

Ivy Tech CNA Program Exam 4 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. What should be included in an incident report?**
 - A. Objective description of the event, time, people involved, and actions taken.**
 - B. Personal opinions about staff.**
 - C. Confidential gossip.**
 - D. Forward-looking predictions about outcomes.**

- 2. What is the primary goal of maintaining good body alignment for a resident recovering from a stroke?**
 - A. To promote safety and prevent complications.**
 - B. To look good for visitors.**
 - C. To require more assistance.**
 - D. To increase oxygen consumption.**

- 3. Which of the following is a sign of dehydration?**
 - A. Dry mouth**
 - B. Distilled water**
 - C. Increased appetite**
 - D. Bright eyes**

- 4. Is dementia considered a normal part of aging?**
 - A. Yes, it is a normal part of aging**
 - B. No, it is not a normal part of aging**
 - C. It only affects a small percentage of older adults**
 - D. It is a result of natural brain development**

- 5. Which cancer is known to cause more deaths than any other in the female reproductive system?**
 - A. Breast cancer**
 - B. Ovarian cancer**
 - C. Cervical cancer**
 - D. Uterine cancer**

- 6. Who should have access to resident incident reports?**
- A. Authorized personnel only.**
 - B. Any staff member.**
 - C. Family members always.**
 - D. The resident only.**
- 7. What should you do with used linens and personal items?**
- A. Place in designated laundry bags; handle gently to avoid spreading contaminants.**
 - B. Put them in a regular trash bag**
 - C. Leave them on the floor**
 - D. Wash them in sink with cold water**
- 8. What is AIDS?**
- A. A viral infection causing bad respiratory issues**
 - B. A life-threatening condition caused by the HIV virus**
 - C. A type of autoimmune disorder**
 - D. A chronic skin condition**
- 9. What communication approach is recommended for residents with dementia or confusion?**
- A. Speak loudly and quickly**
 - B. Use medical jargon**
 - C. Use simple clear statements, speak slowly, address by name, maintain eye contact, and validate feelings**
 - D. Ignore feelings**
- 10. What condition is characterized by fatigue, weight gain, and cold sensitivity?**
- A. Hyperthyroidism**
 - B. Diabetes**
 - C. Hypothyroidism**
 - D. Anemia**

Answers

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

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Explanations

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1. What should be included in an incident report?

- A. Objective description of the event, time, people involved, and actions taken.**
- B. Personal opinions about staff.**
- C. Confidential gossip.**
- D. Forward-looking predictions about outcomes.**

Accurate incident reporting rests on factual, objective documentation of what happened, when it occurred, who was involved, and what actions were taken. This creates a clear, chronological record that supports patient safety, continuity of care, and any follow-up or investigations. The best choice describes including an objective description of the event, the time, the people involved, and the actions taken, without inserting opinion or speculation. Personal opinions about staff, confidential gossip, and forward-looking predictions do not belong in an incident report because they can bias the record, violate confidentiality, and mislead on outcomes. The report should stick to observable facts, noting details like date and time, location, patient status, witnesses, immediate responses, who was notified, and any subsequent steps taken.

2. What is the primary goal of maintaining good body alignment for a resident recovering from a stroke?

- A. To promote safety and prevent complications.**
- B. To look good for visitors.**
- C. To require more assistance.**
- D. To increase oxygen consumption.**

Maintaining good body alignment is mainly about safety and preventing complications. When a resident recovering from a stroke is aligned properly—head, neck, spine, hips, and limbs in a balanced position—it reduces strain on muscles and joints, lowers the risk of pressure ulcers from prolonged pressure, and helps prevent contractures that can limit movement and function over time. Proper alignment also supports efficient breathing and circulation. When the chest and diaphragm have room to move freely, the lungs can expand more fully, improving oxygenation without requiring extra energy. This makes activities of daily living easier and safer, rather than increasing the person's oxygen needs. It also aids in smoother transfers and reduces the effort required for positioning and movement. So the main goal isn't appearance, visibility to visitors, or needing more help; it's keeping the resident safe, comfortable, and less prone to complications while supporting effective breathing and circulation for recovery.

3. Which of the following is a sign of dehydration?

- A. Dry mouth**
- B. Distilled water**
- C. Increased appetite**
- D. Bright eyes**

Dry mouth shows up when the body has lost fluids and saliva production decreases, so the mouth feels dry and sticky. This is a practical and early sign that a caregiver can notice during a check and should prompt a review of fluid intake and potential intervention. Distilled water is a type of beverage, not a symptom you observe in a person. Increased appetite isn't typical of dehydration; this condition more often reduces hunger or causes nausea. Bright eyes aren't a sign of dehydration either, since dehydration can make eyes look sunken or dull rather than bright.

4. Is dementia considered a normal part of aging?

- A. Yes, it is a normal part of aging**
- B. No, it is not a normal part of aging**
- C. It only affects a small percentage of older adults**
- D. It is a result of natural brain development**

Dementia is not considered a normal part of aging because it indicates the presence of neurodegenerative diseases or conditions that significantly impair cognitive function beyond what is typically expected with aging. While some individuals may experience cognitive decline as they age, dementia involves specific symptoms like memory loss, confusion, or changes in personal behavior and mental abilities that interfere with daily life. In many cases, aging does result in some degree of cognitive change, but dementia is a much more profound condition that can be caused by various factors including but not limited to Alzheimer's disease, vascular issues, or other neurological conditions. Therefore, understanding dementia as a pathological condition rather than a normal aspect of aging is crucial for caregivers, healthcare providers, and those working with older adults. This distinction helps in recognizing the need for appropriate assessment and intervention.

