

Colorado CNA Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. Why might a resident need emotional support during a physical exam?**
 - A. The resident may not understand the importance of the exam**
 - B. The resident may feel lonely**
 - C. The resident may fear what the examiner will find**
 - D. The resident may have difficulty communicating**
- 2. A code of ethics revolves around:**
 - A. Adhering to legal standards**
 - B. Following medical protocols**
 - C. Maintaining personal health**
 - D. Valuing residents and giving ethical care**
- 3. Which of the following is the highest priority for nursing assistants when bathing residents?**
 - A. Comfort**
 - B. Efficient use of time**
 - C. Safety**
 - D. Use of the latest products**
- 4. A _____ diet restricts or eliminates foods that are hard to chew and swallow.**
 - A. Dietary fiber**
 - B. High-calorie**
 - C. Liquid**
 - D. Soft or mechanical soft**
- 5. The nurse aide is providing care for a client after elimination. It would be MOST important for the nurse aide to:**
 - A. Apply a fresh bandage**
 - B. Check the client's vital signs**
 - C. Ensure that all feces are removed from the client's skin**
 - D. Offer a glass of water**

- 6. During an emergency, which of the following actions should a nursing assistant take first?**
- A. Begin CPR**
 - B. Call for help immediately**
 - C. Move the resident to a safe place**
 - D. Check the resident's medical history**
- 7. How often should the ostomy pouch be changed or emptied?**
- A. Once a week**
 - B. Twice a day**
 - C. Once a day**
 - D. Whenever it is one-half to one-third full**
- 8. A general rule for bathing a person is:**
- A. Wash from cleanest to dirtiest**
 - B. Wash the dirtiest areas last**
 - C. Wash from head to toes**
 - D. Wash the dirtiest areas first**
- 9. At what diastolic value is blood pressure considered to be hypotensive?**
- A. Below 60**
 - B. Below 80**
 - C. Below 90**
 - D. Below 120**
- 10. A person in a coma may still be able to:**
- A. Hear**
 - B. See**
 - C. Speak**
 - D. Walk**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Why might a resident need emotional support during a physical exam?

- A. The resident may not understand the importance of the exam**
- B. The resident may feel lonely**
- C. The resident may fear what the examiner will find**
- D. The resident may have difficulty communicating**

While it's true that a resident may not understand the importance of the exam, leading to a need for emotional support, the option regarding fear of what the examiner will find is particularly significant. Many individuals experience anxiety about medical procedures and examinations because they are uncertain about potential diagnoses or outcomes. This fear can lead to heightened stress and discomfort. Emotional support can help alleviate this worry, fostering a sense of safety and reassurance for the resident. Additionally, providing emotional support during such times can significantly enhance the resident's overall experience, encouraging open communication and trust with the healthcare provider. By addressing fears, the healthcare professional can ease the resident's anxiety and help them better engage in the examination process.

2. A code of ethics revolves around:

- A. Adhering to legal standards**
- B. Following medical protocols**
- C. Maintaining personal health**
- D. Valuing residents and giving ethical care**

The focus of a code of ethics is primarily on valuing residents and providing ethical care. This encompasses the principles of respect, dignity, and compassion that caregivers should uphold while interacting with those they serve. It emphasizes the importance of treating residents as individuals with unique needs and rights, ensuring that their best interests are always prioritized. This choice reflects the foundational values that guide healthcare professionals in their daily practices, ensuring that ethical considerations govern their decision-making processes and that they advocate for the well-being of the individuals under their care. While adhering to legal standards and following medical protocols are certainly important in a healthcare setting, they do not fully capture the essence of ethical care, which is centered on the relationships and moral responsibilities towards residents.

3. Which of the following is the highest priority for nursing assistants when bathing residents?

- A. Comfort**
- B. Efficient use of time**
- C. Safety**
- D. Use of the latest products**

Nursing assistants should prioritize the residents' safety when bathing them. While comfort and efficient use of time are important factors, they should not take precedence over safety. Using the latest products may be desirable, but it is not the highest priority compared to ensuring the resident's safety during the bathing process. Neglecting safety can lead to accidents and injuries, so it is essential to prioritize it above all other concerns.

4. A _____ diet restricts or eliminates foods that are hard to chew and swallow.

A. Dietary fiber

B. High-calorie

C. Liquid

D. Soft or mechanical soft

Here, we are looking for a type of diet that limits foods that require a lot of chewing and are difficult to swallow. Both a high-calorie and liquid diet may include foods that meet this criteria, but they are not focused on limiting these types of foods. A high-calorie diet is primarily focused on increasing calorie intake, while a liquid diet is often used for medical purposes. A soft or mechanical soft diet, on the other hand, specifically eliminates foods that are hard to chew and swallow. However, the main purpose of this type of diet is to prevent choking or discomfort for individuals with certain medical conditions, rather than targeting overall dietary restrictions. Therefore, a dietary fiber diet is the most appropriate answer as it specifically avoids fibrous foods that require extensive chewing and can be difficult to swallow for some individuals. Overall, this type of diet can be beneficial for individuals with chewing or swallowing difficulties or those recovering from certain medical procedures.

