

# CNA Workbook 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. To accommodate a dining room that is too small, which approach was recommended in the material?**
  - A. Leave equipment outside the dining room**
  - B. Have residents eat in their rooms**
  - C. Set up tables in the hallway**
  - D. Rotate the residents meal times**
  
- 2. If a resident requests a room change due to conflicts, which person should be informed first?**
  - A. The administrator**
  - B. The nurse**
  - C. The resident's family**
  - D. The maintenance supervisor**
  
- 3. Why is cultural sensitivity important in CNA care?**
  - A. It respects residents' values and beliefs, improves rapport, and reduces risk of misunderstandings or distress.**
  - B. It ensures all residents adopt the same beliefs.**
  - C. It is not necessary if care is clinical.**
  - D. It only matters for dietary preferences.**
  
- 4. You can assist the resident who is independent with ambulation by**
  - A. Telling him he must walk to the dining room for meals**
  - B. Encouraging him to attend group activities offered that day**
  - C. Not allowing him to use a wheelchair**
  - D. Remaining close to him when he walks**
  
- 5. Healthcare workers are at risk of exposure to bloodborne pathogens present in which of the following?**
  - A. Urine and feces**
  - B. Wound drainage**
  - C. Vomit and saliva**
  - D. All of the above**

- 6. Which scenario illustrates invasion of privacy?**
- A. Reading a resident's mail without permission**
  - B. Asking permission before discussing health information in the hallway**
  - C. Closing the door during personal care**
  - D. Providing a resident with a private room if available**
- 7. What type of information should a CNA document after care?**
- A. Subjective opinions about mood**
  - B. Objective observations and actions taken**
  - C. The nurse's conclusions about the resident's condition**
  - D. The family's observations**
- 8. What does SBAR stand for, and how is it used in CNA communication?**
- A. Situation, Background, Analysis, Recommendation; used to convey concise information to the nurse.**
  - B. Status, Background, Assessment, Recommendation; used to convey concise information to the nurse.**
  - C. Situation, Background, Assessment, Recommendation; used to convey concise, structured information to the nurse.**
  - D. Situation, Background, Action, Review; used to communicate with the nurse.**
- 9. If a resident's sleep is being disrupted by evening visits from family, what action should staff take?**
- A. Ask the family to visit in the common room**
  - B. Move the resident to a new room**
  - C. Move the roommate to a new room**
  - D. Tell the family to visit during the day instead**
- 10. What is the overall impact of a home-like environment on residents in care facilities?**
- A. Increases resident comfort only**
  - B. Increases resident comfort and staff wages**
  - C. Increases resident comfort, consumer use, and customer satisfaction**
  - D. Has no impact on resident experience**

## Answers

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

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## **Explanations**

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**1. To accommodate a dining room that is too small, which approach was recommended in the material?**

- A. Leave equipment outside the dining room**
- B. Have residents eat in their rooms**
- C. Set up tables in the hallway**
- D. Rotate the residents meal times**

Staggering dining times to fit a small dining area is about using space efficiently while keeping meals safe and comfortable for residents. When the dining room can't hold everyone at once, scheduling residents in groups lets each person have a proper setting with adequate seating, staff available to assist, and utensils and trays handled without crowding. This approach also preserves the normal dining routine and opportunities for social interaction, rather than sending residents to eat in their rooms, which can feel isolating, or improvising with hall tables, which creates safety hazards and obstructs passage. By rotating meal times, the facility can maintain dignity, safety, and orderly service even with limited space.

**2. If a resident requests a room change due to conflicts, which person should be informed first?**

- A. The administrator**
- B. The nurse**
- C. The resident's family**
- D. The maintenance supervisor**

When a resident asks for a room change because of conflicts, inform the nurse first. The nurse is the frontline caregiver who knows the resident's health status, safety needs, and current care plan, so they can quickly assess the risk, separate the residents if needed, and start the process for a transfer. The nurse coordinates with the facility's procedures, communicates with other staff, and documents the request and actions to ensure the change is done safely and respectfully. Involving the administrator or maintenance directly isn't the immediate step for handling interpersonal conflicts, and involving the family isn't required unless the resident requests family involvement or consent is needed.

