrition, while attending to emotional needs can involve offering companionship, engaging in meaningful conversations, and providing reassurance. Overall, acknowledging and addressing both aspects contributes significantly to a resident's comfort and well-being, creating an environment where they feel safe and valued. This holistic consideration enhances the quality of care and promotes a positive experience for the residents.

7. 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.

8. Which is a critical aspect of ensuring resident comfort during bathing?

- A. Water that is too cold**
- B. Having the resident fully clothed**
- C. Personal attention and reassurance**
- D. Noise from other residents**

A critical aspect of ensuring resident comfort during bathing is providing personal attention and reassurance. This approach helps to create a calming atmosphere in what can be a vulnerable situation for residents. Bathing can be uncomfortable or even anxiety-inducing for some individuals, especially the elderly or those with cognitive impairments. By offering personal attention—such as speaking gently, explaining each step of the process, and being attentive to the resident's needs—the caregiver fosters a sense of safety and trust. This emotional support enhances the resident's overall experience and contributes significantly to their comfort and well-being during the bathing process. In contrast, water that is too cold can lead to discomfort or distress, having the resident fully clothed defeats the purpose of bathing, and noise from other residents can create a chaotic environment that detracts from the comfort and privacy that the resident deserves.

9. How can you encourage a resident to stay hydrated throughout the day?

- A. Limit fluid intake to meal times only**
- B. Provide fluids with every interaction**
- C. Offer dry snacks like crackers**
- D. Restrict fluids for those with incontinence**

Encouraging a resident to stay hydrated throughout the day is best achieved by providing fluids with every interaction. This approach makes hydration a regular part of the resident's routine and can help remind them to drink more fluids. It also creates opportunities for social interaction and engagement, which can further motivate residents to consume more liquids. By integrating fluid intake into daily conversations and interactions—such as during activities, meals, or just casual visits—you can foster an environment where hydration is prioritized and normalized. Limiting fluid intake to meal times misses many opportunities throughout the day when residents could be encouraged to drink. Offering dry snacks like crackers does not directly promote hydration and may even lead to increased thirst without providing the necessary fluids. Lastly, restricting fluids for those with incontinence can lead to dehydration and is generally not a recommended practice. It's essential to balance managing incontinence with ensuring the resident maintains proper hydration levels for overall health and well-being.

10. What action should a CNA take when observing changes in a resident's condition?

- A. Ignore the changes if they seem minor**
- B. Report the changes to a nurse promptly**
- C. Document the changes in their own personal notes**
- D. Call the resident's family immediately**

When a Certified Nursing Assistant (CNA) observes changes in a resident's condition, the appropriate action is to report these changes to a nurse promptly. Reporting changes is crucial because nurses are trained to assess and interpret the significance of the observed changes and can initiate further evaluation or appropriate interventions. Residents' health can fluctuate quickly, and timely communication ensures that any necessary medical responses can be carried out without delay, potentially preventing complications. In a healthcare setting, immediate attention from a qualified professional, based on the CNA's observation, is necessary to safeguard the resident's well-being. This action not only follows the protocols of patient care but also upholds the CNA's role in the healthcare team, emphasizing collaboration and responsibility in monitoring residents' conditions.

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://cnaresidentbasedcompetency.examzify.com>

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

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