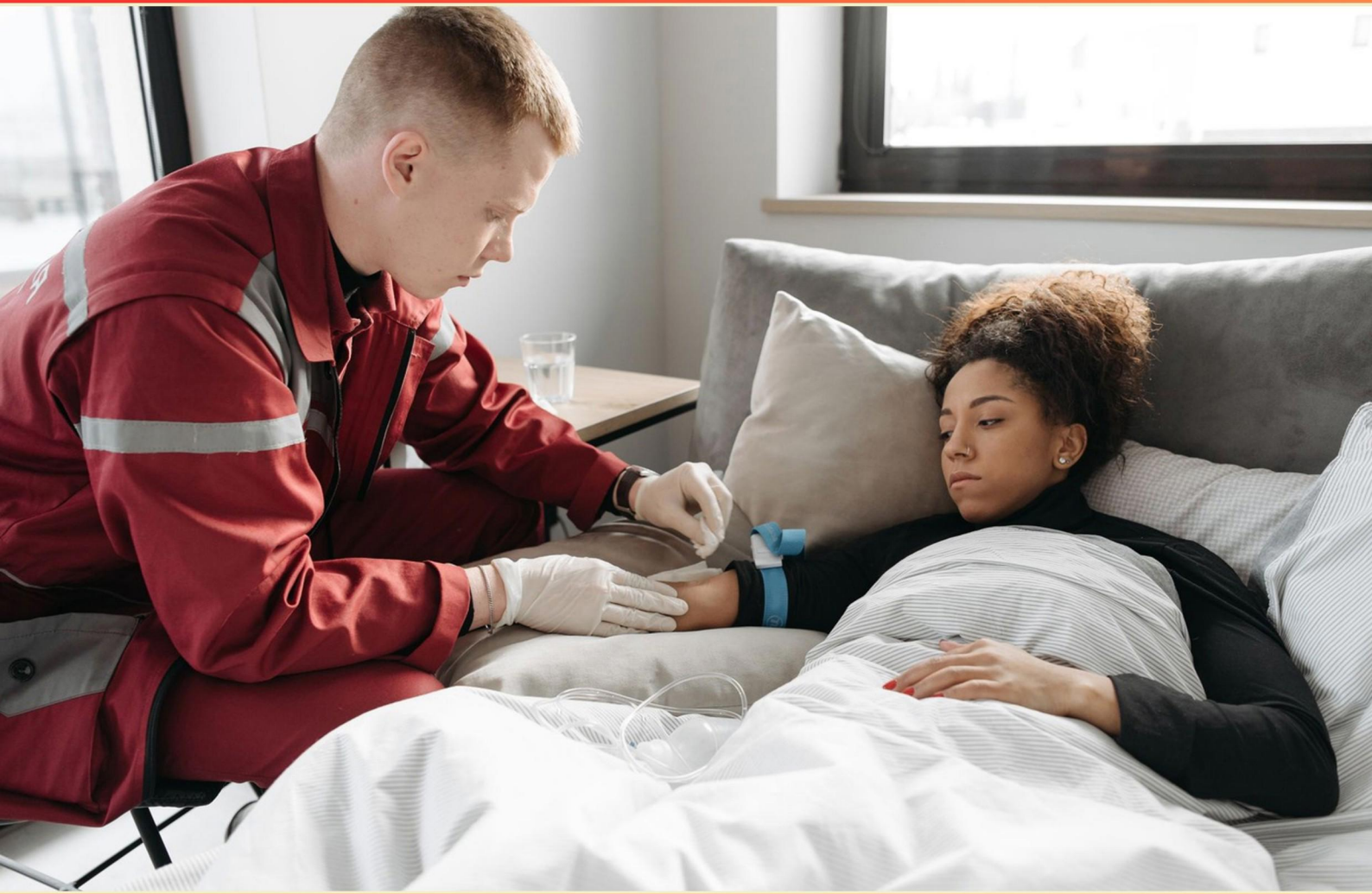


KANSAS CNA STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 option is NOT one of the five rights of delegation?**
 - A. Right Task
 - B. Right Timing
 - C. Right Person
 - D. Right Direction/Communication

