

CNA RESIDENT-BASED COMPETENCY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 should a CNA do if they are unsure about a specific care procedure?**
 - A. Guess based on previous experience
 - B. Seek assistance from a qualified staff member or supervisor
 - C. Do nothing until someone notices
 - D. Assume that all procedures are the same
- 3. Why is it important to report changes during a shift handoff?**
 - A. To reduce paperwork
 - B. To ensure continuity of care and awareness of residents' conditions
 - C. To inform the next shift of all past issues
 - D. To follow personal relationships with staff
- 4. When interacting with residents, the ability to listen effectively is important because it:**
 - A. Helps caregivers complete tasks quicker
 - B. Improves understanding and fosters connection
 - C. Allows for better control over the situation
 - D. Is irrelevant to patient care
- 5. 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.

- 6. What is the recommended action if a resident is showing signs of dehydration in relation to urinary issues?**
- A. Encourage fluid intake if there are no restrictions.
 - B. Limit all fluid intake.
 - C. Only allow fluids in the morning.
 - D. Do not mention it to the resident.
- 7. What should a CNA do as a resident transitions off skilled therapy?**
- A. Attend training on safe ambulation assistance.
 - B. Encourage the resident to ambulate safely.
 - C. Ignore instructions since the resident is going to a restorative program.
 - D. A and B.
- 8. How can a CNA assist with a resident's personal hygiene?**
- A. Only reminding residents to do it themselves
 - B. By helping with bathing, grooming, and dressing
 - C. By providing hygiene supplies without assistance
 - D. Recommending that residents wait for family to visit
- 9. What does "ADLs" stand for in the context of resident care?**
- A. Assisted Daily Living
 - B. Aids for Daily Living
 - C. Activities of Daily Living
 - D. Assessment of Daily Living
- 10. Why is hand hygiene crucial in a healthcare setting?**
- A. It improves staff morale
 - B. It prevents the spread of infections
 - C. It promotes faster recovery
 - D. It is required by law

Answers

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1. B
2. B
3. B
4. B
5. D
6. A
7. D
8. B
9. C
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 should a CNA do if they are unsure about a specific care procedure?

- A. Guess based on previous experience
- B. Seek assistance from a qualified staff member or supervisor**
- C. Do nothing until someone notices
- D. Assume that all procedures are the same

When a CNA is unsure about a specific care procedure, seeking assistance from a qualified staff member or supervisor is the most appropriate action. This choice emphasizes the importance of safety and proper care in accordance with the established protocols and standards in healthcare settings. The role of a CNA requires accountability and adherence to care procedures, which often have specific guidelines to ensure the safety and well-being of residents. By consulting a more experienced or qualified individual, the CNA can gain clarification and guidance, which helps prevent potential errors that could affect the care provided to residents. This approach also fosters a culture of teamwork and communication within the healthcare environment, promoting collaboration and ensuring that care is delivered safely and effectively. Seeking assistance is an act of professionalism and respect for the responsibilities associated with patient care.

3. Why is it important to report changes during a shift handoff?

- A. To reduce paperwork
- B. To ensure continuity of care and awareness of residents' conditions**
- C. To inform the next shift of all past issues
- D. To follow personal relationships with staff

Reporting changes during a shift handoff is crucial for ensuring continuity of care and keeping all staff informed about residents' conditions. This practice helps maintain a seamless transition between shifts, allowing incoming caregivers to be aware of any significant changes in a resident's health status, behavior, or needs. Effective handoff communication ensures that critical information is shared promptly, which can influence immediate care decisions and interventions. Involving all staff in understanding the current status of residents prevents misunderstandings and gaps in care, ultimately enhancing the safety and well-being of those receiving care. While other options might seem relevant, they do not capture the primary purpose of communicating changes during handoffs as effectively as maintaining continuity of care does.

4. When interacting with residents, the ability to listen effectively is important because it:

- A. Helps caregivers complete tasks quicker
- B. Improves understanding and fosters connection**
- C. Allows for better control over the situation
- D. Is irrelevant to patient care

Listening effectively when interacting with residents is crucial because it significantly improves understanding and fosters a deeper connection between caregivers and residents. When caregivers listen attentively, they are able to comprehend the needs, preferences, and concerns of the residents more accurately. This understanding is essential in providing personalized care that aligns with each resident's specific requirements, thereby enhancing their overall experience. Moreover, effective listening contributes to building trust and rapport, allowing residents to feel valued and respected. This positive interaction not only promotes a supportive environment but also encourages open communication, where residents feel comfortable expressing their thoughts and feelings. In turn, this can lead to better outcomes in their care, as caregivers can respond appropriately to their needs. The other options miss the mark by focusing on speed, control, or suggesting that listening has no significance; each of these misses the core value of empathetic communication in resident care. Prioritizing effective listening creates a foundation for quality interactions that ultimately benefits both residents and caregivers.

5. 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.

6. What is the recommended action if a resident is showing signs of dehydration in relation to urinary issues?

- A. Encourage fluid intake if there are no restrictions.**
- B. Limit all fluid intake.
- C. Only allow fluids in the morning.
- D. Do not mention it to the resident.

