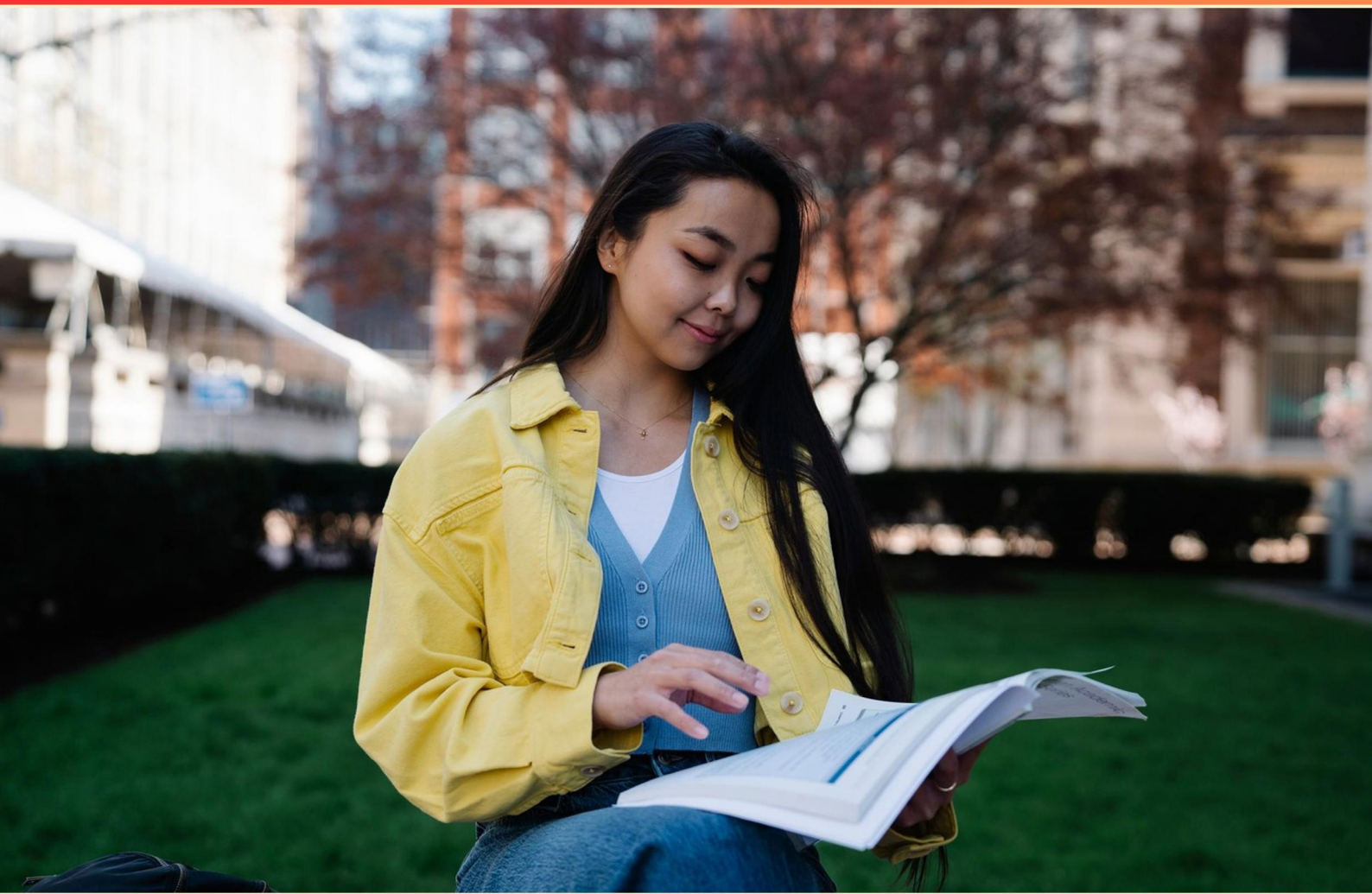


NEBRASKA SCC CNA STATE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 should a CNA do if a resident is experiencing chest pain?**
 - A. Leave the resident to find a nurse
 - B. Stay with the resident, call for help, and follow emergency protocols
 - C. Give the resident water and wait
 - D. Ask the resident to describe the pain
- 2. What is the normal respiration rate for adults?**
 - A. 8-12 breaths per minute
 - B. 12-20 breaths per minute
 - C. 20-28 breaths per minute
 - D. 15-25 breaths per minute
- 3. After leaving the room for a resident's privacy, how much time should a nursing assistant allow?**
 - A. No more than five minutes
 - B. At least ten minutes
 - C. Five to ten minutes
 - D. As long as the resident needs
- 4. What is required when documenting patient care performed by a CNA?**
 - A. Only the date and time of care
 - B. A detailed list of all medications administered
 - C. A clear account of care provided and observations made
 - D. Verbal communication only
- 5. What type of shoes is recommended for a resident during ambulation?**
 - A. Slip-on shoes with no fasteners
 - B. Sturdy, non-skid shoes with fasteners
 - C. High-heeled shoes for better support
 - D. Open-toed sandals for comfort
- 6. In which direction should the cane be moved when assisting a resident?**
 - A. In front of the weaker leg
 - B. Alongside the resident's weaker side
 - C. In front of her stronger leg
 - D. Beneath the resident's arm

7. What is the normal temperature range for tympanic (ear) temperature?

- A. 95.0-97.0 degrees
- B. 96.6-99.7 degrees
- C. 98.0-100.0 degrees
- D. 97.6-99.0 degrees

8. Why is it essential to respect a patient's cultural beliefs?

- A. It allows the healthcare provider to enforce their views
- B. It fosters trust and improves patient care quality
- C. It simplifies communication
- D. It reduces paperwork

9. Which of the following statements about urinary incontinence is true?

- A. It is a normal part of aging
- B. It can be a risk factor for pressure injuries
- C. It is rare and seldom occurs
- D. It is always due to neurological issues

10. What is the correct order for proper handwashing technique?

- A. Wet hands, rinse, apply soap, scrub, dry
- B. Apply soap, scrub, dry, rinse, wet hands
- C. Wet hands, apply soap, scrub, rinse, dry
- D. Scrub hands, apply soap, rinse, wet, dry

Answers

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

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Explanations

