

# Ivy Tech CNA Program Exam 1 Practice (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. Alcohol-based hand rubs should be used only when hands are not visibly soiled.**
  - A. True**
  - B. False**
  - C. Not sure**
  - D. Only after washing with soap and water**
  
- 2. To protect resident privacy, with whom should you share information, and how should it be discussed?**
  - A. Share with anyone who asks; discuss in public areas**
  - B. Discuss with the care team involved in the resident's care in private**
  - C. Discuss with family in the hall**
  - D. Post on a public bulletin board**
  
- 3. How can MRSA be spread in health care settings?**
  - A. Direct contact only**
  - B. Indirect contact only**
  - C. Both direct and indirect contact**
  - D. Airborne transmission only**
  
- 4. Can a resident share a room with a significant other?**
  - A. Yes**
  - B. No**
  - C. Only if the room is private**
  - D. Only if both residents are the same sex**
  
- 5. Which of the following is NOT an example of an activity of daily living (ADL)?**
  - A. Bathing**
  - B. Oral Hygiene**
  - C. Dressing**
  - D. Cooking**

- 6. Who is listed directly above QMA's / CNA's in the chain of command?**
- A. DON**
  - B. ADON**
  - C. Nurse Managers**
  - D. Charge/Staff Nurses**
- 7. Can a CNA feed a resident a special diet?**
- A. Yes**
  - B. No**
  - C. Only if trained**
  - D. Only with supervision**
- 8. Why do we provide a call light to a resident?**
- A. It allows the resident to communicate with us.**
  - B. It signals staff when the resident needs a meal.**
  - C. It prevents residents from wandering.**
  - D. It records the resident's activities for the day.**
- 9. How is scabies spread?**
- A. Direct contact only**
  - B. Indirect contact only**
  - C. Both direct and indirect contact**
  - D. Airborne transmission**
- 10. When handling anything clean or dirty, how should you hold it?**
- A. Hold it away from your body.**
  - B. Keep it close to your body.**
  - C. Touch it with bare hands.**
  - D. Always keep it above waist level.**

## Answers

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

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## **Explanations**

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**1. Alcohol-based hand rubs should be used only when hands are not visibly soiled.**

**A. True**

**B. False**

**C. Not sure**

**D. Only after washing with soap and water**

Alcohol-based hand rubs are designed for quick hand hygiene when hands are not visibly dirty. They rapidly kill many germs and are convenient, but they don't remove soil or all microorganisms if hands are visibly soiled. When hands look dirty or contaminated with bodily fluids, washing with soap and water is needed to physically remove dirt and microbes before or instead of using sanitizer. So, the guideline is to use an alcohol-based hand rub only when hands are not visibly soiled.

**2. To protect resident privacy, with whom should you share information, and how should it be discussed?**

**A. Share with anyone who asks; discuss in public areas**

**B. Discuss with the care team involved in the resident's care in private**

**C. Discuss with family in the hall**

**D. Post on a public bulletin board**

Sharing resident information only with those who are directly involved in the resident's care and discussing it in private protects privacy. Information should go to the care team members who need to know to provide safe, coordinated care, and conversations should happen in a private setting where others cannot overhear. Talking to anyone who asks, discussing in public areas, or posting information publicly would expose sensitive details and violate confidentiality. Family involvement is appropriate only when the resident has given consent or when they are part of the care team with a legitimate need to know.

**3. How can MRSA be spread in health care settings?**

**A. Direct contact only**

**B. Indirect contact only**

**C. Both direct and indirect contact**

**D. Airborne transmission only**

MRSA spreads through two main pathways: direct contact and indirect contact. Direct contact means touching an infected wound, skin infection, or colonized skin and then transferring bacteria to another person or to oneself. Indirect contact happens when MRSA is picked up from a contaminated surface or object—like bed rails, stethoscopes, towels, or shared equipment—and then touches the face, an opening in the skin, or another person. In health care settings, both routes are common because patients are frequently in close contact with health care workers and shared surfaces or equipment can become contaminated. Therefore, addressing both hand hygiene to prevent direct transfer and rigorous cleaning and disinfection to remove bacteria from surfaces and objects is essential to stop transmission. Airborne spread is not the typical route for MRSA, so relying on airborne precautions alone would miss the main ways it moves between people.

