

Indiana Certified Nursing Assistant (CNA) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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

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

- 1. In which stage of Alzheimer's disease might a resident wander, dress inappropriately, and be unable to recognize family members?**
 - A. Stage 4**
 - B. Stage 5**
 - C. Stage 6**
 - D. Stage 7**
- 2. During which stage of Alzheimer's disease are individuals likely to have noticeable problems coming up with the right words?**
 - A. Stage 1**
 - B. Stage 2**
 - C. Stage 3**
 - D. Stage 4**
- 3. Describe the procedure for changing a resident's bed linens.**
 - A. Change them once a week regardless of condition**
 - B. Remove soiled linens, replace with clean ones while keeping the bed dry and comfortable**
 - C. Only change during room inspections**
 - D. Replace linens without removing soiled ones**
- 4. Which of the following is a disease of the respiratory system?**
 - A. Arthritis**
 - B. COPD (chronic obstructive pulmonary disease)**
 - C. Kidney stones**
 - D. Brittle bone disease**
- 5. What should a CNA do before feeding a resident?**
 - A. Check for any dietary restrictions**
 - B. Ensure the resident is sitting up properly**
 - C. Wash hands before serving food**
 - D. Ask the resident what they want to eat**

- 6. Where should dentures be stored overnight?**
- A. In a dry place**
 - B. In cool water**
 - C. In a sealed container**
 - D. In warm water**
- 7. How frequently should denture care be performed?**
- A. Only once a week**
 - B. At least daily**
 - C. After every meal**
 - D. Every other day**
- 8. What must a CNA do before entering a patient's room?**
- A. Knock and ask for permission**
 - B. Enter without any acknowledgment**
 - C. Yell out the patient's name**
 - D. Bring the medication first**
- 9. What is the effect of aging on muscle strength?**
- A. Increase in strength**
 - B. No effect**
 - C. Weakness and fatigue**
 - D. Improved endurance**
- 10. What kind of diseases should CNAs be on the lookout for in patients?**
- A. Non-communicable diseases**
 - B. Chronic conditions only**
 - C. Communicable diseases and those requiring isolation precautions**
 - D. Cosmetic concerns**

Answers

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

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Explanations

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1. In which stage of Alzheimer's disease might a resident wander, dress inappropriately, and be unable to recognize family members?

A. Stage 4

B. Stage 5

C. Stage 6

D. Stage 7

In the context of Alzheimer's disease, stage six is characterized by significant cognitive decline. During this stage, individuals may experience profound memory loss and have difficulty recognizing close family members, which can lead to feelings of confusion and frustration. Wandering behavior is common as individuals may not remember where they are or become lost in familiar settings. Inappropriate dressing can also occur due to cognitive impairment that prevents individuals from understanding the social norms and appropriateness of their clothing choices. This stage reflects a deeper level of dysfunction in daily living activities, emphasizing the need for increased support and supervision from caregivers.

2. During which stage of Alzheimer's disease are individuals likely to have noticeable problems coming up with the right words?

A. Stage 1

B. Stage 2

C. Stage 3

D. Stage 4

In Stage 3 of Alzheimer's disease, individuals experience noticeable cognitive decline, which includes significant challenges with communication and language. This stage is characterized by individuals having trouble coming up with the right words during conversations and may struggle to recall names or follow the flow of dialogue. This ability to communicate effectively is impacted as the disease progresses, making it increasingly difficult for individuals to express themselves verbally. In earlier stages, such as Stage 1 and Stage 2, individuals may exhibit mild memory lapses or cognitive issues, but they often retain their ability to communicate basic thoughts and feelings. By Stage 4, although there are further declines in cognitive function, the noticeable word-finding difficulties are already prominent in Stage 3 and continue to worsen. Therefore, Stage 3 is pivotal as it marks a clear and observable shift in the ability to use language effectively, making it the correct answer for this question.

3. Describe the procedure for changing a resident's bed linens.

A. Change them once a week regardless of condition

B. Remove soiled linens, replace with clean ones while keeping the bed dry and comfortable

C. Only change during room inspections

D. Replace linens without removing soiled ones

The procedure for changing a resident's bed linens involves removing any soiled linens and replacing them with clean ones while ensuring that the bed remains dry and comfortable for the resident. This process is vital for maintaining hygiene and comfort in a healthcare environment, preventing the risk of infections, and promoting the overall well-being of the resident. By removing the soiled linens, caregivers can ensure that any contaminants or allergens are dealt with appropriately, and putting clean linens on the bed enables the resident to enjoy a clean and fresh sleeping environment. Keeping the bed dry during this process is crucial because moisture can lead to discomfort and a breeding ground for bacteria. It is also important to make this change based on the resident's needs rather than adhering to a fixed schedule, as circumstances may necessitate more frequent linen changes. For instance, if a resident has incontinence or excessive sweating, more frequent changes will be required to maintain comfort and hygiene.

4. Which of the following is a disease of the respiratory system?

A. Arthritis

B. COPD (chronic obstructive pulmonary disease)

C. Kidney stones

D. Brittle bone disease

Chronic obstructive pulmonary disease (COPD) is a significant respiratory condition that primarily affects the lungs and airways. It encompasses progressive lung diseases such as emphysema and chronic bronchitis. Individuals with COPD experience difficulty breathing due to airflow obstruction, often caused by long-term exposure to irritating gases or particulate matter, most commonly from smoking. The progressive nature of COPD leads to decreased lung function, making it harder for individuals to engage in daily activities. In contrast, arthritis is a joint disease affecting the musculoskeletal system, not the respiratory system. Kidney stones are a renal issue related to the urinary system, involving the formation of small, painful mineral deposits in the kidneys. Brittle bone disease, or osteoporosis, is a condition that affects bone density and structure, which falls under the category of skeletal system diseases, rather than the respiratory system. Thus, COPD is the only option listed that directly pertains to diseases of the respiratory system.

