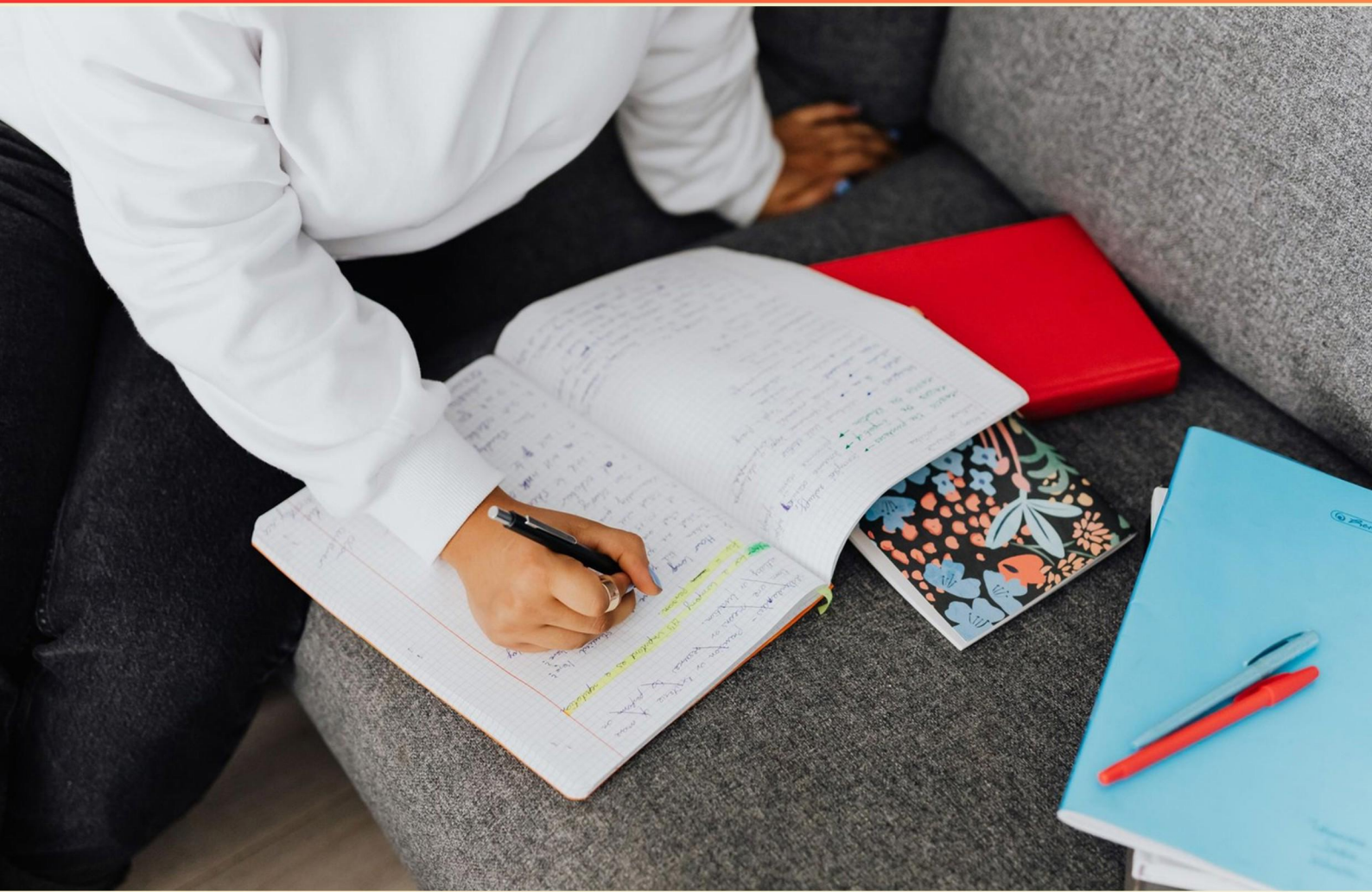


IVY TECH CNA PROGRAM EXAM 2 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://ivytechcnaprogram2.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	15

SAMPLE

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

SAMPLE

- 1. How should you perform a bed bath on a dependent resident?**
 - A. Maintain privacy, wash from face down, use warm water, keep resident warm, dry thoroughly.
 - B. Expose entire body; use cold water; rush through.
 - C. Wash only legs; skip face; no drying.
 - D. Wash from feet up; cold air.
- 2. If hands are visibly dirty, what hand hygiene method is appropriate before resident care?**
 - A. Use soap and water for at least 20 seconds.
 - B. Use an alcohol-based hand sanitizer only.
 - C. Rinse hands with cold water only.
 - D. Apply hand lotion and rewash later.
- 3. What is the proper approach to oral care for a resident with dentures?**
 - A. Remove dentures, clean dentures separately, brush gums with a soft brush, rinse, and place dentures back if appropriate; check fit.
 - B. Brush dentures only, leave in mouth, rinse once, ignore fit.
 - C. Do not remove dentures, brush mouth with toothbrush only.
 - D. Ignore rinsing, reinsert dentures without cleaning.
- 4. What is the normal blood pressure range for adults?**
 - A. 90/60 - 120/80
 - B. 100/60 - 140/80
 - C. 110/70 - 150/90
 - D. 120/80 - 140/90
- 5. In addition to keeping the mattress dry, a draw sheet can be used for which purpose?**
 - A. Stabilizing the resident's head position.
 - B. Determining the resident's weight.
 - C. Turning and moving the person in bed.
 - D. Securing the resident to the bed with straps.

