

Ivy Tech CNA Program Practice Exam (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. Which of the following is a key responsibility of a CNA related to patient hygiene?**
 - A. Administering medication**
 - B. Assisting patients with bathing and grooming**
 - C. Conducting medical tests**
 - D. Scheduling appointments**

- 2. What important information should be reported to a nurse regarding a patient?**
 - A. Patient preferences for meals**
 - B. Change in the patient's condition or behavior**
 - C. Patient likes and dislikes of staff**
 - D. Upcoming appointments**

- 3. What should a CNA do if a patient falls?**
 - A. Leave the patient alone to avoid further injury**
 - B. Assess the patient's condition and notify a nurse immediately**
 - C. Ignore the situation if the patient appears fine**
 - D. Wait for other staff to arrive**

- 4. At what level in the chain of command do Quality Medical Assistants (QMA's) operate?**
 - A. At the top**
 - B. Below charge nurses**
 - C. Above CNA's**
 - D. At the same level as ADON**

- 5. When caring for a patient with mobility issues, what should a CNA prioritize?**
 - A. Administering medications on time**
 - B. Safety, comfort, and promoting independence**
 - C. Following strict schedules**
 - D. Limiting patient movement**

- 6. What does MRSA stand for?**
- A. Multi-Resistance Staphylococcus Aureus**
 - B. Methicillin-Resistant Staphylococcus Aureus**
 - C. Meticillin-Resistant Staphylococcus Albus**
 - D. Methicillin-Reactive Staphylococcus Aureus**
- 7. What are the three essential elements needed to start a fire?**
- A. Fuel, Light, and Oxygen**
 - B. Heat, Water, and Fuel**
 - C. Fuel, Heat, and Oxygen**
 - D. Heat, Air, and Spark**
- 8. Can a nurse request a CNA to perform a task that requires sterile technique?**
- A. Yes, if they are trained**
 - B. No, that is not allowed**
 - C. Only in emergencies**
 - D. Yes, but with doctor supervision**
- 9. What should never be used to clean hands after contact with a patient who has C-Diff?**
- A. Antibacterial wipes**
 - B. Alcohol-based hand sanitizers**
 - C. Soap and water**
 - D. Paper towels**
- 10. What is the primary focus of the CNA role related to patient activities?**
- A. To assist patients with daily living activities and promote independence**
 - B. To provide medical treatment as directed by a nurse**
 - C. To observe patients and report to doctors only**
 - D. To manage and organize patient records**

Answers

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

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Explanations

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1. Which of the following is a key responsibility of a CNA related to patient hygiene?

- A. Administering medication**
- B. Assisting patients with bathing and grooming**
- C. Conducting medical tests**
- D. Scheduling appointments**

The key responsibility of a CNA related to patient hygiene is to assist patients with bathing and grooming. This task is fundamental to maintaining a patient's personal hygiene, which is essential for their comfort, dignity, and overall health. By helping patients with bathing, grooming, and other hygiene activities, CNAs play a crucial role in preventing skin breakdown, infections, and promoting mental well-being. In this context, CNAs often work directly with patients to ensure they feel clean and comfortable, which can significantly enhance their quality of life. It is important for CNAs to be trained in proper hygiene practices and to be sensitive to the needs and preferences of the individuals they assist. The other responsibilities listed, while important in a healthcare setting, do not directly relate to hygiene. Administering medication and conducting medical tests are tasks typically reserved for licensed nurses and other medical professionals, while scheduling appointments falls under administrative duties rather than direct patient care.

2. What important information should be reported to a nurse regarding a patient?

- A. Patient preferences for meals**
- B. Change in the patient's condition or behavior**
- C. Patient likes and dislikes of staff**
- D. Upcoming appointments**

Reporting a change in the patient's condition or behavior to a nurse is crucial because it directly impacts the patient's health and safety. Such changes could indicate worsening of a medical condition, an adverse reaction to medication, or other urgent concerns that may require immediate intervention. Accurate and timely communication of these changes enables healthcare professionals to make informed decisions regarding further assessments, adjustments to treatment plans, and necessary medical interventions to ensure the best possible outcomes for the patient. While patient preferences for meals, likes and dislikes of staff, and upcoming appointments are valuable pieces of information for overall patient care and satisfaction, they do not typically warrant immediate reporting in comparison to changes in the patient's clinical status. The priority in a clinical setting is always to monitor and respond to any significant alterations in a patient's health.

