

# Michigan CNA Skills Practice Test (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. During dressing, why is the weaker side usually dressed first?**
  - A. Weaker side first when dressing to promote independence**
  - B. Stronger side first**
  - C. Dress both sides at the same time**
  - D. Skip dressing if tired**
  
- 2. What is essential before documenting that a skill was performed?**
  - A. Notify supervisor**
  - B. Log out of the system**
  - C. Wash hands**
  - D. Sign the form**
  
- 3. What is the normal systolic or top blood pressure number?**
  - A. 60 to 100**
  - B. 90 to 100**
  - C. 90 to 140**
  - D. 120 to 180**
  
- 4. Which statement best describes the proper ROM technique for one knee and one ankle?**
  - A. Move joints quickly to avoid pain.**
  - B. Continue ROM even if pain is verbalized.**
  - C. Move joints gently, slowly, and stop if client verbalizes pain.**
  - D. Push beyond pain to test limits.**
  
- 5. What stroke pattern is typical for a back rub?**
  - A. Short, quick, circular motions across the shoulders**
  - B. Alternating pulling and lifting on the spine**
  - C. Irregular, pounding strokes along the back**
  - D. Long, smooth strokes from the lower back up to the shoulders**

- 6. In the described hand-washing procedure, what is the final step to complete hand hygiene safely?**
- A. Turn off faucet with a new paper towel**
  - B. Dry hands using a towel**
  - C. Rinse hands**
  - D. Apply soap**
- 7. During female catheter care, which sequence of steps is correct?**
- A. Cleanse around insertion site, then wipe front to back without moving to the catheter.**
  - B. Cleanse around insertion site and down the catheter 3-4 inches, but wipe back to front.**
  - C. Wipe only the insertion site with a dry cloth.**
  - D. Cleanse around insertion site, down the catheter 3-4 inches, wipe front to back, and change washcloth spot for each stroke.**
- 8. When handling soiled bed linens, which action is correct to protect yourself and others?**
- A. Roll soiled linen away from the body, being careful not to touch linen to clothing.**
  - B. Roll linen toward your body.**
  - C. Shake the linens to remove wrinkles.**
  - D. Touch the inside of the linen bag.**
- 9. Before ambulating with a gait belt, what footwear should the client have?**
- A. The client should be wearing shoes.**
  - B. The client should be barefoot.**
  - C. The client should wear only socks.**
  - D. Footwear is optional.**
- 10. Which statement reflects correct practice when dressing a client with a weakened right arm?**
- A. Dress the left arm first, then the right arm.**
  - B. Dress the right arm first by guiding it through the sleeve, then the left.**
  - C. Remove clothing from the client before dressing.**
  - D. Let the client dress themselves without help.**

## Answers

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

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## **Explanations**

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**1. During dressing, why is the weaker side usually dressed first?**

- A. Weaker side first when dressing to promote independence**
- B. Stronger side first**
- C. Dress both sides at the same time**
- D. Skip dressing if tired**

Dressing the weaker side first supports independence and safety for someone with unilateral weakness. Starting with the affected arm allows the patient to participate with the weaker limb without the garment getting tangled or pulled across it, making it easier to guide that arm into the sleeve. The stronger arm remains free to help adjust the garment and support the process, reducing strain or frustration for both the patient and the caregiver. Dressing the stronger side first can trap or pull on the weaker side, making the task harder and less safe. Attempting to dress both sides at the same time isn't practical with one-sided weakness, and skipping dressing due to fatigue isn't appropriate; you work through it with pace and assistance to maintain function and safety.

**2. What is essential before documenting that a skill was performed?**

- A. Notify supervisor**
- B. Log out of the system**
- C. Wash hands**
- D. Sign the form**

Hand hygiene is the essential step before documenting that a skill was performed. Cleaning your hands right before recording care prevents transferring germs onto the resident or onto the documentation itself, upholding infection-control standards and ensuring the chart reflects care performed without contaminating it. This safety practice applies even after you've finished the hands-on task, because the documentation process should not introduce new pathogens into the resident's environment or into records. Other actions aren't universally required prerequisites for documentation. Notifying a supervisor may be necessary in certain situations, but it isn't a universal pre-documentation step. Logging out of the system and signing the form are part of the documentation process and security, but the critical safeguard that must occur first to protect health and accuracy is hand washing.

**3. What is the normal systolic or top blood pressure number?**

- A. 60 to 100**
- B. 90 to 100**
- C. 90 to 140**
- D. 120 to 180**

The top number you see in a blood pressure reading is systolic pressure—the pressure in the arteries when the heart contracts. In many CNA-focused guidelines, a normal systolic value is considered to fall roughly from 90 up to about 140 mm Hg. The lower end around 90 indicates enough force to push blood to vital organs, while reaching up to around 140 is still treated as acceptable within that context. Values well above 140 tend to signal hypertension and need monitoring, while readings much lower than 90 could mean insufficient perfusion. So, in this context, the normal range is about 90 to 140 mm Hg.

4. Which statement best describes the proper ROM technique for one knee and one ankle?

- A. Move joints quickly to avoid pain.
- B. Continue ROM even if pain is verbalized.
- C. Move joints gently, slowly, and stop if client verbalizes pain.**
- D. Push beyond pain to test limits.

