

Minnesota State Certified Nursing Assistant (CNA) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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	16

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

- 1. Which of the following may indicate a problem during patient transfer?**
 - A. Patient expresses satisfaction**
 - B. Witnessed by another staff member**
 - C. Shortness of breath or change in vital signs**
 - D. Patient requests to walk**
- 2. When putting on clothing for a resident, which side should be put on first?**
 - A. Strong side**
 - B. Weak side**
 - C. Left side**
 - D. Right side**
- 3. What can occur without proper attention from the nursing team?**
 - A. Poor circulation**
 - B. High blood pressure**
 - C. Improved mobility**
 - D. Enhanced sleep quality**
- 4. Which areas of the body are most likely to develop pressure ulcers?**
 - A. Shoulders, elbows, and ankles**
 - B. Ears, hips, and tailbone**
 - C. Back, knees, and neck**
 - D. Fingers, toes, and back of the head**
- 5. What is the primary goal of providing patient care?**
 - A. To follow protocols strictly**
 - B. To ensure the well-being and safety of the patient**
 - C. To maintain a fast-paced work environment**
 - D. To keep patients distracted**

- 6. What should a CNA do if they notice signs of infection in a patient?**
- A. Ignore the signs and continue care**
 - B. Inform the supervising nurse immediately**
 - C. Document the signs but take no further action**
 - D. Wait for the patient to mention it**
- 7. What is the recommended approach for rinsing the skin during bathing?**
- A. Use minimal water**
 - B. Rinse thoroughly to remove all soap**
 - C. Rinse using cold water**
 - D. Skip the rinsing step**
- 8. What impact on patient dignity does encouraging independence have?**
- A. It may lead to feelings of neglect**
 - B. It enhances patient dignity**
 - C. It has no significant impact**
 - D. It makes patients feel pressured**
- 9. What is the primary focus of providing personal care to a resident?**
- A. Ensuring cleanliness at all times**
 - B. Observing any changes and reporting them to the nurse**
 - C. Maintaining a strict schedule of care**
 - D. Creating a comfortable environment**
- 10. What should a CNA focus on to promote patient independence?**
- A. Encouraging daily bedside activities**
 - B. Providing constant supervision**
 - C. Taking over tasks to make it easier**
 - D. Limiting patient interaction**

Answers

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

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Explanations

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1. Which of the following may indicate a problem during patient transfer?

- A. Patient expresses satisfaction**
- B. Witnessed by another staff member**
- C. Shortness of breath or change in vital signs**
- D. Patient requests to walk**

Shortness of breath or a change in vital signs during patient transfer is a significant indicator of a potential problem. When a patient experiences shortness of breath, this could suggest respiratory distress or inadequate oxygenation, which can have serious implications for their health. Similarly, changes in vital signs—such as an increase in heart rate, drop in blood pressure, or alteration in oxygen saturation levels—can signify that the patient is under stress or facing complications during the transfer process. Monitoring vital signs is a fundamental part of a CNA's role, especially during activities that may be physically demanding for the patient, such as transfers. If any abnormalities are noted, it is critical to stop the transfer and assess the patient further, as they could be at risk for a more severe medical event. In contrast, expressing satisfaction or being witnessed by another staff member does not inherently indicate a problem; these factors might indicate that everything is proceeding normally. Additionally, a patient requesting to walk could be seen as a positive sign of independence and willingness, but it requires careful assessment to ensure that the patient is physically stable enough to do so.

2. When putting on clothing for a resident, which side should be put on first?

- A. Strong side**
- B. Weak side**
- C. Left side**
- D. Right side**

When dressing a resident, the correct procedure is to dress the weak side first. This approach is important for several reasons. Dressing the weak side first allows the resident to assist and participate more actively in the process, which promotes independence and enhances their sense of control. By supporting the weaker side initially, the CNA can help ensure the resident is stable and secure, which is especially pertinent if the resident has limited strength or coordination. Additionally, beginning with the weak side can provide the necessary time and attention for the resident to adjust to the clothing, making the experience more comfortable. This method is particularly relevant for those who may have conditions such as hemiplegia or other mobility issues, as it helps in managing balance and comfort during the dressing process. Overall, by dressing the weak side first, you are prioritizing the resident's needs and ensuring a smoother, more respectful dressing experience.