- 2. What does the "A" in the PASS acronym signify?**
 - A. Aim
 - B. Activate
 - C. Assess
 - D. Alert

- 3. What does hemiplegia refer to?**
 - A. Weakness on one side of the body
 - B. Paralysis of one side of the body
 - C. Loss of balance
 - D. Full body paralysis

- 4. How should a transfer belt be applied to a patient?**
 - A. Under clothing and tightly secured
 - B. Over clothing and tightened allowing fingers to fit between
 - C. Only around the waist and loosely fitted
 - D. Over clothing without tightening

- 5. What is the primary use for an overhead table in a clinical setting?**
 - A. For storage of medical supplies
 - B. For arranging personal care items or meals
 - C. For placing medical equipment
 - D. For displaying information

- 6. What is the purpose of 'levers' in body mechanics?**
 - A. To stabilize the body
 - B. To increase mobility
 - C. To move objects by resting on the base of support
 - D. To maintain body alignment

- 7. Who assists with rehabilitation through physical exercises tailored to residents' mobility needs?**
- A. Speech-Language Pathologist
 - B. Physical Therapist
 - C. Occupational Therapist
 - D. Registered Nurse
- 8. Which term refers to healthcare services that are patient-specific and intended to be delivered in a short time frame?**
- A. Subacute care
 - B. Chronic care
 - C. Emergency care
 - D. Outpatient care
- 9. What federal law requires all states to have an ombudsman program?**
- A. Older Americans Act (OAA)
 - B. Health Insurance Portability and Accountability Act (HIPAA)
 - C. Patient Self-Determination Act (PSDA)
 - D. Health Information Technology for Economic and Clinical Health Act (HITECH)
- 10. What role does a Registered Dietitian play in the care team?**
- A. Administering medication
 - B. Developing nutritional plans for residents
 - C. Providing physical therapy
 - D. Managing social work cases

Answers

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

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Explanations

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1. Which option is NOT one of the five rights of delegation?

- A. Right Task
- B. Right Timing**
- C. Right Person
- D. Right Direction/Communication

The concept of the "five rights of delegation" is an important framework in nursing and healthcare settings that ensures safe and effective delegation of tasks. The five rights include: 1. Right Task: This aspect ensures that the task being delegated is appropriate for the worker's skill level and scope of practice. 2. Right Circumstance: This refers to the appropriateness of the situation to delegate the task. 3. Right Person: This ensures that the delegatee has the right qualifications and is competent to perform the task. 4. Right Direction/Communication: This emphasizes the importance of clearly communicating the expectations and required components of the task. 5. Right Supervision/Evaluation: This right involves overseeing the performance of the task and providing feedback. The option labeled as "Right Timing" does not belong to this framework, making it the correct response to the question. While timing can be pertinent in specific situations, it is not officially recognized as one of the five rights, thereby making it an incorrect choice in the context of delegation principles. This distinction is essential for nurses to understand in order to ensure effective patient care and appropriate delegation in their practice.

2. What does the "A" in the PASS acronym signify?

- A. Aim**
- B. Activate
- C. Assess
- D. Alert

The "A" in the PASS acronym stands for "Aim." PASS is a mnemonic used in fire safety training to help remember the steps for using a fire extinguisher effectively. The first step, "Aim," refers to directing the extinguisher's nozzle at the base of the fire. This is crucial because aiming at the flames will not effectively extinguish the fire; instead, targeting the base allows the extinguisher to disrupt the fire's fuel source. Without proper aim, even the best fire extinguisher can be ineffective, so understanding this step is vital for ensuring safety and proper response in a fire emergency. The other options represent concepts that are not part of the PASS acronym and do not align with the prescribed method for using a fire extinguisher.