**3. Why is cultural sensitivity important in CNA care?**

- A. It respects residents' values and beliefs, improves rapport, and reduces risk of misunderstandings or distress.**
- B. It ensures all residents adopt the same beliefs.**
- C. It is not necessary if care is clinical.**
- D. It only matters for dietary preferences.**

Cultural sensitivity in CNA care involves recognizing and honoring residents' values, beliefs, languages, and customs, and letting those influence how you communicate and provide care. This approach helps you build trust and rapport, allows you to ask about preferences, and tailor routines to respect modesty, religious practices, dietary needs, and family involvement. When care respects cultural differences, misunderstandings and distress decrease, safety improves, and residents are more likely to participate in their care plans. It's not about getting everyone to adopt the same beliefs, and it's not only about diet or clinical tasks. Respecting cultural differences matters in every interaction and supports person-centered care.

- 4. You can assist the resident who is independent with ambulation by**
- A. Telling him he must walk to the dining room for meals**
  - B. Encouraging him to attend group activities offered that day**
  - C. Not allowing him to use a wheelchair**
  - D. Remaining close to him when he walks**

Encouraging participation in group activities helps a resident stay active and practice walking in a meaningful, social context. When a resident who is independent with ambulation has a clear, enjoyable reason to move—like attending a day’s group activity—ambulation becomes purposeful. This supports autonomy and confidence in moving around the facility, while still allowing you to observe and assist as needed for safety. Telling him he must walk to the dining room imposes a rule without room for personal choice, which can undermine autonomy and may not fit his pace or preferences that day. Not allowing use of a wheelchair removes a mobility option that might be appropriate for safety or fatigue management, potentially hindering independence. Staying too close while he walks provides safety, but can feel overbearing and may reduce his sense of independence; encouraging movement while watching from a reasonable distance lets him decide how to pace and when to seek assistance.

- 5. Healthcare workers are at risk of exposure to bloodborne pathogens present in which of the following?**
- A. Urine and feces**
  - B. Wound drainage**
  - C. Vomit and saliva**
  - D. All of the above**

Under standard precautions, any body fluid could be infectious if it contains blood, so healthcare workers are protected against exposure to bloodborne pathogens by treating all such fluids as potentially infectious. Bloodborne pathogens like HIV, hepatitis B, and hepatitis C can be transmitted when there is contact with blood or with fluids that may contain blood. Wound drainage clearly carries blood and can transmit pathogens through splashes or contact with skin or mucous membranes. Urine and feces can be contaminated with blood or infectious material if blood is present in the urinary tract or gastrointestinal tract. Vomit and saliva can also carry pathogens if they are contaminated with blood or other infectious material. Because any of these fluids might be a source of pathogens, the best approach is to use protective barriers, such as gloves and eye protection or a gown, along with proper hand hygiene and safe handling and disposal procedures.

**6. Which scenario illustrates invasion of privacy?**

- A. Reading a resident's mail without permission**
- B. Asking permission before discussing health information in the hallway**
- C. Closing the door during personal care**
- D. Providing a resident with a private room if available**

Respecting privacy means protecting a resident's personal information and personal space from being accessed or exposed without consent. Reading a resident's mail without permission is an invasion because mail is a private channel containing personal information. When a CNA reads someone's mail, sensitive details become known to others, which can cause embarrassment, erode trust, and violate the resident's sense of dignity and confidentiality. The other scenarios show how privacy should be respected: asking permission before discussing health information in a hallway prevents others from overhearing sensitive data; closing the door during personal care keeps intimate care private and protects the resident's modesty; providing a private room when available honors the resident's space and comfort.

