

# Ivy Tech CNA Program Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## Questions

- 1. Are CNA's allowed to feed residents on special diets?**
  - A. Yes, they can**
  - B. No, only dietitians can**
  - C. Only if instructed by a nurse**
  - D. Yes, but only in certain cases**
  
- 2. Why is it important to encourage mobility in patients?**
  - A. To improve their physical fitness**
  - B. To prevent complications like blood clots and pressure ulcers**
  - C. To assist in recovery from surgery**
  - D. To enhance social interaction**
  
- 3. How should hand hygiene be performed when hands are not visibly soiled?**
  - A. Using soap and water only**
  - B. Only with alcohol-based hand rubs**
  - C. With a hand sanitizer that contains at least 60% alcohol**
  - D. By rinsing with water**
  
- 4. Why is it important to maintain patient confidentiality?**
  - A. To avoid legal consequences for the facility**
  - B. To protect patients' privacy and comply with legal regulations**
  - C. To ensure all staff members are informed**
  - D. To prevent patients from discussing their condition**
  
- 5. What is the purpose of identifying "falls risk" in patients?**
  - A. To restrict patient mobility entirely**
  - B. To implement preventive measures to minimize the likelihood of falls**
  - C. To allow for uncontrolled movement**
  - D. To encourage reliance on staff assistance**



- 6. What is the first thing a CNA should do when witnessing a patient having a seizure?**
- A. Call for medical assistance immediately**
  - B. Stay with the patient and call for a nurse**
  - C. Move objects away from the patient**
  - D. Document the seizure in the patient's chart**
- 7. If a patient cannot answer a question, what is the appropriate action?**
- A. Guess the answer**
  - B. Ask someone else**
  - C. Find out the answer later**
  - D. Provide the patient with other options**
- 8. How should a CNA respond if a patient refuses to take medication?**
- A. Force the medication on the patient.**
  - B. Respect their choice and document the refusal.**
  - C. Ignore the refusal if the nurse is notified.**
  - D. Continue to persuade the patient until they comply.**
- 9. What is the focus of palliative care?**
- A. To cure terminal illness**
  - B. To provide comfort and dignity**
  - C. To prolong life at all costs**
  - D. To administer aggressive treatment options**
- 10. According to hand hygiene guidelines, how many seconds should you use friction when washing your hands?**
- A. 10 seconds**
  - B. 20 seconds**
  - C. 30 seconds**
  - D. 1 minute**

## **Answers**

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

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## **Explanations**

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## 1. Are CNA's allowed to feed residents on special diets?

- A. Yes, they can**
- B. No, only dietitians can**
- C. Only if instructed by a nurse**
- D. Yes, but only in certain cases**

Certified Nursing Assistants (CNAs) are indeed allowed to assist residents on special diets, provided they operate within the scope of their training and follow established protocols. The role of a CNA includes promoting the well-being of residents, which encompasses nutritional support. This can involve helping residents consume their meals according to their dietary restrictions, as long as CNAs have received appropriate guidance regarding the specifics of the special diets. Feeding residents on special diets can be essential for their health, especially for individuals with conditions such as diabetes, food allergies, or other dietary restrictions. CNAs often receive training in recognizing the dietary needs of residents and the importance of adhering to them, ensuring that individuals receive the nutrition they require while avoiding foods that may pose health risks. While dietitians play a crucial role in formulating these diets and ensuring they meet the medical needs of residents, CNAs are integral to implementing these plans during daily care. Therefore, when appropriately instructed or guided by nursing staff, CNAs can confidently assist residents with their dietary needs.

## 2. Why is it important to encourage mobility in patients?

- A. To improve their physical fitness**
- B. To prevent complications like blood clots and pressure ulcers**
- C. To assist in recovery from surgery**
- D. To enhance social interaction**

Encouraging mobility in patients is crucial primarily because it plays a significant role in preventing complications such as blood clots and pressure ulcers. When patients remain immobile for extended periods, they are at a higher risk for developing deep vein thrombosis (DVT), which can lead to serious complications like pulmonary embolism. Additionally, immobility can contribute to the formation of pressure ulcers, which occur when blood flow is restricted to certain areas of the skin due to prolonged pressure. Encouraging movement helps to enhance circulation, reduce the risk of these conditions, and promote overall skin integrity. While improving physical fitness, assisting in recovery from surgery, and enhancing social interaction are important aspects of patient care, the immediate focus on preventing complications addresses key health risks associated with immobility. Without active mobility, patients are more likely to experience serious adverse effects, making it essential for healthcare providers to encourage regular movement as part of their care regimen. Thus, the emphasis on preventing complications highlights the importance of mobility in sustaining patient health and safety.

