

CNA Workbook Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	9
Explanations	11
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Respite care offers services for residents that provide which of the following?**
 - A. Rehabilitation and extensive therapy**
 - B. A safe environment for short periods of time**
 - C. End-of-life care**
 - D. Close monitoring of vital signs**

- 2. For repositioning a bariatric resident while in bed, you need to**
 - A. Ask for help from at least one other coworker**
 - B. Use the top sheet, bath blanket, or bed blanket**
 - C. Ask the resident to help as much as she is able**
 - D. Do all of the above**

- 3. If you suspect a nursing assistant has been verbally abusive to a resident, what is the best initial action?**
 - A. Confront your coworker**
 - B. Report your suspicions to the supervisor**
 - C. Find out if your suspicions are correct and then report**
 - D. Tell the residents family so they can keep him safe**

- 4. What is the best explanation to a family member about when long-term care is appropriate versus home care?**
 - A. That a long term care is most appropriate for a resident who requires ongoing treatment around the clock**
 - B. That home care is available only to residents who have a lot of money**
 - C. To tell the daughter it would be best if she could move in and care for her mother**
 - D. To tell the daughter to call her mother's doctor**

- 5. Which device attached to the bed can help a resident move themselves during repositioning, reducing the need for multiple staff?**
 - A. Trapeze secured to the bed**
 - B. Bed rails**
 - C. Overhead hoist**
 - D. Pillows**

- 6. A doctor enters a resident's room and provides instructions on how to care for a heel wound. What is your best response?**
- A. Listen carefully and report to the nurse the instruction given to you**
 - B. Tell the doctor to please write the information down and that you will give that to the nurse when she returns**
 - C. Ask the doctor to wait while you get another NA to make sure you understand the instructions**
 - D. Inform the doctor that you are the resident's CNA but that you would be happy to find a nurse to assist him**
- 7. One of your co-workers is in the main doorway talking about a resident she handled that day. What is the best response?**
- A. Joining the conversation to decrease stress**
 - B. Allow her to express your frustration**
 - C. Remind her that she should not talk about residents in a public area**
 - D. Immediately report the situation to the supervisor**
- 8. Which position is most comfortable for a resident with breathing problems?**
- A. Prone**
 - B. Supine**
 - C. Sim's**
 - D. Fowler's**
- 9. Before transferring a resident from bed to wheelchair, why is it important to check the care plan?**
- A. To determine the level of assistance needed**
 - B. To know the resident's favorite music**
 - C. To verify birth date**
 - D. To schedule lunch**

10. Judah has a hearing deficit from years of construction work. This is an example of

- A. A congenital hearing loss**
- B. An acquired hearing loss**
- C. A neurological disorder**
- D. Expressive aphasia**

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Respite care offers services for residents that provide which of the following?

- A. Rehabilitation and extensive therapy**
- B. A safe environment for short periods of time**
- C. End-of-life care**
- D. Close monitoring of vital signs**

Respite care is about giving the primary caregiver a break by placing the resident in a safe, supervised setting for a short period. This arrangement provides supervision, meals, and activities during the caregiver's time off, typically ranging from a few hours to a few days. It isn't focused on rehabilitation or extensive therapy, which are the domains of rehab services, nor is it specifically end-of-life care, which is hospice/palliative in nature. It also isn't primarily about constant vital signs monitoring; the main purpose is temporary relief for the caregiver while ensuring the resident is safe and cared for.

2. For repositioning a bariatric resident while in bed, you need to

- A. Ask for help from at least one other coworker**
- B. Use the top sheet, bath blanket, or bed blanket**
- C. Ask the resident to help as much as she is able**
- D. Do all of the above**

Safe repositioning a bariatric resident in bed relies on teamwork, using friction-reducing tools, and involving the resident within safe limits. Having at least one other coworker available helps manage the move smoothly and protects both the caregiver and the resident from injury. The top sheet, bath blanket, or bed blanket acts as a drag surface, reducing friction and skin shear as you slide or pivot the resident. Inviting the resident to help as much as possible respects autonomy and can make the move safer and easier, provided you monitor safety and comfort. Combining these steps minimizes injury risk, protects skin, and supports a coordinated, safer repositioning, so the best approach is to use all of these resources.

3. If you suspect a nursing assistant has been verbally abusive to a resident, what is the best initial action?

- A. Confront your coworker**
- B. Report your suspicions to the supervisor**
- C. Find out if your suspicions are correct and then report**
- D. Tell the residents family so they can keep him safe**

When you suspect verbal abuse, prioritize resident safety and accuracy. The best first move is to quietly observe and document concrete details of what you've noticed—specific words or phrases, how often it happens, times of day, and any witnesses. This factual record helps you describe the situation clearly when you report it. After gathering these details, report what you've observed to your supervisor or the proper authority so the issue can be handled through the right channels. Confronting the coworker directly can escalate danger and bias the situation, and checking with others yourself or telling the resident's family can violate confidentiality and policy. Focusing on factual observations and then reporting ensures a safe, professional response.

4. What is the best explanation to a family member about when long-term care is appropriate versus home care?

A. That a long term care is most appropriate for a resident who requires ongoing treatment around the clock

B. That home care is available only to residents who have a lot of money

C. To tell the daughter it would be best if she could move in and care for her mother

D. To tell the daughter to call her mother's doctor

Deciding between long-term care and home care is about safety, supervision, and medical needs. Long-term care is most appropriate when a resident requires ongoing treatment around the clock and continuous supervision to manage multiple health issues. In a facility, skilled nursing, medications, therapies, and help with daily activities can be provided 24 hours a day, ensuring consistent oversight and rapid response if problems arise. Home care fits when needs are less intensive: the person can stay at home with support from caregivers and scheduled visits from healthcare professionals, handling daily tasks and some medical care without around-the-clock supervision. This framing helps explain why long-term care isn't about money or a single family member moving in. It's about whether the level of care needed can be safely and effectively managed at home. Coordinating with the doctor is a good step to plan care, but it doesn't by itself define which setting is most appropriate.

