

DARE2CARE CNA 2 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 the purpose of using a gait belt?**
 - A. To provide a decorative accessory
 - B. To assist in safely transferring or walking with patients
 - C. As a method of punishment for patients
 - D. To keep the patient seated comfortably
- 2. What is a key factor in connecting with patients effectively?**
 - A. Raising your voice
 - B. Avoiding physical touch
 - C. Clear eye contact
 - D. Using medical jargon
- 3. How should the output of urine be documented?**
 - A. In intake and output records
 - B. In the patient's chart only
 - C. Verbally to the physician
 - D. Both orally and in writing
- 4. In providing care, what does the term "expressive aphasia" imply?**
 - A. Difficulty understanding spoken words
 - B. Difficulty expressing thoughts verbally
 - C. Inability to read written words
 - D. Inability to write coherent sentences
- 5. What does hypernatremia indicate?**
 - A. Low sodium levels in the blood
 - B. High sodium levels in the blood
 - C. Normal sodium levels in the blood
 - D. High potassium levels in the blood
- 6. What is the purpose of charting patient progress?**
 - A. To establish a paper trail for legal reasons
 - B. To inform the healthcare team of any changes
 - C. To keep patients unaware of their condition
 - D. To meet regulatory requirements only

- 7. What approach should you avoid when communicating with someone who may have hearing difficulties?**
- A. Speaking loudly and clearly
 - B. Avoiding distractions
 - C. Raising your pitch
 - D. Using visual aids
- 8. What is the impact of empathy in a CNA's interaction with patients?**
- A. It complicates patient relationships
 - B. It helps create trust and rapport
 - C. It distracts from care tasks
 - D. It is not necessary for patient care
- 9. Which of the following is a vital sign that a CNA is responsible for measuring?**
- A. Vision acuity
 - B. Pulse
 - C. Muscle strength
 - D. Capillary refill time
- 10. What condition should a CNA particularly watch for that could indicate more serious issues in a patient?**
- A. Curiosity about their treatment
 - B. Sudden restlessness and changes in breathing
 - C. Toileting frequency changes
 - D. Desire to leave the care facility

Answers

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

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Explanations

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1. What is the purpose of using a gait belt?

- A. To provide a decorative accessory
- B. To assist in safely transferring or walking with patients**
- C. As a method of punishment for patients
- D. To keep the patient seated comfortably

The purpose of using a gait belt is primarily to assist in safely transferring or walking with patients. This tool is designed to provide caregivers with a secure way to support and stabilize patients while moving them from one place to another, whether that be walking or assisting them in and out of beds and chairs. The gait belt gives caregivers a strong grip that minimizes the risk of accidents or falls, ensuring patient safety during movement. Using a gait belt promotes independence by allowing patients to maintain some level of control while providing the necessary support from the caregiver. It is an essential safety device in healthcare settings, particularly for those with mobility challenges.

2. What is a key factor in connecting with patients effectively?

- A. Raising your voice
- B. Avoiding physical touch
- C. Clear eye contact**
- D. Using medical jargon

Establishing clear eye contact is a crucial element in connecting with patients effectively because it conveys attentiveness, empathy, and respect. When healthcare providers maintain eye contact, it helps to build trust and rapport, making patients feel valued and understood. This non-verbal communication indicates that the provider is fully engaged in the conversation, encouraging open dialogue and making it easier for patients to express their concerns. In this context, raising your voice may create a sense of distance or authority rather than connection. Avoiding physical touch can also hinder the establishment of a comforting and supportive presence, as appropriate physical touch can be reassuring to patients. Additionally, using medical jargon may alienate patients instead of fostering understanding, as it can confuse them and lead to miscommunication. Thus, clear eye contact stands out as the most effective way to engage and connect with patients in a meaningful way.

3. How should the output of urine be documented?

- A. In intake and output records**
- B. In the patient's chart only
- C. Verbally to the physician
- D. Both orally and in writing

The output of urine should be documented in intake and output records because this method provides a systematic way to track fluid balance in patients. These records allow for precise monitoring of the amount of urine produced alongside the amount of fluids ingested, helping healthcare providers assess kidney function, hydration status, and overall health. This documentation is crucial in many medical situations, as it can indicate various conditions such as dehydration, fluid overload, or potential kidney issues. Using intake and output records is typically more comprehensive compared to simply writing in the patient's chart, which may not capture real-time data or provide context for the fluid balance being monitored. While verbally communicating to a physician or documenting both orally and in writing may provide immediate information, these methods do not create a lasting record that can be referenced later by other healthcare team members. Therefore, utilizing official intake and output records is the most effective and standardized approach for documenting urine output.

4. In providing care, what does the term "expressive aphasia" imply?

- A. Difficulty understanding spoken words
- B. Difficulty expressing thoughts verbally**
- C. Inability to read written words
- D. Inability to write coherent sentences

Expressive aphasia refers specifically to a condition in which an individual has difficulty expressing their thoughts verbally, despite often being able to understand spoken language. This condition commonly arises from damage to specific areas of the brain responsible for language production, such as Broca's area. Individuals with expressive aphasia may struggle to form sentences or find the right words, leading to frustration as they attempt to communicate their ideas. They might be able to speak only in short phrases, speak in single words, or experience long pauses while trying to articulate their thoughts. Understanding expressive aphasia is vital in caregiving, as it directly impacts how a person communicates and interacts with others. Caregivers must be patient and employ various strategies to facilitate communication, such as using gestures, visual aids, or writing prompts. The other options describe related but distinct difficulties that do not specifically capture the essence of expressive aphasia, which focuses on the challenges of verbal communication rather than comprehension, reading, or writing abilities.

