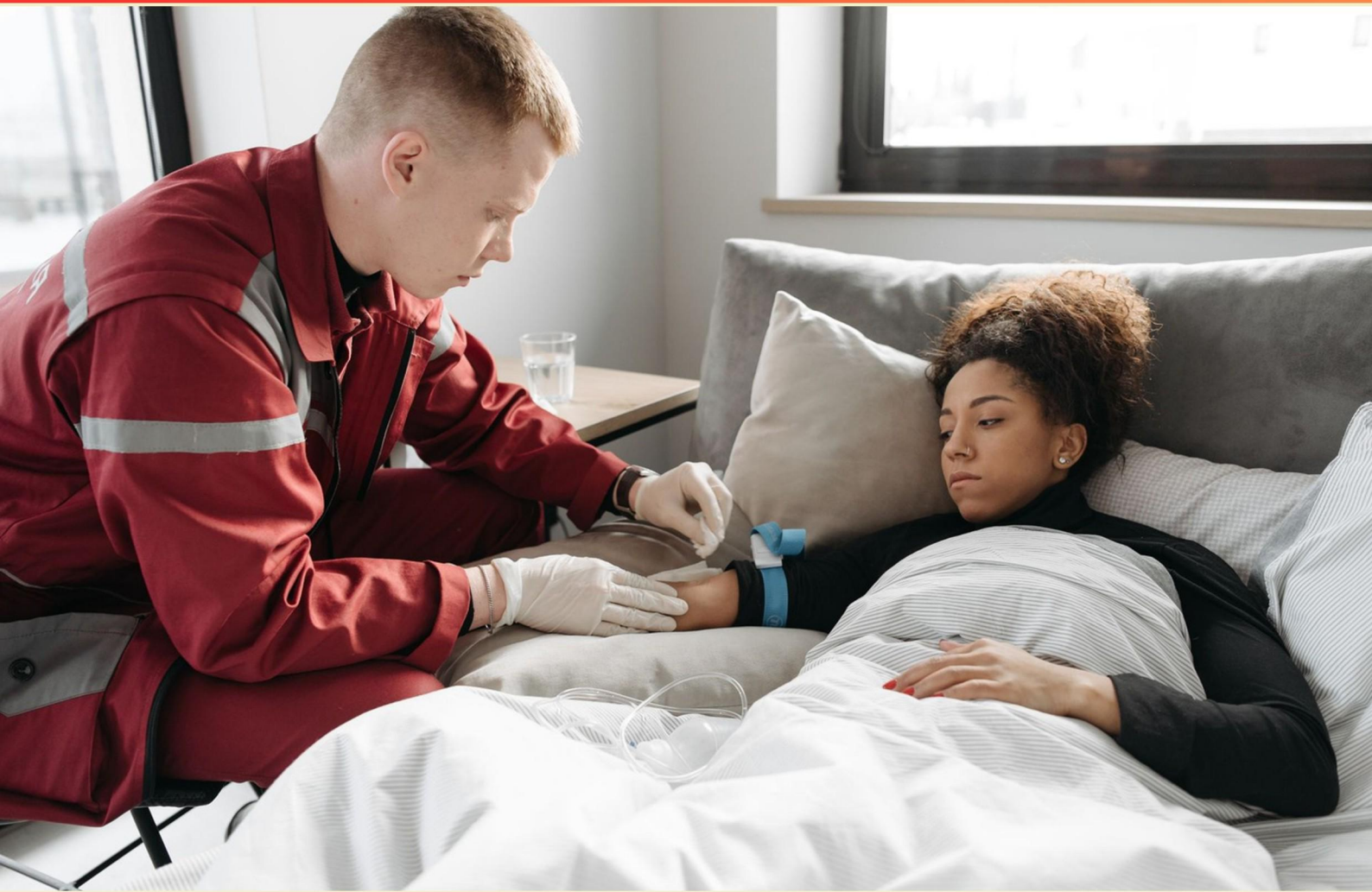


KANSAS CNA STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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 is an appropriate action for a nursing assistant if a resident starts to fall?**
 - A. Call for help immediately
 - B. Widen their stance and break the fall
 - C. Let them fall to prevent injury
 - D. Try to catch them as they fall
- 2. What is required by employers to reduce employee exposure to infectious materials?**
 - A. Safety Policy Document
 - B. Exposure Control Plan
 - C. Health Guidelines Manual
 - D. Infection Prevention Strategy
- 3. What is phlegm?**
 - A. Thin mucus in the throat
 - B. Thick mucus from the respiratory passage
 - C. Coughing up blood
 - D. Fever and chills
- 4. Which of the following describes a characteristic of receptive aphasia?**
 - A. The ability to speak fluently
 - B. Difficulty understanding language
 - C. Inability to write
 - D. Excessive talking
- 5. What is restorative care?**
 - A. Intensive medical treatment for chronic diseases
 - B. Helping the resident maintain the highest level of functioning possible
 - C. Emergency care for acute injuries
 - D. Long-term institutional care

