

INDIANA CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. In addition to supporting the limb, what else should a caregiver ensure during ROM exercises?**
 - A. That the resident is comfortable
 - B. That the resident is fully dressed
 - C. That the exercise is high intensity
 - D. That the resident is encouraged to push through pain
- 2. What should you check on the skin of a stump?**
 - A. For dryness only
 - B. For color changes only
 - C. For redness, warmth, tenderness, and skin breakdown
 - D. For signs of infection only
- 3. Which vital sign measures the rhythm of the heart?**
 - A. Temperature
 - B. Pulse
 - C. Respiration
 - D. Blood pressure
- 4. What is a common disorder associated with the urinary system?**
 - A. Heartburn
 - B. Kidney stones
 - C. Stroke
 - D. Arthritis
- 5. How many total hours of training are required to become a Certified Nursing Assistant (CNA)?**
 - A. 40 hours
 - B. 105 hours
 - C. 80 hours
 - D. 150 hours

6. How often should oral care be performed for a resident with natural teeth?

- A. At least once weekly
- B. At least daily
- C. Every other day
- D. Only when requested by the resident

7. When should ROM not be performed?

- A. If joints are cold and stiff
- B. If joints are red, warm, and/or swollen
- C. If the patient has not eaten
- D. If the patient feels tired

8. Which skill is critical for a CNA when monitoring vital signs?

- A. Ability to perform advanced medical diagnostics
- B. Knowledge of proper techniques and attention to detail
- C. Knowledge of computer programming
- D. Understanding of pharmacology

9. What is one key aspect of effective communication with patients?

- A. Speaking clearly and listening actively
- B. Using medical jargon to explain procedures
- C. Repeating information multiple times
- D. Speaking only when addressed

10. Why is maintaining patient confidentiality important for CNAs?

- A. To prevent patient requests for information
- B. To protect patient privacy and comply with legal regulations
- C. To reduce the amount of paperwork
- D. To ensure all families have access to medical records

Answers

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

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Explanations

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1. In addition to supporting the limb, what else should a caregiver ensure during ROM exercises?

- A. That the resident is comfortable**
- B. That the resident is fully dressed
- C. That the exercise is high intensity
- D. That the resident is encouraged to push through pain

Ensuring that the resident is comfortable during range of motion (ROM) exercises is crucial for several reasons. Comfort allows the resident to relax and participate more fully in the exercise, which can lead to greater effectiveness in improving mobility and flexibility. When a resident is comfortable, there is also a lower risk of injury. Engaging in ROM exercises should involve gentle movements that promote circulation and maintain joint function, rather than causing discomfort or pain. Comfort during these exercises supports both physical well-being and emotional trust in the caregiver. In contrast, being fully dressed, engaging in high-intensity exercise, or encouraging a resident to push through pain do not align with best practices for administering ROM exercises. Being dressed appropriately may be a consideration for dignity and privacy, but it does not impact the effectiveness or the safety of the exercises. High-intensity exercises can lead to strain and are not suitable for individuals who may have limited mobility or specific medical conditions. Encouraging a resident to push through pain could lead to exacerbating injuries or causing unnecessary distress. Therefore, ensuring comfort is a fundamental aspect of supporting the resident's health and well-being during these exercises.

2. What should you check on the skin of a stump?

- A. For dryness only
- B. For color changes only
- C. For redness, warmth, tenderness, and skin breakdown**
- D. For signs of infection only

When assessing the skin of a stump, it is important to check for redness, warmth, tenderness, and skin breakdown because these signs can indicate potential complications such as irritation or infection. The stump may be susceptible to various issues due to the absence of protective tissue and the pressure exerted on it. Redness and warmth may suggest inflammation or inadequate blood circulation, which could be harmful if not addressed promptly. Tenderness can indicate pain or discomfort, signaling that the area might require further evaluation. Skin breakdown refers to any form of damage to the skin, which can occur from prolonged pressure or improper care. Recognizing these signs helps ensure timely intervention, reducing the risk of worsening conditions for the patient. Other options focus on limited aspects of skin assessment, failing to provide a comprehensive evaluation. Checking only for dryness, color changes, or signs of infection does not encompass the full range of indicators that may suggest a problem. A thorough assessment is crucial for maintaining skin integrity and overall health for individuals with a stump.