**4. Can a resident share a room with a significant other?**

- A. Yes**
- B. No**
- C. Only if the room is private**
- D. Only if both residents are the same sex**

Sharing a room with a significant other is possible when residents want to live together and the facility can accommodate it. The idea being tested is that resident rights include choices about roommate arrangements, and facilities often allow couples to share a room if both residents consent and there is space available, while still protecting privacy and safety. Privacy measures and infection-control practices are addressed, but a private room is not a strict requirement and the situation is not limited by gender. Therefore, this scenario can be allowed, making the affirmative option the best answer.

**5. Which of the following is NOT an example of an activity of daily living (ADL)?**

- A. Bathing**
- B. Oral Hygiene**
- C. Dressing**
- D. Cooking**

ADLs are basic self-care tasks necessary for daily personal care, such as bathing, oral hygiene, and dressing. Cooking is more than just personal care; it involves planning, safety, and using household skills, which are characteristics of instrumental activities of daily living. Because of those added steps and responsibilities, cooking is not considered an ADL. So among the options, cooking is the activity that is not an ADL.

**6. Who is listed directly above QMA's / CNA's in the chain of command?**

- A. DON**
- B. ADON**
- C. Nurse Managers**
- D. Charge/Staff Nurses**

The immediate supervisor for front-line care staff on a unit is the charge nurse. This role directly oversees CNAs and QMAs on the shift, assigns their tasks, monitors daily care, and ensures safety and quality of care. Higher-level roles like the Director of Nursing or Assistant Director of Nursing set policy and oversee multiple units, while a Nurse Manager may supervise a broader scope, but not the day-to-day direction of each aide on the floor. That direct, on-the-ground supervision is the charge/staff nurse, making this the best answer.

## 7. Can a CNA feed a resident a special diet?

- A. Yes**
- B. No**
- C. Only if trained**
- D. Only with supervision**

Feeding a resident with a special diet is a routine part of a CNA's duties when there is a diet order and a care plan guiding the meal. CNAs assist with meals by helping the resident eat, making sure they are seated upright, offering small bites, and watching for signs of swallowing trouble or coughing. They follow the prescribed textures and restrictions (like thickened liquids or pureed foods) and report any concerns to the nurse or dietitian. Because this is a standard part of care under the meal plan, the best choice is Yes. The other options imply extra restrictions (training or supervision beyond the care plan) that aren't required in this context, and a No would be incorrect.

## 8. Why do we provide a call light to a resident?

- A. It allows the resident to communicate with us.**
- B. It signals staff when the resident needs a meal.**
- C. It prevents residents from wandering.**
- D. It records the resident's activities for the day.**

A resident's call light is a direct way for them to communicate needs and request assistance from staff. When pressed, it alerts caregivers that help is needed, whether the resident wants help getting out of bed, needs to use the bathroom, is uncomfortable, or simply wants someone to check on them. This immediate line of communication enhances safety by enabling timely support and preserves the resident's independence by allowing them to ask for help as needed. It isn't used to signal meals, prevent wandering, or record activities, which are handled by meal schedules, supervision measures, and documentation systems, respectively. Keep the call light within easy reach and respond promptly to maintain safety and trust.

## 9. How is scabies spread?

- A. Direct contact only**
- B. Indirect contact only**
- C. Both direct and indirect contact**
- D. Airborne transmission**

Scabies spreads through close, prolonged skin-to-skin contact and by sharing items that have been in contact with an infested person. Direct contact means touching the skin of an infected person, which is how the mites primarily transfer. Indirect contact involves contact with contaminated objects—like bedding, towels, clothing, or furniture—where mites or their eggs can be present. Because both routes can transmit the infestation, the best answer is that transmission occurs via both direct and indirect contact. Airborne spread isn't a typical route for scabies, since the mites don't survive well long enough in the air to infect someone at a distance.

**10. When handling anything clean or dirty, how should you hold it?**

**A. Hold it away from your body.**

**B. Keep it close to your body.**

**C. Touch it with bare hands.**

**D. Always keep it above waist level.**

The main idea here is to minimize contamination by keeping handling items away from your body. When you hold anything clean or dirty away from yourself, you limit the chance that germs on the item can touch your skin, clothes, or uniform, which helps prevent cross-contamination. It also gives you better control and visibility, reducing the risk of brushing the item against your clothing or face. If you hold items close to your body, small shifts or accidental contact can transfer contaminants to you and spread them to other surfaces. Handling with bare hands isn't appropriate when contamination is a concern—use proper hand hygiene and gloves as required. The rule isn't about a fixed height like above the waist; it's about keeping the item away from your body to protect yourself and others from potential contamination.

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## 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://ivytechcnaprogram1.examzify.com>**

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

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