

DARE2CARE CERTIFIED NURSING ASSISTANT (CNA) 1 PRACTICE EXAM (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. What is a urine specimen consisting of all urine voided in a 24-hour period called?**
 - A. 24 hour urine specimen
 - B. Daily urine analysis
 - C. Complete urine collection
 - D. Timed urine sample

- 2. Where is the apical pulse located?**
 - A. Right wrist
 - B. Left side of the chest, below the nipple
 - C. Left ankle
 - D. Right side of the neck

- 3. What condition causes gradual central vision loss due to macula degeneration?**
 - A. Glaucoma
 - B. Diabetic retinopathy
 - C. Age-related macular degeneration (AMD)
 - D. Retinal detachment

- 4. What is defined as a communicable disease that spreads quickly from person to person?**
 - A. Chronic disease
 - B. Contagious disease
 - C. Non-communicable disease
 - D. Infectious disease

- 5. What is chest percussion primarily used for?**
 - A. Increasing heart rate
 - B. Expelling mucus from lungs
 - C. Facilitating deep breathing
 - D. Enhancing lung elasticity

- 6. What type of dementia is the most common form, often leading to significant memory loss and impaired judgment?**
- A. Frontotemporal dementia
 - B. Vascular dementia
 - C. Alzheimer's disease
 - D. Mixed dementia
- 7. What part of the nervous system is housed in the skull and is responsible for motor activity and thought?**
- A. Spinal cord
 - B. Brain
 - C. Cerebellum
 - D. Peripheral nervous system
- 8. What is the main feature of the central nervous system?**
- A. Transmitting signals to the limbs
 - B. Regulating involuntary actions
 - C. Processing sensory information
 - D. Coordinating the body's response to the environment
- 9. What condition results from inadequate fluid intake relative to fluid loss?**
- A. Dehydration
 - B. Hyperhydration
 - C. Normal hydration
 - D. Fluid balance
- 10. What physiological state is described by 'the cessation of all body functions'?**
- A. Death
 - B. Coma
 - C. Fainting
 - D. Cardiac arrest

Answers

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

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Explanations

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1. What is a urine specimen consisting of all urine voided in a 24-hour period called?

- A. 24 hour urine specimen**
- B. Daily urine analysis
- C. Complete urine collection
- D. Timed urine sample

A urine specimen that consists of all urine voided in a 24-hour period is referred to as a 24 hour urine specimen. This type of collection is specifically designed to measure the total output of urine over an entire day, allowing for a comprehensive assessment of renal function and other health indicators. Collecting urine over a 24-hour period is helpful in diagnosing various conditions, including kidney disorders, electrolyte imbalances, and various metabolic conditions. It provides a full picture that a single sample may not capture, as urine composition can vary significantly at different times of the day. The other options may refer to different types of urine tests but do not accurately denote a collection of urine over a full 24-hour period like the first option does. For example, a daily urine analysis refers more generally to a single day's collection but may not specify the comprehensive nature encapsulated in a 24-hour collection. Complete urine collection is a more ambiguous term, and a timed urine sample does not specifically indicate a 24-hour period, as it can refer to collections taken over shorter or varying durations.

2. Where is the apical pulse located?

- A. Right wrist
- B. Left side of the chest, below the nipple**
- C. Left ankle
- D. Right side of the neck

The apical pulse is located at the left side of the chest, specifically below the nipple, which corresponds to the fifth intercostal space in adults. This area is directly over the heart, allowing for an accurate assessment of the heart's rhythm and rate. The apical pulse is measured using a stethoscope, enabling healthcare professionals to listen directly to the heart sounds and get a more precise reading compared to peripheral pulses, which may be weaker or more difficult to feel due to various factors such as circulation issues. Identifying the apical pulse is crucial in many clinical situations, such as monitoring patients with heart conditions or when administering medications that affect heart rate. It provides valuable information about the overall cardiovascular health of the patient and is especially important in pediatric or critically ill patients where other pulses may not be as easily assessed.

3. What condition causes gradual central vision loss due to macula degeneration?

- A. Glaucoma
- B. Diabetic retinopathy
- C. Age-related macular degeneration (AMD)**
- D. Retinal detachment

Age-related macular degeneration (AMD) is a condition primarily associated with aging that leads to the degeneration of the macula, an area in the retina responsible for sharp, central vision. It causes gradual and often irreversible loss of central vision while peripheral vision typically remains intact. Individuals with AMD may experience difficulties when reading, driving, or recognizing faces. In contrast, glaucoma pertains to increased intraocular pressure and can lead to peripheral vision loss, rather than affecting central vision directly. Diabetic retinopathy is a complication of diabetes that affects the blood vessels in the retina, leading to various visual disturbances, but it primarily influences peripheral and can cause sudden vision loss. Retinal detachment is an urgent condition where the retina separates from its underlying tissue, often causing sudden vision loss and requiring immediate medical intervention. Overall, AMD specifically targets the central vision through the degeneration of the macula, which is central to the characteristic vision loss described in the question.

4. What is defined as a communicable disease that spreads quickly from person to person?

- A. Chronic disease
- B. Contagious disease**
- C. Non-communicable disease
- D. Infectious disease

A contagious disease is specifically characterized by its ability to spread rapidly from one individual to another through direct or indirect means, such as physical contact, droplets in the air, or contaminated surfaces. This type of disease often leads to outbreaks and can affect large populations in a short period. It's crucial for healthcare providers and caregivers to understand this definition, as identifying contagious diseases is key to implementing proper infection control measures and preventing transmission within communities. While infectious diseases can also spread person-to-person, the term "contagious" more narrowly focuses on those that have high transmissibility between individuals. Chronic diseases, on the other hand, are long-lasting and typically do not spread from person to person, while non-communicable diseases refer to conditions that cannot be transmitted between individuals and are often related to lifestyle or genetics. Understanding these distinctions is essential in the context of public health and patient care.

