

IDAHO CNA PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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	16

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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 importance of infection control practices?**
 - A. To increase the length of hospital stays
 - B. To comply with healthcare regulations
 - C. To reduce the risk of healthcare-associated infections among patients and staff
 - D. To enhance the hospital's reputation
- 2. What types of changes do nursing assistants typically observe in their charges?**
 - A. Changes in staff schedules and shifts
 - B. Changes in facility policies
 - C. Changes in skin, mood, vital signs, and appetite
 - D. Changes in the dietary menu
- 3. What is the primary focus of holistic care?**
 - A. Caring for the patient's physical well-being
 - B. Caring for the individual's mental health
 - C. Caring for the whole person: Physical, social, emotional, and spiritual
 - D. Providing only medical treatment
- 4. When should a CNA report incidents that affect client care?**
 - A. Whenever it seems convenient.
 - B. Only when asked to do so.
 - C. Immediately as they occur.
 - D. At the end of the week.
- 5. Which of the following tasks would NOT typically be performed by a Nursing Assistant?**
 - A. Checking vital signs
 - B. Prescribing medications
 - C. Bedmaking
 - D. Giving baths

- 6. Which type of facility is primarily aimed at providing long-term care for elderly residents?**
- A. Acute Care Facilities
 - B. Urgent Care Clinics
 - C. Long Term Care Facilities
 - D. Outpatient Rehabilitation Centers
- 7. Why must nursing assistants complete tasks timely and proficiently?**
- A. To maintain personal job satisfaction
 - B. To ensure compliance with local laws
 - C. To operate within budget constraints
 - D. To manage client social activities
- 8. If a patient is unresponsive, what is the first action a CNA should take?**
- A. Start CPR immediately
 - B. Check for a pulse and call for emergency assistance
 - C. Notify the patient's family
 - D. Check the patient's temperature
- 9. Why is documenting patient care important?**
- A. It prevents staff from making mistakes
 - B. It creates a legal record and ensures continuity of care
 - C. It allows for staff to socialize
 - D. It limits the amount of paperwork needed
- 10. What should a CNA do for a patient experiencing shortness of breath?**
- A. Assist them in sitting upright and report the condition to a nurse
 - B. Provide oxygen immediately without consulting a nurse
 - C. Encourage the patient to breathe slowly and deeply
 - D. Offer them a glass of water to help soothe their discomfort

Answers

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

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Explanations

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1. What is the importance of infection control practices?

- A. To increase the length of hospital stays
- B. To comply with healthcare regulations
- C. To reduce the risk of healthcare-associated infections among patients and staff**
- D. To enhance the hospital's reputation

Infection control practices are essential in healthcare settings primarily to reduce the risk of healthcare-associated infections among patients and staff. These practices encompass various procedures and protocols designed to prevent the spread of pathogens that can cause infections. By implementing effective infection control measures, healthcare facilities can significantly decrease the incidence of infections that arise from within the healthcare environment, thereby protecting vulnerable patients, particularly those with weakened immune systems, and ensuring the safety of healthcare workers. The significance of these practices extends beyond immediate health concerns; they also contribute to overall public health by limiting the transmission of infectious diseases within the healthcare system and the larger community. Additionally, effective infection control can lead to shorter recovery times for patients, reduce the incidence of complications, and ultimately contribute to better health outcomes across the board.

2. What types of changes do nursing assistants typically observe in their charges?

- A. Changes in staff schedules and shifts
- B. Changes in facility policies
- C. Changes in skin, mood, vital signs, and appetite**
- D. Changes in the dietary menu

Nursing assistants play a critical role in monitoring the well-being of the individuals they care for, often referred to as their "charges." Observing specific changes in a resident's health status or behavior is an essential part of their duties. The correct answer highlights that nursing assistants typically focus on changes in skin condition, mood, vital signs, and appetite. Each of these indicators provides crucial information about a resident's health and well-being. For example, changes in skin can indicate pressure ulcers, dehydration, or infections. Mood changes may signal emotional distress or indicate a medical issue that requires attention. Vital signs, such as temperature, heart rate, or blood pressure, are vital measurements that can indicate significant health changes or emergencies. An alteration in appetite can suggest underlying health problems, possibly signaling illness or medication side effects. By closely monitoring these areas, nursing assistants can report their observations to nursing staff, enabling timely medical interventions and support for the residents, ultimately enhancing their quality of care. This practice is fundamental to effective health care delivery in settings where nursing assistants work.

