

MINNESOTA STATE CERTIFIED NURSING ASSISTANT (CNA) 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. What is the purpose of documenting patient care?**
 - A. To provide a legal record
 - B. To ensure that staff can prioritize tasks
 - C. To create a patient satisfaction report
 - D. To keep track of inventory supplies
- 2. Effective communication with residents involves what type of language?**
 - A. Technical and scientific language
 - B. Simplified and clear language
 - C. Informal and casual language
 - D. Body language without verbal communication
- 3. What should be included in a resident's care plan to encourage mobility?**
 - A. Regular assessments of vital signs
 - B. Structured mobility exercises
 - C. Dietary restrictions
 - D. Providing sedatives
- 4. What symptom might indicate a lack of proper attention from care staff?**
 - A. Pain relief
 - B. Loss of mobility
 - C. Increased strength
 - D. Enhanced appetite
- 5. What is rehabilitation in the context of nursing care?**
 - A. A process to help patients regain their physical abilities and independence after illness or injury
 - B. A method for preventing illness in patients
 - C. A technique for managing patient records
 - D. A strategy for increasing staff efficiency in caring for patients
- 6. What does the term "transferring a patient" mean?**
 - A. Administering medication to the patient
 - B. Moving a patient from one location to another
 - C. Teaching a patient about their condition
 - D. Evaluating a patient's service needs

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. How should a CNA handle a situation when they observe another staff member neglecting a patient?

- A. Report the incident to a supervisor immediately
- B. Discuss it with the staff member first
- C. Ignore it if it seems minor
- D. Contact a patient's family for advice

9. Which of the following is a basic need according to Maslow's hierarchy?

- A. Societal acceptance
- B. Physiological needs, such as food and water
- C. Self-actualization
- D. Safety and security

10. What is considered the "fifth vital sign" in patient assessments?

- A. Blood pressure
- B. Temperature
- C. Respiration
- D. Pain

Answers

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

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Explanations

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1. What is the purpose of documenting patient care?

- A. To provide a legal record**
- B. To ensure that staff can prioritize tasks
- C. To create a patient satisfaction report
- D. To keep track of inventory supplies

Documenting patient care serves many essential functions, with one of the primary purposes being to provide a legal record. This documentation is crucial in various aspects of healthcare, as it creates an official account of the interactions, treatments, and observations made regarding a patient. When a patient receives care, every action taken by healthcare personnel should be accurately recorded, ensuring that there is clear evidence of the care provided. This is vital not only for patient safety and continuity of care but also in situations where legal questions arise regarding treatment decisions or outcomes. While ensuring staff can prioritize tasks is important, the priority of care can often be assessed without written documentation and is not its primary purpose. Creating a patient satisfaction report, while valuable for quality improvement, is not directly linked to the legal aspects of patient care documentation. Keeping track of inventory supplies, although necessary for operational efficiency, does not pertain to documenting patient care and patient interactions specifically. Thus, the focus on legal documentation highlights its critical role in protecting both the patient and healthcare providers within the medical system.

2. Effective communication with residents involves what type of language?

- A. Technical and scientific language
- B. Simplified and clear language**
- C. Informal and casual language
- D. Body language without verbal communication

Using simplified and clear language when communicating with residents is essential in a healthcare setting, particularly for nursing assistants. This form of communication ensures that information is conveyed in an understandable manner, making it easier for residents, who may have varying levels of comprehension or cognitive abilities, to grasp what is being discussed. Clear language aids in preventing misunderstandings, which is crucial for ensuring both the safety and comfort of residents. Moreover, residents might be dealing with various stressors related to their health or living conditions, making it even more important to communicate in a way that is straightforward and devoid of jargon. While informal and casual language can foster rapport, it may lack the clarity required in important healthcare discussions. Technical and scientific language, while precise, can often alienate or confuse residents, as it may not resonate with their everyday experiences. Body language plays a significant role in communication, but it should ideally complement verbal communication rather than replace it, especially when conveying critical information regarding care and support.

3. What should be included in a resident's care plan to encourage mobility?

- A. Regular assessments of vital signs
- B. Structured mobility exercises**
- C. Dietary restrictions
- D. Providing sedatives

Including structured mobility exercises in a resident's care plan is essential for encouraging mobility and promoting overall physical health. These exercises can be tailored to the individual resident's abilities and limitations, helping to improve strength, balance, and coordination. Regular engagement in mobility activities not only fosters independence but also enhances the resident's quality of life by preventing complications associated with immobility, such as pressure ulcers and muscle atrophy. Structured mobility exercises can include walking programs, range-of-motion activities, or resistance training, all designed to meet the specific needs of the resident. This proactive approach to physical activity can also motivate residents to participate more actively in their own care, ultimately leading to improved physical outcomes and emotional well-being. In contrast, while regular assessments of vital signs are important for overall health monitoring, they do not directly encourage mobility. Dietary restrictions may be necessary for specific health conditions but do not relate to mobility enhancement. Providing sedatives would generally be counterproductive, as they could inhibit mobility by causing sedation or drowsiness, making it harder for residents to engage in physical activity.

4. What symptom might indicate a lack of proper attention from care staff?

- A. Pain relief
- B. Loss of mobility**
- C. Increased strength
- D. Enhanced appetite

Loss of mobility can indicate a lack of proper attention from care staff. When individuals do not receive adequate support, assistance, and monitoring, they may become less active, leading to decreased mobility over time. Nursing assistants play a crucial role in encouraging movement and providing physical support. If patients do not have regular opportunities for ambulation or physical therapy, they may experience a decline in their ability to move independently. This can also suggest that their overall needs—whether physical, emotional, or social—are not being met, indicating a potential gap in the quality of care they are receiving. Monitoring mobility is essential as it is closely linked to overall health, independence, and quality of life.

