

DARE2CARE CNA 2 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://dare2carecna2.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. How should a CNA respond if a patient expresses feelings of anxiety or fear?**
 - A. Dismiss their feelings as unimportant
 - B. Listen empathetically and report to the nurse
 - C. Tell the patient to relax and not worry
 - D. Change the subject to distract them
- 2. What characteristic should a CNA exhibit when working with patients who have special needs?**
 - A. Strictness in rule-following
 - B. Flexibility in care approaches
 - C. Indifference to their challenges
 - D. Rushed communication
- 3. What is one of the primary responsibilities of a CNA in post-operative care?**
 - A. Assisting with medication administration
 - B. Monitoring vital signs
 - C. Performing complex surgical tasks
 - D. Conducting patient assessments
- 4. What is the importance of obtaining patient consent?**
 - A. It is a legal requirement only
 - B. Patient consent ensures autonomy and informs care options
 - C. It solely benefits the healthcare provider
 - D. It allows for immediate medical procedures
- 5. What is a characteristic of Type 1 diabetics compared to Type 2?**
 - A. Less stable
 - B. More resistant
 - C. Generally older
 - D. More dietary restrictions

- 6. What is the typical range for Post Prandial (PP) blood sugar levels?**
- A. 70-120
 - B. 80-150
 - C. 90-130
 - D. 100-140
- 7. What is needed for effective movement in the body?**
- A. Muscles
 - B. Tendons
 - C. Joints
 - D. Nerves
- 8. What symptom indicates the need for immediate attention in regard to pressure ulcers?**
- A. Redness
 - B. Pain
 - C. Infection
 - D. Discoloration
- 9. What is one way to prevent skin tears in patients?**
- A. Encouraging sudden movements
 - B. Maintaining skin moisture
 - C. Avoiding the use of aids
 - D. Restricting physical activity
- 10. What does the term "ascites" refer to?**
- A. Inflammation of the liver
 - B. Fluid accumulation in the abdominal cavity
 - C. Growth of abnormal cells in the intestine
 - D. Inflammation of the gallbladder

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How should a CNA respond if a patient expresses feelings of anxiety or fear?

- A. Dismiss their feelings as unimportant
- B. Listen empathetically and report to the nurse**
- C. Tell the patient to relax and not worry
- D. Change the subject to distract them

Listening empathetically and reporting to the nurse is essential when a patient expresses anxiety or fear. This approach acknowledges the patient's emotions as valid and significant, which is crucial for building trust and rapport between the patient and the caregiver. By listening to the patient, the CNA provides emotional support, allowing the patient to feel understood and cared for. Additionally, reporting to the nurse is important so that the healthcare team can address the underlying causes of the anxiety or fear and provide appropriate interventions or support. This collaborative approach is fundamental in ensuring the patient's overall well-being and safety. Recognizing and addressing emotional concerns is also an integral part of person-centered care, which enhances the patient's experience and promotes better health outcomes.

2. What characteristic should a CNA exhibit when working with patients who have special needs?

- A. Strictness in rule-following
- B. Flexibility in care approaches**
- C. Indifference to their challenges
- D. Rushed communication

In the context of working with patients who have special needs, flexibility in care approaches is crucial. Each patient may have unique requirements, preferences, and challenges that can vary significantly from one individual to another. By being flexible, a CNA can tailor their methods of care to suit the specific needs and circumstances of each patient, ensuring more effective support and better outcomes. Flexibility allows the CNA to adapt to changing situations or unexpected behaviors that might arise, demonstrating sensitivity and responsiveness to the patient's emotional and physical state. This adaptability helps build trust and rapport, which are essential components of effective caregiving. In contrast, strictly adhering to rules without considering individual circumstances can hinder the quality of care. Such rigidity might overlook the complexities of a patient's needs or fail to accommodate their preferences. Showing indifference to patients' challenges, as well as rushed communication, can create a barrier in the caregiver-patient relationship and might lead to misunderstandings or unmet needs. Therefore, flexibility in care approaches is vital for providing compassionate and effective support to patients with special needs.

3. What is one of the primary responsibilities of a CNA in post-operative care?

- A. Assisting with medication administration
- B. Monitoring vital signs**
- C. Performing complex surgical tasks
- D. Conducting patient assessments

Monitoring vital signs is a crucial responsibility of a CNA in post-operative care. After surgery, patients are particularly vulnerable, and their vital signs—such as heart rate, blood pressure, respiratory rate, and temperature—need to be closely observed to ensure they are stable and recovering properly. Abnormal readings can indicate complications or deterioration in the patient's condition, requiring prompt action or intervention from the healthcare team. CNAs play a vital role in this process by consistently tracking and reporting vital signs, which helps guide further care and treatment decisions.

4. What is the importance of obtaining patient consent?

- A. It is a legal requirement only
- B. Patient consent ensures autonomy and informs care options**
- C. It solely benefits the healthcare provider
- D. It allows for immediate medical procedures

Obtaining patient consent is crucial because it emphasizes the patient's autonomy over their own healthcare decisions. When a patient provides informed consent, they demonstrate an understanding of the care options available to them, the benefits, and the potential risks associated with those options. This process ensures that patients are actively participating in their own treatment plans, respecting their values and preferences, and leading to a more patient-centered approach to healthcare. Furthermore, informed consent fosters a trusting relationship between the patient and the healthcare provider. It also aligns with ethical standards in medicine, reinforcing the patient's right to make decisions about their own body and health care. The option that emphasizes legal requirements may overlook the broader significance of informed consent as a component of respect for patient autonomy and collaborative decision-making between the healthcare provider and the patient.