**3. How should hand hygiene be performed when hands are not visibly soiled?**

- A. Using soap and water only**
- B. Only with alcohol-based hand rubs**
- C. With a hand sanitizer that contains at least 60% alcohol**
- D. By rinsing with water**

When hands are not visibly soiled, using a hand sanitizer that contains at least 60% alcohol is the preferred method for hand hygiene. Alcohol-based hand sanitizers are effective in reducing the number of germs on the skin, and they work quickly to diminish the microbial load. This method is convenient and efficient, especially in settings where soap and water may not be readily accessible. The effectiveness of alcohol-based hand sanitizers is due to the alcohol content, which denatures proteins and kills many types of germs. For optimal effectiveness, it is important that the sanitizer contains at least 60% alcohol, as this concentration has been shown to effectively kill a wide range of pathogens. In situations where hands are not visibly soiled, this method is recommended over washing with soap and water, since soap and water are primarily needed when hands are visibly dirty or contaminated with certain substances, such as dirt or some bodily fluids. Additionally, rinsing hands with water alone does not effectively remove germs, as it lacks the cleansing properties of soap.

**4. Why is it important to maintain patient confidentiality?**

- A. To avoid legal consequences for the facility**
- B. To protect patients' privacy and comply with legal regulations**
- C. To ensure all staff members are informed**
- D. To prevent patients from discussing their condition**

Maintaining patient confidentiality is crucial primarily to protect patients' privacy and comply with legal regulations. Patients have a fundamental right to keep their personal health information private, and safeguarding this information is essential for fostering trust in the healthcare system. When confidentiality is upheld, it encourages patients to share sensitive details about their health without fear of exposure, facilitating better care and communication. Moreover, various laws and regulations, including the Health Insurance Portability and Accountability Act (HIPAA), mandate the protection of patient information. Failure to adhere to these legal requirements can result in significant penalties for healthcare providers and institutions, highlighting the legal imperative of maintaining confidentiality. While the other options touch on related aspects such as legal consequences and staff communication, they do not encompass the primary reason that underscores the importance of patient confidentiality, which is fundamentally rooted in the respect for patient rights and legal obligations.

**5. What is the purpose of identifying "falls risk" in patients?**

- A. To restrict patient mobility entirely
- B. To implement preventive measures to minimize the likelihood of falls**
- C. To allow for uncontrolled movement
- D. To encourage reliance on staff assistance

Identifying "falls risk" in patients serves a crucial purpose in enhancing their safety and well-being. The primary goal is to implement preventive measures that minimize the likelihood of falls. By assessing which patients are at higher risk for falls, healthcare providers can develop tailored interventions that may include environmental modifications, increased supervision, mobility assistance, or the use of assistive devices. These proactive strategies aim to reduce the incidence of falls, which can lead to serious injuries such as fractures or head trauma. Moreover, addressing falls risk allows healthcare professionals to create a safe environment while still promoting patient independence and movement within safe limits, as opposed to restricting mobility altogether. This balance is essential for patient comfort and recovery. Understanding falls risk fosters a more responsive and caring approach to patient care, focusing on safety and quality of life.