5. What is rehabilitation in the context of nursing care?

- A. A process to help patients regain their physical abilities and independence after illness or injury**
- B. A method for preventing illness in patients
- C. A technique for managing patient records
- D. A strategy for increasing staff efficiency in caring for patients

Rehabilitation in the context of nursing care refers to a comprehensive process designed to assist patients in recovering their physical abilities and achieving independence following an illness or injury. This involves a range of therapeutic interventions aimed at restoring function, improving mobility, and enhancing the overall quality of life for the patient. The focus is on enabling individuals to regain skills necessary for daily living, ultimately guiding them towards a state where they can perform activities independently. The core of rehabilitation encompasses not just physical therapy, but also occupational therapy, speech therapy, and other supportive measures tailored to the individual's needs. It emphasizes a holistic approach to patient care, combining physical, emotional, and psychological healing, thereby fostering empowerment and encouraging active participation in personal recovery. Understanding the nuances of rehabilitation is vital for nursing assistants, as they play a critical role in the implementation of rehabilitation programs through direct care and encouragement of patients, aiming to optimize their recovery and reintegration into everyday life.

6. What does the term "transferring a patient" mean?

- A. Administering medication to the patient
- B. Moving a patient from one location to another**
- C. Teaching a patient about their condition
- D. Evaluating a patient's service needs

The term "transferring a patient" specifically refers to the action of moving a patient from one location to another, such as from a bed to a wheelchair, or from one room to another in a healthcare facility. This process is critical in providing care, ensuring that patients are safely moved while minimizing the risk of injury to both the patient and the caregiver. Proper techniques and equipment, such as gait belts or lifts, are often employed during transfer to enhance safety and comfort. In contrast, administering medication, teaching about a patient's condition, and evaluating service needs focus on different aspects of patient care—medical treatment, education, and assessment, respectively. These tasks do not involve the physical movement of the patient and therefore do not align with the definition of transferring a patient.

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. How should a CNA handle a situation when they observe another staff member neglecting a patient?

- A. Report the incident to a supervisor immediately**
- B. Discuss it with the staff member first
- C. Ignore it if it seems minor
- D. Contact a patient's family for advice

Reporting the incident to a supervisor immediately is the most appropriate action for a CNA when they observe another staff member neglecting a patient. This approach ensures that the situation is addressed by someone in a position of authority who can investigate and take necessary actions to protect the patient. It emphasizes patient safety and well-being, which are paramount in healthcare settings. By reporting to a supervisor, the CNA helps initiate the proper protocol that facilities have in place for handling neglect or any form of abuse. This not only upholds the ethical responsibilities of the healthcare team but also aligns with legal obligations to report suspected neglect or abuse. In many jurisdictions, healthcare professionals are mandated reporters, meaning they are required by law to report any signs of abuse or neglect to the appropriate authorities to ensure the safety and care of patients. Discussing the issue with the staff member first may not be appropriate, especially if the neglect is serious, as it could compromise the safety of the patient while waiting for resolution. Ignoring the situation, even if it seems minor, can lead to escalation and further neglect of the patient's needs. Contacting a patient's family for advice is not a standard procedure and could jeopardize patient confidentiality and trust in the healthcare team.

9. Which of the following is a basic need according to Maslow's hierarchy?

- A. Societal acceptance
- B. Physiological needs, such as food and water**
- C. Self-actualization
- D. Safety and security

Maslow's hierarchy of needs is a psychological theory that categorizes human needs into a five-tier pyramid, where the most basic needs must be met before individuals can focus on higher-level needs. The foundational level consists of physiological needs, which encompass essential requirements for human survival such as food, water, shelter, and sleep. This level is crucial because if these basic physiological needs are not satisfied, an individual cannot progress to fulfill other needs related to safety, social belonging, esteem, or self-actualization. While societal acceptance, safety and security, and self-actualization are important aspects of Maslow's model, they represent higher levels of need that cannot be addressed until physiological needs are adequately met. For instance, safety and security relate to feeling safe and protected from harm, while societal acceptance involves social interactions and relationships. Self-actualization is the realization of one's potential and personal growth. Without first addressing the basic physiological needs, individuals are unlikely to focus on achieving these higher-level needs. Therefore, recognizing physiological needs as the starting point in Maslow's theory highlights their fundamental role in overall human motivation and behavior.

10. What is considered the "fifth vital sign" in patient assessments?

- A. Blood pressure
- B. Temperature
- C. Respiration
- D. Pain**

Pain is often referred to as the "fifth vital sign" in patient assessments because it is essential for healthcare providers to evaluate and manage patients' pain levels, just like they would with the traditional vital signs of blood pressure, temperature, respiration, and pulse. Recognizing pain as a vital sign acknowledges its significant impact on a patient's overall health and well-being. Assessing pain helps identify not only the severity of the discomfort but also informs treatment plans and interventions. Pain can influence physiological responses and recovery times, making it crucial for healthcare providers to include pain assessments routinely. Addressing pain effectively can enhance a patient's quality of life and is an essential aspect of holistic nursing care, thereby emphasizing why it holds such an important place in patient evaluations.

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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!

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