6. Which statement does NOT align with standard precautions?

- A. Treat all blood and body fluids as potentially infectious.
- B. Recap needles after use.
- C. Wear gloves for tasks involving body fluids.
- D. Perform hand hygiene.

7. Which statement correctly describes edema?

- A. Accumulation of an excessive amount of watery fluids in cells or tissues.
- B. Increased red blood cell count.
- C. Joint inflammation.
- D. Dehydration.

8. Which statement about two-person transfers is NOT true?

- A. They are used when the resident cannot transfer safely alone.
- B. One person guides the movement, the other controls equipment, and they coordinate.
- C. They require both staff to communicate and coordinate.
- D. They are never used, even when safety requires it.

9. During transfer, which statement about a gait belt is correct?

- A. The belt should be used only by the resident
- B. The belt should be tightened to leave marks on the skin
- C. The belt should be loosened completely and never used
- D. The belt should be placed around the waist and used to provide controlled assistance

10. Which of the following is NOT a sign of a developing pressure ulcer that should be reported?

- A. Redness that blanches with pressure, warmth or swelling, skin breakdown, or open sores.
- B. Dry, intact skin without redness.
- C. Open sore with drainage.
- D. Warmth and swelling around an area.

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How should you perform a bed bath on a dependent resident?

- A. Maintain privacy, wash from face down, use warm water, keep resident warm, dry thoroughly.**
- B. Expose entire body; use cold water; rush through.
- C. Wash only legs; skip face; no drying.
- D. Wash from feet up; cold air.

During a bed bath for a dependent resident, the priorities are privacy, warmth, safety, and a thorough, dignified cleansing. Begin by protecting privacy—keep the resident covered with a bath blanket and only uncover the area you are washing, ensuring the room is warm. Use warm water and check the temperature with your wrist before starting. Clean the face first, then move downward in a single direction, using a clean portion of the washcloth for each area to prevent cross-contamination. After washing, dry the skin thoroughly and replace the blanket to keep the resident warm and dry. Throughout, support limbs as needed and avoid rushing or exposing more than necessary. This approach preserves dignity, minimizes the risk of chilling, and ensures proper hygiene.

2. If hands are visibly dirty, what hand hygiene method is appropriate before resident care?

- A. Use soap and water for at least 20 seconds.**
- B. Use an alcohol-based hand sanitizer only.
- C. Rinse hands with cold water only.
- D. Apply hand lotion and rewash later.

When hands are visibly dirty, washing with soap and water is necessary because mechanical cleaning with soap lifts soil and microbes from the skin and running water flushes them away. Do this for at least 20 seconds, scrubbing all surfaces—palms, backs of hands, between fingers, under nails, and wrists—then rinse thoroughly. Dry with a clean disposable towel and use it to turn off the faucet to avoid recontamination. Alcohol-based sanitizers don't remove visible dirt, so they aren't appropriate here. Rinsing with cold water alone won't remove the soil, and delaying washing or just reapplying lotion and washing later won't adequately clean the hands before resident care.

3. What is the proper approach to oral care for a resident with dentures?

- A. Remove dentures, clean dentures separately, brush gums with a soft brush, rinse, and place dentures back if appropriate; check fit.**
- B. Brush dentures only, leave in mouth, rinse once, ignore fit.
- C. Do not remove dentures, brush mouth with toothbrush only.
- D. Ignore rinsing, reinsert dentures without cleaning.

Proper denture and mouth care means cleaning both the dentures and the oral tissues, and checking the fit after cleaning. Removing dentures allows thorough cleaning of the appliance to prevent plaque buildup and irritation. Cleaning dentures separately, then brushing the gums, tongue, and palate with a soft brush helps remove debris from the mucosa and keeps tissues healthy. Rinsing removes cleaner or loose particles. Reinserting dentures when appropriate and checking the fit ensures they sit comfortably and won't cause ulcers or rubbing; report any poor fit. This approach reduces infection risk and supports comfort and function for eating and speaking.

