

Colorado CNA Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. When a joint is extended beyond its normal motion, it is:**
 - A. Hyperextended**
 - B. Hypoextended**
 - C. Immobilized**
 - D. Stretched**
- 2. Which of the following is an example of subjective information?**
 - A. "Mrs. Parker says she is dizzy."**
 - B. "Mr. James has a temperature of 102°F."**
 - C. "Mrs. Lee's pulse is 80 beats per minute."**
 - D. "Mr. Brown's blood pressure is 120/80."**
- 3. What does a geriatric chair help prevent for mostly bedbound residents?**
 - A. Bed sores**
 - B. Fluid retention**
 - C. Incontinence**
 - D. Need to stay in bed all day**
- 4. Normal age-related changes for the endocrine system include the following:**
 - A. Decrease in levels of hormones signal the onset of menopause in women**
 - B. Increase in levels of hormones in the bloodstream**
 - C. Maintaining constant hormone levels throughout life**
 - D. Stability in glucose metabolism without changes**
- 5. What is the proper conversion of 1615 to regular time?**
 - A. 4:15 a.m.**
 - B. 4:15 p.m.**
 - C. 5:15 a.m.**
 - D. 5:15 p.m.**

- 6. A resident in a persistent vegetative state (PVS):**
- A. Can communicate effectively**
 - B. Is fully aware of their surroundings**
 - C. May have some facial movements**
 - D. Will respond to all stimuli**
- 7. What should a nursing assistant do if a resident's skin is noted to be very dry during a bath?**
- A. Apply lotion to the skin after bathing**
 - B. Ignore the dryness unless it cracks**
 - C. Use hot water to bathe the resident**
 - D. Use a rough towel to stimulate the skin**
- 8. Which of the following diastolic values defines Stage 2 Hypertension?**
- A. 80-89**
 - B. 90 or higher**
 - C. Below 60**
 - D. 120 or higher**
- 9. Which position describes a resident lying flat on his back with his head and shoulders supported by a pillow?**
- A. Fowler's position**
 - B. Lateral position**
 - C. Prone position**
 - D. Supine position**
- 10. A nursing assistant can make bathing safer for residents by:**
- A. Bathing without any assistance**
 - B. Asking for help if she cannot safely handle the task alone**
 - C. Leaving the resident unattended**
 - D. Using cold water**

Answers

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

SAMPLE

Explanations

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1. When a joint is extended beyond its normal motion, it is:

- A. Hyperextended**
- B. Hypoextended**
- C. Immobilized**
- D. Stretched**

When a joint is extended beyond its normal motion, it is considered hyperextended. This is when a joint is extended beyond its usual range of motion but not to the point of dislocation or injury. Option B is incorrect because hypoextended would indicate not enough extension. Option C, immobilized, would indicate the joint is held in place and cannot move. Option D, stretched, would indicate that the joint is elongating or being pulled apart, which is not the case when a joint is hyperextended.

2. Which of the following is an example of subjective information?

- A. "Mrs. Parker says she is dizzy."**
- B. "Mr. James has a temperature of 102°F."**
- C. "Mrs. Lee's pulse is 80 beats per minute."**
- D. "Mr. Brown's blood pressure is 120/80."**

Subjective information is based on opinions or interpretations rather than facts or observations. In this case, the statement "Mrs. Parker says she is dizzy" is an example of subjective information because it relies on Mrs. Parker's report of her own feelings, which may not be objectively measurable or verifiable. The other options provide objective information based on measurable data such as temperature, pulse rate, and blood pressure.

3. What does a geriatric chair help prevent for mostly bedbound residents?

- A. Bed sores**
- B. Fluid retention**
- C. Incontinence**
- D. Need to stay in bed all day**

A geriatric chair helps prevent the need for bedbound residents to stay in bed all day by providing them with the option to sit up and move around in a comfortable and supportive chair. This can help improve circulation, prevent muscle weakness, and enhance overall quality of life for residents who are predominantly in a bedbound state. While options A, B, and C are important considerations for bedbound residents, the primary purpose of a geriatric chair is to reduce the need for them to remain in bed for extended periods of time.

4. Normal age-related changes for the endocrine system include the following:

A. Decrease in levels of hormones signal the onset of menopause in women

B. Increase in levels of hormones in the bloodstream

C. Maintaining constant hormone levels throughout life

D. Stability in glucose metabolism without changes

The correct choice highlights the decrease in hormone levels that signal the onset of menopause in women, a well-documented normal age-related change in the endocrine system. As women age, particularly during the transition into menopause, the production of key hormones, such as estrogen and progesterone, typically declines. This change can lead to various symptoms associated with menopause and reflects the natural aging process of the endocrine system, illustrating how hormonal fluctuations are a normal part of aging. In contrast, the other options reflect misconceptions about age-related changes. An increase in hormone levels in the bloodstream is not typically observed; rather, many hormone levels often decrease or fluctuate with age. Maintaining constant hormone levels throughout life does not occur, as hormonal balance can shift due to various factors including age, health status, and lifestyle. Stability in glucose metabolism is also misleading; glucose metabolism can be affected by age-related changes, leading to insulin resistance or other metabolic issues. Thus, the first statement accurately conveys a significant normal change in the endocrine system with aging.