3. What is the primary focus of holistic care?

- A. Caring for the patient's physical well-being
- B. Caring for the individual's mental health
- C. Caring for the whole person: Physical, social, emotional, and spiritual**
- D. Providing only medical treatment

The primary focus of holistic care is on caring for the whole person, which encompasses their physical, social, emotional, and spiritual health. This approach recognizes that a person is not merely a collection of symptoms or medical issues but an integrated being whose well-being is influenced by a variety of factors. Holistic care aims to treat the individual as a whole rather than just addressing specific ailments or conditions. This includes understanding and considering the emotional state of the person, their social environment, and their spiritual beliefs, as all these elements contribute to overall health and quality of life. By taking this comprehensive perspective, caregivers can provide more effective and compassionate support, fostering an environment that promotes healing and well-being on multiple levels. In contrast, options that focus solely on physical health, mental health, or medical treatment do not capture the complete essence of holistic care. Stripping care down to one aspect ignores the complex interconnections between different dimensions of a person's life, which is essential for achieving true health and wellness. Holistic care is about creating a balance and nurturing all facets of a person's existence.

4. When should a CNA report incidents that affect client care?

- A. Whenever it seems convenient.
- B. Only when asked to do so.
- C. Immediately as they occur.**
- D. At the end of the week.

Reporting incidents that affect client care immediately as they occur is crucial in the healthcare setting for several reasons. First, timely reporting ensures that any necessary interventions can be implemented right away to ensure the patient's safety and well-being. Delaying the report can lead to further harm or complications for the patient if the issue continues unaddressed. Additionally, immediate reporting allows the healthcare team to document the incident accurately and thoroughly while the details are fresh in the memory of the CNA and others involved. This is important for maintaining a clear and precise record, which is vital for legal and medical reasons. Furthermore, prompt reporting can help identify patterns or recurring issues that may need systemic changes or further investigation, which can improve the overall quality of care provided to clients. Taking swift action promotes a culture of safety and accountability within the healthcare facility, reinforcing the importance of vigilance in monitoring and responding to any changes in a client's condition or incidents that may impact their care.

5. Which of the following tasks would NOT typically be performed by a Nursing Assistant?

- A. Checking vital signs
- B. Prescribing medications**
- C. Bedmaking
- D. Giving baths

The task of prescribing medications falls outside the scope of practice for a nursing assistant. In the healthcare setting, nursing assistants are trained to support registered nurses and licensed practical nurses by performing basic patient care tasks. These tasks include checking vital signs, making beds, and providing personal hygiene care such as giving baths. Prescribing medications requires a higher level of education, training, and licensure, typically reserved for healthcare professionals like physicians, nurse practitioners, and physician assistants. These roles involve a deep understanding of pharmacology, medication interactions, and the legal responsibilities surrounding medication management. Consequently, nursing assistants do not have the authority or the training to make clinical decisions related to medication prescriptions.

6. Which type of facility is primarily aimed at providing long-term care for elderly residents?

- A. Acute Care Facilities
- B. Urgent Care Clinics
- C. Long Term Care Facilities**
- D. Outpatient Rehabilitation Centers

Long-term care facilities are specifically designed to provide extended care and supportive services to individuals, particularly the elderly, who may have chronic illnesses or disabilities that necessitate assistance with daily activities. These facilities focus on maintaining the quality of life and promoting the independence of residents through personal care, medical support, and social activities. The primary aim of long-term care facilities is to create a living environment that caters to the ongoing needs of elderly individuals, offering them a stable and nurturing atmosphere. This contrasts with acute care facilities, which handle short-term medical treatment for sudden illnesses or injuries, and urgent care clinics that address immediate but non-life-threatening health issues. Outpatient rehabilitation centers focus on recovery and rehabilitation, generally for individuals who are not at the stage of requiring long-term care. Understanding the role of long-term care facilities is crucial for anyone involved in providing care to the elderly, as it enables caregivers to direct individuals to the appropriate resources and care settings that meet their needs effectively.

