

NEBRASKA SCC CNA STATE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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	15

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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 prone position?**
 - A. Lying flat on the back
 - B. Lying on the side
 - C. Lying on the stomach
 - D. Sitting partially upright
- 2. What is the primary concern when handling a patient in distress?**
 - A. Duty to follow facility protocols
 - B. To assess their injuries without concern
 - C. To stay calm, and assess the situation
 - D. To react without thinking of the consequences
- 3. What is the initial step in the process of assisting a person to ambulate?**
 - A. Helping the resident stand up
 - B. Performing hand hygiene
 - C. Getting the gait belt ready
 - D. Placing the walker in front of the resident
- 4. What actions should a CNA take if a patient falls?**
 - A. Assess the patient for injury, call for help, and report the incident
 - B. Leave the patient on the floor
 - C. Immediately lift the patient to their feet
 - D. Inform only the patient's family
- 5. What could be a possible symptom of high blood pressure?**
 - A. Headaches
 - B. Nausea
 - C. Fatigue
 - D. All of the above
- 6. What is the primary goal of proper bedpan usage from a nursing perspective?**
 - A. To ensure maximum staff efficiency
 - B. To maintain cleanliness and comfort for the resident
 - C. To minimize the number of bedpans needed
 - D. To follow hospital policy strictly

7. What does blood pressure measure?

- A. How well the heart is working
- B. The volume of blood in the body
- C. The strength of the pulse
- D. The oxygen levels in the blood

8. What is the first step in assisting a male person with a urinal?

- A. Perform hand hygiene with gloves
- B. Hand hygiene
- C. Remove gloves and perform hand hygiene
- D. Report and record observations

9. When is a fracture pan most appropriately used for elimination?

- A. When a person has a broken leg
- B. For individuals who can assist with lifting their hips
- C. For people who cannot assist with lifting their hips onto a regular bedpan
- D. When a person is sitting up

10. What is another name for elastic stockings?

- A. Compression socks
- B. Anti-embolic stockings
- C. Support hose
- D. Medical tights

Answers

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

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Explanations

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1. What is the prone position?

- A. Lying flat on the back
- B. Lying on the side
- C. Lying on the stomach**
- D. Sitting partially upright

The prone position refers to lying on the stomach. This position is commonly used in various healthcare settings for specific interventions, assessments, or treatments. It can help with respiratory function in some cases, as lying face down can facilitate lung expansion. The prone position may also be utilized for certain surgical procedures or rehabilitation exercises. Understanding body positioning is crucial for nursing assistants, as it helps in providing appropriate care and ensuring patient comfort while minimizing the risk of injury or pressure ulcers.

2. What is the primary concern when handling a patient in distress?

- A. Duty to follow facility protocols
- B. To access their injuries without concern
- C. To stay calm, and assess the situation**
- D. To react without thinking of the consequences

The primary concern when handling a patient in distress is to stay calm and assess the situation. This approach allows the caregiver to accurately evaluate the patient's condition while minimizing panic and facilitating clear thinking. Maintaining composure in a stressful situation is crucial for effective communication and decision-making, and it helps to reassure the patient, who may be experiencing fear or anxiety. Calm assessment enables the health professional to identify the nature and severity of the distress, ensuring appropriate and timely intervention. It is important to gather as much information as possible about the patient's symptoms and needs, which can guide subsequent action and provide crucial context for other healthcare providers who may become involved. Focusing solely on facility protocols or reacting impulsively without assessing the situation can lead to ineffective or inappropriate responses that may exacerbate the patient's condition. Verifying and understanding the circumstances surrounding the patient's distress is a vital step in providing safe and effective care.

3. What is the initial step in the process of assisting a person to ambulate?

- A. Helping the resident stand up
- B. Performing hand hygiene**
- C. Getting the gait belt ready
- D. Placing the walker in front of the resident

The initial step in assisting a person to ambulate is performing hand hygiene. This practice is vital to ensure the safety and health of both the caregiver and the individual being assisted. By washing hands or using hand sanitizer before any patient interaction, you significantly reduce the risk of transferring harmful pathogens that could lead to infections. Establishing proper hygiene practices is a crucial foundational step in any caregiving situation. It sets a professional tone and demonstrates respect for the health of the resident, aligning with standard infection control protocols. Therefore, hand hygiene is not merely a procedural formality but a fundamental practice in promoting the well-being of both the caregiver and the person receiving care. The other options, while important steps in the overall procedure of ambulation, are secondary to the essential requirement for hand hygiene. Preparing a gait belt, helping the resident stand, and placing assistive devices like a walker are tasks that can only be performed once proper hand hygiene has been established to ensure a safe and clean caregiving environment.

4. What actions should a CNA take if a patient falls?

- A. Assess the patient for injury, call for help, and report the incident**
- B. Leave the patient on the floor
- C. Immediately lift the patient to their feet
- D. Inform only the patient's family

When a patient falls, the first critical action is to assess the patient for any injuries. This involves checking for signs of pain, bleeding, or inability to move appropriately. The CNA must ensure the patient's safety and wellbeing before taking further action. After assessing the patient, it is crucial to call for help, as other healthcare staff may need to assist in moving the patient safely or providing medical care if necessary. Reporting the incident is also an essential step in this process to ensure that the fall is documented accurately, which is vital for keeping a record of the patient's safety and condition, and for preventing future falls. This procedure aligns with the guidelines and protocols in care facilities to maintain patient safety and ensure thorough communication among the healthcare team. The other actions listed do not meet the standard of care required in such situations, which is why option A is the only appropriate response.

