

COLORADO CNA PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. The function of insulin is to:**
 - A. Assist in the digestion of proteins
 - B. Regulate the amount of glucose available to the cells for metabolism
 - C. Stimulate the growth of muscle tissue
 - D. Transport oxygen in the blood
- 2. Which of the following is a guideline for dealing with urinary incontinence?**
 - A. Change wet or soiled linens or incontinence briefs immediately
 - B. Wait until the end of the shift to change linens
 - C. Inform the resident that they should clean themselves
 - D. Avoid encouraging hydration
- 3. When must a nursing assistant report a resident's meal consumption?**
 - A. If they consume more than 90% of their meal
 - B. If they consume less than 70% of their meal
 - C. If they consume the entire meal
 - D. If they eat the main course first
- 4. What is the first sign that a pressure ulcer might be forming?**
 - A. Bruising
 - B. Redness or discoloration
 - C. Swelling
 - D. Warmth
- 5. How is a resident positioned if he is on his left side with his lower arm behind his back and his upper knee flexed?**
 - A. Lateral position
 - B. Prone position
 - C. Sims' position
 - D. Supine position
- 6. Why is accurate documentation important?**
 - A. It ensures proper billing and financial records
 - B. It provides legal protection for healthcare providers
 - C. It ensures clear communication among the care team
 - D. It validates the nursing assistant's work

7. An advance directive is meant to:

- A. Appoint a financial advisor
- B. Detonate legal boundaries
- C. Determine the type of care if unable to make decisions
- D. Handle insurance claims

8. Which of the following is a guideline for safe diabetic foot care?

- A. Apply lotion to the feet and toes
- B. Inspect and clean the resident's feet every day
- C. Encourage the resident to go barefoot
- D. Soak the resident's feet in hot water daily

9. Bending backward is also called?

- A. Abduction
- B. Adduction
- C. Dorsiflexion
- D. Flexion

10. Which of the following is a function of the bones?

- A. Facilitating digestion
- B. Lending support to body structures
- C. Producing insulin
- D. Regulating blood sugar levels

Answers

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

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Explanations

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1. The function of insulin is to:

- A. Assist in the digestion of proteins
- B. Regulate the amount of glucose available to the cells for metabolism**
- C. Stimulate the growth of muscle tissue
- D. Transport oxygen in the blood

The function of insulin is primarily to regulate the amount of glucose available to the cells for metabolism. Insulin is a hormone produced by the pancreas that plays a crucial role in managing blood sugar levels. When you consume food, particularly carbohydrate-rich foods, glucose levels in the bloodstream rise. Insulin helps cells absorb this glucose, allowing them to use it for energy or store it for later use. This regulation is vital for maintaining overall energy balance in the body and preventing conditions such as hyperglycemia (high blood sugar) and hypoglycemia (low blood sugar). The other choices do not describe insulin's primary role. Insulin does not assist in protein digestion, stimulate muscle growth directly, or transport oxygen in the blood, as those functions are managed by other processes and substances in the body.

2. Which of the following is a guideline for dealing with urinary incontinence?

- A. Change wet or soiled linens or incontinence briefs immediately**
- B. Wait until the end of the shift to change linens
- C. Inform the resident that they should clean themselves
- D. Avoid encouraging hydration

The guideline of changing wet or soiled linens or incontinence briefs immediately is crucial for maintaining the hygiene and comfort of residents experiencing urinary incontinence. Promptly addressing incontinence helps prevent skin irritation, infection, and the discomfort associated with remaining in soiled clothing or bedding. It demonstrates respect for the resident's dignity and promotes a healthier living environment. Other options do not prioritize the well-being and immediate needs of the resident. Delaying changes until the end of the shift can lead to health complications and emotional distress. Telling residents to clean themselves may not be suitable, especially for those who need assistance due to mobility issues or cognitive impairments. Lastly, avoiding encouragement of hydration can negatively impact the resident's overall health, as adequate fluid intake is important for preventing urinary tract infections and maintaining proper kidney function.

3. When must a nursing assistant report a resident's meal consumption?

- A. If they consume more than 90% of their meal
- B. If they consume less than 70% of their meal**
- C. If they consume the entire meal
- D. If they eat the main course first

A nursing assistant must report a resident's meal consumption primarily if they consume less than 70% of their meal. This is crucial because inadequate food intake can lead to malnutrition or dehydration, raising potential health concerns. Monitoring residents' nutritional intake allows healthcare providers to address any issues early on, facilitating timely interventions. In contrast, reporting meal consumption when a resident eats more than 90% or consumes the entire meal is generally not required, as these are considered adequate levels of intake. Additionally, reporting based on the order in which food is consumed, such as whether they eat the main course first, does not provide significant information regarding overall nutrition or health status and is typically not a reason for formal reporting.