Encouraging fluid intake if there are no restrictions is the recommended action when a resident is showing signs of dehydration in relation to urinary issues. Adequate hydration is essential for maintaining normal kidney function and bladder health. When the body is dehydrated, urine output decreases, which can lead to concentrated urine that may cause discomfort or urinary tract infections. Promoting fluid intake helps to restore hydration levels, supports kidney function, and promotes regular urination. It is important to ensure that the resident is not on any specific fluid restrictions, as in cases of certain medical conditions (like heart failure or renal disease), fluid intake may need to be closely monitored. Addressing hydration proactively can prevent further complications and support the overall health and well-being of the resident. This approach aligns with best practices in resident care, aiming to encourage independence and maintain comfort.

7. What should a CNA do as a resident transitions off skilled therapy?

- A. Attend training on safe ambulation assistance.
- B. Encourage the resident to ambulate safely.
- C. Ignore instructions since the resident is going to a restorative program.
- D. A and B.**

As a resident transitions off skilled therapy, the Certified Nursing Assistant (CNA) plays a vital role in supporting the resident's ongoing recovery and independence. The correct approach involves both attending training on safe ambulation assistance and encouraging the resident to ambulate safely. Attending training helps the CNA stay updated on best practices and safe techniques for assisting residents with mobility, which are critical when a resident is moving to different levels of care. This training ensures that the CNA is equipped with the latest skills and knowledge to provide appropriate support, minimizing the risk of falls or injuries during ambulation. Encouraging the resident to ambulate safely is equally essential. As residents transition off skilled therapy, they often need motivation and support to maintain their mobility and confidence. Encouragement fosters independence and helps residents apply what they have learned during their therapy, reinforcing their ability to perform daily activities. Together, these actions empower the resident and facilitate a smoother transition to their next stage of care, ensuring that they continue to improve and maintain their functional abilities. Ignoring instructions and not participating in training would hinder the CNA's ability to provide effective support, and therefore would not align with the best practices in resident care.

8. How can a CNA assist with a resident's personal hygiene?

- A. Only reminding residents to do it themselves
- B. By helping with bathing, grooming, and dressing**
- C. By providing hygiene supplies without assistance
- D. Recommending that residents wait for family to visit

The correct choice emphasizes the role of a CNA in actively supporting residents with their personal hygiene needs. Personal hygiene is essential for overall health and well-being, and CNAs are trained to assist residents in various tasks to promote independence and comfort. This involvement may include helping residents with bathing, grooming, and dressing, which can be challenging for individuals with physical limitations or other health concerns. This choice aligns with the fundamental responsibilities of a CNA, which include providing assistance in daily living activities, ensuring residents maintain their dignity, and fostering a sense of self-worth through personal care routines. By helping residents directly with these tasks, CNAs facilitate a comprehensive approach to personal hygiene that may otherwise be difficult for many residents to manage independently. In contrast, merely reminding residents to care for their own hygiene or suggesting they wait for family to assist does not provide the necessary support and may leave residents feeling neglected or anxious about their hygiene needs. Similarly, providing hygiene supplies without assistance does not address the importance of active engagement and support from CNAs, which is crucial in maintaining residents' health and well-being.

9. What does "ADLs" stand for in the context of resident care?

- A. Assisted Daily Living
- B. Aids for Daily Living
- C. Activities of Daily Living**
- D. Assessment of Daily Living

The term "ADLs" stands for "Activities of Daily Living," which refers to the basic tasks that individuals typically need to perform on a daily basis to maintain personal care and independence. These activities include essential functions such as bathing, dressing, eating, toileting, walking, and transferring from one location to another. In the context of resident care, understanding ADLs is crucial for caregivers, as it allows them to assess a resident's level of independence and determine the type of support or assistance they may need to perform these fundamental activities. By focusing on the promotion and maintenance of a resident's ability to perform ADLs, caregivers can enhance the quality of life for individuals, foster independence, and provide appropriate levels of support. This understanding informs care planning and helps healthcare providers deliver personalized care that respects the dignity and preferences of each resident.

10. Why is hand hygiene crucial in a healthcare setting?

- A. It improves staff morale
- B. It prevents the spread of infections**
- C. It promotes faster recovery
- D. It is required by law

Hand hygiene is crucial in a healthcare setting primarily because it prevents the spread of infections. Effective handwashing or the use of hand sanitizers reduces the number of microorganisms on the hands, thereby minimizing the risk of transmitting pathogens. This is especially important in environments where vulnerable populations, such as patients with weakened immune systems, are present. In healthcare facilities, infections can easily spread from patient to patient, or from healthcare workers to patients. By adhering to proper hand hygiene practices, such as washing hands before and after patient care or using alcohol-based hand sanitizers, healthcare providers can significantly lower the incidence of healthcare-associated infections (HAIs). This not only protects patients but also contributes to overall public health by curbing the transmission of infectious diseases. While the other options may have some relevance to healthcare, they do not fully capture the primary reason for the emphasis on hand hygiene practices.

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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:

<https://cnaresidentbasedcompetency.examzify.com>

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

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