**7. What type of information should a CNA document after care?**

- A. Subjective opinions about mood**
- B. Objective observations and actions taken**
- C. The nurse's conclusions about the resident's condition**
- D. The family's observations**

The main idea is that after providing care, a CNA should record objective observations and the actions taken. Documentation should capture only what you directly observed and did, with factual details that another caregiver can understand and trust. Explain that you're noting observable facts: how the resident looked, any measurements you took (like vitals or intake/output), and the concrete care you performed (assisting with bathing, turning, dressing, feeding, wound care) along with how the resident responded and the time these events occurred. This creates a clear, reproducible record of care and supports continuity and safety in ongoing treatment. Subjective opinions about mood aren't the best choice for this entry because mood is internal and can be interpreted differently by different people. The nurse's conclusions about the resident's condition are professional judgments that belong in the nurse's assessment notes, not the CNA's checklist. Family observations can be valuable, but they belong in the resident's history or the nurse's documentation; the CNA's portion should focus on objective data and concrete actions unless the family member's report is directly observed or stated by the resident.

**8. What does SBAR stand for, and how is it used in CNA communication?**

- A. Situation, Background, Analysis, Recommendation; used to convey concise information to the nurse.**
- B. Status, Background, Assessment, Recommendation; used to convey concise information to the nurse.**
- C. Situation, Background, Assessment, Recommendation; used to convey concise, structured information to the nurse.**
- D. Situation, Background, Action, Review; used to communicate with the nurse.**

SBAR is a structured communication framework that helps you report patient information quickly and clearly. It organizes the report into four parts: Situation (what is happening now), Background (relevant history and context), Assessment (your conclusion about what's going on), and Recommendation (what you think should happen next). In CNA communication with the nurse, this format ensures you share essential details in a concise, organized way, making it easier for the nurse to understand the issue and act promptly. The correct option fits exactly: it uses Situation, Background, Assessment, and Recommendation and emphasizes conveying concise, structured information to the nurse. The other options mix in nonstandard terms such as Status, Analysis, Action, or Review, which do not align with the SBAR format.

**9. If a resident's sleep is being disrupted by evening visits from family, what action should staff take?**

- A. Ask the family to visit in the common room**
- B. Move the resident to a new room**
- C. Move the roommate to a new room**
- D. Tell the family to visit during the day instead**

Evening visits can disrupt a resident's sleep, and preserving restorative sleep is important for health and safety. The best approach is to ask the family to visit in the common room. This keeps the resident's private space quieter, reduces nighttime noise near the room, and allows staff to supervise and maintain a calm environment. It also supports staying connected with family while protecting the resident's sleep routine. Moving the resident or roommate would be disruptive to others and unnecessary, and asking the family to visit during the day would unnecessarily limit family involvement and may not fit the family's schedule. If possible, discuss a visiting plan with the family that respects quiet hours and uses the common area for visits.

**10. What is the overall impact of a home-like environment on residents in care facilities?**

**A. Increases resident comfort only**

**B. Increases resident comfort and staff wages**

**C. Increases resident comfort, consumer use, and customer satisfaction**

**D. Has no impact on resident experience**

A home-like environment supports quality of life by making the care setting feel familiar, safe, and welcoming for residents. When spaces resemble a real home—comfortable furnishings, smaller, homier living areas, personal belongings, and predictable routines—residents tend to feel more at ease and valued. This comfort encourages them to participate in daily activities, meals, and social interactions, which means they use more of the available services and programs. As a result, their overall satisfaction with the care they receive grows because they experience less stress, more autonomy, and a sense of normalcy in everyday life. The other options don't capture the full impact: simply increasing comfort is incomplete because the environment also boosts engagement with services and overall satisfaction. Saying there's no impact is incorrect since the surroundings directly affect mood, participation, and perceptions of care. While a nicer environment might influence staff morale, it does not directly increase staff wages, which are determined by policies and compensation structures rather than the physical setting.

## 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](mailto: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!**

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