

Credentia California CNA 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. Respiratory symptoms can be caused by which of the following?**
 - A. Lung Conditions Only**
 - B. Emotions Only**
 - C. Lung or Heart Conditions, Emotions, or Injury**
 - D. None**

- 2. Which term describes a class of medicines that kill or slow the growth of bacteria?**
 - A. Antisepsis**
 - B. Aphasia**
 - C. Ambulation**
 - D. Antibiotics**

- 3. What term describes a therapy or device designed to preserve someone's life when an essential bodily system is not functioning?**
 - A. Palliative Care**
 - B. Life Support**
 - C. Rehabilitation**
 - D. Emergency Care**

- 4. What term refers to the adoption of measures to minimize harm from accidental fires?**
 - A. Fire Drill**
 - B. Fire Prevention**
 - C. Fire Safety**
 - D. Emergency Response**

- 5. What term refers to the stimulation of the skin and underlying tissue with heat for the purpose of decreasing pain, muscle spasms, or inflammation?**
 - A. Warm Application**
 - B. Wheelchair Safety**
 - C. Water Faucets**
 - D. Water Pitcher**

- 6. Which term means to align or position?**
- A. Overbed table**
 - B. Oral care**
 - C. Orientation**
 - D. Oriented**
- 7. Which body system includes skin and its appendages such as hair, nails, and glands?**
- A. Integumentary System**
 - B. Infection Prevention**
 - C. Immobility**
 - D. Intake**
- 8. What term describes the level of a patient's bed that should be kept in the lowest position during routine care?**
- A. Bathing**
 - B. Bed position**
 - C. Beliefs**
 - D. Bed height**
- 9. Changes in mental, emotional, and social function.**
- A. Growth**
 - B. Maturation**
 - C. Adaptation**
 - D. Development**
- 10. Which term is a therapeutic approach used with Alzheimer's disease that helps residents recall past events?**
- A. Reality orientation**
 - B. Reminisce therapy**
 - C. Rectal**
 - D. Reminiscing**

Answers

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

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Explanations

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1. Respiratory symptoms can be caused by which of the following?

A. Lung Conditions Only

B. Emotions Only

C. Lung or Heart Conditions, Emotions, or Injury

D. None

Breathing-related symptoms come from more than just the lungs. Respiratory symptoms can arise when the lungs are involved, but the heart can play a role too—heart problems like heart failure can cause shortness of breath. Emotions and stress can change breathing patterns, sometimes making breaths feel faster or shallower. Physical injury to the chest or ribs can also cause breathing difficulties or pain that makes breathing seem impaired. Because all of these can lead to respiratory symptoms, the most complete explanation includes lung or heart conditions, emotions, or injury. Limiting it to just one area would miss other common and important causes.

2. Which term describes a class of medicines that kill or slow the growth of bacteria?

A. Antisepsis

B. Aphasia

C. Ambulation

D. Antibiotics

Antibiotics are medicines that kill bacteria or stop them from growing. They treat bacterial infections by targeting specific bacterial processes, such as forming a cell wall or making proteins, which helps the immune system clear the infection. They don't work against viruses like the common cold. The other terms refer to different concepts: antisepsis involves preventing infection by reducing microbes on living tissue, aphasia is a language disorder, and ambulation is the ability to walk.

3. What term describes a therapy or device designed to preserve someone's life when an essential bodily system is not functioning?

A. Palliative Care

B. Life Support

C. Rehabilitation

D. Emergency Care

When a vital body system isn't functioning, life support refers to therapies or devices that keep the person alive by sustaining those essential functions. This includes things like mechanical ventilation to help with breathing, dialysis to substitute kidney function, or other devices and treatments that support circulation or organ activity while the underlying problem is addressed or recovery is possible. The idea is to preserve life when the body isn't able to do so on its own. Palliative care, in contrast, focuses on comfort and quality of life rather than prolonging life with life-sustaining measures. Rehabilitation aims to restore or improve function after illness or injury. Emergency care is the immediate response to a sudden medical issue, not a long-term life-sustaining therapy.

4. What term refers to the adoption of measures to minimize harm from accidental fires?

- A. Fire Drill**
- B. Fire Prevention**
- C. Fire Safety**
- D. Emergency Response**

Adopting measures to minimize harm from accidental fires is fire safety. This term covers planning, protections, training, and systems designed to prevent fires and to protect people and property if a fire occurs. It encompasses prevention activities, like removing hazards and safe storage of flammable materials, as well as protection measures such as alarms, extinguishers, and fire suppression systems, plus the training and planned responses that help people evacuate and stay safe. A fire drill is a practice event to rehearse evacuating during a fire; it's a component of fire safety but not the overall idea. Fire prevention focuses on reducing the chance a fire starts, whereas fire safety includes both preventing fires and reducing harm if they happen. Emergency response refers to actions taken during a real incident, which is part of fire safety but does not by itself describe adopting a full set of measures to minimize harm.