4. What is the first sign that a pressure ulcer might be forming?

- A. Bruising
- B. Redness or discoloration
- C. Swelling
- D. Warmth

When a pressure ulcer is forming, it is possible that it will first appear as bruising. This is because the pressure on the skin can cause tiny blood vessels to burst, leading to discoloration in the area. Option B is also a common early sign of a pressure ulcer, but it is not the first sign. Swelling (Option C) and warmth (Option D) may also be present in the area but are not indicative of a pressure ulcer forming. If you believe any of these options may be occurring, it is important to monitor the area closely and seek medical attention if necessary to prevent the development of a pressure ulcer.

5. How is a resident positioned if he is on his left side with his lower arm behind his back and his upper knee flexed?

- A. Lateral position
- B. Prone position
- C. Sims' position
- D. Supine position

The correct response is that the resident is in Sims' position. This position involves the individual lying on their left side with the lower arm typically positioned behind the back and the upper knee flexed. This arrangement is often used for various medical examinations or procedures, as it allows for easier access to certain bodily areas while providing comfort to the resident. In contrast, the lateral position, while similar, does not require the arm behind the back or the knee flexed in the same manner as Sims' position. The prone position describes the individual lying face down, which is quite different from being on the left side. Lastly, supine position refers to an individual lying flat on their back, which does not match the description provided in the question. Therefore, Sims' position is accurately defined by the details given.

6. Why is accurate documentation important?

- A. It ensures proper billing and financial records
- B. It provides legal protection for healthcare providers
- C. It ensures clear communication among the care team
- D. It validates the nursing assistant's work

Accurate documentation is crucial for several reasons, and one primary aspect is that it fosters clear communication among the care team. When medical records are precise and thorough, all members of the healthcare team can access consistent information about the patient's condition, treatments, and care plans. This shared understanding helps to coordinate care effectively, reducing the risk of errors and ensuring that all caregivers are on the same page regarding the patient's needs. Accurate documentation also plays a role in ensuring proper billing and financial records, as it tracks the services provided. However, the overarching benefit relevant to a CNA's daily practice is that it directly influences communication and teamwork within the healthcare environment. Additionally, documentation serves as a legal safeguard for healthcare providers, protecting them from potential disputes, and it validates the nursing assistant's work by providing a clear record of their contributions to patient care.

7. An advance directive is meant to:

- A. Appoint a financial advisor
- B. Detonate legal boundaries
- C. Determine the type of care if unable to make decisions**
- D. Handle insurance claims

An advance directive is a legal document that outlines a person's preferences for medical treatment and care if they are unable to make decisions for themselves. It allows individuals to specify the type of medical care they wish to receive or not receive in the event they become incapacitated. Therefore, the correct answer is C because it accurately reflects the purpose and function of an advance directive. Options A, B, and D are incorrect as they do not align with the typical function of an advance directive.

8. Which of the following is a guideline for safe diabetic foot care?

- A. Apply lotion to the feet and toes**
- B. Inspect and clean the resident's feet every day
- C. Encourage the resident to go barefoot
- D. Soak the resident's feet in hot water daily

The guideline for safe diabetic foot care focuses on preventing injury and maintaining skin integrity, which is best achieved through regular inspection and cleaning. Inspecting and cleaning the resident's feet every day helps identify potential problems early, such as blisters, cuts, or infections, which are crucial since individuals with diabetes often experience reduced sensitivity in their feet. Applying lotion to the feet and toes can be beneficial for maintaining skin hydration, but it's important to do so with caution to avoid excessive moisture between toes, which could promote fungal infections. Encouraging the resident to go barefoot poses a risk of injury, as individuals with diabetes may not feel cuts or blisters. Similarly, soaking the resident's feet in hot water daily can lead to burns or skin irritation, as well as dryness from prolonged exposure to water. Thus, inspecting and cleaning the resident's feet daily is the most comprehensive and effective guideline for ensuring diabetic foot health.

9. Bending backward is also called?

- A. Abduction**
- B. Adduction
- C. Dorsiflexion
- D. Flexion

The term that correctly describes bending backward is "dorsiflexion." Dorsiflexion refers specifically to the action of moving the foot upward at the ankle, but in the context of bending backward in general, it applies to other joints as well, particularly in the spine where the back arches. Abduction refers to movement away from the midline of the body, while adduction refers to movement toward the midline. Flexion generally refers to decreasing the angle between two body parts, such as bending an arm or leg. Thus, these terms do not apply to the concept of bending backward. Understanding these definitions is crucial in differentiating between the various types of movements in anatomical terms.

10. Which of the following is a function of the bones?

- A. Facilitating digestion
- B. Lending support to body structures**
- C. Producing insulin
- D. Regulating blood sugar levels

Bones play a critical role in the human body by providing structural support, allowing us to move, and protecting vital organs. The other options are incorrect because bones do not facilitate digestion (A) or produce insulin (C) or regulate blood sugar levels (D). These functions are performed by different organs such as the digestive system and the pancreas. Therefore, the correct answer is B because the primary function of bones is to support body structures.

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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://coloradocna.examzify.com>

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

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