5. What should a CNA do before feeding a resident?

- A. Check for any dietary restrictions**
- B. Ensure the resident is sitting up properly**
- C. Wash hands before serving food**
- D. Ask the resident what they want to eat**

Checking for any dietary restrictions is a crucial step that a CNA must take before feeding a resident. This process ensures that the food provided aligns with the individual's health needs, preferences, and any medical conditions they may have. For example, some residents might be diabetic and require careful monitoring of sugar intake, while others might have allergies that could lead to serious health complications if certain foods are consumed. By verifying dietary restrictions, CNAs can help prevent adverse events and support the overall well-being of the resident, thus fulfilling their responsibility for the resident's safety and compliance with care plans.

6. Where should dentures be stored overnight?

- A. In a dry place**
- B. In cool water**
- C. In a sealed container**
- D. In warm water**

Dentures should be stored overnight in cool water to prevent them from drying out and becoming misshapen. When dentures are exposed to air without moisture, they can lose their shape and become brittle, leading to discomfort for the wearer when they are put back in the mouth. Storing dentures in cool water helps maintain their integrity and ensures they remain comfortable and fit properly when used again. Other options may not provide the appropriate conditions for denture care. Storing dentures in a dry place could lead to the aforementioned issues of drying and brittleness. Utilizing a sealed container might seem protective, but without moisture inside, it still risks the dentures drying out. Warm water can be too hot and may also damage the materials of the dentures, potentially leading to distortion or altering their fit.

7. How frequently should denture care be performed?

- A. Only once a week**
- B. At least daily**
- C. After every meal**
- D. Every other day**

Performing denture care at least daily is essential for maintaining oral hygiene and the health of the gums and mouth. Regular cleaning helps prevent the buildup of plaque, which can lead to infections or other oral health issues. Additionally, daily care ensures that any food particles are removed, preventing odors and maintaining comfort for the wearer. Daily care allows for the removal of stains and prevents the development of any unpleasant odors from bacteria. While some might consider cleaning after meals or on alternate days, these practices can lead to insufficient hygiene, increasing the risk of complications such as gum disease or oral infections. Regular maintenance not only keeps the dentures in good condition but also ensures that they are comfortable for the user throughout the day.

8. What must a CNA do before entering a patient's room?

- A. Knock and ask for permission**
- B. Enter without any acknowledgment**
- C. Yell out the patient's name**
- D. Bring the medication first**

Before entering a patient's room, it is essential for a CNA to knock and ask for permission. This practice shows respect for the patient's privacy and personal space, which is a fundamental aspect of providing dignified care. By knocking and waiting for a response, the CNA ensures that the patient is ready for interaction and feels safe and secure in their environment. This also gives the patient an opportunity to communicate any specific needs or concerns before the CNA enters. The practice of obtaining permission before entering a room fosters a sense of trust and cooperation between the patient and caregiver. It is part of maintaining professional boundaries and respecting the patient's autonomy. This kind of approach aligns with the ethical principles of patient care, which emphasize the importance of informed consent and comfort.

9. What is the effect of aging on muscle strength?

- A. Increase in strength**
- B. No effect**
- C. Weakness and fatigue**
- D. Improved endurance**

The effect of aging on muscle strength is characterized by weakness and fatigue. As individuals age, there is a natural decline in muscle mass and strength due to several factors, including hormonal changes, a decrease in physical activity, and possible nutritional deficiencies. This process, known as sarcopenia, results in a reduction in the size and number of muscle fibers, particularly the fast-twitch fibers that are crucial for strength and power activities. Additionally, older adults often experience increased fatigue because their muscles may require more time to recover from exertion, and there may be changes in the efficiency of muscle metabolism. This overall decline in muscle function can impact everyday activities, leading to an increased risk of falls and a decreased quality of life. Therefore, the correct understanding of the impact of aging on muscle strength aligns with the recognition that older adults commonly experience weakness and fatigue as their body undergoes these significant physiological changes.

10. What kind of diseases should CNAs be on the lookout for in patients?

A. Non-communicable diseases

B. Chronic conditions only

C. Communicable diseases and those requiring isolation precautions

D. Cosmetic concerns

CNA professionals play a vital role in patient care, which includes identifying and monitoring various diseases that could affect their patients. Being vigilant about communicable diseases, which can easily spread from one person to another, is essential for both the safety of the patients and the healthcare environment as a whole.

Communicable diseases require specific precautions, often leading to the implementation of isolation measures to prevent outbreaks, especially in settings like nursing homes or hospitals where vulnerable populations reside. By being aware of these diseases and knowing the required isolation precautions, CNAs are better equipped to protect their patients and themselves, ensuring a safe and healthy environment for care delivery. While non-communicable diseases and chronic conditions are certainly important aspects of a patient's overall health, they do not carry the same immediate risk of spreading in a healthcare setting. Cosmetic concerns, while relevant to patient wellbeing, do not fall under the critical scope of health monitoring that CNAs are primarily tasked with addressing. Therefore, focusing on communicable diseases and the associated precautions is essential in providing comprehensive 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://indianacna.examzify.com>

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