- 6. Protected Health Information (PHI) pertains to data that can be used to do what?**
- A. Identify a person and his/her medical history
 - B. Evaluate healthcare facilities
 - C. Ensure patient confidentiality
 - D. Process insurance claims
- 7. Which item is NOT classified as Personal Protective Equipment (PPE)?**
- A. Gloves
 - B. Surgical Masks
 - C. Face Shields
 - D. Office desks
- 8. What is the upper limit for a normal oral temperature?**
- A. 97.6 °F
 - B. 98.6 °F
 - C. 99.6 °F
 - D. 100.6 °F
- 9. What is the main role of white blood cells in the lymphatic system?**
- A. To carry nutrients
 - B. To filter waste
 - C. To protect against infection
 - D. To store energy
- 10. What is the most common developmental disability?**
- A. Down syndrome
 - B. Autism Spectrum Disorder
 - C. Intellectual disability
 - D. Cerebral palsy

Answers

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

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Explanations

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1. What is an appropriate action for a nursing assistant if a resident starts to fall?

- A. Call for help immediately
- B. Widen their stance and break the fall**
- C. Let them fall to prevent injury
- D. Try to catch them as they fall

If a resident starts to fall, the appropriate action is to widen your stance and break the fall. This approach helps to stabilize your own body and provides support to the resident during the fall. By widening your stance, you can lower your center of gravity, which helps maintain balance. Additionally, breaking the fall means using your body to control how the resident lands, thus reducing the impact and minimizing the chance of injury. Focusing on the natural motion of the fall allows you to manage situations better, potentially guiding the resident to the ground in a safer manner rather than just letting them fall without any support or trying to catch them, which could increase the risk of injury for both parties. Maintaining a calm and controlled response during such an incident is critical, as it can impact the outcome significantly.

2. What is required by employers to reduce employee exposure to infectious materials?

- A. Safety Policy Document
- B. Exposure Control Plan**
- C. Health Guidelines Manual
- D. Infection Prevention Strategy

Employers are required to implement an Exposure Control Plan to reduce employee exposure to infectious materials. This plan is a comprehensive strategy that outlines the specific protocols and procedures to minimize the risk of exposure in the workplace. It includes identifying potential hazards, providing appropriate protective equipment, and establishing vaccination programs or health monitoring if necessary. The Exposure Control Plan must also include training for employees on how to recognize and avoid potential sources of infectious materials, ensuring they understand the risks involved in their roles. Additionally, the plan should be regularly reviewed and updated to reflect any changes in regulations, facility procedures, or emerging infectious threats, contributing to a safer work environment. This requirement is a part of regulatory compliance, often aligned with OSHA guidelines, emphasizing the importance of protecting employees' health through structured and proactive measures.

3. What is phlegm?

- A. Thin mucus in the throat
- B. Thick mucus from the respiratory passage**
- C. Coughing up blood
- D. Fever and chills

Phlegm refers specifically to the thick mucus produced in the respiratory passages, particularly when the body is experiencing an infection or irritation. This substance plays a crucial role in the body's defense mechanism, helping to trap and eliminate pathogens, dust, and other foreign particles from the airways. When an individual has a respiratory condition such as a cold, bronchitis, or another illness, the body tends to produce more phlegm as a response to clear the infection. The viscosity of phlegm distinguishes it from regular mucus, which is generally thinner and found in the nasal passages. Understanding the nature of phlegm is vital for healthcare providers as it can give clues about a patient's condition. For instance, a change in the color or consistency of phlegm may indicate a specific type of infection or other underlying health issues. Thus, B is the correct choice as it accurately describes the nature of phlegm, which directly correlates to its function in the respiratory system.

4. Which of the following describes a characteristic of receptive aphasia?

- A. The ability to speak fluently
- B. Difficulty understanding language**
- C. Inability to write
- D. Excessive talking

Receptive aphasia, also known as Wernicke's aphasia, is characterized primarily by difficulty in understanding language. Individuals with this condition may hear spoken language and see written words, but they struggle to comprehend their meanings. While they can produce speech that flows fluently, including sentences that may sound normal, the content may be nonsensical or lack coherence. This difficulty in understanding affects their ability to follow conversations or comprehend questions, leading to significant challenges in communication. Recognizing this characteristic is essential for caregivers, healthcare providers, and family members to better support individuals coping with aphasia.