5. Which device attached to the bed can help a resident move themselves during repositioning, reducing the need for multiple staff?

A. Trapeze secured to the bed

B. Bed rails

C. Overhead hoist

D. Pillows

The device that enables a resident to move themselves in bed is the trapeze bar attached to the bed. It gives a solid grip and leverage so the resident can use their arms and upper body to lift, shift, or slide toward the edge, helping them reposition from lying to sitting or sideways without needing another person to do the maneuver. This fosters independence and makes small adjustments possible, which can reduce the amount of staff needed for repositioning. Bed rails mainly provide boundary support and can even hinder movement or pose entrapment risks, so they're not ideal for self-repositioning. An overhead hoist is a larger transfer device used to move a resident from bed to chair or similar destinations with equipment and staff assistance, not for ongoing self-movement in bed. Pillows offer comfort and support but don't enable actual repositioning or movement.

6. A doctor enters a resident's room and provides instructions on how to care for a heel wound. What is your best response?

- A. Listen carefully and report to the nurse the instruction given to you**
- B. Tell the doctor to please write the information down and that you will give that to the nurse when she returns**
- C. Ask the doctor to wait while you get another NA to make sure you understand the instructions**
- D. Inform the doctor that you are the resident's CNA but that you would be happy to find a nurse to assist him**

Clear, timely communication within the care team is essential when a physician provides instructions. As a CNA, your role is to convey that information up the chain to the nurse in charge so the wound-care plan is carried out safely and accurately. Listening carefully shows you value the physician's instructions, and reporting them to the nurse ensures the instruction is documented, clarified if needed, and implemented by someone authorized to supervise and delegate tasks. This maintains patient safety, prevents miscommunication, and keeps care organized within the team. Delaying action by asking the doctor to write it down for later, or insisting on another CNA to confirm, can slow care and introduce gaps in understanding or accountability. Stating you'll find a nurse to assist the doctor shifts responsibility away from timely communication and does not align with the CNA's role to relay information promptly to the supervising nurse. Likewise, deflecting or indicating you won't proceed without further confirmation misses an opportunity to ensure the patient's needs are met promptly and safely.

7. One of your co-workers is in the main doorway talking about a resident she handled that day. What is the best response?

- A. Joining the conversation to decrease stress**
- B. Allow her to express your frustration**
- C. Remind her that she should not talk about residents in a public area**
- D. Immediately report the situation to the supervisor**

Protecting resident privacy is essential in any care setting. Information about residents should not be discussed in public areas where it can be overheard. Reminding your coworker that talking about residents in a doorway or other public space isn't appropriate reinforces confidentiality, professional boundaries, and the facility's policies. It addresses the behavior right away in a respectful way and helps prevent private information from being shared accidentally. Joining the conversation or venting in public could spread sensitive details, while escalating to a supervisor is appropriate if the behavior repeats or involves a safety concern, but a simple, in-the-moment reminder is the best first step.

8. Which position is most comfortable for a resident with breathing problems?

- A. Prone
- B. Supine
- C. Sim's
- D. Fowler's**

When someone has breathing problems, elevating the upper body to open the chest and improve lung expansion makes breathing easier. Fowler's position accomplishes this by sitting the resident upright with the head of the bed elevated. This posture reduces the pressure of abdominal contents on the diaphragm, widens the airways, and allows the chest wall and lungs to expand more fully. It also makes it easier to clear secretions and speak comfortably. This is typically more comfortable and effective for improving ventilation than lying flat on the back, which can restrict diaphragmatic movement, or lying on the stomach, which isn't practical for daily comfort. Side-lying (Sim's) can be helpful for other reasons, like drainage or comfort, but it doesn't promote as much lung expansion as an upright position. So, Fowler's position best supports breathing problems.

9. Before transferring a resident from bed to wheelchair, why is it important to check the care plan?

- A. To determine the level of assistance needed**
- B. To know the resident's favorite music
- C. To verify birth date
- D. To schedule lunch

The essential idea is that the care plan tells you exactly how much help the resident needs and how to transfer them safely. By checking it before moving from bed to wheelchair, you determine the appropriate level of assistance, the equipment to use (like a gait belt or a mechanical lift), and any precautions or restrictions (weight-bearing status, transfer method, or positioning). This keeps both resident and caregiver safe and ensures you're following the plan the care team has approved. Without consulting the plan, you might guess the wrong amount of help or choose an unsafe method, increasing the risk of falls or injury. The other options aren't relevant to a safe transfer because they don't address mobility, safety, or the approved approach to moving the resident.

10. Judah has a hearing deficit from years of construction work. This is an example of

- A. A congenital hearing loss
- B. An acquired hearing loss**
- C. A neurological disorder
- D. Expressive aphasia

Hearing loss can be categorized by when it develops. Years of construction work expose a person to loud noise, which can damage the ear over time and lead to acquired hearing loss. It isn't congenital, since the deficit isn't present at birth. It isn't a neurological disorder, which would involve brain or nerve processing rather than ear damage, and expressive aphasia is a language impairment, not a hearing problem.

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://cnaworkbook.examzify.com>

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

SAMPLE