5. Which cancer is known to cause more deaths than any other in the female reproductive system?

- A. Breast cancer**
- B. Ovarian cancer**
- C. Cervical cancer**
- D. Uterine cancer**

Ovarian cancer is recognized for having the highest mortality rate among cancers of the female reproductive system. This is largely due to its subtle symptoms and the tendency for it to be diagnosed at an advanced stage, which complicates treatment and reduces survival rates. Women may experience symptoms such as bloating, pelvic pain, or changes in bowel habits, which can easily be attributed to other, less serious conditions, leading to delays in diagnosis. In addition, ovarian cancer often has fewer effective screening methods compared to other cancers, such as breast cancer with mammograms, making early detection more challenging. The combination of these factors contributes to ovarian cancer being particularly lethal; it often goes undetected until it has progressed to a more advanced stage, where treatment options become limited, and outcomes are less favorable. While breast cancer is more common, advances in awareness and screening have significantly improved survival rates, positioning ovarian cancer as the more fatal threat in the realm of female reproductive cancers.

6. Who should have access to resident incident reports?

- A. Authorized personnel only.**
- B. Any staff member.**
- C. Family members always.**
- D. The resident only.**

Access to resident incident reports is restricted because these documents contain confidential information about a resident's health and safety events. Only people who need to know to provide care or to meet legal and ethical responsibilities should view them. This typically includes the direct care team, supervisors, risk management, and medical records staff. This protection helps prevent privacy breaches and ensures accurate, appropriate follow-up actions are taken. Family members do not automatically have access to incident reports; access is generally limited unless the resident or a legally authorized representative has given consent or the facility policy allows. Residents themselves may have rights to view their own records, but confidentiality rules still govern what can be shared and with whom.

7. What should you do with used linens and personal items?

- A. Place in designated laundry bags; handle gently to avoid spreading contaminants.**
- B. Put them in a regular trash bag**
- C. Leave them on the floor**
- D. Wash them in sink with cold water**

Contaminated linens and personal items can spread germs, so containment and proper cleaning are essential. Placing used linens in designated laundry bags keeps them separate from clean items and ensures they're transported to the laundry area for proper washing and disinfection. Handling them gently reduces the chance of tearing or releasing contaminants into the air or onto you or surfaces. Shaking or tossing them increases this risk, and putting contaminated items in a regular trash bag misses the step of proper cleaning, which can spread contamination. Leaving items on the floor is unsafe and violates infection-control rules, and washing linens in a sink with cold water doesn't provide the proper cleaning and disinfection process used in facilities. If personal items are involved, they should be handled per facility policy, typically placed in a designated bag or container to prevent spread and returned or cleaned appropriately.

8. What is AIDS?

- A. A viral infection causing bad respiratory issues
- B. A life-threatening condition caused by the HIV virus**
- C. A type of autoimmune disorder
- D. A chronic skin condition

AIDS, or Acquired Immunodeficiency Syndrome, is indeed a life-threatening condition caused by the HIV (Human Immunodeficiency Virus). The virus attacks the body's immune system, specifically targeting CD4 cells, which are crucial for immune function. As the infection progresses without treatment, it leads to a significant decline in the immune response, ultimately making the body vulnerable to opportunistic infections and certain cancers. This progression from HIV to AIDS signifies that the individual has developed a severe immune deficiency, which requires comprehensive medical management. Understanding the nature of AIDS is crucial for recognizing the importance of preventive measures, treatment options, and the need for support for those affected.

9. What communication approach is recommended for residents with dementia or confusion?

- A. Speak loudly and quickly
- B. Use medical jargon
- C. Use simple clear statements, speak slowly, address by name, maintain eye contact, and validate feelings**
- D. Ignore feelings

Clear, patient, person-centered communication works best with residents who have dementia or confusion. Using simple, clear statements helps them understand without overloading working memory. Speaking slowly gives them time to process what you're saying. Addressing them by name orients them to who they're talking to, which can reduce confusion. Maintaining eye contact shows you're focused on them and helps there be a shared moment of connection, improving understanding. Validating their feelings—acknowledging emotions like frustration, fear, or sadness—helps reduce agitation and builds trust, making it easier to communicate and cooperate. Speaking loudly and quickly can be overwhelming and hard to process; medical jargon is likely to confuse; ignoring their feelings ignores their emotional experience and can increase distress.

10. What condition is characterized by fatigue, weight gain, and cold sensitivity?

- A. Hyperthyroidism**
- B. Diabetes**
- C. Hypothyroidism**
- D. Anemia**

Hypothyroidism is characterized by symptoms such as fatigue, weight gain, and cold sensitivity due to an underactive thyroid gland that does not produce enough thyroid hormones. Thyroid hormones play a critical role in regulating metabolism, energy levels, and the body's response to cold temperatures. When levels are low, individuals often experience decreased metabolic activity, leading to weight gain and feelings of exhaustion. Additionally, cold sensitivity occurs because thyroid hormones help regulate the body's temperature; when they are insufficient, the body may struggle to maintain warmth. In contrast, the other conditions mentioned do not typically present with this specific combination of symptoms. Hyperthyroidism generally leads to weight loss, increased energy, and intolerance to heat rather than cold. Diabetes primarily involves issues related to blood sugar levels and includes symptoms like increased thirst and frequent urination, rather than cold sensitivity or significant weight gain. Anemia is related to a reduced number of healthy red blood cells and can cause fatigue, but it does not specifically cause weight gain or cold sensitivity.

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://ivytechcnaprogram4.examzify.com>

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

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