

Nebraska SCC CNA State 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. When a nursing assistant helps a resident ambulate, what is the nursing assistant primarily doing?**
 - A. Walking independently**
 - B. Walking with the resident**
 - C. Leading the resident from behind**
 - D. Using a wheelchair for assistance**

- 2. What is essential to check before using a mechanical lift?**
 - A. Ensure the lift is functioning correctly**
 - B. Read the entire manual**
 - C. Make sure the patient is asleep**
 - D. Ask another CNA for their approval**

- 3. For which condition might a resident need to wear elastic stockings?**
 - A. High cholesterol**
 - B. Limited mobility**
 - C. Anemia**
 - D. Heart valve issues**

- 4. What type of exercise might help to manage blood pressure effectively?**
 - A. High-intensity workouts**
 - B. Stretching exercises**
 - C. Regular aerobic activity**
 - D. Weightlifting exclusively**

- 5. What should a CNA observe for during a patient's bathing?**
 - A. Only the patient's emotional state**
 - B. Skin condition, any cuts or bruises, and overall hygiene needs**
 - C. The patient's ability to wash themselves**
 - D. Exactly how long the bathing takes**

6. Which step should be performed after lowering the bed to assist a resident in ambulation?

- A. Standing on the person's strong side**
- B. Doing nothing until the resident is ready**
- C. Locking the wheels of the bed**
- D. Preparing the ambulation device**

7. What lifestyle factor may contribute to high blood pressure?

- A. Regular exercise**
- B. High tobacco use**
- C. Healthy diet**
- D. Adequate sleep**

8. How can a CNA assist patients with feeding?

- A. Provide medication while feeding**
- B. Help the patient sit up, provide assistance as needed, and encourage self-feeding**
- C. Feed the patient without allowing self-feeding**
- D. Only monitor the patient from a distance**

9. What supplies are required for assisting a male person using a urinal?

- A. Urinal specifically marked with the person's details, barrier, and disinfectant**
- B. Urinal, gloves, disposable wipes, and non-skid footwear**
- C. Only a urinal and disposable wipes**
- D. Barrier, urinal, and a clean towel**

10. What is the first starred step when assisting a person with a portable commode?

- A. Performed hand hygiene and put on gloves**
- B. Removed and discarded gloves**
- C. Performed hand hygiene**
- D. Performed hand hygiene after glove removal**

Answers

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

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Explanations

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- When a nursing assistant helps a resident ambulate, what is the nursing assistant primarily doing?**
 - Walking independently**
 - Walking with the resident**
 - Leading the resident from behind**
 - Using a wheelchair for assistance**

When a nursing assistant helps a resident ambulate, the primary action is walking with the resident. This involves being alongside or slightly in front of the resident to provide support, encouragement, and guidance as they walk. The role of the nursing assistant is to ensure that the resident feels safe and confident during the ambulation process, which often requires close proximity to catch them if they stumble and to assist them in maintaining their balance. Ambulating with a resident also fosters independence, as the assistant encourages the resident to participate in the activity while providing the necessary support. This method emphasizes the importance of companionship and empowerment in the mobility process, allowing the resident to engage in physical activity while being closely monitored for safety. Walking independently does not involve the nursing assistant's role, as the assistant's presence is essential for support. Leading from behind could compromise the resident's stability and confidence, and using a wheelchair, while a valid method of transportation for some residents, does not pertain to the act of walking or ambulating.

- What is essential to check before using a mechanical lift?**
 - Ensure the lift is functioning correctly**
 - Read the entire manual**
 - Make sure the patient is asleep**
 - Ask another CNA for their approval**

Ensuring that the mechanical lift is functioning correctly is critical before use, as the safety of both the patient and the caregiver depends on the proper operation of the equipment. This includes checking for any visible signs of wear or damage, making sure that the lift's control mechanisms are responsive, and confirming that the batteries are charged if the lift is powered. A mechanical lift that is not working as intended could lead to accidents or injuries during patient transfers, making it imperative to conduct these checks. While reading the entire manual can provide valuable information about the specific lift, it's not the most immediate priority before operation. Similarly, whether the patient is asleep or asking for approval from another CNA does not impact the lift's functionality and safety directly, which are key considerations in this scenario.

