

CREDENTIALIA CALIFORNIA CNA PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. Which term refers to a facility that provides skilled nursing or therapy services?**
 - A. Spiritual Needs
 - B. Social Needs
 - C. Smoking
 - D. Stages of Grief

- 2. Which term describes matter that has been vomited?**
 - A. Vomitus
 - B. Walker
 - C. Varicose Veins
 - D. UTI

- 3. Which term describes the stimulation of the skin with heat to relieve pain and inflammation?**
 - A. Water Faucets
 - B. Water Pitcher
 - C. Weighing
 - D. Warm Application

- 4. What disease involves reduced blood flow to the limbs due to fatty deposits in hardened arteries, causing cold extremities and pain?**
 - A. Peripheral vascular disease
 - B. Varicose veins
 - C. Lymphedema
 - D. Atherosclerosis

- 5. Which field focuses on aging and the care of older adults?**
 - A. Gerontology
 - B. Geriatrics
 - C. Gerontologist
 - D. Aging Studies

- 6. Which option best describes the primary function of hormones?**
- A. To act as chemical messengers to regulate body processes
 - B. To break down carbohydrates
 - C. To transport oxygen
 - D. To store energy
- 7. Which term refers to a facility dedicated to medically necessary care given by a skilled nurse or therapist?**
- A. Sitz Bath
 - B. Skilled Care Facility
 - C. Smoking
 - D. Spiritual Needs
- 8. What is the name of the exam that includes a written portion and a hands-on portion necessary for CNA certification?**
- A. Written exam
 - B. Skills assessment
 - C. Certification exam
 - D. Competency evaluation
- 9. Which term refers to the act of expelling urine from the body?**
- A. Urination
 - B. Urinary Elimination
 - C. Voiding
 - D. Micturition
- 10. Which term describes a condition that lasts a long time, such as heart disease or dementia?**
- A. Acute
 - B. Chronic
 - C. Temporary
 - D. Progressive

Answers

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

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Explanations

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1. Which term refers to a facility that provides skilled nursing or therapy services?

- A. Spiritual Needs
- B. Social Needs
- C. Smoking
- D. Stages of Grief**

A skilled nursing facility is the term for a place that provides 24-hour professional nursing care and rehabilitative therapies (like physical, occupational, and speech therapy). Residents may stay there for long-term care or for short-term rehabilitation after hospitalization to regain function. This setting emphasizes ongoing medical supervision and skilled services, rather than purely social activities or end-of-life care. Spiritual needs relate to religious or spiritual support, social needs refer to interactions and community activities, smoking is about tobacco use, and stages of grief describe emotional responses after a loss. None of these describe a facility that offers skilled nursing or therapy services. In CNAs' work, understanding that an SNF provides this level of care helps you anticipate the staff supervision, medical tasks, and safety priorities involved in daily resident care.

2. Which term describes matter that has been vomited?

- A. Vomitus**
- B. Walker
- C. Varicose Veins
- D. UTI

In medical terminology, material that has been vomited is called vomitus. This term names the substance expelled from the stomach through the mouth during vomiting and is used in nursing notes to describe what was produced, including possible bile or blood if present. Using the word vomitus helps communicate clearly what the patient expelled, which can matter for assessment and care. Other terms listed are unrelated to vomited matter; a walker is a mobility aid, varicose veins are a vein condition, and a urinary tract infection is an infection of the urinary tract.

3. Which term describes the stimulation of the skin with heat to relieve pain and inflammation?

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

Warm application is a form of heat therapy that stimulates the skin to relieve pain and inflammation. The warmth increases blood flow to the area, which helps relax muscles, reduces joint stiffness, and can lessen pain signals. It's commonly used for chronic aches or inflammation that isn't acute, and it's applied for a safe period, typically about 15–20 minutes, with a barrier like a towel to protect the skin. Avoid using heat on acute injuries, over open wounds, or when sensation is decreased. The other options refer to items or actions unrelated to heat therapy, so they don't describe this treatment.

4. What disease involves reduced blood flow to the limbs due to fatty deposits in hardened arteries, causing cold extremities and pain?