3. What should a CNA do if a patient falls?

- A. Leave the patient alone to avoid further injury
- B. Assess the patient's condition and notify a nurse immediately**
- C. Ignore the situation if the patient appears fine
- D. Wait for other staff to arrive

When a patient falls, the most important action a CNA should take is to assess the patient's condition and notify a nurse immediately. Assessing the patient's condition helps in determining the extent of any injuries or the patient's overall medical status following the fall. This is critical because some injuries may not be immediately apparent, such as concussions or fractures. By notifying a nurse right away, the CNA ensures that an appropriate response is initiated, which may involve further medical evaluation or treatment. Your training has taught you that timely and accurate communication within the healthcare team is essential for patient safety and effective care. In contrast, leaving a patient alone after a fall poses significant risks, as it prevents the potential for timely intervention if there are hidden injuries. Ignoring the situation is a dangerous choice, as appearing fine does not guarantee that the patient has not sustained a serious injury. Additionally, waiting for other staff to arrive without taking action is not appropriate as immediate assessment and intervention are critical in maintaining patient safety. Each of these other choices undermines the responsibility a CNA has to ensure the immediate well-being of the patient following an incident like a fall.

4. At what level in the chain of command do Quality Medical Assistants (QMA's) operate?

- A. At the top
- B. Below charge nurses
- C. Above CNA's**
- D. At the same level as ADON

Quality Medical Assistants (QMA's) typically operate at a level that allows them to effectively assist and support the healthcare team, which usually places them above Certified Nursing Assistants (CNA's) in the chain of command. This relationship is largely due to the additional training and responsibilities that QMA's possess, enabling them to perform more advanced medical tasks than CNAs. The QMA's role includes administering medications and other specific tasks that require a higher level of training and certification, which differentiates them from CNAs. Understanding the hierarchy within a healthcare setting is crucial, as each level has distinct roles and responsibilities, ensuring that patient care is delivered efficiently and effectively. QMA's contribute significantly to the healthcare team by bridging the gap between CNAs and nursing staff, playing a vital role in patient care under the supervision of nurses.

5. When caring for a patient with mobility issues, what should a CNA prioritize?

- A. Administering medications on time**
- B. Safety, comfort, and promoting independence**
- C. Following strict schedules**
- D. Limiting patient movement**

Focusing on safety, comfort, and promoting independence is essential when caring for a patient with mobility issues. This approach not only addresses the immediate physical needs of the patient but also enhances their overall well-being. Ensuring safety involves helping the patient move securely, mitigating the risk of falls or injuries. Comfort ensures that the patient feels at ease during assistance, which can significantly decrease anxiety and increase trust in the caregiver. Promoting independence is particularly important for patients with mobility issues, as it encourages them to participate in their own care as much as possible. This contributes to their self-esteem and empowers them, allowing them to maintain a sense of control over their situation. The balance of safety and independence can lead to improved outcomes in rehabilitation and overall quality of life. In contrast, while administering medications on time is crucial for patient health, it does not directly address the specific challenges faced by a patient with mobility issues. Following strict schedules may create rigidity, limiting the personalized care that is often necessary for these patients. Limiting patient movement contradicts the goal of promoting independence and can have negative effects on physical and emotional health. Therefore, prioritizing safety, comfort, and promoting independence ensures a holistic approach to care that respects the patient's needs and encourages their active participation in

6. What does MRSA stand for?

- A. Multi-Resistance Staphylococcus Aureus**
- B. Methicillin-Resistant Staphylococcus Aureus**
- C. Meticillin-Resistant Staphylococcus Albus**
- D. Methicillin-Reactive Staphylococcus Aureus**

MRSA stands for Methicillin-Resistant Staphylococcus Aureus. This term identifies a specific strain of the Staphylococcus aureus bacteria that has developed resistance to methicillin and other antibiotics commonly used to treat staph infections. Understanding its name is crucial for healthcare professionals, as it signifies the importance of recognizing and managing infections caused by this resistant strain. Knowledge of MRSA helps in preventing its spread, implementing appropriate infection control measures, and making informed decisions regarding treatment options. This is particularly significant in clinical settings where MRSA can impact patient safety and outcomes. The significance of naming conventions in microbiology, such as "methicillin-resistant," denotes the characteristics of the bacteria and informs the public and medical staff about the potential challenges in treating infections effectively.