3. What does hemiplegia refer to?

- A. Weakness on one side of the body
- B. Paralysis of one side of the body**
- C. Loss of balance
- D. Full body paralysis

Hemiplegia specifically refers to paralysis affecting one side of the body, often resulting from conditions such as a stroke or a significant brain injury. This condition leads to a complete loss of motor function in the affected side, meaning that individuals with hemiplegia cannot move that side of their body at all. The term comes from the Greek words "hemi," meaning half, and "plegia," meaning paralysis. This is distinct from other forms of paralysis or weakness that may affect limbs or cause difficulties in balance. In the context of the choices presented, hemiplegia clearly aligns with the description of paralysis rather than mere weakness, which would suggest some retained function, or other options that describe different health issues.

4. How should a transfer belt be applied to a patient?

- A. Under clothing and tightly secured
- B. Over clothing and tightened allowing fingers to fit between**
- C. Only around the waist and loosely fitted
- D. Over clothing without tightening

The correct method of applying a transfer belt is to place it over the patient's clothing and ensure it is tightened appropriately so that you can fit your fingers between the belt and the patient's body. This approach is crucial for safety and effectiveness during patient transfers. When the belt is applied over clothing, it helps protect the patient's skin from any irritation that might occur if the belt were positioned directly against the skin. By allowing room for your fingers to fit between the belt and the patient's waist, you ensure that the belt is snug enough to provide support and stability to assist with the transfer without being overly tight, which could cause discomfort or impede circulation. The option that suggests applying the belt under clothing and tightly secured could restrict movement or cause skin injuries, while another suggesting that it only go around the waist and be loosely fitted would not provide the necessary support. Lastly, if the belt is placed over clothing without tightening, it could lead to a lack of control during the transfer, increasing the risk of falls or accidents. Thus, the method that includes both the appropriate positioning and the right level of tightness is crucial for safe patient handling.

5. What is the primary use for an overhead table in a clinical setting?

- A. For storage of medical supplies
- B. For arranging personal care items or meals**
- C. For placing medical equipment
- D. For displaying information

In a clinical setting, the primary use of an overhead table is to arrange personal care items or meals. These tables are designed to provide a convenient workspace close to patients, allowing caregivers to easily access necessary items without having to move far from the bedside. This facilitates efficient care, especially during meal times or personal hygiene routines, ensuring that everything needed is within easy reach for both staff and patients. While an overhead table may also support storage of medical supplies or equipment, its main purpose is to enhance the immediate care environment by keeping personal and meal-related items organized and accessible. This organization aids in providing timely assistance and enhances the overall experience for the patient during their care.

6. What is the purpose of 'levers' in body mechanics?

- A. To stabilize the body
- B. To increase mobility
- C. To move objects by resting on the base of support**
- D. To maintain body alignment

The purpose of levers in body mechanics is to move objects by resting on a base of support. In the context of human movement, the body acts as a series of levers, where the bones serve as the bars, the joints act as the fulcrums, and the muscles provide the force needed to move these levers. This system allows for efficient movement and the ability to lift or move loads with less effort. When you think about everyday activities such as lifting a heavy box, the longer the lever arm (the distance from the fulcrum to where the force is applied), the less force is required to lift that load. This principle is essential in physical therapy, nursing, and other health-related fields, as it helps caregivers understand how to assist individuals in moving safely and effectively.