A. Peripheral vascular disease

B. Varicose veins

C. Lymphedema

D. Atherosclerosis

Reduced blood flow to the limbs from arteries that have fatty plaque buildup causes tissue ischemia, which patients often feel as pain with activity and cold, pale extremities. Peripheral vascular disease describes problems with the blood vessels outside the heart and brain, including arteries in the legs that become narrowed by atherosclerosis. When these leg arteries are blocked enough to reduce perfusion, you get claudication, coldness, and other signs of ischemia. The underlying process is atherosclerosis, but the condition affecting limb blood flow is categorized clinically as peripheral vascular disease. Varicose veins involve venous valves and typically present with heaviness and swelling, not arterial coldness or ischemic pain. Lymphedema is swelling from lymphatic fluid buildup, not arterial blockage. So peripheral vascular disease best fits the scenario.

5. Which field focuses on aging and the care of older adults?

A. Gerontology

B. Geriatrics

C. Gerontologist

D. Aging Studies

Gerontology focuses on aging in all its dimensions—biological, psychological, social, and functional—and on how individuals, families, and society address the needs of older adults. Because it encompasses studying aging and planning for care, it's the field dedicated to aging and the care of older people. Geriatrics is the medical specialty that treats health problems in older adults, not the broader study of aging. A gerontologist is a person who studies aging, while Aging Studies is a broader label used in some contexts for aging from social or humanities perspectives. So, the field described is gerontology.

6. Which option best describes the primary function of hormones?

A. To act as chemical messengers to regulate body processes

B. To break down carbohydrates

C. To transport oxygen

D. To store energy

Hormones act as chemical messengers that regulate many body processes. They're produced by glands, released into the bloodstream, and travel to target cells with specific receptors to trigger precise responses that help maintain balance in metabolism, growth, stress responses, reproduction, and more. For example, insulin helps cells take up glucose after meals, while adrenaline readies the body for quick action by increasing heart rate and energy availability. Other options describe roles outside hormones' main function: breaking down carbohydrates is the job of digestive enzymes; transporting oxygen is done by red blood cells and hemoglobin; storing energy involves tissues like fat and liver, with hormones mainly guiding these processes rather than being the primary function.

7. Which term refers to a facility dedicated to medically necessary care given by a skilled nurse or therapist?

- A. Sitz Bath
- B. Skilled Care Facility**
- C. Smoking
- D. Spiritual Needs

The main idea is identifying the term that describes a place dedicated to medically necessary care delivered by licensed nurses or therapists. The best fit is a Skilled Care Facility, which conveys 24-hour access to skilled nursing and rehabilitation services provided by nurses and therapists. This type of facility is designed for residents who need professional, medically necessary care and help with therapy or complex medical needs. In contrast, a sitz bath is a therapeutic treatment used for comfort or cleansing of a specific area, not a place of care. Smoking refers to a habit, not a facility. Spiritual needs describe support for beliefs and emotional comfort, not a type of care facility.

8. What is the name of the exam that includes a written portion and a hands-on portion necessary for CNA certification?

- A. Written exam
- B. Skills assessment
- C. Certification exam
- D. Competency evaluation**

The exam that includes both a written portion and a hands-on portion for CNA certification is called the Competency Evaluation. In California, CNAs must demonstrate knowledge through a written test and show practical ability through a skills performance test, both observed and scored. This combination ensures someone has both what they know and how they apply it in real caregiving tasks, which is what certification requires. The other terms describe only part of the process or are generic; the official name for the combined assessment is Competency Evaluation.

9. Which term refers to the act of expelling urine from the body?

- A. Urination**
- B. Urinary Elimination
- C. Voiding
- D. Micturition

The act of expelling urine is called urination. It's the simplest and most widely used term to describe the action of emptying the bladder. While voiding and micturition refer to the same process in clinical or formal language, urination is the straightforward term that this question is testing. Urinary elimination is a broader phrase about removing urine from the body and isn't as specific to the act itself.

10. Which term describes a condition that lasts a long time, such as heart disease or dementia?

- A. Acute
- B. Chronic**
- C. Temporary
- D. Progressive

Chronic describes a condition that lasts a long time. It refers to illnesses that persist for months, years, or for life and usually require ongoing management. Acute is the opposite—sudden onset and short duration. Temporary means brief and not lasting. Progressive describes how a disease may worsen over time, but the term focused on duration is chronic. Therefore, heart disease and dementia are best described as chronic.

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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://credentialcaliforniacna.examzify.com>

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

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