

Florida Certified Nurse Assistant (CNA) Practice Exam Sample Study Guide



EVERYTHING you need from our exam experts!

Featuring practice questions, answers, and explanations for each question.

This study guide is a SAMPLE. Visit <https://florida-cna.examzify.com> to get the full version available exclusively to Examzify Plus subscribers .

Copyright © 2025 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 from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

- 1. Which of the following is an essential skill for a nursing assistant?**
 - A. Advanced surgical techniques**
 - B. Communication and empathy**
 - C. Pharmacology knowledge**
 - D. Marketing skills**
- 2. Which action is NOT acceptable for a nursing assistant?**
 - A. Delegating a task to another nursing assistant**
 - B. Documenting patient care**
 - C. Reporting changes in a resident's condition**
 - D. Assisting a resident with daily activities**
- 3. What is the primary role of an ombudsman in a nursing home?**
 - A. Work exclusively with the staff**
 - B. Protect the rights of the residents**
 - C. Implement new care practices**
 - D. Manage financial issues for residents**
- 4. In terms of resident care, what is an ethical duty of a nursing assistant?**
 - A. To ensure all residents receive the same care**
 - B. To respect residents' privacy and confidentiality**
 - C. To prioritize their own comfort over the residents'**
 - D. To provide entertainment to all residents**
- 5. What is crucial for a CNA to report to the nurse?**
 - A. Any change in the resident's environment**
 - B. Any change in the resident's hobbies**
 - C. Any change in the resident's health**
 - D. Any change in the resident's visitors**

- 6. Which of the following is commonly recognized as a physical sign of approaching death?**
- A. Increased appetite**
 - B. Changes in skin color**
 - C. All of the above**
 - D. Restlessness**
- 7. Which stage of dying or grief is typically the final stage?**
- A. Denial**
 - B. Anger**
 - C. Bargaining**
 - D. Acceptance**
- 8. Which of the following is an abnormal change in the digestive system that should be reported?**
- A. Loose stools**
 - B. Dark, hard stools**
 - C. Frequent bowel movements**
 - D. Appetite loss**
- 9. If a family wants to talk about a resident's approaching death, but the resident does not, what should the family be encouraged to do?**
- A. Discuss it openly in front of the resident**
 - B. Hold the conversation away from the resident**
 - C. Discuss it only with healthcare staff**
 - D. Ignore the resident's preferences**
- 10. Which of the following is NOT a method of spreading microorganisms?**
- A. Direct contact with residents**
 - B. Touching contaminated surfaces**
 - C. Using sterile items**
 - D. Exposure to bodily fluids**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is an essential skill for a nursing assistant?

- A. Advanced surgical techniques**
- B. Communication and empathy**
- C. Pharmacology knowledge**
- D. Marketing skills**

Communication and empathy are essential skills for a nursing assistant because they facilitate effective interactions with patients, families, and healthcare team members. These skills enable nursing assistants to provide patient-centered care, understand the needs and concerns of patients, and offer emotional support during challenging times. Good communication is crucial for documenting patient information accurately and ensuring that care instructions are conveyed clearly. Empathy helps in building trusting relationships, ensuring that patients feel heard and valued, which can significantly impact their overall well-being and satisfaction with care. In contrast, while advanced surgical techniques, pharmacology knowledge, and marketing skills may be valuable in certain aspects of healthcare, they are not fundamental to the role of a nursing assistant. Nursing assistants are primarily involved in direct patient care activities, which rely heavily on interpersonal skills rather than technical surgical skills or in-depth knowledge of medications. Additionally, marketing skills do not pertain to the primary responsibilities of nursing assistants, which focus on supporting patients' daily living activities and providing compassionate care.