7. Why must nursing assistants complete tasks timely and proficiently?

- A. To maintain personal job satisfaction
- B. To ensure compliance with local laws
- C. To operate within budget constraints**
- D. To manage client social activities

Completing tasks timely and proficiently is essential in the context of nursing assistants because it directly impacts the quality of care provided to clients. When tasks are performed efficiently, it ensures that residents receive the attention and care they require without unnecessary delays. This not only contributes to the physical well-being of clients but also supports their emotional and social needs by fostering a sense of security and trust in their caregivers. Proficient execution of responsibilities also helps in maintaining an organized and safe environment, which is crucial in healthcare settings. This includes everything from assisting with daily living activities to monitoring vital signs. Ensuring tasks are completed on time allows nursing assistants to effectively manage their workload and attend to all clients without compromising care standards. In addition to enhancing client satisfaction and safety, timely and proficient task completion helps in optimizing the overall workflow within healthcare teams, promoting better collaboration and communication among staff members. This ultimately contributes to higher levels of patient care and outcomes.

8. If a patient is unresponsive, what is the first action a CNA should take?

- A. Start CPR immediately
- B. Check for a pulse and call for emergency assistance**
- C. Notify the patient's family
- D. Check the patient's temperature

When a patient is unresponsive, the correct first action is to check for a pulse and call for emergency assistance. This step is crucial because it assesses the patient's current state and the need for immediate medical intervention. Confirming whether a pulse is present helps determine if the patient is experiencing a cardiac arrest or another emergency requiring urgent care. Calling for emergency assistance is also vital as it ensures that trained medical personnel will arrive on the scene as quickly as possible to provide appropriate treatment. Acting swiftly in this way maximizes the chances of a positive outcome for the patient. The other actions, such as starting CPR immediately, notifying the patient's family, or checking the patient's temperature, may be important but should only be undertaken after immediate medical assistance has been sought and an initial assessment has been conducted. CPR should be performed if there is no pulse present, and notifying the family can occur once the immediate situation is stabilized. Checking temperature is generally not a priority during a critical emergency like unresponsiveness.

9. Why is documenting patient care important?

- A. It prevents staff from making mistakes
- B. It creates a legal record and ensures continuity of care**
- C. It allows for staff to socialize
- D. It limits the amount of paperwork needed

Documenting patient care is vital primarily because it creates a legal record and ensures continuity of care. When healthcare providers accurately record the care they provide, it forms a comprehensive account of the patient's medical history, treatment responses, and any changes in their condition. This documentation serves as a legal safeguard, protecting both patients and healthcare workers in case of disputes or misunderstandings regarding the care provided. Additionally, a well-documented record allows for easier transitions between different caregivers or healthcare settings. When different professionals access the same documentation, they can quickly understand the patient's history, current needs, and the treatments that have been administered. This continuity is crucial for providing safe and effective care, as it minimizes the risk of errors and enhances communication among the care team.

10. What should a CNA do for a patient experiencing shortness of breath?

- A. Assist them in sitting upright and report the condition to a nurse**
- B. Provide oxygen immediately without consulting a nurse
- C. Encourage the patient to breathe slowly and deeply
- D. Offer them a glass of water to help soothe their discomfort

When a patient is experiencing shortness of breath, assisting them to sit upright is a key intervention because this position helps to expand the lungs and can make breathing easier. It is vital for a CNA to recognize the seriousness of this symptom, as it may indicate an underlying respiratory issue or distress that requires immediate medical attention. Reporting the condition to a nurse is also crucial, as the nurse can then assess the situation further and provide necessary interventions, which may include administering oxygen or other treatments. While encouraging the patient to breathe slowly and deeply can be beneficial in some contexts, it does not replace the need for medical assessment and intervention. Providing oxygen without consulting a nurse may not be appropriate, especially if the CNA is not trained to make this decision unilaterally. Offering a glass of water may not be practical or safe in this situation, as it could lead to choking or further complications if the patient is struggling to breathe. The correct course of action is to stabilize the patient's position and alert the healthcare team for appropriate care and intervention.

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://idahocna.examzify.com>

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

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