

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

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 largest body system in the human body?**
  - A. Nervous system
  - B. Muscular system
  - C. Integumentary system
  - D. Circulatory system
  
- 2. At what stage of Alzheimer's might a person forget familiar words or objects?**
  - A. Stage 1
  - B. Stage 2
  - C. Stage 5
  - D. Stage 3
  
- 3. 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
  
- 4. What is a characteristic of respiratory diseases like bronchitis?**
  - A. Increased lung capacity
  - B. Chronic cough
  - C. Normal breathing rate
  - D. Improved lung function
  
- 5. What is the correct method to remove an upper denture?**
  - A. Push forward and lift
  - B. Up and down
  - C. Side to side
  - D. Twist and pull



- 6. Why is documentation important in a CNA's role?**
- A. To keep records for insurance purposes only
  - B. To communicate effectively with the healthcare team and ensure continuity of care
  - C. To blame others for mistakes
  - D. To fulfill a requirement only
- 7. When taking blood pressure, which technique should a CNA use?**
- A. Use a thermometer and stethoscope
  - B. Use a sphygmomanometer and a stethoscope, ensuring the cuff is appropriately sized
  - C. Only use a digital blood pressure monitor
  - D. Take the blood pressure without any equipment
- 8. What disease is characterized by weakened bones?**
- A. Arthritis
  - B. Muscular dystrophy
  - C. Osteoporosis
  - D. Tendonitis
- 9. What is the minimum number of work hours needed to maintain CNA certification?**
- A. 4 hours in 12 months
  - B. 8 hours in 24 months
  - C. 12 hours in 12 months
  - D. 16 hours in 36 months
- 10. Which side of a resident should be undressed first?**
- A. The affected side
  - B. The right side
  - C. The left side
  - D. The unaffected side



## **Answers**

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

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## **Explanations**

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## 1. What is the largest body system in the human body?

- A. Nervous system
- B. Muscular system
- C. Integumentary system**
- D. Circulatory system

*The integumentary system is the largest body system in the human body, primarily because it includes the skin, which is the body's largest organ. The integumentary system serves several vital functions, including protecting the body from external harm, regulating temperature, and providing a barrier to pathogens. It contains various types of tissues and structures, such as hair, nails, and glands, that contribute to its overall size and complexity. In comparison, although the muscular system consists of all the muscles in the body and plays a crucial role in movement, it does not encompass as much surface area as the integumentary system. The nervous system, while intricate and essential for communication throughout the body, is made up of nerve tissues and cells and does not have the same expansive physical coverage as the skin. The circulatory system, which includes the heart and blood vessels, is vital for transporting blood and nutrients but is also not comparable in size to the full extent of the integumentary system. Therefore, the integumentary system stands out as the largest body system due to its extensive structure and multiple functions.*

## 2. At what stage of Alzheimer's might a person forget familiar words or objects?

- A. Stage 1
- B. Stage 2**
- C. Stage 5
- D. Stage 3

*The correct answer is associated with Stage 2 of Alzheimer's disease, which is characterized by mild cognitive decline. During this stage, individuals may begin to experience noticeable memory lapses, including forgetting familiar words or objects. This can manifest as difficulty recalling names of friends, common items, or terms related to everyday activities. Stage 2 is an early phase where the cognitive decline might not yet be evident to others, but the person affected often notices these changes in their own memory and thinking skills. They might struggle with finding the right words in conversations or may misplace items more frequently. As the disease progresses beyond this stage into later stages, memory loss and confusion become more pronounced, impacting daily functioning significantly. Understanding the progression of cognitive decline in Alzheimer's helps in recognizing the importance of early detection and intervention.*

## 3. 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.*

#### 4. What is a characteristic of respiratory diseases like bronchitis?

- A. Increased lung capacity
- B. Chronic cough**
- C. Normal breathing rate
- D. Improved lung function

A chronic cough is a prominent characteristic of respiratory diseases such as bronchitis. This condition typically involves inflammation of the bronchial tubes, which can lead to persistent coughing as the body attempts to clear mucus and irritants from the airways. This coughing can be either dry or productive, meaning it may involve the expulsion of mucus. In bronchitis, this symptom can be particularly pronounced and serves as a key indicator of the disease's presence. In contrast, increased lung capacity, normal breathing rate, and improved lung function are generally not associated with bronchitis. In fact, individuals with bronchitis often experience decreased lung function and may have abnormal breathing patterns due to the obstruction and irritation in their airways. Hence, the presence of a chronic cough is a significant hallmark of bronchitis and related respiratory diseases.

#### 5. What is the correct method to remove an upper denture?

- A. Push forward and lift
- B. Up and down**
- C. Side to side
- D. Twist and pull

The correct method to remove an upper denture is to lift it straight up and down. This approach ensures that the denture is taken out of the mouth without applying excessive force or risking damage to the oral tissues. When dentures are properly fitted, they can create a suction in the mouth that holds them in place, and a gentle upward motion can help break that seal, allowing for easy removal. Using an up and down motion minimizes the risk of dislodging any part of the denture or causing discomfort. While other methods like twisting or using a side-to-side motion might seem plausible, they are generally less effective and can potentially lead to complications, such as damaging the denture or the gums. Therefore, an up and down method is recommended for safety and efficiency during the removal of upper dentures.