For ROM, the priority is safe, comfortable movement: run the joint through its range gently and slowly, and stop as soon as the person verbalizes pain. This approach protects soft tissues and joints from strain or damage, and respects the client's comfort and signals—pain means something isn't right and should halt the movement. Moving quickly can cause unnecessary discomfort or injury, and continuing or pushing beyond pain risks muscle pulls, ligament injury, or worsened inflammation. With a knee and an ankle, move them in smooth, controlled arcs, support the limb, and stay within the client's pain-free range. If pain occurs, pause, reassess, and adjust the movement accordingly.

5. What stroke pattern is typical for a back rub?

- A. Short, quick, circular motions across the shoulders
- B. Alternating pulling and lifting on the spine
- C. Irregular, pounding strokes along the back
- D. Long, smooth strokes from the lower back up to the shoulders**

Back rubs use long, smooth, gliding strokes that travel from the lower back up toward the shoulders. This continuous, gentle technique—often called effleurage—helps relax muscles, improve circulation, and promote comfort without pressing or jarring the spine. Short, quick circular motions are not typical for a back rub because they're more stimulating and can irritate the skin. Alternating pulling and lifting on the spine is unsafe and not part of proper back rubbing technique, and irregular pounding strokes are harsh and uncomfortable. The preferred pattern, therefore, is the long, smooth stroke moving upward from the lower back to the shoulders, covering large areas with consistent contact.

6. In the described hand-washing procedure, what is the final step to complete hand hygiene safely?

- A. Turn off faucet with a new paper towel**
- B. Dry hands using a towel
- C. Rinse hands
- D. Apply soap

Preventing recontamination after washing is the key idea. The final step is to use a fresh disposable paper towel to turn off the faucet. This keeps clean hands from touching potentially dirty faucet handles and then allows you to discard the towel. Drying the hands and the earlier steps (getting soap, lathering, rinsing) happen before this, and drying is done prior to using the towel to shut off the faucet. Using a new paper towel for the faucet ensures the hands stay as clean as possible until the procedure is complete.

**7. During female catheter care, which sequence of steps is correct?**

- A. Cleanse around insertion site, then wipe front to back without moving to the catheter.**
- B. Cleanse around insertion site and down the catheter 3-4 inches, but wipe back to front.**
- C. Wipe only the insertion site with a dry cloth.**
- D. Cleanse around insertion site, down the catheter 3-4 inches, wipe front to back, and change washcloth spot for each stroke.**

Infection prevention during female catheter care relies on cleaning in a sequence that minimizes moving bacteria toward the urethral opening and prevents recontamination. Start by cleansing around the insertion site to remove any bacteria at the meatus. Then clean downward along the length of the catheter about 3-4 inches to ensure the portion near the insertion site is clean. Wipe from front to back to prevent transferring bacteria from the perineal area toward the urethra. Use a fresh washcloth for each stroke to avoid spreading contaminants. This combination reduces the risk of infection by removing bacteria and preventing their introduction to the urinary tract. The other approaches fall short: cleaning only around the site misses cleansing the catheter itself; using back-to-front direction risks pulling bacteria toward the urethral opening; and wiping only the insertion site with a dry cloth does not address contamination on the catheter or use proper cross-contamination precautions.

**8. When handling soiled bed linens, which action is correct to protect yourself and others?**

- A. Roll soiled linen away from the body, being careful not to touch linen to clothing.**
- B. Roll linen toward your body.**
- C. Shake the linens to remove wrinkles.**
- D. Touch the inside of the linen bag.**

When handling soiled bed linens, the main idea is to keep the contaminants away from your body and prevent spread. Rolling the linens away from you is the safest technique because it boundary-contain the dirty fabric and keeps your skin and clothing turning away from the contamination. This method also helps you guide the linens into the bag without brushing them against you or creating splash or contact with clean areas. Rolling toward your body would bring the contaminated material closer, increasing the chance of contact with skin, clothing, or the environment. Shaking the linens can aerosolize or scatter contaminants, raising infection risk. Touching the inside of the linen bag can transfer contaminants to your gloves or hands and then to other surfaces or people. Remember to wear gloves and perform hand hygiene after removing them, as part of standard precautions when handling soiled linens.

**9. Before ambulating with a gait belt, what footwear should the client have?**

- A. The client should be wearing shoes.**
- B. The client should be barefoot.**
- C. The client should wear only socks.**
- D. Footwear is optional.**

Footwear is essential for safe ambulation with a gait belt. Shoes provide traction and protect the feet, which helps prevent slips, trips, or injuries as the person stands and moves. They should be closed-toe, properly fitted, and have non-slip soles with laces or fasteners secured. Bare feet or only socks can slip on surfaces and offer little protection, increasing fall risk. Saying footwear is optional isn't safe practice.

**10. Which statement reflects correct practice when dressing a client with a weakened right arm?**

- A. Dress the left arm first, then the right arm.**
- B. Dress the right arm first by guiding it through the sleeve, then the left.**
- C. Remove clothing from the client before dressing.**
- D. Let the client dress themselves without help.**

When a limb is weakened, begin with that arm to protect it and keep movement minimal. For a right arm that's weak, guide the right arm through the sleeve first, keeping the elbow supported and using one hand to cradle the arm as you slide the garment over the hand and up the arm. Once the weaker arm is inside, dress the other arm. This approach helps prevent accidental pulling or overextension of the injured arm, reduces discomfort, and allows the client to participate with the remaining, stronger arm. Starting with the stronger arm isn't as safe because it can create awkward movement or strain when you later work the weaker arm through the sleeve. Dressing without assistance isn't appropriate when one arm is weak, as the client may not manage safely alone. Removing clothing beforehand isn't the focus here and doesn't address protecting the weakened limb.

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

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

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