

# Kansas CNA State Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What does 'alignment' refer to in body mechanics?**
  - A. Proper weight distribution**
  - B. Correct shooting posture**
  - C. When the body is straight**
  - D. Movement patterns of the body**
- 2. What type of care is typically delivered in hospitals for patients requiring immediate attention for short-term needs?**
  - A. Subacute care**
  - B. Long-term care**
  - C. Acute care**
  - D. Outpatient care**
- 3. What does it mean when a resident displays combative behavior?**
  - A. Caring behavior towards others**
  - B. Violent or hostile behavior**
  - C. Confused and disoriented actions**
  - D. Expression of sadness or grief**
- 4. The administration of oxygen to increase oxygen supply to the lungs is known as?**
  - A. Oxygen Therapy**
  - B. Respiratory Support**
  - C. Aerosol Treatment**
  - D. Ventilation Assistance**
- 5. What is the primary function of the lymphatic system?**
  - A. To transport hormones**
  - B. Filtration of debris and bacteria from the blood**
  - C. To produce white blood cells**
  - D. To regulate blood flow**

- 6. What is an extra sheet placed on top of the bottom sheet when making a bed called?**
- A. Top sheet**
  - B. Draw sheet**
  - C. Bedspread**
  - D. Blanket**
- 7. Which condition is characterized by brain damage affecting muscle coordination and nerves?**
- A. Autism Spectrum Disorder**
  - B. Cerebral palsy**
  - C. Down syndrome**
  - D. Blindness**
- 8. What is the most common developmental disability?**
- A. Down syndrome**
  - B. Autism Spectrum Disorder**
  - C. Intellectual disability**
  - D. Cerebral palsy**
- 9. What condition is indicated by a pulse rate of less than 60 bpm?**
- A. Tachycardia**
  - B. Bradycardia**
  - C. Hypotension**
  - D. Hypertension**
- 10. The Omnibus Budget Reconciliation Act (OBRA) was enacted in response to what issue?**
- A. Rising healthcare costs**
  - B. Poor care and abuse**
  - C. Staffing shortages in facilities**
  - D. Increased patient satisfaction**

## **Answers**

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

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## **Explanations**

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**1. What does 'alignment' refer to in body mechanics?**

- A. Proper weight distribution**
- B. Correct shooting posture**
- C. When the body is straight**
- D. Movement patterns of the body**

Alignment in body mechanics fundamentally refers to the positioning of the body in a straight or neutral posture. When the body is aligned correctly, each part of the body is positioned in a way that promotes balance and reduces strain on muscles and joints. This straight positioning helps to maintain a strong and stable foundation, which is crucial in preventing injuries during physical activities or while carrying out daily tasks. When the body is aligned properly, it allows for the most efficient movement patterns, as all body parts function optimally without excess tension or stress. Good alignment is especially important for caregivers, as it can significantly impact their ability to assist patients safely and effectively. Proper alignment also contributes to the overall safety and comfort of both the caregiver and the person receiving care.

**2. What type of care is typically delivered in hospitals for patients requiring immediate attention for short-term needs?**

- A. Subacute care**
- B. Long-term care**
- C. Acute care**
- D. Outpatient care**

The term "acute care" refers to the type of medical care that is provided for patients who are experiencing severe, sometimes life-threatening conditions that require immediate attention. This type of care is typically offered in hospital settings where advanced medical interventions, monitoring, and treatment can be administered quickly. Acute care is focused on short-term needs, such as treatment for a heart attack, surgery for a broken bone, or managing an overdose, among other urgent medical situations. Acute care is distinct from subacute care, which is aimed at patients who require a higher level of care than traditional outpatient services but do not need the intensive services provided in an acute care hospital. Long-term care serves individuals with chronic illnesses or disabilities who need assistance over an extended period, and outpatient care typically involves treatment that does not require an overnight stay in the hospital, such as routine check-ups or minor surgical procedures. These types of care address different patient needs and situations, thus distinguishing acute care as the most appropriate choice for immediate, short-term medical attention.

**3. What does it mean when a resident displays combative behavior?**

- A. Caring behavior towards others**
- B. Violent or hostile behavior**
- C. Confused and disoriented actions**
- D. Expression of sadness or grief**

When a resident displays combative behavior, it refers to violent or hostile actions that can manifest as aggression towards others. This type of behavior may be a response to fear, pain, confusion, or other distressing situations. Understanding this is crucial for caregivers as it emphasizes the need for careful intervention and de-escalation techniques. Being able to recognize and appropriately manage combative behavior is essential in ensuring the safety and well-being of both the resident and those around them. In these situations, a CNA should approach the resident calmly, maintain a safe distance, and use effective communication strategies to help diffuse the tension. Recognizing and responding appropriately to such behavior are key competencies in providing quality care in a CNA role.

**4. The administration of oxygen to increase oxygen supply to the lungs is known as?**

- A. Oxygen Therapy**
- B. Respiratory Support**
- C. Aerosol Treatment**
- D. Ventilation Assistance**

Oxygen therapy refers specifically to the administration of oxygen to patients in order to increase the concentration of oxygen in their bloodstream. This is commonly used for individuals who have conditions that result in low oxygen levels, such as chronic obstructive pulmonary disease (COPD), pneumonia, or other respiratory illnesses. The goal of oxygen therapy is to enhance oxygen delivery to tissues and organs, helping to alleviate symptoms of hypoxia, which is a deficiency in the amount of oxygen reaching the tissues. While respiratory support, aerosol treatment, and ventilation assistance might contribute to improving breathing or delivering medications, they do not exclusively focus on the provision of supplemental oxygen as oxygen therapy does. Respiratory support generally encompasses a broader range of actions and techniques, while aerosol treatment typically involves administering medications in mist form rather than outright oxygen. Ventilation assistance can refer to mechanical support of breathing but does not specifically imply the targeted delivery of oxygen, making oxygen therapy the precise term for this crucial intervention.