2. Which action is NOT acceptable for a nursing assistant?

- A. Delegating a task to another nursing assistant**
- B. Documenting patient care**
- C. Reporting changes in a resident's condition**
- D. Assisting a resident with daily activities**

Delegating a task to another nursing assistant is not an acceptable action for a nursing assistant. In the healthcare setting, nursing assistants operate under the supervision and direction of licensed nurses or other higher-level healthcare professionals. They have specific responsibilities and cannot assign tasks to peers or colleagues, as this could lead to complications in care management, accountability, and the overall workflow. In contrast, documenting patient care is crucial for maintaining accurate medical records and ensuring continuity of care. Reporting changes in a resident's condition is essential for timely intervention and appropriate treatments, which safeguards the well-being of the patients. Assisting residents with daily activities is a fundamental responsibility of nursing assistants, aimed at promoting independence and enhancing the quality of life for those they care for. Each of these actions aligns with the CNA's role and responsibilities, reinforcing the importance of following established protocols and maintaining proper channels of communication in a healthcare environment.

3. What is the primary role of an ombudsman in a nursing home?

- A. Work exclusively with the staff**
- B. Protect the rights of the residents**
- C. Implement new care practices**
- D. Manage financial issues for residents**

The primary role of an ombudsman in a nursing home is to protect the rights of the residents. This role is crucial because ombudsmen serve as advocates for the residents, ensuring that they receive proper care and that their rights are upheld. They are trained to understand the regulations and standards that govern nursing facilities, enabling them to identify any issues or concerns that might affect the residents' well-being. An ombudsman's responsibilities include investigating complaints, facilitating communication between residents and the facility, and providing information about residents' rights. Their presence helps assure residents that their voices can be heard and that there is support for addressing grievances, which is essential for maintaining a safe and supportive environment in nursing homes. The other options present roles that do not align with the primary responsibilities of an ombudsman. Working exclusively with staff or managing financial issues does not focus on advocacy for residents. While implementing new care practices may be a part of broader staff responsibilities, it is not the primary focus of the ombudsman role, which is more centered on protecting residents' rights and interests.

4. In terms of resident care, what is an ethical duty of a nursing assistant?

- A. To ensure all residents receive the same care**
- B. To respect residents' privacy and confidentiality**
- C. To prioritize their own comfort over the residents'**
- D. To provide entertainment to all residents**

Respecting residents' privacy and confidentiality is a fundamental ethical duty of a nursing assistant in resident care. This duty stems from the principles of autonomy and dignity, which require that residents have control over their personal information and the context of their care. By maintaining privacy and confidentiality, nursing assistants empower residents to share information comfortably, knowing it will be protected. This not only fosters trust between residents and caregivers but also enhances the residents' sense of security and respect. In a healthcare environment, respecting privacy includes safeguarding medical records and ensuring that discussions about care are conducted discreetly. This practice is supported by laws such as HIPAA (Health Insurance Portability and Accountability Act), which mandates the protection of individuals' health information. By fulfilling this ethical obligation, nursing assistants contribute significantly to the overall quality of care and the well-being of the residents they serve.

5. What is crucial for a CNA to report to the nurse?

- A. Any change in the resident's environment**
- B. Any change in the resident's hobbies**
- C. Any change in the resident's health**
- D. Any change in the resident's visitors**

The most crucial aspect for a CNA to report to the nurse is any change in the resident's health. This is fundamental because health changes can directly impact a resident's well-being, medical needs, and overall care plan. A change in a resident's health might include alterations in vital signs, physical condition, mental status, or any unexpected symptoms. Promptly reporting these changes allows the nursing staff to assess the situation, make informed decisions about needed interventions, and adjust care plans accordingly. Health changes can have immediate implications for treatment, so timely communication is essential to ensure the safety and quality of care that the resident receives. Although changes in the resident's environment, hobbies, or visitors can be relevant to their comfort and emotional well-being, they do not carry the same immediate weight in terms of health and medical necessity. Prioritizing health changes helps maintain a focus on the medical aspects of a resident's care.