5. What is restorative care?

- A. Intensive medical treatment for chronic diseases
- B. Helping the resident maintain the highest level of functioning possible**
- C. Emergency care for acute injuries
- D. Long-term institutional care

Restorative care is focused on helping individuals regain their independence and achieve the highest level of functioning possible after experiencing a decline in ability, which might be due to illness, injury, or disability. This approach emphasizes the importance of rehabilitation and supports aspects such as mobility, self-care, and activities of daily living. By encouraging residents to participate in their own care to the fullest extent, restorative care fosters a sense of autonomy and enhances their quality of life. It often involves various therapies and exercises tailored to the individual, aimed at improving physical and cognitive abilities while preventing further decline. In contrast, intensive medical treatment for chronic diseases is about managing conditions rather than enhancing functionality; emergency care pertains to immediate treatment needed for acute injuries, and long-term institutional care generally focuses on ongoing support rather than maximizing independence. Restorative care, therefore, distinctly centers on empowering individuals to achieve their personal best in terms of daily functioning.

6. Protected Health Information (PHI) pertains to data that can be used to do what?

- A. Identify a person and his/her medical history**
- B. Evaluate healthcare facilities
- C. Ensure patient confidentiality
- D. Process insurance claims

Protected Health Information (PHI) refers to any individually identifiable health information that is maintained or transmitted by a covered entity. This information can be used to identify an individual and their medical history, which includes details such as names, addresses, birth dates, Social Security numbers, and any health-related data associated with that individual. The essence of PHI is its capacity to link personal health information directly to a specific individual, making it crucial for ensuring the privacy and protection of patients' medical information. While evaluating healthcare facilities, ensuring patient confidentiality, and processing insurance claims are important aspects of healthcare management, they do not specifically define what PHI is in the same way that identifying a person's medical history does.

7. Which item is NOT classified as Personal Protective Equipment (PPE)?

- A. Gloves
- B. Surgical Masks
- C. Face Shields
- D. Office desks**

Personal Protective Equipment (PPE) refers to specialized clothing or equipment worn for protection against hazards that can cause injury or illness. In the context of healthcare and caregiving, PPE includes items that shield healthcare workers and patients from exposure to infectious agents or harmful substances. Gloves, surgical masks, and face shields all serve specific protective functions. Gloves provide a barrier to prevent contamination of hands and reduce the risk of spreading pathogens. Surgical masks help protect the wearer's mouth and nose from droplets and splashes, while face shields offer additional protection for the entire face from respiratory droplets and splashes. On the other hand, office desks do not serve a protective function in the context of health and safety when dealing with infectious agents. Instead, they are standard pieces of furniture in a workplace and do not provide any barrier or protective benefits to users against health hazards. Therefore, office desks are not classified as PPE. This distinction highlights the importance of using appropriate safety equipment in healthcare settings to protect both staff and patients effectively.

8. What is the upper limit for a normal oral temperature?

- A. 97.6 °F
- B. 98.6 °F
- C. 99.6 °F**
- D. 100.6 °F

The upper limit for a normal oral temperature is 99.6 °F. This value is widely accepted in the medical field as it reflects the average normal body temperature for healthy adults when taken orally. Body temperature can vary due to factors such as time of day, physical activity, and individual differences, but 99.6 °F is considered the threshold above which a person may be classified as having a fever. The significance of recognizing this upper limit is crucial for health professionals, as it informs them about potential changes in a patient's health status and guides them in making clinical decisions regarding care and treatment. Keeping the normal range in mind is important for identifying abnormal temperatures that may require further investigation or intervention.

9. What is the main role of white blood cells in the lymphatic system?

- A. To carry nutrients
- B. To filter waste
- C. To protect against infection**
- D. To store energy

White blood cells, or leukocytes, play a crucial role in the immune response, which is a significant function of the lymphatic system. Their primary purpose is to protect the body against infections and diseases by identifying and eliminating pathogens, such as bacteria and viruses. They do this through various mechanisms, including producing antibodies, engulfing harmful invaders, and coordinating the activities of other immune cells. In the context of the lymphatic system, white blood cells are transported through lymph vessels and are concentrated in lymphoid organs, such as lymph nodes, where they encounter antigens and initiate an immune response. This protective function is vital in maintaining health and preventing disease, making it the main role of white blood cells in the lymphatic system.

10. 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.

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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