

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

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What does a compound fracture indicate about the skin?**
 - A. The skin is not affected**
 - B. The skin is completely intact**
 - C. The skin has been broken**
 - D. The skin is bruised**
- 2. What is atrophy?**
 - A. Increase in muscle size**
 - B. Decreased elasticity of tissues**
 - C. Shrinking or decreasing in size**
 - D. Increased fat deposition in the body**
- 3. What is a hallmark of arthritis?**
 - A. Bone fractures**
 - B. Joint inflammation**
 - C. Skin rashes**
 - D. Muscle spasms**
- 4. In the acceptance process, which stage is most likely to lead to action for change?**
 - A. Acceptance**
 - B. Bargaining**
 - C. Depression**
 - D. Anger**
- 5. What does polyuria indicate?**
 - A. Decreased urine output**
 - B. Large amounts of urine**
 - C. Difficulty urinating**
 - D. Presence of blood in urine**
- 6. What is a primary indication of gallstones in a patient?**
 - A. High fever**
 - B. Abdominal pain**
 - C. Increased urination**
 - D. Nausea and vomiting**

- 7. What does post mortem refer to?**
- A. Care before birth**
 - B. Care after death**
 - C. Examinations during life**
 - D. Treatment of terminal patients**
- 8. Which step reflects the realization of the situation and coming to terms with it?**
- A. Acceptance**
 - B. Bargaining**
 - C. Depression**
 - D. Anger**
- 9. What is vomitus commonly referred to in medical terms?**
- A. Fluid expelled from the lungs**
 - B. Food or fluid expelled from the stomach through the mouth**
 - C. Waste removed through the intestines**
 - D. Blood expelled from the stomach**
- 10. What condition is characterized by a painful rash caused by the reactivation of the chicken pox virus?**
- A. Psoriasis**
 - B. Shingles**
 - C. Eczema**
 - D. Ringworm**

Answers

SAMPLE

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

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Explanations

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1. What does a compound fracture indicate about the skin?

- A. The skin is not affected
- B. The skin is completely intact
- C. The skin has been broken**
- D. The skin is bruised

A compound fracture indicates that the skin has been broken. In the context of this type of fracture, the term "compound" refers to the fact that the broken bone has pierced through the skin, creating an open wound. This situation often increases the risk of infection since the bone is exposed to external elements. Understanding this concept is crucial for healthcare providers, as it informs proper treatment protocols, including the need for sterility and potential surgical intervention to repair the fracture and address the skin wound. In this case, the other options do not accurately describe the condition associated with a compound fracture. The skin being "not affected" or "completely intact" contradicts the definition of a compound fracture, which specifically involves the skin being compromised. Suggesting that the skin is merely "bruised" also does not convey the seriousness of the injury, as bruising does not indicate a breach in the skin integrity, unlike a compound fracture.

2. What is atrophy?

- A. Increase in muscle size
- B. Decreased elasticity of tissues
- C. Shrinking or decreasing in size**
- D. Increased fat deposition in the body

Atrophy refers to the process in which a tissue or organ decreases in size, which often occurs due to a lack of use or underlying health issues. This can take place in muscles when they are not exercised adequately, leading to muscle wasting. The correct answer identifies this process of shrinking or reduction effectively. Understanding atrophy is important in the context of patient care. For instance, when patients are immobilized for long periods, such as after surgery or during rehabilitation, they may experience atrophy in their muscles. Recognizing this can help caregivers implement measures to prevent or mitigate muscle loss, such as encouraging movement or physical therapy. In contrast, the other options describe different physiological processes. An increase in muscle size is known as hypertrophy, decreased elasticity of tissues relates to aging or certain diseases, and increased fat deposition is associated with weight gain and not atrophy. These distinctions help clarify the meaning of atrophy and its implications for health and rehabilitation.

3. What is a hallmark of arthritis?

- A. Bone fractures
- B. Joint inflammation**
- C. Skin rashes
- D. Muscle spasms

The hallmark of arthritis is joint inflammation. This condition primarily affects the joints, leading to swelling, pain, stiffness, and reduced range of motion. Inflammation is a key reaction of the body's immune system, which can occur as a response to joint damage or degeneration, characteristic of various types of arthritis, including osteoarthritis and rheumatoid arthritis. While bone fractures, skin rashes, and muscle spasms can be associated with different health conditions, they are not defining traits of arthritis itself. Bone fractures may occur due to various reasons, including osteoporosis or injury, but they do not characterize arthritis. Skin rashes can result from autoimmune disorders but are not typical features of arthritis. Muscle spasms can be observed in numerous medical conditions, including some types of arthritis, but they do not specifically define the disease. Thus, joint inflammation is the primary and most indicative sign of arthritis.

4. In the acceptance process, which stage is most likely to lead to action for change?

- A. Acceptance
- B. Bargaining**
- C. Depression
- D. Anger

The bargaining stage is significant in the acceptance process as it often serves as a turning point where individuals begin to actively seek ways to change their circumstances or behaviors in response to a situation. During this stage, people typically engage in negotiations with themselves or others, contemplating what compromises they might make to alter an unfavorable condition. This reflective process frequently motivates individuals to take practical steps toward improvement or recovery. Bargaining can involve making promises or taking actions aimed at mitigating the distress associated with a particular situation. It reflects a sense of agency and recognition that change is possible. This proactive mindset can lead to initiating projects, seeking help, or adopting new strategies that characterize significant progress toward personal transformation or adaptation.