3. Which vital sign measures the rhythm of the heart?

- A. Temperature
- B. Pulse**
- C. Respiration
- D. Blood pressure

The pulse is the vital sign that specifically measures the rhythm of the heart. It is detected by feeling the expansion and contraction of an artery as the heart pumps blood through the circulatory system. The pulse reflects the number of times the heart beats per minute (heart rate) and the regularity of those beats (rhythm). Healthcare professionals assess the pulse to determine not only the rate and rhythm but also the strength and quality, which can provide significant insight into a patient's cardiovascular health. Other vital signs, such as temperature, respiration, and blood pressure, are important indicators of health as well, but they do not directly assess the heart's rhythm. Temperature indicates the body's heat level, respiration measures the rate of breathing, and blood pressure gauges the force of blood against the artery walls, all of which are crucial for overall health assessment but do not provide information about the heart's rhythmic contractions.

4. What is a common disorder associated with the urinary system?

- A. Heartburn
- B. Kidney stones**
- C. Stroke
- D. Arthritis

Kidney stones are a common disorder associated with the urinary system due to their direct formation in the kidneys and their effects on urinary function. These stones can develop when certain minerals in the urine crystallize and form hard deposits. The presence of kidney stones can lead to various symptoms, including intense pain, urinary obstruction, and possible infection, highlighting their impact on the urinary tract. In contrast, the other conditions listed do not primarily involve the urinary system. Heartburn is related to the digestive system and occurs when stomach acid flows back into the esophagus. A stroke, while serious, pertains to issues within the brain and nervous system. Arthritis affects the joints and is not related to urinary function. Understanding the specific associations of each condition helps clarify why kidney stones are classified as a disorder of the urinary system.

5. How many total hours of training are required to become a Certified Nursing Assistant (CNA)?

- A. 40 hours
- B. 105 hours**
- C. 80 hours
- D. 150 hours

To become a Certified Nursing Assistant (CNA), a minimum of 105 hours of training is required. This training typically includes a combination of classroom instruction and hands-on clinical experience. The classroom portion covers essential knowledge, such as basic nursing skills, anatomy, and patient care, while the clinical portion allows students to apply what they have learned in a real healthcare setting under supervision. This comprehensive training ensures that CNAs are well-prepared to meet the needs of patients, carry out tasks such as bathing, feeding, and assisting with mobility, and understand the ethical and legal responsibilities of their role. The requirement for 105 hours reflects the importance of having adequate training to ensure the safety and comfort of patients, as well as the overall efficacy of the healthcare team. The other options provided do not meet the established standard for training hours, making them insufficient to equip aspiring CNAs with the necessary skills and knowledge.

6. How often should oral care be performed for a resident with natural teeth?

- A. At least once weekly
- B. At least daily**
- C. Every other day
- D. Only when requested by the resident

Oral care for a resident with natural teeth should be performed at least daily to maintain proper oral hygiene and overall health. Daily oral care helps to remove plaque and food debris, reduce the risk of gum disease, and prevent bad breath. Regular cleaning is essential, especially for individuals with natural teeth, as they are more susceptible to cavities and periodontal disease if neglected. Daily care not only contributes to oral health but also supports the resident's dignity and comfort, enhancing their quality of life. While infrequent care may seem sufficient, it can lead to significant oral health problems over time. Waiting for requests may result in discomfort or contribute to neglect, which can worsen oral conditions. Therefore, establishing a routine of daily oral care is crucial for maintaining the health and wellbeing of residents with natural teeth.