7. Who assists with rehabilitation through physical exercises tailored to residents' mobility needs?

- A. Speech-Language Pathologist
- B. Physical Therapist**
- C. Occupational Therapist
- D. Registered Nurse

The role of a physical therapist is specifically focused on assisting individuals with rehabilitation through physical exercises that are customized to meet their mobility needs. They evaluate the physical capabilities of patients and design exercise programs that aim to improve strength, flexibility, and overall physical function. This includes working with individuals recovering from injuries, surgeries, or illnesses that affect their mobility. Physical therapists employ various techniques, including therapeutic exercises, manual therapy, and modalities like ultrasound or electrical stimulation, to facilitate recovery and enhance mobility. Their expertise helps residents regain independence in their everyday activities by improving physical function and reducing pain. In contrast, other professionals listed, such as speech-language pathologists, focus on communication and swallowing disorders, while occupational therapists primarily assist with daily living skills and functioning in daily tasks. Registered nurses provide comprehensive patient care and support but are not specialized in the rehabilitative exercise aspect that physical therapists handle.

8. Which term refers to healthcare services that are patient-specific and intended to be delivered in a short time frame?

- A. Subacute care
- B. Chronic care
- C. Emergency care
- D. Outpatient care**

Outpatient care refers to healthcare services that are designed to address specific patient needs without requiring an overnight stay in a medical facility. This type of care is typically provided in a shorter time frame, allowing patients to receive treatment for a variety of conditions and then return home the same day. Outpatient services can encompass a range of procedures, from routine check-ups to minor surgeries and rehabilitation services. This approach is beneficial for patients as it promotes a more flexible and efficient use of healthcare resources, reducing the strain on hospitals and providing convenient access to necessary care. It also aligns with the growing trend of delivering healthcare in a more patient-centered manner, where care is tailored to the individual and can be conducted in an environment that is less disruptive to their daily lives. In contrast, subacute care usually implies a more complex medical need requiring longer care duration but not as intensive as inpatient care. Chronic care focuses on long-term health issues that require ongoing management. Emergency care is dedicated to immediate and urgent medical needs arising from acute conditions or injuries. Each of these options serves different facets of healthcare delivery, highlighting the diverse needs of patients in various situations.

9. What federal law requires all states to have an ombudsman program?

- A. Older Americans Act (OAA)**
- B. Health Insurance Portability and Accountability Act (HIPAA)
- C. Patient Self-Determination Act (PSDA)
- D. Health Information Technology for Economic and Clinical Health Act (HITECH)

The Older Americans Act (OAA) is the federal law that mandates all states to establish an ombudsman program. This program is designed to advocate for the rights and well-being of older adults, particularly those living in long-term care facilities. Ombudsman programs serve as a crucial resource, addressing complaints and issues related to the care and treatment of residents, helping to ensure that they receive quality care and their rights are upheld. The importance of the OAA cannot be overstated, as it not only promotes the dignity and autonomy of older individuals but also provides a structured mechanism for resolving disputes and improving the quality of care in facilities. By requiring states to have an ombudsman program, the OAA fosters oversight and accountability within long-term care systems. Other federal laws, such as HIPAA, the Patient Self-Determination Act, and HITECH, focus on different aspects of healthcare, such as privacy of health information, advance directives, and electronic health records, respectively. While these laws play vital roles in the healthcare system, they do not specifically mandate the establishment of an ombudsman program for advocacy concerning elderly care.

10. What role does a Registered Dietitian play in the care team?

- A. Administering medication
- B. Developing nutritional plans for residents**
- C. Providing physical therapy
- D. Managing social work cases

A Registered Dietitian plays a crucial role in the care team by developing nutritional plans for residents. This specialization involves assessing the dietary needs of individuals based on their health conditions, preferences, and nutritional requirements. The Registered Dietitian is trained to create personalized meal plans that aim to promote healthy eating habits, manage medical conditions through proper nutrition, and enhance overall well-being. This role is vital in settings such as hospitals, nursing homes, and other healthcare facilities where nutrition is a key component of patient care. In contrast, administering medication, providing physical therapy, and managing social work cases fall under the expertise of other healthcare professionals. Each of these roles has its own distinct responsibilities and focuses on different aspects of patient care. The integration of a Registered Dietitian into the healthcare team ensures that residents receive comprehensive care that meets their nutritional needs, which can be critical to their recovery and quality of life.

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://kansascnastate.examzify.com>

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

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