**6. What is the first thing a CNA should do when witnessing a patient having a seizure?**

- A. Call for medical assistance immediately
- B. Stay with the patient and call for a nurse**
- C. Move objects away from the patient
- D. Document the seizure in the patient's chart

When a CNA witnesses a patient having a seizure, the most appropriate initial action is to stay with the patient and call for a nurse. This response is crucial for several reasons. First, remaining with the patient provides reassurance and support during a potentially frightening event. The patient may be disoriented and scared, so having someone nearby can help prevent additional anxiety. Additionally, calling for a nurse is essential because trained medical personnel are equipped to handle such emergencies, including monitoring the patient's condition and providing necessary interventions. The nurse can assess the seizure's severity and duration, which are critical factors in determining further care. While moving objects away from the patient is a safety measure to prevent injury, it should not take precedence over ensuring immediate support is available. Calling for medical assistance becomes necessary after ensuring that the patient is safe and attended to, rather than being the first action taken. Documenting a seizure would be done later, after the event, as it is essential for medical records and future care planning but does not contribute to the immediate safety and care of the patient at the moment of the seizure.

**7. If a patient cannot answer a question, what is the appropriate action?**

**A. Guess the answer**

**B. Ask someone else**

**C. Find out the answer later**

**D. Provide the patient with other options**

In situations where a patient is unable to answer a question, providing the patient with other options is often the best course of action. This approach respects the patient's autonomy and ability to communicate, even if they are currently unable to respond to a specific question. By offering a selection of alternative answers, you allow the patient to engage in the conversation in a way that is comfortable and accessible for them, possibly facilitating better communication and understanding. This method can also help in determining the patient's preferences or needs more effectively. The other actions, while they may seem helpful in some contexts, do not prioritize the patient's involvement or respect their dignity. Guessing the answer may lead to misunderstandings or assumptions that do not accurately reflect the patient's condition or feelings. Asking someone else could disregard the patient's direct input and may not provide the context needed for the specific situation. Finally, finding out the answer later delays addressing the patient's needs in the moment and misses the opportunity to empower them in the conversation at hand.

**8. How should a CNA respond if a patient refuses to take medication?**

**A. Force the medication on the patient.**

**B. Respect their choice and document the refusal.**

**C. Ignore the refusal if the nurse is notified.**

**D. Continue to persuade the patient until they comply.**

When a patient refuses to take medication, it is essential to respect their choice and document the refusal. This response is crucial because patients have the right to make decisions about their own healthcare, including the choice to refuse treatment. Acknowledging this right promotes patient autonomy and builds trust between the patient and healthcare provider. Documenting the refusal is also important for legal and medical reasons. It ensures that there is a record of the patient's decision, which can be vital for future medical care and for understanding their treatment history. This documentation helps maintain clear communication within the healthcare team about the patient's preferences and decisions. Respecting a patient's refusal aligns with ethical principles in healthcare, such as informed consent and patient rights. It highlights the importance of honoring individual autonomy while ensuring that the patient is fully informed about the implications of refusing medication.



**9. What is the focus of palliative care?**

- A. To cure terminal illness
- B. To provide comfort and dignity**
- C. To prolong life at all costs
- D. To administer aggressive treatment options

The primary focus of palliative care is to provide comfort and dignity to patients who are experiencing serious illness. It emphasizes enhancing the quality of life by addressing not only physical symptoms but also emotional, social, and spiritual needs. This type of care is applicable at any stage of illness and is not limited to end-of-life scenarios. Palliative care seeks to alleviate pain and manage symptoms so that patients can live as fully and comfortably as possible, reflecting the philosophy of patient-centered care. It involves working closely with patients and their families to help them understand their options, guiding them through difficult choices, and ensuring their values and preferences are respected. This holistic approach ensures that the patient's dignity is maintained throughout their healthcare journey.

**10. According to hand hygiene guidelines, how many seconds should you use friction when washing your hands?**

- A. 10 seconds
- B. 20 seconds**
- C. 30 seconds
- D. 1 minute

Using friction while washing your hands for at least 20 seconds is based on guidelines established by health organizations, like the Centers for Disease Control and Prevention (CDC). This duration is effective because it allows enough time to generate friction, which is crucial for removing dirt, germs, and pathogens from the surfaces of your hands. The process includes scrubbing all parts of the hands—front and back, between the fingers, and under the nails. This thorough washing is vital for ensuring optimal hand hygiene, particularly in preventing the spread of infections and diseases. By adequately following this guideline, individuals can significantly enhance the effectiveness of handwashing in maintaining their health and the health of others around them.

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

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