7. What are the three essential elements needed to start a fire?

- A. Fuel, Light, and Oxygen**
- B. Heat, Water, and Fuel**
- C. Fuel, Heat, and Oxygen**
- D. Heat, Air, and Spark**

The correct response identifies Fuel, Heat, and Oxygen as the three essential elements needed to ignite and sustain a fire. These components are fundamental in the fire triangle concept, which illustrates how a fire can only occur when all three elements are present. Fuel refers to any combustible material that can burn, such as wood, paper, or any form of hydrocarbons. Without a source of fuel, there's nothing for the fire to consume, meaning it cannot exist. Heat is the energy source required to raise the temperature of the fuel to its ignition point. This can be provided by a match, spark, or any other means of generating sufficient temperature. If there's no heat, the fuel will not reach the necessary temperature to ignite. Oxygen is vital because it supports the chemical reaction that occurs during combustion. In an atmospheric environment, air contains about 21% oxygen, which is enough to sustain a fire. Without oxygen, the combustion process cannot take place. Understanding these three components is crucial for both preventing and managing fires in various settings, including healthcare environments where safety protocols are paramount.

8. Can a nurse request a CNA to perform a task that requires sterile technique?

- A. Yes, if they are trained**
- B. No, that is not allowed**
- C. Only in emergencies**
- D. Yes, but with doctor supervision**

The correct response indicates that a nurse cannot request a Certified Nursing Assistant (CNA) to perform tasks that require sterile technique. This is because sterile procedures are critical components of healthcare that aim to prevent infection and maintain patient safety. The performance of these tasks typically necessitates specialized training and knowledge that surpasses the scope of practice for a CNA. CNA training includes basic skills aimed at personal care, monitoring vital signs, and assisting with mobility, but it does not extend to the complexities of practices that maintain a sterile environment. Medical professionals, such as registered nurses or licensed practical nurses, are trained in the principles of infection control and sterile technique, ensuring that they can safely perform these responsibilities. In situations that involve sterile techniques, it is imperative that only qualified personnel undertake these tasks to safeguard both the healthcare worker and the patient from potential risks associated with contamination and infections. Recognizing the boundaries of each role within the healthcare system is essential to maintain high standards of patient care.

9. What should never be used to clean hands after contact with a patient who has C-Diff?

- A. Antibacterial wipes**
- B. Alcohol-based hand sanitizers**
- C. Soap and water**
- D. Paper towels**

The use of alcohol-based hand sanitizers after contact with a patient who has *Clostridium difficile* (C-diff) is not recommended because this organism produces spores that are not effectively killed by alcohol. C-diff can cause severe gastrointestinal issues, and its spores are resilient, allowing them to survive on surfaces and in the environment. When caring for a patient with C-diff, proper hand hygiene is crucial to prevent the spread of the bacteria. The most effective method for cleaning hands in this scenario is washing with soap and water. This physical action helps to remove the spores from the hands, unlike alcohol-based sanitizers, which don't provide the same level of cleaning. Antibacterial wipes may also lack effectiveness against such spores, as they are designed for contact with bacteria but not necessarily for the spore-forming type like C-diff. Paper towels do not have a cleansing action and are simply used for drying hands after washing.

10. What is the primary focus of the CNA role related to patient activities?

- A. To assist patients with daily living activities and promote independence**
- B. To provide medical treatment as directed by a nurse**
- C. To observe patients and report to doctors only**
- D. To manage and organize patient records**

The primary focus of the CNA role relates to assisting patients with daily living activities and promoting independence. This aspect of the CNA's responsibilities is crucial as it encompasses a wide range of tasks that are essential for the overall well-being of patients. CNAs help individuals perform activities such as bathing, dressing, grooming, eating, and mobility. By assisting with these daily living activities, CNAs not only provide support but also enable patients to maintain a sense of dignity and autonomy. Empowering patients to do as much as they can on their own supports their self-esteem and overall mental health, which is a vital part of personalized patient care. While other roles may involve medical treatment or documentation, these are not the primary focus of the CNA. Medical treatments are typically carried out by licensed nurses or other healthcare professionals, while managing records primarily falls under administrative responsibilities, which is not the CNA's main duty. The role of observation is important, but it is only part of a broader responsibility that ultimately aims to enhance patient care through supportive interaction. Thus, the emphasis on assisting with daily living activities reflects the core mission of the CNA to ensure patients are cared for holistically and encouraged toward greater independence.

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://ivytechcnaprogram.examzify.com>

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

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