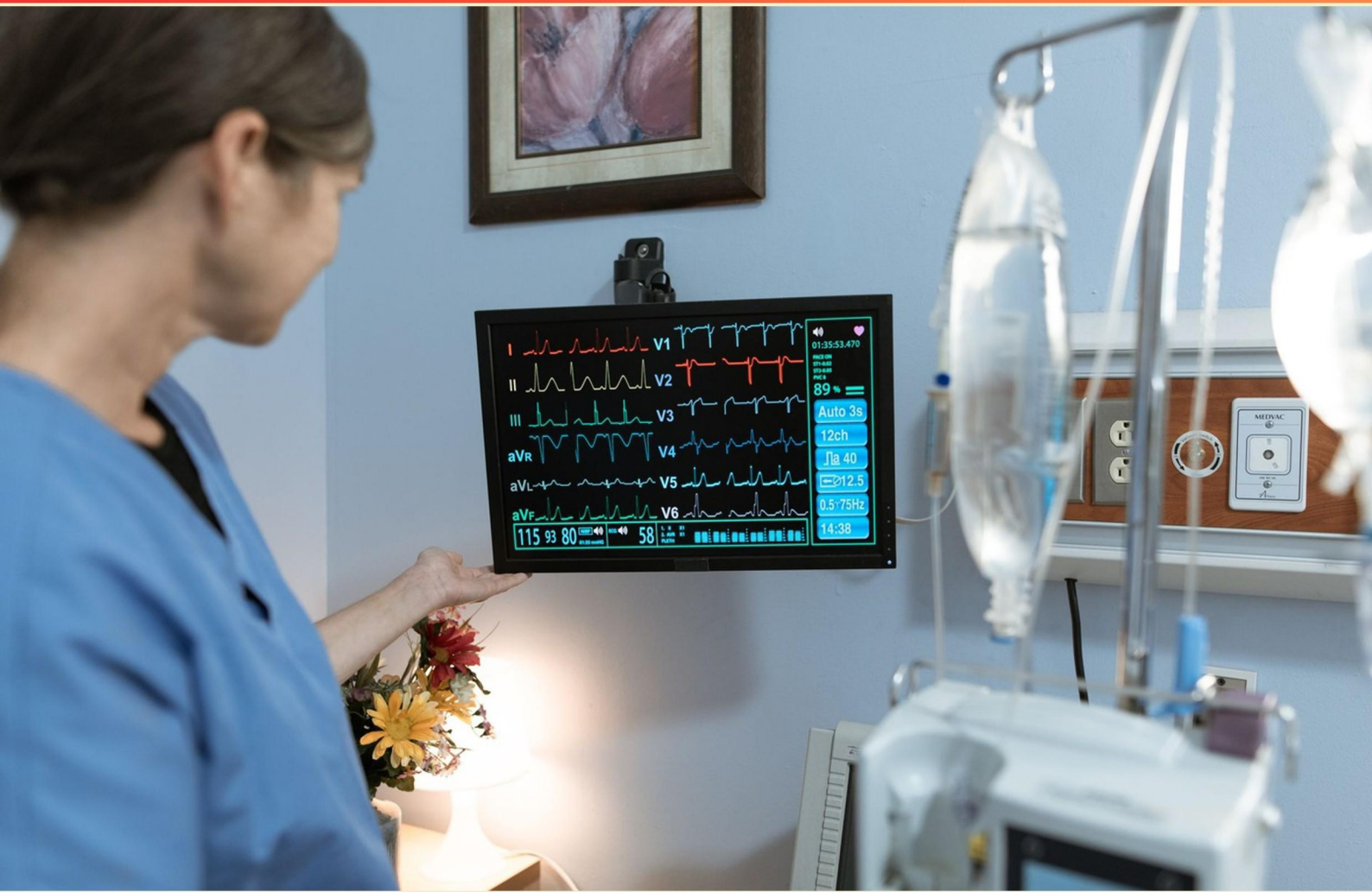


MICHIGAN CNA SKILLS PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Before feeding a dependent client, what position should the client be in?**
 - A. In an upright sitting position at 75 to 90 degrees.
 - B. Lying flat.
 - C. Semi-reclined at 45 degrees.
 - D. On a side-lying position.
- 2. During catheter care for a female resident, why is it important to hold the catheter at the meatus without tugging?**
 - A. To prevent injury to the urethra
 - B. To allow more cleaning around the meatus
 - C. To stop the flow
 - D. To ensure the bag is lower
- 3. Which preparation step is recommended when cleaning dentures to prevent damage if dropped?**
 - A. Soak dentures in hot water
 - B. Brush dentures with regular toothpaste
 - C. Line the bottom of the sink with a towel
 - D. Rinse dentures under cold water
- 4. In giving a back rub, which technique is recommended?**
 - A. Quick patting on the back
 - B. Long, dry strokes
 - C. Gentle tapping with fingertips
 - D. Circular strokes with lotion
- 5. What is the normal adult pulse range to record?**
 - A. 40-60
 - B. 60-100
 - C. 100-140
 - D. 20-40

