

Idaho CNA Practice Exam (Sample)

Study Guide



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Questions

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- 1. What is the primary purpose of using body mechanics in patient care?**
 - A. To enhance patient comfort**
 - B. To facilitate better communication**
 - C. To prevent injury to both staff and patients while moving or lifting**
 - D. To ensure proper hygiene**
- 2. What is the primary focus of a Certified Nursing Assistant (CNA)?**
 - A. Performing medical examinations**
 - B. Supporting daily living activities for patients**
 - C. Providing diagnostic services**
 - D. Managing patient medications**
- 3. What is the definition of "informed consent"?**
 - A. A process by which a patient agrees to a medical procedure after understanding its risks and benefits**
 - B. A legal document that grants the hospital permission to treat a patient**
 - C. A method for collecting patient feedback**
 - D. A guideline for insurance coverage approvals**
- 4. What should a CNA do when preparing a patient for a procedure?**
 - A. Ignore the patient's concerns**
 - B. Explain the purpose and what to expect**
 - C. Quickly perform the procedure**
 - D. Wait for the nurse to explain**
- 5. What is involved in the process of diagnosis in a medical context?**
 - A. Creating a treatment plan**
 - B. Determining the nature of a diseased condition**
 - C. Prescribing medications**
 - D. Executing medical procedures**

- 6. Which of the following tasks can sometimes be delegated to a CNA?**
- A. Performing surgical procedures.**
 - B. Assisting with activities of daily living.**
 - C. Making medical diagnoses.**
 - D. Prescribing treatment plans.**
- 7. Which of the following is a primary goal during patient rehabilitation?**
- A. Maximizing pain sensation**
 - B. Focusing solely on physical therapy**
 - C. Encouraging independence in activities of daily living**
 - D. Avoiding patient engagement**
- 8. Which type of illness is characterized as long-term and not expected to be cured?**
- A. Acute Illness**
 - B. Chronic Illness**
 - C. Short-term Illness**
 - D. Progressive Illness**
- 9. What does HIPAA stand for?**
- A. Health Information Protection Act**
 - B. Health Insurance Portability and Accountability Act**
 - C. Health Integrated Privacy Assurance Act**
 - D. Health Information Public Access Act**
- 10. Why is it important for nursing assistants to report changes in a timely manner?**
- A. To document for insurance purposes**
 - B. To ensure residents receive timely help**
 - C. To avoid conflicts with other staff**
 - D. To fulfill governmental regulations**

Answers

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1. C
2. B
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 primary purpose of using body mechanics in patient care?**
 - A. To enhance patient comfort**
 - B. To facilitate better communication**
 - C. To prevent injury to both staff and patients while moving or lifting**
 - D. To ensure proper hygiene**

The primary purpose of using body mechanics in patient care is to prevent injury to both staff and patients while moving or lifting. Proper body mechanics involves using the body in an efficient and safe way to minimize strain and reduce the risk of musculoskeletal injuries. This is particularly important in healthcare settings where caregivers frequently lift, move, or reposition patients. By adhering to body mechanics principles, healthcare workers can maintain their own health while also ensuring that patients are moved safely and comfortably. This practice promotes safety, efficiency, and effectiveness in patient care, thereby fostering a healthier work environment for caregivers and protecting the well-being of patients during transfers and mobility activities.

- 2. What is the primary focus of a Certified Nursing Assistant (CNA)?**
 - A. Performing medical examinations**
 - B. Supporting daily living activities for patients**
 - C. Providing diagnostic services**
 - D. Managing patient medications**

The primary focus of a Certified Nursing Assistant (CNA) is supporting daily living activities for patients. This role is centered around assisting individuals with tasks that are essential to maintaining their quality of life and well-being, especially for those who are ill, elderly, or have disabilities. Daily living activities may include helping with personal hygiene, bathing, dressing, feeding, and mobility. By providing this support, CNAs play a critical role in ensuring that patients can retain their dignity and personal comfort while receiving the care they need. This patient-centered approach is fundamental to the CNA's responsibilities and distinguishes their role within the healthcare team, as it emphasizes direct care and interaction with patients, rather than performing medical exams or managing medications, which typically falls under the responsibilities of nurses or other licensed medical professionals.