5. What does hypernatremia indicate?

- A. Low sodium levels in the blood
- B. High sodium levels in the blood**
- C. Normal sodium levels in the blood
- D. High potassium levels in the blood

Hypernatremia refers to an elevated concentration of sodium in the blood. This condition usually occurs when there is a net loss of water in the body, leading to a high sodium concentration overall, which can happen due to dehydration or excessive sodium intake. Elevated sodium levels can cause various physiological effects, such as increased thirst, confusion, muscle twitching, or even seizures in severe cases. Understanding hypernatremia is critical for healthcare providers, as recognizing the signs and implications of high sodium levels can help in prompt treatment and management to prevent complications.

6. What is the purpose of charting patient progress?

- A. To establish a paper trail for legal reasons
- B. To inform the healthcare team of any changes**
- C. To keep patients unaware of their condition
- D. To meet regulatory requirements only

Charting patient progress serves a crucial role in the healthcare setting by informing the healthcare team of any changes in the patient's condition. This continuous documentation helps ensure that all members of the care team are updated on the patient's status, which is essential for providing cohesive and coordinated care. Effective communication about a patient's progress allows for timely interventions and adjustments to the treatment plan, ultimately enhancing the quality of care and patient outcomes. While establishing a paper trail for legal reasons, meeting regulatory requirements, and keeping patients unaware of their conditions are considerations in healthcare documentation, they do not capture the primary and most important purpose of charting. The essence of charting lies in fostering collaboration among healthcare providers and ensuring that everyone involved in a patient's care has access to up-to-date information regarding their health status. This approach promotes safety, accountability, and effective management of the patient's care plan.

7. What approach should you avoid when communicating with someone who may have hearing difficulties?

- A. Speaking loudly and clearly
- B. Avoiding distractions
- C. Raising your pitch**
- D. Using visual aids

When communicating with someone who may have hearing difficulties, raising your pitch is not advisable. Individuals with hearing impairments often struggle to hear higher frequencies. Instead of aiding understanding, raising the pitch of your voice can make it more challenging for them to comprehend what you are saying. In contrast, speaking loudly and clearly can help the person hear you better, especially if they rely on volume to pick up sound. Avoiding distractions is important to create an optimal environment for conversation, as it allows the person to focus better on your speech. Using visual aids, such as gestures or written information, further supports comprehension, especially for those who may not catch every word. These strategies are far more effective than altering the pitch of your voice.

8. What is the impact of empathy in a CNA's interaction with patients?

- A. It complicates patient relationships
- B. It helps create trust and rapport**
- C. It distracts from care tasks
- D. It is not necessary for patient care

Empathy plays a crucial role in a CNA's interaction with patients by helping to create trust and rapport. When a CNA demonstrates empathy, they are able to understand and share the feelings of the patients they serve. This understanding fosters a supportive environment where patients feel valued and heard, which is essential for effective communication and cooperation in care. By establishing trust through empathy, CNAs are more likely to encourage patients to express their needs, concerns, and fears. This open line of communication not only enhances the quality of care provided but also improves patient satisfaction and emotional well-being. Patients who feel understood and cared for are likely to follow medical advice and participate actively in their recovery process, leading to better health outcomes. In contrast, options that suggest empathy complicates relationships or distracts from care tasks miss the point that empathy is foundational to effective caregiving. When care providers show genuine understanding, it simplifies interactions and strengthens the caregiver-patient bond. Furthermore, saying that empathy is not necessary undermines the holistic approach to patient care that incorporates emotional and psychological support alongside physical care.

9. Which of the following is a vital sign that a CNA is responsible for measuring?

- A. Vision acuity
- B. Pulse**
- C. Muscle strength
- D. Capillary refill time

Pulse is considered a vital sign that CNAs are responsible for measuring because it reflects the heart rate and rhythm, providing essential information about a patient's cardiovascular health. The pulse is typically assessed at various sites on the body and can indicate the strength and regularity of the heartbeat, which are critical for evaluating a patient's overall condition. Vital signs, including pulse, are fundamental indicators that help healthcare providers monitor a patient's health status and detect any changes that may require medical attention. Other vital signs, such as blood pressure, respiratory rate, and temperature, also fall under the CNA's responsibilities, emphasizing the importance of pulse measurement in a holistic assessment of health. In contrast, options like vision acuity and muscle strength are not classified as vital signs. They may be important assessments in different contexts; however, they do not fit the standard definition of vital signs as indicators of essential body functions. Capillary refill time, while useful for assessing circulation and could be considered an ancillary assessment, is not traditionally categorized alongside the main vital signs like pulse.

10. What condition should a CNA particularly watch for that could indicate more serious issues in a patient?

- A. Curiosity about their treatment
- B. Sudden restlessness and changes in breathing**
- C. Toileting frequency changes
- D. Desire to leave the care facility

Monitoring for sudden restlessness and changes in breathing is critical as these symptoms can indicate underlying medical issues that require immediate attention. Restlessness may suggest that a patient is in discomfort, experiencing pain, or facing anxiety, while alterations in their breathing pattern—such as shallow breathing, increased rate, or difficulty breathing—could signal respiratory distress, potential heart issues, or other acute medical problems. It is essential for a CNA to remain vigilant and report these signs to the healthcare team, as they could be indicative of conditions that may escalate quickly if not addressed. Other options, while they may be relevant to a patient's well-being, do not typically signal immediate medical concerns. For instance, curiosity about treatment may indicate engagement and a desire to understand one's care but does not imply a serious health risk. Changes in toileting frequency could have various benign explanations and might not necessarily indicate an acute issue. Lastly, a desire to leave the care facility may stem from emotional or psychological factors rather than direct physical health concerns. Therefore, maintaining acute awareness of physical signs like restlessness and breathing changes is essential for prompt and effective patient care.

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://dare2carecna2.examzify.com>

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

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