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1. What should a CNA do if a resident is experiencing chest pain?

- A. Leave the resident to find a nurse
- B. Stay with the resident, call for help, and follow emergency protocols**
- C. Give the resident water and wait
- D. Ask the resident to describe the pain

When a resident is experiencing chest pain, it's crucial for a CNA to prioritize the resident's safety and well-being. By staying with the resident, the CNA can provide immediate support and reassurance during a potentially critical situation. Calling for help ensures that a nurse or medical professional can be involved as soon as possible, allowing for timely assessment and intervention. Following emergency protocols is also essential. These protocols may include monitoring vital signs, positioning the resident appropriately for comfort, and being prepared to assist with any necessary emergency procedures. This approach helps to ensure that the resident receives the care they need in a timely manner, which can be life-saving in the event of a serious medical issue like a heart attack. The other options, such as leaving to find a nurse or giving water and waiting, do not adequately address the urgency of chest pain. Additionally, asking the resident to describe the pain may provide valuable information but does not replace the necessity of ensuring that professional medical assistance is on the way. Prioritizing immediate care and following established protocols is the most responsible and effective response in such situations.

2. What is the normal respiration rate for adults?

- A. 8-12 breaths per minute
- B. 12-20 breaths per minute**
- C. 20-28 breaths per minute
- D. 15-25 breaths per minute

The normal respiration rate for adults typically ranges from 12 to 20 breaths per minute. This range is considered the standard for evaluating a person's breathing rate and assessing their respiratory health. A rate within this range indicates that the body is effectively taking in oxygen and expelling carbon dioxide, which is crucial for maintaining overall health and proper physiological function. Rates lower than 12 breaths per minute may indicate respiratory depression or other health concerns, while rates higher than 20 can suggest anxiety, fever, or other respiratory issues. It is important for healthcare providers to monitor these vital signs, as they provide valuable insights into a patient's health status. Thus, understanding the normal range of respiration rates is fundamental for anyone working in healthcare, including certified nursing assistants.