- 6. Which position is used for performing a back rub?**
- A. Supine
 - B. Prone
 - C. Side-lying with back exposed
 - D. Fetal position
- 7. Back rub technique: which statement describes proper method?**
- A. Rake the skin with fingertips
 - B. Apply general pressure using both hands from buttocks to back of neck with long firm strokes
 - C. Massage in circular clockwise only
 - D. Use rapid light taps on shoulders
- 8. Which two ROM movements are described for the shoulder?**
- A. Flexion/extension and abduction/adduction
 - B. Pronation/supination
 - C. Dorsiflexion/plantarflexion
 - D. Internal/external rotation
- 9. Which step is performed after finishing the catheter care procedure?**
- A. Glove up
 - B. Signaling device in reach
 - C. Bed in low position
 - D. Wash hands
- 10. Which item provides privacy during dressing a resident?**
- A. Privacy blanket
 - B. Curtain
 - C. Gown
 - D. Bed privacy sheet

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Before feeding a dependent client, what position should the client be in?

A. In an upright sitting position at 75 to 90 degrees.

B. Lying flat.

C. Semi-reclined at 45 degrees.

D. On a side-lying position.

Positioning the head and upper body upright during feeding is essential to protect the airway and support safe swallowing. Sitting up at about 75 to 90 degrees aligns the throat and esophagus, allowing gravity to help move the food toward the stomach while keeping saliva and any swallowed material away from the airway. This posture reduces the risk of aspiration if the client chews or swallows imperfectly and helps prevent choking. A flat or semi-reclined position makes it easier for food or liquids to pool in the back of the throat or flow back toward the airway, raising the chance of choking or aspiration. Side-lying during feeding also complicates swallowing safety and airway protection. If the client cannot tolerate a full upright position, use the highest safe incline achievable and maintain it during meals, then keep them upright for a period afterward to aid digestion and prevent reflux.

2. During catheter care for a female resident, why is it important to hold the catheter at the meatus without tugging?

A. To prevent injury to the urethra

B. To allow more cleaning around the meatus

C. To stop the flow

D. To ensure the bag is lower

Traction on the catheter can injure the urethra. When you hold the catheter at the meatus, you stabilize it so movement from cleaning or care doesn't pull on the urethral passage. In females, the urethra is shorter and more delicate, so even small tugging or displacement can cause irritation, tearing, or trauma. Keeping a steady grip at the entry helps prevent injury and dislodgement while you perform proper cleansing around the opening. The goal here isn't stopping urine flow or repositioning the bag, but avoiding any pull on the urethra.

3. Which preparation step is recommended when cleaning dentures to prevent damage if dropped?

A. Soak dentures in hot water

B. Brush dentures with regular toothpaste

C. Line the bottom of the sink with a towel

D. Rinse dentures under cold water

When cleaning dentures, the main idea is to prevent damage from a potential drop. Lining the bottom of the sink with a towel provides a soft cushion, so if the dentures slip, the impact is gentler and less likely to cause cracks or breaks. Soaking dentures in hot water can warp the acrylic or metal, so it's not safe. Brushing with regular toothpaste is too abrasive for dentures and can scratch the surface. Rinsing under cold water doesn't protect against damage if a drop occurs; it's just part of cleaning, not a safeguard against breakage.

4. In giving a back rub, which technique is recommended?

- A. Quick patting on the back
- B. Long, dry strokes
- C. Gentle tapping with fingertips
- D. Circular strokes with lotion**

Lubrication and smooth, controlled motion are essential for an effective back rub. Using lotion or oil reduces friction between the hands and the skin, letting you glide in gentle circular strokes rather than pulling or dragging. This approach protects the skin, follows the contours of the back, and helps relax the muscles while promoting better circulation. Quick patting or dry strokes can be jarring or create friction, which isn't comfortable and doesn't provide the same soothing, even contact. Gentle tapping with fingertips focuses pressure in a small area and isn't as effective for overall relaxation. Circular strokes with lotion give a consistent, soothing experience that most residents find relaxing and comfortable.