5. The nurse aide is providing care for a client after elimination. It would be MOST important for the nurse aide to:

A. Apply a fresh bandage

B. Check the client's vital signs

C. Ensure that all feces are removed from the client's skin

D. Offer a glass of water

After elimination, it is important for the nurse aide to ensure that all feces are removed from the client's skin. This is because feces can irritate the skin and lead to infections or other complications. Applying a fresh bandage or offering a glass of water may be beneficial, but they are not as essential as ensuring the cleanliness of the client's skin. Checking vital signs may also be important, but it is not the priority in this situation.

6. During an emergency, which of the following actions should a nursing assistant take first?

A. Begin CPR

B. Call for help immediately

C. Move the resident to a safe place

D. Check the resident's medical history

The first action a nursing assistant should take during an emergency is to call for help immediately. This is because ensuring that professional medical assistance is on the way is crucial to managing any emergency effectively. The nursing assistant may be trained in CPR and willing to perform it, but starting CPR should occur only if there is no pulse or the resident is not breathing. In many emergencies, the first step should always involve alerting others and mobilizing resources to ensure safety and assistance can be provided as quickly as possible. Calling for help guarantees that additional support can be available while the nursing assistant attends to the resident. Additionally, moving the resident before help comes or checking their medical history may not be appropriate as a first step, especially if it jeopardizes their safety or if it distracts from addressing the immediate need for professional assistance.

7. How often should the ostomy pouch be changed or emptied?

A. Once a week

B. Twice a day

C. Once a day

D. Whenever it is one-half to one-third full

The correct answer is D because emptying or changing the ostomy pouch should be done whenever it becomes one-half to one-third full to prevent discomfort and leakage. Option A is incorrect because changing the pouch only once a week can lead to skin irritation and odor. Option B is incorrect because changing the pouch twice a day can be excessive and potentially damage the skin. Option C is also incorrect because emptying the pouch only once a day can cause leakage and discomfort for the individual.

8. A general rule for bathing a person is:

A. Wash from cleanest to dirtiest

B. Wash the dirtiest areas last

C. Wash from head to toes

D. Wash the dirtiest areas first

When it comes to bathing a person, it is essential to follow proper hygienic procedures. The general rule is to wash from cleanest to dirtiest to prevent spreading dirt and bacteria from one area to another. Starting with the cleaner areas helps maintain cleanliness throughout the bathing process. This method ensures that the dirtiest areas are washed last, promoting overall hygiene. Therefore, the correct answer is A. In contrast: - Option B, washing the dirtiest areas last, would not be ideal as it leaves these areas unwashed for a longer period. - Option C, washing from head to toes, might not be suitable in all situations as it doesn't consider the cleanliness levels of different body parts. - Option D, washing the dirtiest areas first, could lead to spreading dirt and bacteria to cleaner areas during the bathing process.

9. At what diastolic value is blood pressure considered to be hypotensive?

A. Below 60

B. Below 80

C. Below 90

D. Below 120

Blood pressure is categorized based on systolic and diastolic measurements. In this case, the question focuses on diastolic values. A diastolic blood pressure reading below 60 mmHg is considered hypotensive. This means that option A, "Below 60," is the correct answer. It is important to remember that hypotension is defined as a condition in which blood pressure is abnormally low, leading to symptoms like dizziness, fainting, or fatigue. Diastolic values below 60 mmHg fall into this category. The other options are not considered hypotensive values; they either fall within normal or pre-hypertensive ranges.

10. A person in a coma may still be able to:

A. Hear

B. See

C. Speak

D. Walk

A person in a coma can still have the ability to hear, despite being unresponsive and unable to show awareness of their surroundings. Research has shown that individuals in a comatose state may still process auditory stimuli. This implies that they might respond to familiar voices or sounds without showing obvious signs of awareness. In contrast, seeing typically requires some level of consciousness and the ability to engage with visual stimuli, which people in a coma generally lack. Speaking is also not possible since individuals in a coma do not have the necessary cognitive and physical functions to produce speech. Similarly, walking is beyond the capabilities of someone in a coma, as it requires coordinated movement and conscious effort, which is not present in such a state. Thus, the ability to hear remains the most viable option for someone in a coma.