

# Colorado CNA Practice Exam (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

- 1. 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**
- 2. 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**
- 3. Which of the following is part of a person's activities of daily living?**
  - A. Eating and drinking**
  - B. Financial planning**
  - C. Participating in group therapy**
  - D. Reading and writing**
- 4. When providing personal care, which of the following should a nursing assistant report to the nurse?**
  - A. A resident is singing while bathing**
  - B. A resident is shivering slightly**
  - C. A resident has a rash or unusual skin condition**
  - D. A resident uses warm water for bathing**
- 5. What should a nurse aide put on the client's feet before helping them walk from the bed to a chair?**
  - A. Rubber-soled slippers or shoes**
  - B. Thick socks**
  - C. Nothing**
  - D. Loose sandals**

6. During an enema, the resident should be in the \_\_\_\_\_ position.
- A. Fowler's
  - B. Lithotomy
  - C. Sim's
  - D. Supine
7. The radial pulse is located in which of the following areas?
- A. Neck
  - B. Wrist
  - C. Upper arm
  - D. Back of the knee
8. Which of the following is true of giving a complete bed bath?
- A. It is unnecessary to use a towel or bed pad
  - B. The nursing assistant should place a towel or bed pad under the part of the body that is being washed
  - C. Residents can take a complete bed bath themselves
  - D. It is okay to wash multiple parts of the body at the same time
9. Why are women more likely than men to have urinary tract infections?
- A. Because they drink less water
  - B. Due to having a shorter urethra
  - C. Because they exercise less
  - D. Due to higher body temperature
10. Where should a nursing assistant place food for a resident who has had a stroke?
- A. In the center of the mouth
  - B. On the affected side of the mouth
  - C. On the tongue
  - D. On the unaffected side of the mouth



## **Answers**

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

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## **Explanations**

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**1. 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.

**2. 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.

**3. Which of the following is part of a person's activities of daily living?**

- A. Eating and drinking**
- B. Financial planning**
- C. Participating in group therapy**
- D. Reading and writing**

Activities of daily living (ADLs) refer to tasks that are daily necessities for personal care and daily functioning. These include basic activities such as eating, dressing, and bathing. Financial planning, participating in group therapy, and reading and writing are not considered as part of ADLs because they are not essential for personal care and daily functioning. Eating and drinking, on the other hand, are necessary for maintaining one's physical well-being and are considered a crucial part of a person's ADLs.

**4. When providing personal care, which of the following should a nursing assistant report to the nurse?**

- A. A resident is singing while bathing**
- B. A resident is shivering slightly**
- C. A resident has a rash or unusual skin condition**
- D. A resident uses warm water for bathing**

A resident using warm water for bathing is not something that needs to be reported to the nurse. This is not an urgent or concerning issue. Option A is incorrect because singing while bathing is not a cause for concern and does not require reporting to the nurse. Option B is also incorrect because shivering slightly can be a normal physiological response in some individuals and does not necessarily require immediate attention from the nurse. Option D is incorrect because using warm water for bathing is a common practice and does not require reporting to the nurse. The correct answer, option C, is the only one that specifically mentions a potential health concern that may need to be addressed by the nurse.

**5. What should a nurse aide put on the client's feet before helping them walk from the bed to a chair?**

- A. Rubber-soled slippers or shoes**
- B. Thick socks**
- C. Nothing**
- D. Loose sandals**

The correct choice emphasizes the importance of safety and stability when assisting a client in walking. Rubber-soled slippers or shoes provide a non-slip surface, which is crucial for preventing falls. These types of footwear enhance grip on the floor, making it safer for the client to walk, especially if they have balance issues or are unsteady on their feet. Thick socks may lack the necessary grip and support, increasing the risk of slipping. Although they can provide warmth, they do not secure the feet adequately for walking. Choosing nothing at all poses significant safety risks, leaving the client's feet vulnerable to slipping on hard surfaces. Loose sandals may not provide the necessary support and could easily fall off or shift during the walk, further jeopardizing the client's stability. Therefore, rubber-soled footwear is the most appropriate and safe choice when assisting a client to walk.