3. What is the definition of "informed consent"?

- A. A process by which a patient agrees to a medical procedure after understanding its risks and benefits**
- B. A legal document that grants the hospital permission to treat a patient**
- C. A method for collecting patient feedback**
- D. A guideline for insurance coverage approvals**

Informed consent is fundamentally understood as a process that ensures a patient has a thorough understanding of a medical procedure before agreeing to it. This involves the healthcare provider explaining the nature of the procedure, including its risks, benefits, and potential alternatives, allowing the patient to make an informed decision regarding their care. It is a critical aspect of patient autonomy and ethical medical practice, ensuring that patients are not only aware of what will happen but are also empowered to give or withhold their permission based on a clear understanding. The other options do not accurately define informed consent. A legal document that grants permission for treatment, for example, does not encompass the comprehensive understanding and discussion that constitutes informed consent. Similarly, methods for collecting feedback or guidelines for insurance coverage approvals are unrelated to the concept of a patient's informed and voluntary agreement to a specific medical intervention. Thus, the correct answer effectively captures the essence of informed consent in healthcare.

4. What should a CNA do when preparing a patient for a procedure?

- A. Ignore the patient's concerns**
- B. Explain the purpose and what to expect**
- C. Quickly perform the procedure**
- D. Wait for the nurse to explain**

When preparing a patient for a procedure, it is crucial for a CNA to explain the purpose of the procedure and what the patient can expect. This approach helps to alleviate anxiety and fosters a sense of trust between the patient and the caregiver. By providing clear information, the CNA ensures that the patient feels informed and more comfortable, which can lead to better cooperation during the procedure. This practice adheres to patient-centered care principles, where the patient's rights, preferences, and understanding of their care are prioritized. Patients often have concerns or questions regarding procedures, and taking the time to explain things can help empower them. This is particularly important as informed patients tend to have better health outcomes and a more positive overall experience in a healthcare setting. Engaging with the patient also honors their dignity and promotes an open line of communication, which is essential in building rapport and trust.

5. What is involved in the process of diagnosis in a medical context?

A. Creating a treatment plan

B. Determining the nature of a diseased condition

C. Prescribing medications

D. Executing medical procedures

In a medical context, the process of diagnosis primarily involves determining the nature of a diseased condition. This crucial step is focused on identifying the specific illness or dysfunction that a patient may be experiencing. It requires healthcare professionals to gather and analyze information, including patient history, symptoms, physical examinations, and possibly diagnostic tests, to arrive at a clear and accurate understanding of the patient's health issue. Once a diagnosis is established, it can guide subsequent actions such as creating a treatment plan, prescribing medications, or executing medical procedures, but these steps come after the initial determination of what the condition actually is. By establishing an accurate diagnosis, healthcare providers can tailor their approaches to effectively address the patient's specific needs and conditions.

6. Which of the following tasks can sometimes be delegated to a CNA?

A. Performing surgical procedures.

B. Assisting with activities of daily living.

C. Making medical diagnoses.

D. Prescribing treatment plans.

Assisting with activities of daily living is a task that can be delegated to a Certified Nursing Assistant (CNA). This responsibility encompasses a range of essential daily functions that are crucial for patient care, including helping patients with bathing, dressing, grooming, feeding, and mobility. CNAs play a vital role in supporting patients' basic needs and ensuring their comfort and safety. By performing these tasks, CNAs allow nurses and other healthcare professionals to focus on more complex responsibilities that require advanced medical training and expertise. This delegation of duties is within the scope of practice for CNAs, as their training prepares them to provide this level of personal care. The other options involve tasks that require specialized knowledge and training far beyond what a CNA is equipped to handle. Performing surgical procedures, making medical diagnoses, and prescribing treatment plans are reserved for licensed medical professionals, such as doctors and registered nurses, due to the complexities and risks associated with these activities. This distinction reinforces the importance of recognizing the appropriate scope of practice for various healthcare roles.