5. What does polyuria indicate?

- A. Decreased urine output
- B. Large amounts of urine**
- C. Difficulty urinating
- D. Presence of blood in urine

Polyuria is a medical term that specifically refers to the production of an abnormally large volume of urine. This condition can occur for various reasons, including diabetes mellitus or diabetes insipidus, where the body is unable to effectively concentrate urine due to a lack of insulin or antidiuretic hormone. When discussing polyuria, it is essential to recognize that it signifies excessive urine output, which helps in the diagnosis and management of underlying health conditions. Other terms such as oligouria would indicate decreased urine output, while terms relating to dysuria would indicate difficulty in urinating, and hematuria would refer to the presence of blood in the urine. Therefore, identifying polyuria as marked by the production of large amounts of urine is crucial for understanding its implications in health assessments.

6. What is a primary indication of gallstones in a patient?

- A. High fever
- B. Abdominal pain**
- C. Increased urination
- D. Nausea and vomiting

The primary indication of gallstones in a patient is abdominal pain. This type of pain is often described as a sudden and intense discomfort in the upper right abdomen, which may also radiate to the back or right shoulder. It commonly occurs after eating a fatty meal due to the gallbladder's inability to effectively process the fats, leading to the characteristic gallbladder attack or biliary colic. While symptoms like nausea and vomiting can accompany gallstone episodes, especially during acute attacks, abdominal pain is usually the most prominent and distinguishing symptom that prompts individuals to seek medical attention. Conversely, increased urination and high fever are not typical indicators of gallstones, which is why they do not serve as primary indications for this condition.

7. What does post mortem refer to?

- A. Care before birth
- B. Care after death**
- C. Examinations during life
- D. Treatment of terminal patients

Post mortem specifically refers to care and procedures that occur after a person's death. This can include various activities, such as preparing the body for burial, conducting an autopsy, or providing support for grieving families. The term is derived from Latin, meaning "after death," and is commonly used in medical and legal contexts to discuss what happens following the loss of life. The other options focus on different periods of life or circumstances—care before birth refers to prenatal care, examinations during life relate to assessments done while a person is alive, and treatment of terminal patients pertains to managing the care of individuals who are close to the end of life. However, these concepts do not align with the definition of post mortem, reinforcing that the correct understanding of the term is in relation to actions taken after death.

8. Which step reflects the realization of the situation and coming to terms with it?

- A. Acceptance**
- B. Bargaining**
- C. Depression**
- D. Anger**

The chosen answer, acceptance, is the step that signifies the recognition and acknowledgment of a situation, allowing individuals to come to terms with it. Acceptance is part of the emotional response process often discussed in the context of loss or change, where a person understands the reality of their circumstances and finds a way to move forward. This step is crucial as it enables individuals to cope more effectively with their situation, reducing feelings of denial, anger, or despair. Acceptance does not mean being happy about the situation; rather, it indicates an understanding of the new reality and often leads to a more peaceful state of mind. By accepting reality, individuals can begin to adapt and make necessary changes in their lives, moving toward healing or adjustment.

9. What is vomitus commonly referred to in medical terms?

- A. Fluid expelled from the lungs**
- B. Food or fluid expelled from the stomach through the mouth**
- C. Waste removed through the intestines**
- D. Blood expelled from the stomach**

Vomitus is commonly referred to as the food or fluid that is expelled from the stomach through the mouth. This definition is important in medical contexts, particularly in nursing and patient care, as it encompasses the various substances that can be vomited, including undigested food, stomach contents, and liquids. Understanding this term is crucial for healthcare providers in assessing a patient's condition, monitoring for signs of illness, and determining appropriate interventions. The term is derived from the Latin word "vomitus," meaning "to expel," and it clearly indicates that the content originates from the stomach. Accurate identification of vomitus can help in diagnosing conditions such as gastrointestinal distress, infections, or reactions to medications. Such knowledge enables healthcare professionals to provide better care and support to patients experiencing these symptoms.

10. What condition is characterized by a painful rash caused by the reactivation of the chicken pox virus?

A. Psoriasis

B. Shingles

C. Eczema

D. Ringworm

The condition characterized by a painful rash due to the reactivation of the chickenpox virus is shingles. This viral infection is medically known as herpes zoster and occurs when the dormant varicella-zoster virus, which causes chickenpox, becomes reactivated in the body. Shingles typically presents with a painful, blistering rash that usually appears on one side of the body, often following a dermatome—a specific area of skin supplied by a single spinal nerve. The rash is often accompanied by other symptoms such as burning, tingling, or extreme sensitivity in the affected area. The condition can lead to complications, including postherpetic neuralgia, which is severe pain that persists even after the rash has healed. Understanding shingles is crucial, especially in the context of nursing and caregiving, as it requires knowledge of infection control, ways to alleviate pain and discomfort, and the importance of vaccination against the varicella-zoster virus. This condition is distinct from other skin conditions like psoriasis, eczema, and ringworm, which have different causes and symptoms.