5. What is the proper conversion of 1615 to regular time?

A. 4:15 a.m.

B. 4:15 p.m.

C. 5:15 a.m.

D. 5:15 p.m.

The conversion of 1615 to regular time involves understanding the 24-hour clock format. In this format, the first two digits refer to the hours, while the last two digits refer to minutes. Thus, 1615 breaks down to 16 hours and 15 minutes. To convert this to standard time, you subtract 12 from the hour ($16 - 12 = 4$), which provides the hour in the 12-hour format. The minutes remain the same at 15. Since the hour is greater than 12, it indicates that it is in the afternoon rather than the morning. Therefore, 1615 converts to 4:15 p.m., confirming that the correct answer is indeed accurate. The other time options listed do not align with the correct calculation and understanding of the 24-hour to 12-hour conversion process.

6. A resident in a persistent vegetative state (PVS):

- A. Can communicate effectively**
- B. Is fully aware of their surroundings**
- C. May have some facial movements**
- D. Will respond to all stimuli**

The correct response highlights that a resident in a persistent vegetative state (PVS) may exhibit some facial movements. In this condition, individuals can sometimes show reflexive actions or basic movements, such as facial grimaces or small head movements, but these are typically non-purposeful and do not indicate awareness or intentionality. It's important to recognize that while these movements occur, they do not signify that the person is aware of their surroundings or can communicate effectively. In PVS, the brain has lost the ability to respond to stimuli in a way that indicates awareness, which is why the other options outlining effective communication, full awareness of surroundings, or responses to all stimuli do not apply. Individuals in this state do not demonstrate reliable reactions or awareness, making the presence of facial movements an interesting but limited characteristic.

7. What should a nursing assistant do if a resident's skin is noted to be very dry during a bath?

- A. Apply lotion to the skin after bathing**
- B. Ignore the dryness unless it cracks**
- C. Use hot water to bathe the resident**
- D. Use a rough towel to stimulate the skin**

Applying lotion to the resident's skin after bathing would help to restore moisture and prevent further dryness. It is important to address dry skin as it can lead to cracking and discomfort for the resident. Ignoring the dryness or using hot water or a rough towel can actually worsen the dryness and potentially harm the resident's skin. Therefore, applying lotion after bathing is the most appropriate action to take in this situation.

8. Which of the following diastolic values defines Stage 2 Hypertension?

- A. 80-89**
- B. 90 or higher**
- C. Below 60**
- D. 120 or higher**

Stage 2 Hypertension is defined by a diastolic blood pressure reading of 90 mm Hg or higher. This condition indicates more severe high blood pressure that typically requires medication and intervention to manage. The value range of 80-89 mm Hg represents Stage 1 Hypertension, which is characterized by slightly elevated blood pressure but not severe enough to be classified as Stage 2. Thus, the correct classification for Stage 2 Hypertension is any diastolic reading of 90 mm Hg or greater. Additionally, a reading below 60 mm Hg does not indicate hypertension; rather, it might suggest low blood pressure (hypotension). A reading of 120 or higher refers to systolic blood pressure, which in conjunction with a high diastolic reading would signify more serious hypertension but does not directly define Stage 2 itself.

9. Which position describes a resident lying flat on his back with his head and shoulders supported by a pillow?

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

A resident in the supine position is lying on their back, while in the lateral position they would be laying on their side. The prone position refers to lying face down, and Fowler's position is a sitting position with the head and shoulders elevated. Therefore, the only option that accurately describes a resident lying flat on their back with head and shoulders supported by a pillow is the supine position.

10. A nursing assistant can make bathing safer for residents by:

- A. Bathing without any assistance**
- B. Asking for help if she cannot safely handle the task alone**
- C. Leaving the resident unattended**
- D. Using cold water**

Bathing without any assistance is not a safe or realistic option for most residents, as they may require help to clean hard-to-reach areas, in order to prevent falls and accidents. Leaving the resident unattended puts them at risk of falling or getting injured. Using cold water may also increase the risk of falls and discomfort for residents. Asking for help if she cannot safely handle the task alone is the best option, as it ensures the safety and well-being of the resident while also promoting teamwork and appropriate delegation of tasks among healthcare staff.