7. Which of the following is a primary goal during patient rehabilitation?

- A. Maximizing pain sensation**
- B. Focusing solely on physical therapy**
- C. Encouraging independence in activities of daily living**
- D. Avoiding patient engagement**

The primary goal during patient rehabilitation is to encourage independence in activities of daily living. This aspect is crucial because rehabilitation aims to help patients regain their abilities to perform essential tasks and improve their quality of life. Fostering independence empowers individuals, allowing them to engage in self-care, personal hygiene, and other daily responsibilities without relying heavily on caregivers or assistance. In rehabilitation settings, professionals focus on equipping patients with the skills and confidence they need to manage everyday activities. This goal supports the overall outcome of rehabilitation, which is to integrate patients back into their daily lives as fully and independently as possible. The other options do not align with the primary goals of rehabilitation. For instance, maximizing pain sensation is counterproductive as rehabilitation usually seeks to manage and reduce pain to improve functionality. Focusing solely on physical therapy neglects the holistic approach needed for rehabilitation, which includes addressing emotional, social, and psychological aspects. Finally, avoiding patient engagement would hinder recovery, as active participation is critical for patient motivation and progress.

8. Which type of illness is characterized as long-term and not expected to be cured?

- A. Acute Illness**
- B. Chronic Illness**
- C. Short-term Illness**
- D. Progressive Illness**

A chronic illness is defined as a health condition that persists over an extended period, often for the rest of a person's life, and is typically not expected to be fully cured. These illnesses often require long-term management and can include conditions such as diabetes, hypertension, and asthma. Unlike acute illnesses, which have a sudden onset and are generally short-lived, chronic illnesses can be ongoing, leading to various stages of management and treatment focused on maintaining quality of life. A key aspect of chronic illnesses is that while they can sometimes be managed or treated, they are not completely resolved, distinguishing them from other types of illnesses. Short-term illnesses refer to conditions that resolve quickly, acute illnesses arise suddenly but are usually expected to improve in a short timeframe, and progressive illnesses are characterized by a gradual worsening of condition but can overlap with chronic conditions. Therefore, chronic illness stands out as the category that specifically implies a long-term, manageable condition without the expectation of cure.

9. What does HIPAA stand for?

- A. Health Information Protection Act
- B. Health Insurance Portability and Accountability Act**
- C. Health Integrated Privacy Assurance Act
- D. Health Information Public Access Act

The correct answer is the Health Insurance Portability and Accountability Act. This legislation was enacted in 1996 and serves several important functions related to the protection of medical information. One of its primary purposes is to ensure the privacy and security of individuals' health information by establishing standards for the handling and sharing of protected health information (PHI). It also addresses the portability of health insurance coverage for individuals when they change or lose their jobs, making it easier for them to maintain coverage without facing exclusions for pre-existing conditions. Understanding HIPAA is essential in the healthcare field, as it governs how personal health information may be used and shared, giving patients greater control over their health data and ensuring that their sensitive information is protected from unauthorized access. This foundational aspect of HIPAA contributes significantly to the trust between patients and healthcare providers, highlighting the importance of confidentiality in patient care.

10. Why is it important for nursing assistants to report changes in a timely manner?

- A. To document for insurance purposes
- B. To ensure residents receive timely help**
- C. To avoid conflicts with other staff
- D. To fulfill governmental regulations

Timely reporting of changes is crucial in a healthcare setting because it directly impacts the well-being and safety of residents. When nursing assistants observe any shifts in a resident's condition—be it physical, emotional, or behavioral—prompt communication allows for immediate assessment and intervention by the healthcare team. This proactive approach can prevent complications, address potential health issues early, and ensure that residents receive the necessary support and care without delay. By acting quickly, nursing assistants play an essential role in safeguarding the health and quality of life for those they care for, enhancing overall patient outcomes.