**5. What is the primary function of the lymphatic system?**

- A. To transport hormones**
- B. Filtration of debris and bacteria from the blood**
- C. To produce white blood cells**
- D. To regulate blood flow**

The primary function of the lymphatic system is to filter debris and bacteria from the blood. This system plays a critical role in maintaining the body's immune system and fluid balance. It consists of a network of lymph nodes, vessels, and organs that work together to collect and transport lymph—a fluid that contains infection-fighting white blood cells—as well as other substances from tissues throughout the body back to the bloodstream. Lymph nodes act as filters, trapping pathogens and foreign substances, which helps to prevent infections. When the lymphatic system filters out these materials, it not only helps protect the body from disease but also contributes to the removal of waste products. Hence, this function is vital for an effective immune response and overall health.

**6. What is an extra sheet placed on top of the bottom sheet when making a bed called?**

- A. Top sheet**
- B. Draw sheet**
- C. Bedspread**
- D. Blanket**

The term used to describe an extra sheet placed on top of the bottom sheet when making a bed is known as a draw sheet. A draw sheet serves various purposes, such as providing an extra layer of protection for the mattress, making it easier for caregivers to assist patients in repositioning, and maintaining hygiene. It also helps to manage moisture and improve patient comfort. In contrast, a top sheet typically refers to the sheet placed directly above the bottom sheet, but below any blankets or bedspreads, while a blanket provides warmth, and a bedspread is often used for aesthetic purposes or as a decorative layer on the bed. The draw sheet is more of a functional tool in the context of patient care and bed-making techniques.

**7. Which condition is characterized by brain damage affecting muscle coordination and nerves?**

**A. Autism Spectrum Disorder**

**B. Cerebral palsy**

**C. Down syndrome**

**D. Blindness**

The condition characterized by brain damage affecting muscle coordination and nerves is cerebral palsy. This neurological disorder results from a brain injury or abnormal brain development, which can occur before, during, or shortly after birth. The damage affects the brain's ability to control muscle movements, leading to difficulties in coordination, balance, and posture. Individuals with cerebral palsy may exhibit a range of symptoms, including stiffness or floppiness of limbs, difficulty with fine motor skills, and challenges in movement and walking. The extent and nature of these symptoms can vary widely from person to person, indicating a spectrum of severity in the disorder. In contrast, autism spectrum disorder primarily involves challenges in social interaction and communication and is not primarily characterized by muscle coordination issues. Down syndrome is a genetic condition resulting from an extra chromosome and primarily impacts intellectual functioning and physical development, while blindness involves visual impairment rather than the motor function issues seen in cerebral palsy. Lastly, blindness is related to vision and does not encompass the motor skills or nerve coordination aspects associated with cerebral palsy. Thus, cerebral palsy is the appropriate choice when identifying a condition linked with brain damage impacting muscle coordination and nerves.

**8. What is the most common developmental disability?**

**A. Down syndrome**

**B. Autism Spectrum Disorder**

**C. Intellectual disability**

**D. Cerebral palsy**

Intellectual disability is considered the most common developmental disability, as it affects a significant proportion of the population. This condition typically involves limitations in both intellectual functioning and in adaptive behavior, which covers many everyday social and practical skills. This broad definition allows for a variety of individuals to be classified under this category. The prevalence of intellectual disabilities is higher when compared to specific conditions like Down syndrome, Autism Spectrum Disorder, or cerebral palsy. Intellectual disabilities can arise from genetic causes, issues during pregnancy, or environmental factors, making them more common than other developmental disabilities that might have more specific causes. Furthermore, understanding this condition is crucial for providing appropriate support and resources to affected individuals and their families, emphasizing the importance of awareness and education surrounding intellectual disabilities in the context of developmental disorders.

**9. What condition is indicated by a pulse rate of less than 60 bpm?**

- A. Tachycardia**
- B. Bradycardia**
- C. Hypotension**
- D. Hypertension**

A pulse rate of less than 60 beats per minute is known as bradycardia. This condition can indicate that the heart is beating slower than normal, which can result from a variety of factors, including high physical conditioning, medication effects, or underlying medical conditions such as heart disease. It is important for healthcare professionals to recognize bradycardia because it may lead to symptoms like dizziness, fatigue, or fainting, especially if it occurs suddenly or is not a person's normal baseline. In contrast, tachycardia refers to a pulse rate that exceeds the normal resting rate, typically over 100 bpm. Hypotension is characterized by abnormally low blood pressure, while hypertension is high blood pressure. Neither of these conditions directly relates to a slow heart rate. Understanding the significance of bradycardia and recognizing its implications is crucial for patient assessment and management in a healthcare setting.

**10. The Omnibus Budget Reconciliation Act (OBRA) was enacted in response to what issue?**

- A. Rising healthcare costs**
- B. Poor care and abuse**
- C. Staffing shortages in facilities**
- D. Increased patient satisfaction**

The Omnibus Budget Reconciliation Act (OBRA) was enacted primarily in response to issues of poor care and abuse in nursing homes and healthcare facilities. In the 1980s, numerous reports and investigations revealed that many long-term care facilities were providing inadequate care to their residents, leading to significant health issues and neglect. The legislation aimed to address these alarming conditions by introducing comprehensive reforms, including establishing minimum standards of care, enhancing residents' rights, and implementing regulations to prevent abuse and neglect. By focusing on the quality of care and holding facilities accountable, OBRA sought to improve the overall living conditions and treatment of individuals in long-term care, ensuring that they receive the appropriate care and respect they deserve.