

Dare2Care Certified Nursing Assistant (CNA) 1 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

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- 1. What term describes a condition that is long-lasting or persistent?**
 - A. Acute**
 - B. Chronic**
 - C. Temporary**
 - D. Transient**

- 2. What term describes a belief in something that is not true or is out of touch with reality?**
 - A. Illusion**
 - B. Delusion**
 - C. Myth**
 - D. Fantasy**

- 3. What is the act of recording care and observations in a patient's file called?**
 - A. Charting**
 - B. Documenting**
 - C. Recording**
 - D. Noting**

- 4. What condition is characterized by the kidneys' inability to filter waste products?**
 - A. Chronic Heart Failure**
 - B. Chronic Renal Failure (CRF)**
 - C. Dialysis**
 - D. Kidney Stones**

- 5. Which condition is also known as a cerebrovascular accident?**
 - A. Heart failure**
 - B. Stroke**
 - C. Seizure**
 - D. Transient ischemic attack**

- 6. What is the primary goal of a code team?**
- A. To assist with routine care**
 - B. To provide emergency response**
 - C. To conduct patient assessments**
 - D. To manage daily medications**
- 7. Which therapy is often used to treat anxiety disorders by modifying thinking patterns?**
- A. Cognitive behavioral therapy (CBT)**
 - B. Dialectical behavior therapy**
 - C. Supportive therapy**
 - D. Family therapy**
- 8. What term describes a slow heart rate of under 60 beats per minute?**
- A. Bradycardia**
 - B. Tachycardia**
 - C. Arrhythmia**
 - D. Electrocardiogram**
- 9. What is the ongoing coordination of a resident's care over time called?**
- A. Care plan**
 - B. Continuity of care**
 - C. Care coordination**
 - D. Comprehensive care**
- 10. Which of the following describes a disease wherein the body attacks its own tissues?**
- A. Infectious disease**
 - B. Autoimmune disease**
 - C. Chronic disease**
 - D. Genetic disorder**

Answers

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

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Explanations

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1. What term describes a condition that is long-lasting or persistent?

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

The term that describes a condition that is long-lasting or persistent is "chronic." Chronic conditions typically develop slowly and can last for extended periods, often for months or years. These conditions may not have a definitive cure but can be managed with ongoing treatment and lifestyle modifications. In contrast, acute conditions are characterized by a sudden onset and often require immediate attention, but they are generally short-lived. Temporary conditions resolve quickly and do not persist, while transient conditions also refer to those that appear briefly and then subside. Understanding the distinction between chronic and acute conditions is essential in the nursing field, as it affects patient care planning and management strategies.

2. What term describes a belief in something that is not true or is out of touch with reality?

- A. Illusion
- B. Delusion**
- C. Myth
- D. Fantasy

The term that accurately describes a belief in something that is not true or is out of touch with reality is "delusion." Delusions are typically fixed beliefs that are resistant to reason or confrontation with actual fact. They are commonly associated with various mental health conditions, where the individual genuinely believes in something that may have no basis in reality. In contrast, an illusion is a misperception or misinterpretation of a real external stimulus; for example, seeing a shadow and mistaking it for a person. A myth refers to traditional stories or cultural narratives that explain natural or social phenomena, and while they may not be factual, they often carry symbolic meanings within a culture. Fantasy generally involves imagination and dreams, often depicted in stories or play, but does not imply a fixed, irrational belief in something real, as is the case with delusions. Understanding these distinctions is crucial in a nursing context, especially when discussing mental health with patients.

3. What is the act of recording care and observations in a patient's file called?

- A. Charting**
- B. Documenting**
- C. Recording**
- D. Noting**

The act of recording care and observations in a patient's file is referred to as charting. This term specifically denotes the systematic method by which healthcare professionals keep a written record of a patient's medical history, assessments, interventions, and outcomes. Charting serves multiple crucial purposes in healthcare; it ensures continuity of care, provides legal documentation, and helps in effective communication among healthcare providers. While documenting, recording, and noting can all describe aspects of writing down information, charting is the term most widely adopted in the medical field to refer to this comprehensive and structured process. It encompasses a range of information, including vital signs, medications administered, and unusual observations that contribute to the overall understanding of a patient's condition over time. Thus, the correct answer aptly identifies the nuanced terminology used in healthcare documentation.

