

Dare2Care Certified Nursing Assistant (CNA) 1 Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which of the following best describes the term "AIDS"?**
 - A. A chronic, lifelong condition unrelated to immune function**
 - B. A form of vitamin overdose**
 - C. The final stage of HIV infection with severe immune deficiency**
 - D. An infection that enhances immune response**
- 2. What term describes a reaction to something in an unreasonable, exaggerated way?**
 - A. Overreaction**
 - B. Exaggerated Response**
 - C. Catastrophic Reaction**
 - D. Disproportionate Response**
- 3. What lifestyle factor can contribute to burnout in individuals?**
 - A. Healthy eating**
 - B. Adequate sleep**
 - C. Overworking**
 - D. Social interactions**
- 4. What are the daily personal care tasks known as?**
 - A. Activities of daily living (ADLs)**
 - B. Acute care**
 - C. Long-term care**
 - D. Personal hygiene routines**
- 5. Which type of care is typically provided for short-term illnesses in hospitals?**
 - A. Chronic care**
 - B. Acute care**
 - C. Rehabilitative care**
 - D. Palliative care**

- 6. What is the main risk associated with untreated bacterial sexually transmitted infections?**
- A. Fertility issues**
 - B. Sepsis**
 - C. Chronic pain**
 - D. Increased susceptibility to other infections**
- 7. What is the term used for an emergent medical situation in which specially trained responders provide necessary care?**
- A. Emergency response**
 - B. Code**
 - C. Crisis intervention**
 - D. Medical alert**
- 8. Which of the following terms refers to taking in nutrients from food?**
- A. Digestion**
 - B. Absorption**
 - C. Ingestion**
 - D. Metabolism**
- 9. What is the semiliquid substance resulting from the chemical breakdown of food in the stomach called?**
- A. Chyme**
 - B. Emulsification**
 - C. Bolus**
 - D. Digesta**
- 10. What is the term used for bacteria that have developed resistance to carbapenems?**
- A. Staphylococcus aureus**
 - B. Catalase-positive cocci**
 - C. Carbapenem-resistant Enterobacteriaceae**
 - D. Escherichia coli**

Answers

SAMPLE

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

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Explanations

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1. Which of the following best describes the term "AIDS"?
- A. A chronic, lifelong condition unrelated to immune function
 - B. A form of vitamin overdose
 - C. The final stage of HIV infection with severe immune deficiency**
 - D. An infection that enhances immune response

The term "AIDS" stands for Acquired Immunodeficiency Syndrome, which is characterized by a severe impairment of the immune system due to the progression of HIV (Human Immunodeficiency Virus) infection. This condition is crucial to understand in the context of infectious diseases and immunology, as it represents the final stage of HIV infection. When an individual is diagnosed with AIDS, it indicates that their immune system has been significantly compromised, leaving them vulnerable to opportunistic infections and certain cancers that would not typically affect a person with a healthy immune system. This severe immune deficiency directly results from the destructive effects of HIV on CD4 T cells, which are essential for coordinating the immune response. In contrast, the other options misrepresent the nature of AIDS. Describing it as a chronic condition unrelated to immune function overlooks the critical impact HIV has on the immune system. Similarly, referring to it as a form of vitamin overdose is incorrect, as vitamins do not cause the severe immune deficiency associated with AIDS. Lastly, assigning it the characteristic of enhancing immune response is fundamentally inaccurate, as it is known for the opposite effect—leading to a weakened immune system rather than bolstering it. Therefore, the definition of AIDS as the final stage of HIV infection with severe

2. What term describes a reaction to something in an unreasonable, exaggerated way?
- A. Overreaction
 - B. Exaggerated Response
 - C. Catastrophic Reaction**
 - D. Disproportionate Response

The term that best describes a reaction to something in an unreasonable, exaggerated way is "overreaction." This term captures the essence of responding in a manner that far surpasses the appropriate response to a given situation. An overreaction often involves heightened emotions, such as extreme anger or fear, which can distort one's perception of the event and lead to actions or statements that may not accurately reflect reality. Terms such as "exaggerated response," "catastrophic reaction," and "disproportionate response" also hint at a strong emotional or physical reaction but may not fully encompass the breadth or context of what constitutes an overreaction in various circumstances. While they denote heightened responses, "overreaction" is the most commonly recognized and utilized term in both clinical and everyday language to encapsulate an unreasonable exaggeration.