#### 6. Why is documentation important in a CNA's role?

- A. To keep records for insurance purposes only
- B. To communicate effectively with the healthcare team and ensure continuity of care**
- C. To blame others for mistakes
- D. To fulfill a requirement only

Documentation plays a crucial role in a CNA's responsibilities because it ensures effective communication among the healthcare team and supports continuity of care for patients. By accurately documenting patient observations, behaviors, and any care provided, CNAs help inform other healthcare professionals about a patient's condition and needs. This shared information is essential for making informed decisions and providing consistent care, as it enables all team members to understand the patient's status and care plan. Well-maintained records also assist in evaluating the effectiveness of treatments and interventions over time, allowing for adjustments as needed. Documentation is integral to providing high-quality patient care and serves as a legal record that can support the healthcare provider in case of any disputes or inquiries regarding the care provided. A strong emphasis on communication through documentation helps ensure that all team members are aligned in their approach to a patient's care, ultimately enhancing patient outcomes.

## 7. When taking blood pressure, which technique should a CNA use?

- A. Use a thermometer and stethoscope
- B. Use a sphygmomanometer and a stethoscope, ensuring the cuff is appropriately sized**
- C. Only use a digital blood pressure monitor
- D. Take the blood pressure without any equipment

*The selected answer is appropriate because taking blood pressure accurately requires the use of a sphygmomanometer and a stethoscope. The sphygmomanometer measures the pressure in the arteries, while the stethoscope is used to listen for the sounds of blood flow, which indicate the systolic and diastolic pressures. Ensuring the cuff is appropriately sized is crucial for accurate readings, as an incorrectly sized cuff can lead to false high or low results. Using this method allows the CNA to obtain reliable blood pressure readings, which are essential for assessing a patient's cardiovascular health. Other methods mentioned, such as using a thermometer, would not provide any relevant information about blood pressure, as it measures body temperature. While digital blood pressure monitors can be useful, they aren't always available in every setting, and a CNA should be proficient in the traditional method as well. Taking blood pressure without any equipment would not yield valid results, making those options ineffective for monitoring blood pressure accurately.*

## 8. What disease is characterized by weakened bones?

- A. Arthritis
- B. Muscular dystrophy
- C. Osteoporosis**
- D. Tendonitis

*Osteoporosis is characterized by weakened bones due to a decrease in bone density and overall bone strength. This condition leads to an increased risk of fractures, as the bones become fragile and can break easily even from minor falls or injuries. The weakening of bones occurs because the body either loses too much bone or makes too little bone, resulting in porous and less durable bone structures. In contrast, arthritis is primarily an inflammation of the joints, which can lead to pain and stiffness but does not specifically weaken bones. Muscular dystrophy is a genetic disorder that causes progressive weakness and degeneration of skeletal muscles, affecting muscle function rather than bone strength. Tendonitis involves inflammation of tendons, which connect muscles to bones, and similarly does not pertain to the condition of bones themselves. Understanding these distinctions highlights why osteoporosis is the correct answer regarding the weakening of bones.*

**9. What is the minimum number of work hours needed to maintain CNA certification?**

- A. 4 hours in 12 months
- B. 8 hours in 24 months**
- C. 12 hours in 12 months
- D. 16 hours in 36 months

*To maintain CNA certification in Indiana, it is required that an individual complete a minimum of 8 hours of work in a nursing-related role within a 24-month period. This requirement ensures that Certified Nursing Assistants remain active in their profession and continue to develop their skills and knowledge in a practical environment. By engaging in work related to patient care, CNAs stay updated on best practices and maintain their competencies, which is crucial for providing quality care to patients. The other options suggest significantly fewer hours or a different timeframe, which do not align with Indiana's regulatory standards for maintaining certification. The 8 hours in 24 months requirement is specifically designed to balance practical experience with the flexibility needed for CNAs who may not be working full-time in the field.*

**10. Which side of a resident should be undressed first?**

- A. The affected side
- B. The right side
- C. The left side
- D. The unaffected side**

*Undressing a resident should begin with the unaffected side to promote comfort and ease throughout the process. This approach allows caregivers to assist the resident without causing unnecessary strain or discomfort, especially if there are injuries or conditions impacting one side of the body. It helps in maintaining the resident's dignity and privacy while ensuring that dressing or undressing does not exacerbate any existing condition on the affected side. Additionally, starting with the unaffected side can streamline the process. For instance, once the unaffected side is undressed, it can often be easier to manage how to remove clothing from the affected side, as the resident may require additional support or assistance with that side. This technique aligns with best practices in providing personalized and attentive care, recognizing the unique needs of each resident based on their physical condition.*



## 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](mailto: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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