5. What is a characteristic of Type 1 diabetics compared to Type 2?

- A. Less stable**
- B. More resistant
- C. Generally older
- D. More dietary restrictions

Type 1 diabetes is characterized by the complete or near-complete inability of the pancreas to produce insulin due to the autoimmune destruction of insulin-producing beta cells. This often leads to greater variability in blood glucose levels and more challenges in achieving stable metabolic control compared to Type 2 diabetes. Individuals with Type 1 diabetes usually require more frequent monitoring of blood glucose levels and often need to adjust their insulin doses multiple times throughout the day based on their activities, food intake, and stress levels. In contrast, Type 2 diabetics typically have some insulin production, although it may be insufficient or the body may be resistant to its effects. This means that Type 2 diabetes can sometimes be more manageable with lifestyle changes and oral medications, leading to a more stable condition for many individuals. Therefore, the characteristic of being less stable aptly describes Type 1 diabetes due to the reliance on external insulin and the ongoing adjustments required to maintain normal blood glucose levels.

6. What is the typical range for Post Prandial (PP) blood sugar levels?

- A. 70-120**
- B. 80-150
- C. 90-130
- D. 100-140

Post prandial (PP) blood sugar levels refer to the blood glucose levels that are measured after eating. Understanding the normal range for these levels is vital for managing and diagnosing conditions like diabetes. The typical range for post prandial blood sugar levels is generally recognized to be up to 140 mg/dL, with most guidelines emphasizing that levels should ideally be under this threshold in non-diabetic individuals to ensure proper metabolic function. A reading in the range of 70-120 mg/dL is appropriate for fasting glucose levels but is not reflective of post prandial states. Especially after a meal, the blood sugar level can rise as the body digests and absorbs nutrients, making the range of 80-150 mg/dL more applicable to post meal situations. Therefore, while the ideal range for a healthy individual might be close to 140 mg/dL, the most accurate answer reflects that the target should not exceed this mark after eating. This nuance in understanding blood sugar levels helps in managing and monitoring the health of individuals, particularly those with diabetes.

7. What is needed for effective movement in the body?

- A. Muscles
- B. Tendons
- C. Joints**
- D. Nerves

Effective movement in the body relies heavily on the function of joints. Joints are the connections between bones that allow for mobility and flexibility. They facilitate various types of movements, such as bending, straightening, and rotating, depending on the type of joint involved. For example, hinge joints like the knee permit flexion and extension, while ball-and-socket joints like the shoulder enable a wider range of motion. While muscles, tendons, and nerves are also crucial components of movement, they each play a different role. Muscles generate force to create movement, tendons connect muscles to bones to transmit that force, and nerves control the muscles by sending signals from the brain. However, without joints to provide the actual points of articulation, movement would not be possible, as bones need to pivot and move around their connecting points to achieve motion. Therefore, the fundamental element enabling movement through articulation of bones is the joints.

8. What symptom indicates the need for immediate attention in regard to pressure ulcers?

- A. Redness
- B. Pain
- C. Infection
- D. Discoloration**

Discoloration indicates the need for immediate attention in regard to pressure ulcers because it can be a sign of deeper tissue damage or a developing stage of the ulcer. When skin becomes discolored, particularly if it shows signs of a bluish or purplish hue, it suggests that there may be compromised blood flow to the area, which can lead to tissue necrosis if not addressed quickly. In cases of pressure ulcers, early intervention is crucial to prevent further progression of the ulcer and to promote healing. While redness may also indicate a problem, discoloration reflects a more severe condition that requires more urgent care. Pain and signs of infection are important symptoms to monitor, but they may not necessarily signal immediate intervention in the same way discoloration does, as the latter can indicate that the integrity of the skin and underlying tissues is severely compromised. Therefore, recognizing discoloration is a key aspect of assessing the severity of a pressure ulcer, making it essential to act promptly to prevent further complications.

9. What is one way to prevent skin tears in patients?

- A. Encouraging sudden movements
- B. Maintaining skin moisture**
- C. Avoiding the use of aids
- D. Restricting physical activity

Maintaining skin moisture is crucial in preventing skin tears, especially in elderly or vulnerable patients. When skin is dry, it becomes more fragile and susceptible to damage. Moisturized skin retains its elasticity, which allows it to better withstand friction and shear forces that can lead to tears. Regularly using moisturizers can help keep the skin hydrated, which is particularly important for individuals who may have thin or fragile skin due to aging, medical conditions, or prolonged immobility. Additionally, ensuring that the environment is conducive to skin health, by avoiding extreme temperatures and dry conditions, can enhance the effectiveness of moisture retention. Proper skincare routines, including gentle cleansing and the use of protective barriers, can complement moisture maintenance and further reduce the risk of skin tears.

10. What does the term "ascites" refer to?

- A. Inflammation of the liver
- B. Fluid accumulation in the abdominal cavity**
- C. Growth of abnormal cells in the intestine
- D. Inflammation of the gallbladder

The term "ascites" specifically refers to the accumulation of fluid in the abdominal cavity. This condition can result from various underlying health issues, including liver disease such as cirrhosis, heart failure, or cancers that spread to the abdomen. The presence of this excess fluid can lead to discomfort and other complications, making it an important clinical concern. In understanding ascites, it's also essential to recognize how it fits within the broader context of gastrointestinal and systemic health. While other options mention inflammation or growth of cells in different organs, they do not accurately describe ascites itself, which is uniquely characterized by the presence of fluid in the abdomen.

SAMPLE

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!

SAMPLE