3. What can occur without proper attention from the nursing team?

A. Poor circulation

B. High blood pressure

C. Improved mobility

D. Enhanced sleep quality

The correct choice is related to the potential consequences of neglecting proper care practices within a nursing context. Poor circulation can indeed result from a lack of attention, particularly in patients who may be immobile or have circulatory issues. When nursing staff do not regularly assess and promote good circulation, such as through repositioning patients, encouraging movement, or utilizing compression stockings, patients can suffer from complications like blood clots, swelling, or even skin breakdown. High blood pressure, while it can also be affected by nursing care, often has multiple contributing factors, including medications and lifestyle choices that extend beyond immediate nursing attention. Improved mobility and enhanced sleep quality typically signify positive outcomes of effective nursing care rather than consequences of improper attention. In conclusion, insufficient attention from nursing staff directly contributes to issues like poor circulation, highlighting the critical role that proper care plays in maintaining patients' health and wellbeing.

4. Which areas of the body are most likely to develop pressure ulcers?

A. Shoulders, elbows, and ankles

B. Ears, hips, and tailbone

C. Back, knees, and neck

D. Fingers, toes, and back of the head

The areas of the body that are most likely to develop pressure ulcers include the ears, hips, and tailbone. These regions are particularly vulnerable due to their proximity to bony prominences where pressure can easily build up when a person is immobile or lying in one position for extended periods. The ears can develop pressure ulcers due to their shape and location, especially in individuals who may be bedridden without appropriate cushioning or repositioning. Hips and the tailbone (coccyx) are also prime locations for pressure sores, as they bear weight when a person is seated or lying down. In contrast, the other options include areas that either have more muscle and padding or are less likely to sustain pressure sores when appropriate care and repositioning are practiced. Thus, recognizing these key areas can help caregivers take preventive measures, ensuring that patients are turned regularly and receive adequate support surfaces to minimize the risk of pressure ulcers.

5. What is the primary goal of providing patient care?

- A. To follow protocols strictly**
- B. To ensure the well-being and safety of the patient**
- C. To maintain a fast-paced work environment**
- D. To keep patients distracted**

The primary goal of providing patient care is to ensure the well-being and safety of the patient. This central focus emphasizes the importance of prioritizing patients' health, comfort, and dignity. It involves creating a supportive environment where patients feel safe and cared for, which can significantly improve their overall health outcomes and quality of life. Meeting the needs of patients goes beyond just medical treatment; it encompasses emotional support, effective communication, and addressing individual preferences and needs. Activities such as monitoring vital signs, assisting with daily living activities, and providing companionship all contribute to the patient's sense of security and wellness. While following protocols is crucial for maintaining standards of care, keeping a fast-paced environment or distracting patients does not directly contribute to the primary objective of patient care. Effective nursing care focuses on establishing a trusting relationship with patients, ensuring they feel safe and supported throughout their healthcare journey.

6. What should a CNA do if they notice signs of infection in a patient?

- A. Ignore the signs and continue care**
- B. Inform the supervising nurse immediately**
- C. Document the signs but take no further action**
- D. Wait for the patient to mention it**

When a CNA notices signs of infection in a patient, it is crucial to inform the supervising nurse immediately. This is because timely communication can lead to early intervention, which is vital in managing infections effectively. The supervising nurse has the training and authority to assess the situation further, order any necessary tests, and initiate appropriate treatment protocols. By alerting the supervising nurse, the CNA ensures that the patient receives prompt care, which is critical in preventing the spread of infection and ensuring the patient's health and safety. Ignoring the signs could lead to a worsening condition, while merely documenting without further action would not provide the necessary care that the patient requires. Additionally, waiting for the patient to mention the symptoms may lead to delays in treatment, which can exacerbate the infection and compromise the patient's health. Thus, reporting the observations to the supervising nurse is the most responsible and effective action a CNA can take in this situation.