3. For which condition might a resident need to wear elastic stockings?

- A. High cholesterol**
- B. Limited mobility**
- C. Anemia**
- D. Heart valve issues**

Wearing elastic stockings is particularly beneficial for individuals with limited mobility. These stockings help promote blood circulation and prevent the formation of blood clots, especially in those who may not be able to move around as much due to medical conditions or weakened physical states. When mobility is restricted, blood flow can become sluggish in the lower extremities, leading to complications like deep vein thrombosis (DVT). Elastic stockings apply graduated compression to the legs, assisting in venous return and reducing the risk of pooling blood and swelling, which is especially important for residents who may be bedbound or wheelchair-bound. While other conditions may have different management techniques, limited mobility directly ties to the need for enhanced circulation assistance, making the use of elastic stockings a relevant preventative measure.

4. What type of exercise might help to manage blood pressure effectively?

- A. High-intensity workouts**
- B. Stretching exercises**
- C. Regular aerobic activity**
- D. Weightlifting exclusively**

Regular aerobic activity is particularly effective in managing blood pressure for several reasons. When engaging in aerobic exercises, such as walking, running, swimming, or cycling, the heart and lungs are engaged in a sustained cardio workout that enhances cardiovascular health. These activities stimulate increased blood circulation and help the blood vessels become more flexible, which can lead to lower resting blood pressure over time. Moreover, aerobic exercise aids in weight management, reducing body fat, which is a significant factor in hypertension. It also contributes to overall heart health by improving cholesterol levels and reducing stress levels, which are both important for maintaining healthy blood pressure. Other types of exercise, like high-intensity workouts or weightlifting, can provide health benefits as well, but they may not specifically target blood pressure management to the same extent as regular aerobic activities. Stretching exercises, while beneficial for flexibility and muscle recovery, do not significantly impact cardiovascular fitness or blood pressure levels.

5. What should a CNA observe for during a patient's bathing?

- A. Only the patient's emotional state
- B. Skin condition, any cuts or bruises, and overall hygiene needs**
- C. The patient's ability to wash themselves
- D. Exactly how long the bathing takes

When a CNA is assisting with a patient's bathing, it is crucial to observe the skin condition, any cuts or bruises, and overall hygiene needs. This observation helps in identifying any potential health issues that could require further attention, such as skin integrity problems or hygiene deficits that may lead to infections. The assessment of the skin should include checking for signs of pressure ulcers, rashes, or other abnormalities that may not be visible without close inspection. Additionally, being attentive to the patient's hygiene needs ensures they are receiving proper care, as individuals may be limited in their ability to maintain their hygiene due to their health status. Focusing solely on the patient's emotional state, the ability to wash themselves, or the duration of bathing, while important in context, does not encompass the comprehensive health and safety observations that a CNA must prioritize during bathing. Each of these factors can be secondary to identifying and addressing any immediate physical health concerns related to the patient's skin and hygiene.

6. Which step should be performed after lowering the bed to assist a resident in ambulation?

- A. Standing on the person's strong side
- B. Doing nothing until the resident is ready
- C. Locking the wheels of the bed**
- D. Preparing the ambulation device

Locking the wheels of the bed is an essential safety step after lowering the bed to assist a resident in ambulation. This action prevents the bed from moving unexpectedly and reduces the risk of falls or injuries to both the resident and the caregiver during the process of helping the resident to stand and walk. Ensuring the bed is stable provides a secure base from which the resident can safely transition from lying down to a standing position. Other steps like standing on the person's strong side or preparing ambulation devices are important, but they should come after ensuring the bed is securely locked. Doing nothing until the resident is ready does not provide the necessary support and could compromise safety, as it disregards the importance of maintaining a controlled environment during ambulation. Each of these steps is part of a comprehensive approach to ensuring the resident's safety and comfort, but securing the bed is the fundamental first action after adjusting it to a proper height for assistance.