5. What is the normal adult pulse range to record?

- A. 40-60
- B. 60-100**
- C. 100-140
- D. 20-40

A normal resting pulse for a healthy adult is about 60 to 100 beats per minute. This range reflects the heart's typical rate when the body is at rest and not under stress or exertion. Rates below 60 can be normal for athletes or during sleep, but at rest they may indicate bradycardia if accompanied by symptoms. Rates above 100 at rest are not normal and can signal factors like fever, dehydration, stress, pain, medications, or cardiac issues. The other ranges given are either too low or too high to be the standard resting value for adults. When recording, make sure the person is truly at rest and measure for a full minute for accuracy.

6. Which position is used for performing a back rub?

- A. Supine
- B. Prone**
- C. Side-lying with back exposed
- D. Fetal position

The back rub is performed best when the resident lies on their stomach. This prone position exposes the entire back, allowing you to access the muscles along the spine and shoulder blades with smooth, long strokes and to adjust pressure as needed. It also makes it easier to monitor for signs of discomfort and to maintain proper alignment. If the person were on their back, on the side, or curled up in a fetal position, access to the back would be limited or awkward, making a thorough back rub difficult and less effective. Supine hides the back, side-lying with the back partially exposed isn't ideal for a full back rub, and the fetal position restricts access even more.

7. Back rub technique: which statement describes proper method?

- A. Rake the skin with fingertips
- B. Apply general pressure using both hands from buttocks to back of neck with long firm strokes**
- C. Massage in circular clockwise only
- D. Use rapid light taps on shoulders

Back rubs rely on long, smooth gliding strokes that cover large back muscles and distribute pressure evenly. The best method uses both hands to apply general pressure with long, firm strokes from the lower back up toward the back of the neck. This creates a continuous, soothing motion that relaxes muscles and promotes circulation, without concentrating force on a small area or using abrupt or tapping motions. Raking with fingertips is too localized and rough, circular motions alone don't provide the sustained glide that a proper back rub requires, and rapid light taps are percussion movements rather than a back rub. For best results, keep hands warm, maintain even pressure, and move steadily from the lower back up to the neck, adjusting to the resident's comfort.

8. Which two ROM movements are described for the shoulder?

- A. Flexion/extension and abduction/adduction**
- B. Pronation/supination
- C. Dorsiflexion/plantarflexion
- D. Internal/external rotation

Motion at the shoulder is described in terms of movements in different planes. The two movements highlighted here are flexion/extension, which move the arm forward and backward in the sagittal plane, and abduction/adduction, which move the arm away from or toward the body in the frontal plane. Together, these cover the main directions people commonly assess for shoulder range of motion. Pronation/supination are forearm rotations, not shoulder movements. Dorsiflexion/plantarflexion occur at the ankle. Internal/external rotation are shoulder movements too, but they describe rotation around the arm's axis rather than the broader pair of motions listed here.

9. Which step is performed after finishing the catheter care procedure?

- A. Glove up
- B. Signaling device in reach
- C. Bed in low position**
- D. Wash hands

Lowering the bed to the lowest position is performed after finishing catheter care to maximize safety. A low bed reduces the risk of falls if the patient attempts to move or sit up after care and makes it safer and easier for staff to assist or re-enter the room without awkward reaching or bending. Other steps have their own timing (gloves are put on before starting, the call light should be within reach during care, and hand hygiene should occur after completing), but the action that best closes the task with safety in mind is putting the bed at its lowest height.

10. Which item provides privacy during dressing a resident?

A. Privacy blanket

B. Curtain

C. Gown

D. Bed privacy sheet

Keeping a resident covered and modest while you help with dressing is essential for their dignity and comfort. A privacy blanket is designed to drape over the resident and stay in place as you work, so only the area you're actively dressing is exposed at any moment. This allows you to remove and put on clothing while maintaining warmth and reducing exposure, which reduces embarrassment and anxiety. While curtains can provide room separation, they don't guarantee ongoing coverage as you move around the person or adjust garments, and a curtain alone may leave more of the body exposed at times. A gown is clothing the resident wears and doesn't by itself ensure privacy during the dressing process. A bed privacy sheet isn't the typical tool for maintaining modesty during dressing and doesn't offer the same continuous coverage as a privacy blanket. So, the privacy blanket best supports preserving privacy and dignity throughout the dressing task.

SAMPLE

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://michigancnaskills.examzify.com>

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

SAMPLE