4. What condition is characterized by the kidneys' inability to filter waste products?

- A. Chronic Heart Failure**
- B. Chronic Renal Failure (CRF)**
- C. Dialysis**
- D. Kidney Stones**

Chronic Renal Failure (CRF) is a medical condition where the kidneys gradually lose their ability to filter waste products from the blood effectively. This leads to the accumulation of toxins and excess fluid in the body, as the kidneys are responsible for maintaining fluid and electrolyte balance. In CRF, the loss of kidney function can occur over months or years, and it is often progressive, meaning it worsens over time. As kidney function declines, patients may experience symptoms such as fatigue, swelling, changes in urine output, and systemic issues like hypertension. The kidneys are crucial for removing waste products generated from metabolism, and when they fail to do so, it can lead to serious health complications requiring interventions such as dietary changes, medication, or dialysis. The other conditions mentioned, while related to renal health, do not specifically describe the kidneys' inability to filter waste products. For instance, chronic heart failure involves the heart's inability to pump effectively but does not directly refer to renal filtration. Dialysis is a treatment used when the kidneys can no longer remove waste and is not a condition itself. Kidney stones refer to solid mineral deposits that form in the kidneys and can obstruct urine flow, but they do not represent a systemic failure of kidney function. Therefore,

5. Which condition is also known as a cerebrovascular accident?

- A. Heart failure**
- B. Stroke**
- C. Seizure**
- D. Transient ischemic attack**

A cerebrovascular accident (CVA) is a medical term that refers specifically to a stroke. This occurs when blood flow to a part of the brain is interrupted or drastically reduced, preventing brain tissue from getting oxygen and nutrients. When brain cells are deprived of blood, they can begin to die within minutes, leading to the various symptoms associated with a stroke. Understanding the specific nature of a stroke as a cerebrovascular event is crucial for recognizing symptoms and providing timely medical intervention, which can significantly affect patient outcomes. This is why identifying a stroke as a cerebrovascular accident is essential in both medical terminology and patient care. The other conditions listed do relate to different medical issues: heart failure pertains to the heart's inability to pump blood effectively, seizures involve sudden neurological disturbances in the brain, and transient ischemic attacks (TIAs) are often considered "mini-strokes" because they temporarily cause stroke-like symptoms without lasting damage. However, only a stroke directly aligns with the definition of cerebrovascular accident.

6. What is the primary goal of a code team?

- A. To assist with routine care**
- B. To provide emergency response**
- C. To conduct patient assessments**
- D. To manage daily medications**

The primary goal of a code team is to provide emergency response. In a healthcare setting, a code team is comprised of trained medical personnel who respond to life-threatening situations, such as cardiac arrest or respiratory failure, where immediate intervention is necessary. Their role is crucial in delivering rapid and effective care to stabilize the patient and potentially save their life. This function involves utilizing advanced life support protocols, coordinating efforts to resuscitate the patient, and ensuring that all necessary medical equipment is available and functioning. The actions taken by the code team are crucial in improving patient outcomes during emergencies. Other choices, such as assisting with routine care, conducting patient assessments, or managing daily medications, do not capture the urgent, specialized nature of the code team's responsibilities. These tasks are typically performed by other healthcare providers in non-emergency situations.