7. When should ROM not be performed?

- A. If joints are cold and stiff
- B. If joints are red, warm, and/or swollen**
- C. If the patient has not eaten
- D. If the patient feels tired

Range of Motion (ROM) exercises should not be performed when joints are red, warm, and/or swollen because these symptoms often indicate inflammation, infection, or injury in the joint area. Performing ROM exercises on affected joints in this state can exacerbate the condition, leading to more pain and potentially worsening the injury or inflamed state. It's essential to assess the patient's joint condition before initiating ROM activities. Other symptoms, such as cold and stiff joints, may suggest a different issue but don't automatically contraindicate ROM. If a patient feels tired, it's necessary to evaluate their overall ability and willingness to engage in exercises rather than outright avoiding them. Likewise, a patient's nutritional status, indicated by whether they have eaten or not, is generally unrelated to the appropriateness of performing ROM exercises. Thus, the clear contraindication is where visible signs of inflammation are present.

8. Which skill is critical for a CNA when monitoring vital signs?

- A. Ability to perform advanced medical diagnostics
- B. Knowledge of proper techniques and attention to detail**
- C. Knowledge of computer programming
- D. Understanding of pharmacology

The ability to monitor vital signs effectively hinges on a comprehensive understanding of proper techniques and attention to detail. Vital signs, which typically include heart rate, blood pressure, respiratory rate, and temperature, require precise measurement and accurate recording. Each of these measurements can indicate significant changes in a patient's health status, so any errors or oversights can lead to misinterpretation of the patient's condition. To monitor vital signs accurately, a CNA must be familiar with the standard procedures for measuring each vital sign, such as knowing the appropriate equipment to use and how to use it correctly. For instance, knowing how to position a blood pressure cuff appropriately is essential for obtaining an accurate reading. Moreover, attention to detail enables a CNA to notice subtle changes in vital signs that might indicate a developing medical issue or deterioration in the patient's condition. The other choices involve skills that are not directly related to the core responsibilities of a CNA in monitoring vital signs. Advanced medical diagnostics and pharmacology are specialized areas that go beyond the scope of practice for CNAs, and computer programming does not play a role in the actual measurement or interpretation of vital signs. Therefore, proper techniques and attention to detail are paramount for a CNA in this context.

9. What is one key aspect of effective communication with patients?

- A. Speaking clearly and listening actively**
- B. Using medical jargon to explain procedures
- C. Repeating information multiple times
- D. Speaking only when addressed

Effective communication with patients is fundamentally about ensuring that information is conveyed in a way that is clear and comprehensible to them. Speaking clearly means articulating words so that the patient can easily understand what is being said. This is particularly important in a healthcare setting where patients might already be anxious or confused about their condition or treatment. Listening actively involves not just hearing what the patient says, but also engaging with them by showing that you are attentive and interested in their concerns. This can be demonstrated through nodding, using affirming phrases, and asking clarifying questions. When patients feel heard and understood, it helps build rapport and trust, making them more likely to share important information about their health. In contrast, using medical jargon can create barriers between the healthcare provider and the patient, as many patients may not understand technical terms. Repeating information multiple times may not be effective unless it is done with clarity and context, and speaking only when addressed may limit the opportunity for an interactive and engaging conversation essential for effective patient care.

10. Why is maintaining patient confidentiality important for CNAs?

- A. To prevent patient requests for information
- B. To protect patient privacy and comply with legal regulations**
- C. To reduce the amount of paperwork
- D. To ensure all families have access to medical records

Maintaining patient confidentiality is crucial for Certified Nursing Assistants (CNAs) because it serves to protect patient privacy and is necessary for compliance with legal regulations such as the Health Insurance Portability and Accountability Act (HIPAA). Patients have the right to expect that their personal health information will be kept confidential, and violations of this trust can lead to emotional distress for patients and potential legal consequences for healthcare providers. By safeguarding patient information, CNAs help create an environment of trust, which is essential for effective healthcare. When patients feel that their information is secure, they are more likely to share crucial details about their health, leading to better care outcomes. Furthermore, adherence to legal standards regarding confidentiality helps healthcare facilities avoid legal liability and maintain their integrity as trustworthy providers. This priority on confidentiality reinforces the ethical responsibility of healthcare professionals to respect patient autonomy and privacy, highlighting its significance in the healthcare field.

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!

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