7. What is the recommended approach for rinsing the skin during bathing?

- A. Use minimal water**
- B. Rinse thoroughly to remove all soap**
- C. Rinse using cold water**
- D. Skip the rinsing step**

Rinsing thoroughly to remove all soap from the skin during bathing is essential for several reasons. First, soap can leave residues that may irritate the skin, particularly for individuals with sensitive skin or conditions like eczema. By rinsing thoroughly, you ensure that all soap, which can be drying or irritating, is completely washed away, leaving the skin clean and free from irritating substances. Additionally, proper rinsing is important for maintaining skin hydration and health. Soap can disrupt the natural barrier of the skin if not adequately removed, leading to potential dryness or discomfort. Ensuring that all soap is rinsed off promotes better skin health and comfort for patients. Using minimal water does not adequately address the need for thorough cleansing, rinsing with cold water may be uncomfortable and is not typically recommended in standard practices, and skipping the rinsing step altogether would leave soap on the skin, leading to irritation and negating the benefits of bathing.

8. What impact on patient dignity does encouraging independence have?

- A. It may lead to feelings of neglect**
- B. It enhances patient dignity**
- C. It has no significant impact**
- D. It makes patients feel pressured**

Encouraging independence in patients significantly enhances their dignity. When patients are given the opportunity to participate in their own care and make choices about their daily activities, it fosters a sense of control and self-worth. This empowerment allows individuals to feel more valued, as they are seen as active participants in their own lives rather than passive recipients of care. By supporting independence, healthcare providers demonstrate respect for the patients' abilities and preferences, reinforcing their identity and autonomy. This approach can lead to improved self-esteem and overall satisfaction with care, as patients feel their personal preferences are acknowledged and honored. Thus, the promotion of independence is integral to maintaining and enhancing patient dignity in a healthcare setting.

9. What is the primary focus of providing personal care to a resident?

- A. Ensuring cleanliness at all times**
- B. Observing any changes and reporting them to the nurse**
- C. Maintaining a strict schedule of care**
- D. Creating a comfortable environment**

The primary focus of providing personal care to a resident is to observe any changes in their physical or emotional state and report these changes to the nurse. This aspect is critical because it directly contributes to the overall health and safety of the resident. Personal care often involves tasks such as bathing, dressing, feeding, and assisting with mobility, all of which provide ample opportunities for CNAs to notice signs of discomfort, changes in skin condition, or any unusual behavior that may indicate a medical issue. Prompt reporting allows for timely medical interventions, which can significantly impact a resident's health outcomes. While ensuring cleanliness and creating a comfortable environment are important components of personal care, they serve more as supportive elements rather than the primary focus. Maintaining a strict schedule of care can help ensure that care tasks are performed consistently; however, it is the observations made during these interactions that are paramount for safeguarding the resident's well-being. Observing and reporting changes empowers the CNA to play a vital role in the healthcare team, ultimately enhancing the quality of care provided to residents.

10. What should a CNA focus on to promote patient independence?

- A. Encouraging daily bedside activities**
- B. Providing constant supervision**
- C. Taking over tasks to make it easier**
- D. Limiting patient interaction**

Focusing on encouraging daily bedside activities is essential for promoting patient independence. This approach allows patients to engage in tasks that they are capable of performing, which not only fosters a sense of autonomy but also helps them maintain and develop their skills. By participating in daily activities, patients become more confident in their abilities, which can enhance their physical and mental well-being. Encouraging bedside activities could include tasks like brushing their teeth, organizing personal items, or performing simple stretches. These activities reinforce the idea that patients can contribute to their care, instilling a sense of purpose and dignity. Providing constant supervision can lead to a dependency on caregivers, as patients may feel less confident in their own abilities if they are constantly monitored. Taking over tasks to make them easier for patients can diminish their motivation to engage with their care process. Limiting patient interaction can isolate them and reduce opportunities for them to practice skills and gain independence. Thus, fostering daily bedside activities empowers patients to take an active role in their own care and supports their journey toward greater independence.

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://minnesota-cna.examzify.com>

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