7. What lifestyle factor may contribute to high blood pressure?

- A. Regular exercise**
- B. High tobacco use**
- C. Healthy diet**
- D. Adequate sleep**

High tobacco use is a significant lifestyle factor that can contribute to high blood pressure. When tobacco is used, the chemicals within it can cause damage to the blood vessels, leading to increased resistance to blood flow. This stress on the cardiovascular system can elevate blood pressure levels over time. Additionally, nicotine is known to stimulate the adrenal glands, leading to the release of hormones that can increase heart rate and constrict blood vessels, further exacerbating high blood pressure. In contrast, regular exercise, a healthy diet, and adequate sleep are generally associated with lower blood pressure and overall heart health. Engaging in regular physical activity strengthens the heart muscle and improves circulation, while a diet rich in fruits, vegetables, and whole grains provides essential nutrients that can help regulate blood pressure. Adequate sleep is also crucial, as poor sleep patterns can lead to hormonal imbalances that may contribute to increased blood pressure.

8. How can a CNA assist patients with feeding?

- A. Provide medication while feeding**
- B. Help the patient sit up, provide assistance as needed, and encourage self-feeding**
- C. Feed the patient without allowing self-feeding**
- D. Only monitor the patient from a distance**

Assisting patients with feeding is an important role of a CNA, and providing support that promotes independence is key. By helping the patient sit up properly and offering assistance as needed, the CNA ensures that the patient is in a comfortable and safe position to eat. Encouraging self-feeding is vital as it helps maintain the patient's dignity and autonomy, which is crucial in their recovery and overall well-being. Allowing patients to feed themselves, even with assistance, fosters their independence and encourages the use of motor skills. Involving the patient in their feeding process can also enhance their engagement with their meal, potentially leading to better nutrition and satisfaction. This approach aligns with the overall goals of patient-centered care, where the preferences and abilities of the patient are prioritized.

9. What supplies are required for assisting a male person using a urinal?

- A. Urinal specifically marked with the person's details, barrier, and disinfectant**
- B. Urinal, gloves, disposable wipes, and non-skid footwear**
- C. Only a urinal and disposable wipes**
- D. Barrier, urinal, and a clean towel**

The correct answer involves using a urinal that is specifically marked with the person's details, along with a barrier and disinfectant. This selection emphasizes the importance of personalizing the urinal for hygiene purposes and ensuring proper identification to avoid cross-contamination. Using a urinal that is marked with the individual's information helps in preventing mix-ups and maintains the dignity and privacy of the person using it. The inclusion of a barrier is crucial for infection control, providing protection to both the caregiver and the individual. A disinfectant is also necessary to clean the urinal after use, ensuring a sanitary environment and reducing the risk of spreading infections. In contrast to the other options, while they may mention necessary supplies like gloves or wipes, they lack the comprehensive approach to hygiene, identification, and safety as provided in the correct answer. It's vital for caregivers to equip themselves with the right tools and protocols to support proper care practices in a healthcare setting.

10. What is the first starred step when assisting a person with a portable commode?

- A. Performed hand hygiene and put on gloves**
- B. Removed and discarded gloves**
- C. Performed hand hygiene**
- D. Performed hand hygiene after glove removal**

When assisting a person with a portable commode, performing hand hygiene is the first starred step because it is crucial for infection control and ensuring the safety of both the caregiver and the patient. Hand hygiene helps to eliminate potential pathogens from the caregiver's hands, reducing the risk of transferring infections to the patient or contaminating the environment. This step sets the foundation for effective care and demonstrates adherence to proper protocol before any direct contact with the patient or their belongings. By prioritizing hand hygiene at the beginning of the care process, caregivers can help create a safe and clean environment, which is especially important in healthcare settings.

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://nescccnastate.examzify.com>

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

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