3. After leaving the room for a resident's privacy, how much time should a nursing assistant allow?

- A. No more than five minutes**
- B. At least ten minutes
- C. Five to ten minutes
- D. As long as the resident needs

The option indicating that a nursing assistant should allow no more than five minutes aligns well with the appropriate timeframe for giving a resident privacy. This duration is typically sufficient to respect the resident's need for privacy while also ensuring that the assistant is available to respond to any needs that may arise. Residents may need some moments alone for various personal reasons, such as to attend to their hygiene, adjust their clothing, or prepare for a procedure. Allowing a limited amount of time, such as five minutes, strikes a balance between ensuring privacy and maintaining the adequacy of care. It recognizes that while privacy is essential, the nature of caregiving requires attendants to remain attentive and responsive. If a resident needs more time, they will usually signal or call out when they are ready. Other options suggesting longer durations do not consider the need for ongoing caregiving and communication, which is vital in a care environment.

4. What is required when documenting patient care performed by a CNA?

- A. Only the date and time of care
- B. A detailed list of all medications administered
- C. A clear account of care provided and observations made**
- D. Verbal communication only

When documenting patient care performed by a CNA, a clear account of care provided and observations made is essential. This practice ensures accurate communication among healthcare team members, facilitating effective patient management and continuity of care. Detailed and precise documentation reflects the care rendered, allowing for an understanding of the patient's condition, progress, and any potential changes requiring further action. Good documentation also serves as a legal record and is crucial for assessing the effectiveness of the care provided. It may include vital signs, changes in the patient's condition, responses to treatments, and any other relevant observations. This thorough approach helps to safeguard both the patient's well-being and the CNA's professional accountability. Other responses do not encompass the complete requirement for effective documentation. For example, simply noting the date and time would not sufficiently convey the quality and specifics of the care provided. Listing medications, while important, does not cover the broader scope of patient care and specific observations necessary for comprehensive documentation. Relying solely on verbal communication fails to create a permanent record that can be referred back to, which is critical in a medical setting.

5. What type of shoes is recommended for a resident during ambulation?

- A. Slip-on shoes with no fasteners
- B. Sturdy, non-skid shoes with fasteners**
- C. High-heeled shoes for better support
- D. Open-toed sandals for comfort

Sturdy, non-skid shoes with fasteners are recommended for residents during ambulation because they provide critical support and stability while walking. The non-skid feature helps prevent slips and falls, which is particularly important in preventing injuries among individuals who may have balance issues or are at risk for falls. The fasteners ensure that the shoes remain securely on the feet, reducing the risk of tripping or losing a shoe while walking. This combination of sturdiness, grip, and a secure fit is essential for safe mobility in residents, making it the most appropriate choice for ambulation.

6. In which direction should the cane be moved when assisting a resident?

- A. In front of the weaker leg
- B. Alongside the resident's weaker side
- C. In front of her stronger leg**
- D. Beneath the resident's arm

When assisting a resident who uses a cane, it is essential to maintain stability and support. The correct direction for moving the cane is in front of the stronger leg. This positioning allows the resident to take a step with their weaker leg while the cane provides the necessary support, effectively redistributing weight and enhancing balance. Moving the cane in front of the stronger leg ensures that the resident can push off with their stronger side, which contributes to a more secure and confident gait. It supports the body's natural mechanics while walking, promoting safety and preventing falls. Understanding this movement pattern is crucial for gaining the most benefit from the cane, ensuring not just mobility but also safety for the resident during ambulation.