3. What lifestyle factor can contribute to burnout in individuals?

- A. Healthy eating**
- B. Adequate sleep**
- C. Overworking**
- D. Social interactions**

Overworking is a significant lifestyle factor that can lead to burnout in individuals. When a person consistently works long hours or takes on excessive responsibilities without adequate rest or recovery time, it can result in physical and emotional exhaustion. This state of burnout is characterized by feelings of cynicism, detachment, and reduced personal accomplishment, which can adversely impact both mental and physical health. In the context of professional environments, overworking can create a cycle where the individual feels compelled to keep pushing themselves beyond their limits, often neglecting personal care, social interactions, and leisure activities. This lack of balance can culminate in stress, reduced productivity, and an overall decline in well-being. In contrast, healthy eating, adequate sleep, and positive social interactions are crucial lifestyle practices that support well-being and can help prevent burnout. These factors promote physical health, enhance mood, and foster resilience in the face of work-related stressors, thereby reducing the risk of developing burnout. Understanding the importance of maintaining a balanced lifestyle is essential for sustaining long-term health and professional fulfillment.

4. What are the daily personal care tasks known as?

- A. Activities of daily living (ADLs)**
- B. Acute care**
- C. Long-term care**
- D. Personal hygiene routines**

The term "Activities of Daily Living (ADLs)" refers specifically to the essential daily tasks that individuals must perform to maintain basic self-care and functioning. This includes activities such as bathing, grooming, dressing, eating, and toileting. Understanding ADLs is crucial for certified nursing assistants as they are fundamental to ensuring that individuals, especially those who are elderly or disabled, can maintain their health and well-being. In a healthcare setting, recognizing and assisting with ADLs not only supports the patient's independence but also promotes dignity and quality of life. The focus on these everyday tasks highlights their importance in personal care routines. While the other terms like acute care, long-term care, and personal hygiene routines may relate to different aspects of healthcare, they do not encompass the entire range of daily personal care tasks as ADLs do. Acute care pertains to short-term treatment for severe conditions, long-term care refers to ongoing assistance for chronic illnesses or disabilities, and personal hygiene routines, while part of ADLs, do not capture the full spectrum of activities performed daily for overall self-care.

5. Which type of care is typically provided for short-term illnesses in hospitals?

- A. Chronic care**
- B. Acute care**
- C. Rehabilitative care**
- D. Palliative care**

The correct answer, which is acute care, refers specifically to healthcare that is delivered for short-term, severe illnesses or injuries requiring immediate intervention. This type of care is often provided in a hospital setting, where patients may receive intensive monitoring and treatment to stabilize their condition. Acute care focuses on addressing urgent medical issues, such as surgeries, trauma, or sudden exacerbations of diseases, with the goal of resolving the immediate health concern and facilitating recovery. The environment is typically equipped with specialized staff and resources to handle critical health situations, making it distinct from other types of care. Chronic care, on the other hand, is aimed at managing long-term health conditions that may not require immediate and intense medical attention but instead involve ongoing treatment and monitoring over time. Rehabilitative care is focused on helping patients regain skills and function after an illness or injury has stabilized, and is often sought after the acute phase of treatment. Palliative care is concerned with providing relief from the symptoms and stress of serious illnesses, ensuring comfort and quality of life, regardless of the patient's prognosis.

6. What is the main risk associated with untreated bacterial sexually transmitted infections?

- A. Fertility issues**
- B. Sepsis**
- C. Chronic pain**
- D. Increased susceptibility to other infections**

The main risk associated with untreated bacterial sexually transmitted infections (STIs) is fertility issues. When bacterial STIs, such as chlamydia and gonorrhea, go untreated, they can lead to serious reproductive health complications. In women, these infections can ascend from the cervix into the uterus and fallopian tubes, potentially causing pelvic inflammatory disease (PID). PID can result in scarring and damage to reproductive organs, which significantly increases the risk of infertility, ectopic pregnancies, and chronic pelvic pain. In men, untreated STIs can also lead to complications like inflammation of the testicles or epididymis, which may affect fertility as well. Addressing bacterial STIs promptly is crucial to prevent these serious long-term health risks. Although sepsis, chronic pain, and increased susceptibility to other infections can also be consequences of untreated STIs, the principal and most direct threat related to bacterial STIs is related to the reproductive system and fertility.