4. What is the normal blood pressure range for adults?

- A. 90/60 - 120/80
- B. 100/60 - 140/80**
- C. 110/70 - 150/90
- D. 120/80 - 140/90

Blood pressure has two numbers: systolic pressure (when the heart contracts) and diastolic pressure (when the heart rests). For adults, a typical normal range is about 100/60 to 140/80. This window covers readings that usually indicate good perfusion without excessive arterial resistance, while allowing for normal daily variation due to activity, posture, or individual differences. Readings below 100/60 can cause symptoms like dizziness from too little pressure, and readings above 140/80 are generally flagged for further evaluation for hypertension in basic nursing practice. The range used here balances recognizing normal variability with the need to identify potentially concerning readings. Other options either start too low or go beyond what's commonly considered normal in this CNA context.

5. In addition to keeping the mattress dry, a draw sheet can be used for which purpose?

- A. Stabilizing the resident's head position.
- B. Determining the resident's weight.
- C. Turning and moving the person in bed.**
- D. Securing the resident to the bed with straps.

The purpose of a draw sheet is to aid turning and moving a resident in bed. Placed under the resident from shoulders to hips, it gives the caregiver a firm, graspable surface to lift, pivot, and slide the person. This makes repositioning safer and easier for both the resident and the caregiver by reducing friction and the risk of skin injury from dragging. Keeping the mattress dry is important, but the draw sheet's role is specifically to help with turning and moving in bed and during transfers. It's not used to stabilize the head position, to determine weight, or to secure the resident to the bed with straps.

6. Which statement does NOT align with standard precautions?

- A. Treat all blood and body fluids as potentially infectious.
- B. Recap needles after use.**
- C. Wear gloves for tasks involving body fluids.
- D. Perform hand hygiene.

Standard precautions aim to prevent infection by treating all blood and body fluids as potentially infectious, using gloves for tasks involving body fluids, and performing hand hygiene before and after patient contact. Recapping needles after use increases the risk of needle-stick injuries and is not part of standard precautions; the correct practice is to dispose of used needles immediately in a sharps container and never recap. This keeps exposure risk low and aligns with safe handling of sharps.

7. Which statement correctly describes edema?

- A. Accumulation of an excessive amount of watery fluids in cells or tissues.
- B. Increased red blood cell count.
- C. Joint inflammation.
- D. Dehydration.

Edema is swelling caused by the buildup of excess watery fluid in the body's tissues. Fluid normally moves from the blood into tissues and is returned by the lymphatic system; when this balance is disrupted—due to factors like higher capillary pressure, lower plasma proteins, or blocked lymphatics—fluid leaks into tissues and accumulates, leading to swelling. The other options describe different conditions (more red blood cells, joint inflammation, or dehydration) and don't explain the fluid buildup in tissues.

8. Which statement about two-person transfers is NOT true?

- A. They are used when the resident cannot transfer safely alone.
- B. One person guides the movement, the other controls equipment, and they coordinate.
- C. They require both staff to communicate and coordinate.
- D. They are never used, even when safety requires it.

Two-person transfers are about safety and teamwork when a resident can't move safely on their own. In this method, one staff member helps guide the movement and keeps the resident stabilized, while the other controls equipment (like a gait belt, transfer surface, or assistive devices) and supports the legs or torso. They must communicate clearly and coordinate timing, positioning, and body mechanics to prevent falls or injuries for both resident and staff. Saying they are never used is not true because safety often requires two people to share control and provide the necessary support. This approach is common for bed-to-chair or chair-to-bed transfers and is used whenever single-person transfers would be unsafe.

9. During transfer, which statement about a gait belt is correct?

- A. The belt should be used only by the resident
- B. The belt should be tightened to leave marks on the skin
- C. The belt should be loosened completely and never used
- D. The belt should be placed around the waist and used to provide controlled assistance

Gait belts are safety tools used during transfers to give the caregiver a secure, controlled grip at the resident's midsection, helping to support balance and prevent falls. Placing the belt around the waist and using it to provide controlled assistance allows you to guide the resident's movement, protect their center of gravity, and maintain good body mechanics for yourself. It should be worn over clothing, snug but not tight, so you can fit one or two fingers between the belt and the skin. This setup avoids pulling on the arms or neck and keeps skin intact. Using the belt only by the resident removes needed caregiver control, tightening it so skins leaves marks is unsafe, and loosening it completely with no use eliminates a critical safety measure during transfers.

10. Which of the following is NOT a sign of a developing pressure ulcer that should be reported?

A. Redness that blanches with pressure, warmth or swelling, skin breakdown, or open sores.

B. Dry, intact skin without redness.

C. Open sore with drainage.

D. Warmth and swelling around an area.

When assessing for a developing pressure ulcer, look for signs of tissue damage around pressure areas. Redness, warmth, swelling, skin breakdown, or an open sore with drainage signal that the skin is being affected and needs assessment and action. Dry, intact skin with no redness shows no active tissue damage and is not a signal that a pressure ulcer is developing, so it isn't something to report as a developing ulcer.

SAMPLE

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://ivytechnaprogram2.examzify.com>

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

SAMPLE