6. During an enema, the resident should be in the \_\_\_\_\_ position.

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

The correct position for a resident during an enema is the Sims' position. In this position, the resident lies on their left side with the right knee drawn up toward the chest, which allows for optimal comfort and access to the rectum. This position also helps to facilitate the flow of the enema solution, as gravity can assist in the movement of fluid toward the lower bowel. Using the Sims' position also reduces the risk of discomfort or injury during the procedure and provides a level of dignity for the resident. It is commonly used in nursing practice for situations requiring rectal access because it is generally safer and allows for a more controlled administration of the enema. Other positions, such as Fowler's, Lithotomy, and Supine, may not offer the same advantages for this particular procedure and could lead to complications or discomfort. Thus, the Sims' position is the best choice during an enema.

7. The radial pulse is located in which of the following areas?

- A. Neck**
- B. Wrist
- C. Upper arm
- D. Back of the knee

The radial pulse is a pulse that can be felt on the wrist, on the thumb side, near the base of the thumb. This pulse is caused by the blood flow through the radial artery, which runs down the forearm and along the thumb side of the wrist. Therefore, the correct answer is B Wrist. The neck, upper arm, and back of the knee do not have a strong enough artery to produce a noticeable pulse. So, while there may be some veins or capillaries present in those areas, they do not have a distinct radial pulse.

8. Which of the following is true of giving a complete bed bath?

- A. It is unnecessary to use a towel or bed pad
- B. The nursing assistant should place a towel or bed pad under the part of the body that is being washed**
- C. Residents can take a complete bed bath themselves
- D. It is okay to wash multiple parts of the body at the same time

Giving a complete bed bath includes washing all parts of the resident's body, including the face, neck, arms, legs, hands, feet, back, and buttocks. It is necessary to use a towel or bed pad to protect the bed linens and keep the resident warm and comfortable. Option A is incorrect because not using a towel or bed pad can lead to wet and uncomfortable bedding for the resident. Option C is incorrect because residents who need assistance with activities of daily living, such as bathing, may not be able to give themselves a complete bed bath. Option D is incorrect because it is important to wash one body part at a time and dry it before moving on to the next to ensure thorough cleaning and to prevent the resident from getting cold. Therefore, the correct answer is option B.

**9. Why are women more likely than men to have urinary tract infections?**

- A. Because they drink less water**
- B. Due to having a shorter urethra**
- C. Because they exercise less**
- D. Due to higher body temperature**

Women are more likely than men to have urinary tract infections due to having a shorter urethra. The shorter length of the female urethra makes it easier for bacteria to travel up into the bladder, increasing the likelihood of developing a UTI. This anatomical difference between men and women is a key factor in the higher prevalence of UTIs in women.

**10. Where should a nursing assistant place food for a resident who has had a stroke?**

- A. In the center of the mouth**
- B. On the affected side of the mouth**
- C. On the tongue**
- D. On the unaffected side of the mouth**

The nursing assistant should place food on the unaffected side of the mouth for a resident who has had a stroke. This is because individuals who have had a stroke may have difficulty swallowing and may also have paralysis or weakness on one side of their body. Placing the food on the unaffected side allows for easier chewing and swallowing and reduces the risk of choking. Placing the food on the affected side may also cause the resident to aspirate, or inhale food or liquid into their lungs, which can lead to serious complications such as pneumonia. Similarly, placing the food on the tongue may also increase the risk of choking as the resident may not be able to control the movement of their tongue. Placing food in the center of the mouth may also increase the likelihood of choking as the resident may have difficulty manipulating food with both sides of their mouth. Therefore, placing food on the unaffected side of the mouth is the safest and most appropriate option for a resident who has had a stroke.

## 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://coloradocna.examzify.com>**

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