5. What could be a possible symptom of high blood pressure?

- A. Headaches
- B. Nausea
- C. Fatigue
- D. All of the above**

High blood pressure, also known as hypertension, often does not present distinct symptoms, which is why it's often referred to as a "silent killer." However, when symptoms do occur, they can vary and may include headaches, nausea, and fatigue. Headaches can arise due to increased pressure in the blood vessels, particularly if blood pressure becomes significantly elevated. Nausea may occur as a result of stress on the cardiovascular system, while fatigue can be a general response to the body working harder to maintain blood flow and pressure. Since all three symptoms—headaches, nausea, and fatigue—are associated with hypertension at different levels or circumstances, it is accurate to say that any or all of these could indicate high blood pressure. This holistic view reinforces the understanding that multiple symptoms can be interrelated, highlighting the importance of monitoring blood pressure for early detection and management of hypertension.

6. What is the primary goal of proper bedpan usage from a nursing perspective?

- A. To ensure maximum staff efficiency
- B. To maintain cleanliness and comfort for the resident**
- C. To minimize the number of bedpans needed
- D. To follow hospital policy strictly

The primary goal of proper bedpan usage from a nursing perspective is to maintain cleanliness and comfort for the resident. When a resident uses a bedpan correctly, it helps prevent discomfort, embarrassment, and potential health complications associated with improper elimination. Ensuring their comfort not only supports their dignity but also contributes to their overall well-being and encourages compliance with care routines. Furthermore, maintaining cleanliness is crucial in preventing infection and promoting hygiene in healthcare settings. It is essential to provide residents with the support they need to manage personal care tasks while ensuring a safe and clean environment. This approach aligns with the fundamental principles of patient care, which prioritize the needs and comfort of individuals in healthcare settings.

7. What does blood pressure measure?

- A. How well the heart is working**
- B. The volume of blood in the body
- C. The strength of the pulse
- D. The oxygen levels in the blood

Blood pressure is a critical measurement that indicates how well the heart is working in terms of its ability to pump blood throughout the circulatory system. When we measure blood pressure, we are assessing the force of the blood against the walls of the arteries as the heart pumps it out. This force is represented by two numbers: systolic pressure, which occurs during heartbeats, and diastolic pressure, which occurs when the heart is at rest between beats. Thus, by evaluating blood pressure, healthcare professionals can gain insights into cardiovascular health and the overall efficiency of the heart. The other options focus on different physiological aspects. The volume of blood in the body is important for overall health but is not directly measured by blood pressure; rather, it relates to fluid balance and circulation. The strength of the pulse provides information about heart rhythm and rate but does not quantify the pressure exerted by the blood. Lastly, oxygen levels in the blood are typically measured through pulse oximetry or arterial blood gases, rather than through blood pressure readings.

8. What is the first step in assisting a male person with a urinal?

- A. Perform hand hygiene with gloves
- B. Hand hygiene**
- C. Remove gloves and perform hand hygiene
- D. Report and record observations

The first step in assisting a male person with a urinal is hand hygiene. Performing hand hygiene is crucial because it helps prevent the spread of infections and ensures safety for both the caregiver and the patient. Clean hands minimize the risk of transferring pathogens that may be present on the caregiver's hands, reducing the chance of cross-contamination when helping the patient. Before engaging in any direct care tasks, including assisting with a urinal, the caregiver should ensure their hands are clean by washing them thoroughly with soap and water or using hand sanitizer. This practice is a fundamental part of infection control and is essential in maintaining a safe healthcare environment. Other options are steps involved in the process but are not the initial action. Performing hand hygiene with gloves may come into play after initial cleaning of hands, and reporting and recording observations are actions taken after assistance has been provided. Removing gloves and performing hand hygiene is a necessary step following the removal of gloves but is not the first step in the overall process.

9. When is a fracture pan most appropriately used for elimination?

- A. When a person has a broken leg
- B. For individuals who can assist with lifting their hips
- C. For people who cannot assist with lifting their hips onto a regular bedpan**
- D. When a person is sitting up

The use of a fracture pan is particularly designed for individuals who have limited mobility, specifically those who cannot assist with lifting their hips onto a regular bedpan. This specialized type of bedpan is more shallow and has a wider front, allowing for easier positioning beneath patients who may be unable to move freely due to pain, injury, or weakness. Patients who have suffered fractures, especially in areas such as the pelvis, hips, or legs, may find it painful or impossible to reposition themselves adequately to use a standard bedpan. Therefore, the fracture pan provides a practical solution for safe and effective elimination when mobility is compromised. In contrast, a person with a broken leg may not always need a fracture pan if they can still assist with lifting their hips. Using a regular bedpan may be appropriate for them. Similarly, individuals who can assist with their own positioning do not require a fracture pan and can use standard alternatives. Lastly, for someone sitting up, they may also be capable of using a regular bedpan with minimal assistance, negating the need for the specialized fracture pan.

10. What is another name for elastic stockings?

- A. Compression socks
- B. Anti-embolic stockings**
- C. Support hose
- D. Medical tights

Elastic stockings, commonly referred to as anti-embolic stockings, are specially designed to help promote better circulation in the legs. They are often utilized in medical settings to reduce the risk of blood clots, especially in patients who are immobile or recovering from surgery. The term "anti-embolic" specifically denotes their purpose of preventing embolisms by providing graduated compression to the legs, which enhances venous return and reduces venous stasis. In contrast, while compression socks and support hose also provide compression and are used to enhance circulation, they may not necessarily be classified as anti-embolic stockings. Compression socks might be more general-purpose and used for various conditions, while support hose can imply a wider range of supportive medical garments. Medical tights could refer to a different type of garment that might not focus specifically on the compression aspect needed for anti-embolic purposes. Thus, the name anti-embolic specifically highlights the stockings' design and intended use within the healthcare field, making it the correct identification for elastic stockings in this context.

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://nescconastate.examzify.com>

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

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