7. What is the normal temperature range for tympanic (ear) temperature?

- A. 95.0-97.0 degrees
- B. 96.6-99.7 degrees**
- C. 98.0-100.0 degrees
- D. 97.6-99.0 degrees

The normal temperature range for tympanic (or ear) temperature is widely accepted to be between 96.6 and 99.7 degrees Fahrenheit. This range reflects the typical body temperature when measured in the ear, which is a good indicator of core body temperature due to the proximity of the tympanic membrane to the brain and major blood vessels. This range is slightly lower than what is considered a 'normal' oral temperature range (which is approximately 97.6 to 99.6 degrees Fahrenheit) but falls within the acceptable limits for a healthy adult. Understanding this range is crucial for healthcare providers, as it allows for the accurate assessment of body temperature and helps in diagnosing potential health issues effectively. Other choices do not align with established norms for tympanic temperatures. Thus, recognizing the correct standard is essential for proper patient care and monitoring.

8. Why is it essential to respect a patient's cultural beliefs?

- A. It allows the healthcare provider to enforce their views
- B. It fosters trust and improves patient care quality**
- C. It simplifies communication
- D. It reduces paperwork

Respecting a patient's cultural beliefs is fundamental because it fosters trust and enhances the quality of care that they receive. When healthcare providers acknowledge and respect the values and practices that are important to patients, it creates an atmosphere of openness and mutual respect, which can lead to better communication and adherence to treatment recommendations. This understanding can also facilitate more accurate assessments of the patient's needs and preferences, ultimately improving patient satisfaction and health outcomes. Cultural competence enables caregivers to tailor their approaches in ways that are culturally sensitive, which can reduce misunderstandings and enhance the therapeutic relationship. By building trust through respect for diverse beliefs, healthcare providers can encourage patients to engage more actively in their care. As a result, understanding cultural beliefs is not merely an abstract principle but a practical necessity that directly impacts the effectiveness of healthcare delivery.

9. Which of the following statements about urinary incontinence is true?

- A. It is a normal part of aging
- B. It can be a risk factor for pressure injuries**
- C. It is rare and seldom occurs
- D. It is always due to neurological issues

Urinary incontinence is defined as the involuntary loss of urine, and it can indeed be a contributing factor to pressure injuries, particularly in individuals who have limited mobility or those who are bedridden. When a person experiences urinary incontinence, moisture can accumulate on the skin, creating an environment conducive to skin breakdown. This moisture can lead to irritation and increase the risk of pressure injuries, especially in areas where skin rubs against surfaces, such as the heels, elbows, and buttocks. Understanding the implications of urinary incontinence is crucial for healthcare professionals, as managing incontinence effectively can play a significant role in preventing pressure injuries and ensuring overall skin integrity for patients. This knowledge underscores the importance of addressing incontinence issues in elderly or incapacitated individuals to provide comprehensive care. In contrast, aging does not necessarily make urinary incontinence a normal part of the aging process, as it can be due to various factors, including health conditions. Saying it is rare is misleading, as urinary incontinence affects a wide range of individuals. Lastly, while neurological issues can contribute to urinary incontinence, they are not the sole cause, as there are many other potential factors involved.

10. What is the correct order for proper handwashing technique?

- A. Wet hands, rinse, apply soap, scrub, dry
- B. Apply soap, scrub, dry, rinse, wet hands
- C. Wet hands, apply soap, scrub, rinse, dry**
- D. Scrub hands, apply soap, rinse, wet, dry

The correct order for proper handwashing technique involves a systematic approach to ensure that hands are effectively cleaned to reduce the risk of infection. When following the correct sequence, you start by wetting your hands with clean running water. This initial step is essential because it helps to loosen dirt and contaminants that may be present on the skin. Next, applying soap is crucial as it acts to break down oils, dirt, and microorganisms found on the hands. After the soap is applied, scrubbing begins, which should last at least 20 seconds. This scrubbing action is key to mechanically removing pathogens and debris from the surfaces of the hands, including between the fingers and under the nails. Once the scrubbing is done, rinsing with clean running water effectively removes the loosened dirt and soap from the hands. Finally, drying the hands is important as well; using a clean towel or air drying helps prevent the transfer of germs back onto the hands. This sequence is endorsed by health organizations, emphasizing that each step plays a vital role in achieving proper hand hygiene. By adhering to this order, it ensures that handwashing is both thorough and effective in minimizing the spread of infections.

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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