5. What is chest percussion primarily used for?

- A. Increasing heart rate
- B. Expelling mucus from lungs**
- C. Facilitating deep breathing
- D. Enhancing lung elasticity

Chest percussion is primarily used for expelling mucus from the lungs. This technique involves rhythmically clapping on the chest and back of a patient to loosen mucus that may be stuck in the airways, making it easier for the patient to cough it up. By aiding in the clearance of secretions, chest percussion can help prevent respiratory infections and improve overall lung function. The other options relate to aspects of respiratory care but do not accurately describe the primary purpose of chest percussion. For instance, while enhancing lung elasticity and facilitating deep breathing are important for patients with certain respiratory conditions, they are not the direct outcomes of chest percussion. Similarly, increasing heart rate is not a goal of this method; the focus is solely on clearing mucus to enhance respiratory health.

6. What type of dementia is the most common form, often leading to significant memory loss and impaired judgment?

- A. Frontotemporal dementia
- B. Vascular dementia
- C. Alzheimer's disease**
- D. Mixed dementia

The most common form of dementia is Alzheimer's disease, which is characterized by significant memory loss and impaired judgment. This condition progresses gradually, affecting various cognitive functions, and ultimately leads to a decline in the ability to perform everyday tasks. Alzheimer's disease is primarily associated with the accumulation of amyloid plaques and tau tangles in the brain, which disrupts communication between neurons and ultimately leads to cell death. Understanding that Alzheimer's disease accounts for approximately 60-80% of all dementia cases highlights its prevalence and importance in caregiving and health discussions related to cognitive decline. Caregivers and health professionals must be particularly aware of the signs and symptoms of Alzheimer's to provide appropriate support and interventions for those affected, as well as their families. Other types of dementia, such as frontotemporal dementia or vascular dementia, have different underlying causes and patterns of cognitive impairment, making them less common overall compared to Alzheimer's disease.

7. What part of the nervous system is housed in the skull and is responsible for motor activity and thought?

- A. Spinal cord
- B. Brain**
- C. Cerebellum
- D. Peripheral nervous system

The brain is the central part of the nervous system located within the skull, and it plays a vital role in both motor activity and thought processes. It is responsible for interpreting sensory information, coordinating movement, and enabling cognitive functions such as reasoning, problem-solving, and emotional regulation. The brain consists of various structures, including the cerebellum, which is specifically involved in coordination and balance, but it is the entire brain that oversees comprehensive thought and motor control. Therefore, identifying the brain as the correct answer highlights its fundamental role in these critical functions of the human body.

8. What is the main feature of the central nervous system?

- A. Transmitting signals to the limbs
- B. Regulating involuntary actions
- C. Processing sensory information**
- D. Coordinating the body's response to the environment

The main feature of the central nervous system (CNS) is its role in processing sensory information. The CNS, which consists of the brain and spinal cord, is responsible for interpreting data received from the sensory organs, such as vision, hearing, taste, touch, and smell. This processing allows the body to perceive its surroundings and make informed decisions based on stimuli. While the other options describe functions related to the nervous system, they do not capture the primary role of the CNS as completely as processing sensory information does. Transmitting signals to the limbs is a function attributed more specifically to the peripheral nervous system, which connects the CNS to the rest of the body. Regulating involuntary actions is typically moderated by the autonomic nervous system, a division of the peripheral nervous system. Coordinating the body's response to the environment is a broader function encompassing both sensory processing and motor responses, but it begins fundamentally with how sensory data is interpreted by the CNS. Thus, the act of processing sensory information is central to the functions performed by the CNS.

9. What condition results from inadequate fluid intake relative to fluid loss?

- A. Dehydration**
- B. Hyperhydration
- C. Normal hydration
- D. Fluid balance

Dehydration occurs when the body's fluid intake is insufficient to meet its fluid loss, leading to an imbalance. This condition can arise from various factors, including inadequate consumption of water, excessive sweating, vomiting, diarrhea, or certain medical conditions that increase fluid loss. When the body does not have enough fluids, it cannot perform essential functions effectively, which can result in symptoms such as thirst, dry mouth, fatigue, and decreased urine output. Understanding dehydration is crucial in nursing practice, as it directly affects patient care and management, highlighting the importance of monitoring fluid intake and loss in clients.

10. What physiological state is described by 'the cessation of all body functions'?

- A. Death**
- B. Coma
- C. Fainting
- D. Cardiac arrest

The correct answer is death, which is characterized as the complete and permanent cessation of all bodily functions. This includes the ending of all biological processes necessary for life, such as respiration and circulation, and signifies that an individual is no longer alive. In contrast, a coma refers to a state of prolonged unconsciousness in which a person is alive but unresponsive to stimuli and unable to interact with the environment. Fainting, also known as syncope, is a temporary loss of consciousness typically due to a lack of blood flow to the brain, from which individuals usually recover quickly. Cardiac arrest involves the sudden stopping of heart function, which leads to the cessation of blood circulation and can be reversible with immediate medical intervention. All these states differ significantly from the irreversible condition of death, where no life functions can be restored.

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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