7. What is the term used for an emergent medical situation in which specially trained responders provide necessary care?

- A. Emergency response**
- B. Code**
- C. Crisis intervention**
- D. Medical alert**

The term "code" refers to a specific situation in a healthcare setting, often indicating a critical or life-threatening emergency that requires immediate and specialized intervention from trained responders, such as medical staff. In many institutions, codes are used to communicate the nature of the emergency—such as a code blue for cardiac arrest—allowing for rapid mobilization of necessary personnel and resources. This term is widely recognized in medical environments, establishing a common language among healthcare professionals to ensure effective and swift responses to urgent situations. While "emergency response" describes the broader concept of responding to urgent healthcare needs, and "crisis intervention" often pertains to psychological or social emergencies, the use of "medical alert" typically refers to systems or devices designed to signal a medical emergency rather than the protocol and personnel involved in such a situation. The specificity and recognition of the term "code" within the medical community make it the most accurate choice for an emergent medical situation requiring immediate care from specially trained responders.

8. Which of the following terms refers to taking in nutrients from food?

- A. Digestion**
- B. Absorption**
- C. Ingestion**
- D. Metabolism**

The correct answer is absorption because this term specifically refers to the process by which nutrients from digested food are taken into the body's circulatory system. After food is ingested and broken down during digestion, the nutrients—such as vitamins, minerals, carbohydrates, proteins, and fats—move through the intestinal walls into the bloodstream, making them available for use by the body's cells. Ingestion refers to the initial act of taking food into the mouth, while digestion involves the mechanical and chemical breakdown of food into smaller components. Metabolism encompasses all the biochemical processes in the body, including how nutrients are converted into energy or used for building and repairing tissues. However, absorption is the specific step that follows digestion, where nutrients are absorbed into the body.

9. What is the semiliquid substance resulting from the chemical breakdown of food in the stomach called?

A. Chyme

B. Emulsification

C. Bolus

D. Digesta

The semiliquid substance resulting from the chemical breakdown of food in the stomach is called chyme. This substance is formed during the digestive process as food is mixed with gastric juices, which contain hydrochloric acid and digestive enzymes. The mechanical and chemical actions in the stomach help to break down the food into a smooth, pulpy mixture, which is crucial for the absorption of nutrients later in the digestive tract. Chyme plays a vital role as it passes into the small intestine, where further digestion and nutrient absorption occur. Other related terms like bolus refer specifically to the mass of food that has been chewed and is ready to be swallowed, while emulsification pertains to the process of breaking down fats into smaller droplets, allowing them to mix with water, which is an entirely different process within digestion. Digesta is a broader term that can refer to the contents of the gastrointestinal tract but does not specifically highlight the semiliquid form that chyme takes after processing in the stomach. Understanding these distinctions is important in the study of human digestion.

10. What is the term used for bacteria that have developed resistance to carbapenems?

A. Staphylococcus aureus

B. Catalase-positive cocci

C. Carbapenem-resistant Enterobacteriaceae

D. Escherichia coli

Carbapenem-resistant Enterobacteriaceae refers specifically to a group of bacteria that have developed resistance to carbapenems, which are a class of highly effective antibiotics used to treat serious bacterial infections. This term encompasses several genera within the Enterobacteriaceae family, such as Klebsiella and Escherichia coli, that have acquired mechanisms to survive despite the presence of these powerful antibiotics. The importance of recognizing carbapenem-resistant Enterobacteriaceae lies in the significant challenges they pose to treatment, as they often lead to infections that are difficult to treat and can result in higher morbidity and mortality rates. Understanding this term is essential for healthcare professionals, as it highlights the need for strict infection control measures and careful antibiotic stewardship to combat the rise of multidrug-resistant organisms. Other options mentioned are not specific to the resistance pattern to carbapenems. Staphylococcus aureus is a different type of bacteria, and while some strains can be resistant to antibiotics, it does not specifically denote carbapenem resistance. Catalase-positive cocci refers to a general classification of bacteria rather than a specific term for antibiotic resistance, and Escherichia coli, while it can be part of the carbapenem-resistant group, does not encompass the broader