7. Which therapy is often used to treat anxiety disorders by modifying thinking patterns?

A. Cognitive behavioral therapy (CBT)

B. Dialectical behavior therapy

C. Supportive therapy

D. Family therapy

Cognitive behavioral therapy (CBT) is specifically designed to treat anxiety disorders by focusing on the modification of negative thinking patterns and behaviors that contribute to anxiety. The core principle of CBT is that by changing the way one thinks, it is possible to change how one feels and behaves. This therapy helps individuals identify and challenge distorted thoughts and beliefs, replace them with more realistic ones, and develop coping strategies to manage anxiety symptoms effectively. While other forms of therapy, such as dialectical behavior therapy, supportive therapy, and family therapy, may also address anxiety, they do not primarily focus on the cognitive restructuring aspect that CBT emphasizes. Dialectical behavior therapy is more geared towards treating emotional regulation and self-destructive behaviors, supportive therapy primarily seeks to provide emotional support without deep cognitive exploration, and family therapy involves working with family dynamics rather than individual thought patterns. Hence, CBT stands out as the most effective method for directly addressing and modifying thinking patterns related to anxiety disorders.

8. What term describes a slow heart rate of under 60 beats per minute?

A. Bradycardia

B. Tachycardia

C. Arrhythmia

D. Electrocardiogram

The term that describes a slow heart rate of under 60 beats per minute is bradycardia. This condition signifies that the heart is beating more slowly than normal, which can be a physiological response to certain situations, such as during sleep or in well-trained athletes, but it may also indicate an underlying health issue if it occurs without the context of fitness or other factors. In contrast, tachycardia refers to a heart rate that exceeds the normal resting rate, generally considered to be over 100 beats per minute. Arrhythmia is a general term for any irregular heart rate, which may be too fast, too slow, or erratic, without specifying the rate. An electrocardiogram is a diagnostic tool that records the electrical activity of the heart and can be used to identify various heart conditions, but it is not the term that describes a specific heart rate.

9. What is the ongoing coordination of a resident's care over time called?

- A. Care plan
- B. Continuity of care**
- C. Care coordination
- D. Comprehensive care

The ongoing coordination of a resident's care over time is best described as continuity of care. This concept emphasizes the importance of seamless and effective communication among different healthcare providers and systems to ensure that a patient receives consistent and appropriate care throughout their treatment journey. Continuity of care is essential for managing chronic conditions, transitions between various healthcare settings, and follow-up activities. It aims to minimize gaps in care, reduce the risk of errors, and enhance patient outcomes by fostering a holistic approach to addressing the needs of the resident at various stages of their healthcare experience. Other terms like care plan and care coordination are related but do not fully encompass the ongoing nature and the emphasis on consistency that continuity of care entails. A care plan refers to the specific details and strategies laid out for an individual's treatment, while care coordination refers to the organization of patient care activities among all participants concerned. Comprehensive care, while it implies an exhaustive approach to a patient's needs, does not inherently highlight the importance of the ongoing aspect of care delivery over time.

10. Which of the following describes a disease wherein the body attacks its own tissues?

- A. Infectious disease
- B. Autoimmune disease**
- C. Chronic disease
- D. Genetic disorder

The correct answer is an autoimmune disease, which is characterized by the body's immune system mistakenly attacking its own healthy tissues. In a healthy immune system, the body is able to differentiate between its own cells and foreign invaders such as bacteria and viruses. However, in autoimmune diseases, this distinction fails, leading to inflammation and damage to various organs and systems in the body. Conditions like rheumatoid arthritis, lupus, and multiple sclerosis are examples of autoimmune diseases. These conditions can result in a range of symptoms and complications depending on which tissues are affected. Understanding autoimmune diseases is crucial in the field of healthcare, as they often require specific treatment strategies to manage inflammation and immune response. In contrast, an infectious disease is caused by pathogens such as bacteria, viruses, or fungi. A chronic disease may refer to conditions that persist over a long period, often with slow progression but does not imply an autoimmune response. A genetic disorder results from abnormalities in genes or chromosomes and is not necessarily related to the immune system's self-attack on the body's tissues. These distinctions help clarify the definitions and characteristics of different diseases, underscoring why autoimmune disease is the correct choice here.

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://dare2carecna1.examzify.com>

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

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