5. What term refers to the stimulation of the skin and underlying tissue with heat for the purpose of decreasing pain, muscle spasms, or inflammation?

- A. Warm Application**
- B. Wheelchair Safety**
- C. Water Faucets**
- D. Water Pitcher**

Warm application is the practice of using heat on the skin and underlying tissues to relieve pain, relax muscles, and reduce inflammation. The heat helps by dilating blood vessels, increasing blood flow, easing muscle spasms, and reducing joint stiffness, which can make movement and comfort better. In care settings, heat is usually applied with a barrier like a towel and kept on for a limited time (about 15 to 20 minutes) to prevent burns. The other options don't relate to this therapy; they refer to wheelchair safety or common household items, not heat-based pain relief.

6. Which term means to align or position?

- A. Overbed table
- B. Oral care
- C. Orientation
- D. Oriented**

The idea being tested is how we describe aligning or positioning something. Oriented is the word that conveys that a person or object has been set in a specific direction or relative position. When something is oriented, its alignment has been established to match a reference—like facing the head of the bed or lining up with midline. In healthcare notes, you'd say the patient is oriented to position or is oriented in bed, meaning the body part or person is correctly aligned. The other terms don't fit as neatly. An overbed table is just equipment used to support items; oral care is a nursing task; orientation refers to the process of positioning or to awareness in a broader sense, not the state of being positioned. So oriented best expresses the idea of having been aligned or positioned.

7. Which body system includes skin and its appendages such as hair, nails, and glands?

- A. Integumentary System**
- B. Infection Prevention
- C. Immobility
- D. Intake

Skin, hair, nails, and glands all belong to one body system that forms the body's outer covering. This integumentary system protects internal tissues from injury and infection, helps regulate body temperature through sweat and blood flow, and provides sensation via nerve endings. Hair offers warmth and protection, nails protect the fingertips and assist with grasping, and glands produce sweat and oils to maintain moisture and protection. So when the question mentions the skin or its related structures, it points to the integumentary system. Other options describe care domains or conditions rather than a body system: infection prevention, immobility, and intake refer to safety practices, mobility status, and nutrition/fluids.

8. What term describes the level of a patient's bed that should be kept in the lowest position during routine care?

- A. Bathing
- B. Bed position
- C. Beliefs
- D. Bed height**

The level described here is bed height—the vertical distance from the floor to the top of the bed. Keeping the bed in the lowest safe height during routine care helps protect the patient from falls and makes it easier for the caregiver to work without strain. When the bed is lower, it reduces the risk of a patient accidentally sliding out or dropping from a height and also lowers the physical effort required by the caregiver, improving stability during tasks like bathing, turning, and repositioning. The other terms don't fit: bathing describes an activity, bed position refers to the angle of the head or feet, and beliefs are not related to bed adjustments.

9. Changes in mental, emotional, and social function.

- A. Growth
- B. Maturation
- C. Adaptation
- D. Development**

This question is about development—the lifelong process by which mental, emotional, and social functioning change and become more complex over time. Development covers how thinking, feelings, and relationships evolve from childhood through adulthood, not just physical size or a single biological milestone. Choosing development is best because it inherently includes growth in cognitive and social skills, emotional regulation, and interpersonal abilities across different life stages. Growth focuses on physical increase, which isn't the focus here. Maturation refers to the biological readiness of functions to operate at a more advanced level, but it doesn't capture the full range of changes in thinking, feeling, and social interaction that development covers. Adaptation describes adjusting to new circumstances, which is a part of development but not the overarching process itself.

10. Which term is a therapeutic approach used with Alzheimer's disease that helps residents recall past events?

- A. Reality orientation
- B. Reminisce therapy**
- C. Rectal
- D. Reminiscing

Reminiscence therapy is used with Alzheimer's disease to help residents recall past events by guiding conversations about their life history and using prompts like photos, music, familiar objects, and life story timelines. This approach taps into preserved long-term memories, supports a sense of identity, and can improve mood and communication while reducing anxiety or agitation. Reality orientation, by contrast, focuses on the present—date, time, and location—rather than encouraging recall of the past. Reminiscing is a general activity of recalling memories, but the formal therapeutic term for this structured approach is reminiscence therapy.

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://credentialcaliforniacna.examzify.com>

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

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