6. Which of the following is commonly recognized as a physical sign of approaching death?

- A. Increased appetite**
- B. Changes in skin color**
- C. All of the above**
- D. Restlessness**

The recognition of physical signs of approaching death is crucial for providing appropriate care and support to patients and their families. Changes in skin color are one of the most common indicators that may suggest a person is nearing the end of life. As circulation begins to decrease, noticeable alterations in skin tone, such as a pale or mottled appearance, can occur. Restlessness is another common symptom experienced as death approaches, often due to metabolic changes and the body's physical response during the dying process. Patients may exhibit behaviors that reflect anxiety or distress, even in moments of unconsciousness. While increased appetite is typically not associated with approaching death—often, individuals lose their desire to eat—the presence of skin color changes and restlessness are both widely accepted physical signs in this context. Thus, the inclusion of both skin color changes and restlessness as indicators of imminent death supports the understanding that physical signs can vary but often manifest distinctly in the final stages of life. Therefore, recognizing these signs can help caregivers respond appropriately and compassionately during this critical time.

7. Which stage of dying or grief is typically the final stage?

- A. Denial**
- B. Anger**
- C. Bargaining**
- D. Acceptance**

The final stage of dying or grief is acceptance. This stage represents a point where individuals come to terms with their reality, whether it involves their own impending death or the loss of someone dear to them. During this phase, individuals may experience a sense of peace and understanding, and they begin to find ways to live with their grief. Acceptance does not necessarily mean that the individual no longer feels sadness or pain; rather, it signifies an acknowledgment of the circumstances and a movement toward finding meaning or establishing a new normal in life after loss. This process can vary significantly from person to person, and it does not follow a strict timeline. In the context of the other stages, denial involves refusal to accept reality, anger reflects frustration and emotional upheaval, and bargaining represents attempts to negotiate or make deals in the face of loss. Each of these that precede acceptance can serve as a part of the individual's coping mechanism but do not represent the conclusion of the grieving process as acceptance does.

8. Which of the following is an abnormal change in the digestive system that should be reported?

- A. Loose stools**
- B. Dark, hard stools**
- C. Frequent bowel movements**
- D. Appetite loss**

Dark, hard stools indicate an abnormal change in the digestive system that requires attention. This condition, known as constipation, can be caused by various factors, including dehydration, insufficient dietary fiber, or certain medications. When stools are particularly dark or hard, it may also signal potential underlying issues such as bleeding higher up in the gastrointestinal tract, leading to the darker color due to the presence of digested blood. Recognizing and reporting abnormal stool characteristics is crucial for a certified nursing assistant, as these observations can help healthcare providers assess a patient's digestive health and overall well-being. Proper bowel function and consistency are essential for the body's ability to eliminate waste effectively, and any significant change can be indicative of a more serious underlying condition that may require further evaluation or intervention.

9. If a family wants to talk about a resident's approaching death, but the resident does not, what should the family be encouraged to do?

A. Discuss it openly in front of the resident

B. Hold the conversation away from the resident

C. Discuss it only with healthcare staff

D. Ignore the resident's preferences

Encouraging the family to hold the conversation away from the resident is the most respectful approach in this situation. Recognizing the resident's feelings and preferences is crucial in providing compassionate care. It allows the family to express their concerns and feelings about the impending death without putting additional emotional strain on the resident, who may not be ready to engage in that discussion. This practice prioritizes the resident's emotional well-being while still providing the family with the necessary support and space to process their feelings. In many care settings, it's vital to foster an environment where individuals feel comfortable and respected regarding their wishes. This approach also allows the healthcare team to offer guidance when appropriate and ensures that the resident's autonomy is upheld. Handling the topic privately helps to maintain a supportive atmosphere for everyone involved.

10. Which of the following is NOT a method of spreading microorganisms?

A. Direct contact with residents

B. Touching contaminated surfaces

C. Using sterile items

D. Exposure to bodily fluids

Choosing the response that indicates "using sterile items" is not a method of spreading microorganisms highlights a fundamental principle in infection control and safety practices in healthcare settings. Sterile items are specifically designed and processed to eliminate all forms of microbial life, including bacteria, viruses, and fungi. They are used in medical environments to prevent infections during procedures like surgeries or other interventions where introducing non-sterile items could lead to complications. By utilizing sterile equipment, healthcare providers effectively minimize the risk of contaminating patient environments or exposing individuals to harmful pathogens. Hence, the use of sterile items is instrumental in preventing the spread of microorganisms rather than facilitating it, showcasing their critical role in a healthcare setting's infection control measures.