

# Nebraska SSC CNA Practice Exam (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

- 1. What is a bedpan primarily used for?**
  - A. For patients who can walk**
  - B. For residents who cannot get up**
  - C. For those who prefer using a commode**
  - D. For ambulatory residents**
- 2. How should a CNA approach a patient with a hearing impairment?**
  - A. Speak loudly from a distance**
  - B. Speak clearly, face the patient, and use gestures**
  - C. Assume they cannot understand anything**
  - D. Provide written instructions only**
- 3. How can a CNA encourage independence in daily activities for patients?**
  - A. By restricting patients from attempting tasks**
  - B. By providing support while allowing patients to do as much as they can**
  - C. By taking over most daily tasks completely**
  - D. By providing strict rules for participation**
- 4. What is one way to maintain patient privacy during care?**
  - A. By discussing their care openly in a shared space**
  - B. By closing doors or curtains**
  - C. By allowing visitors during changing procedures**
  - D. By using patient information for training purposes**
- 5. What is the range for a normal adult pulse rate?**
  - A. 50 to 70 beats per minute**
  - B. 60 to 100 beats per minute**
  - C. 70 to 90 beats per minute**
  - D. 80 to 120 beats per minute**

- 6. What is a CNA's responsibility regarding patient privacy?**
- A. To disclose patient information when asked**
  - B. To protect patient information and maintain confidentiality**
  - C. To keep patient records in a public area for transparency**
  - D. To share patient information on social media for awareness**
- 7. Which of the following actions should a CNA take when encountering a patient with a fever?**
- A. Administer medication without nurse approval**
  - B. Ignore the fever if the patient feels fine**
  - C. Monitor the fever closely and report it to the nurse**
  - D. Apply ice packs without consultation**
- 8. What is the primary role of a Certified Nursing Assistant (CNA)?**
- A. To administer medications to patients**
  - B. To provide basic patient care under the supervision of nursing staff**
  - C. To perform complex medical procedures independently**
  - D. To conduct patient diagnoses**
- 9. What action should a CNA take if a patient shows signs of distress?**
- A. Tell them to relax and breathe deeply**
  - B. Ignore it if they have been actively complaining**
  - C. Immediately report it to a nurse**
  - D. Offer them a snack to calm down**
- 10. How can a CNA help alleviate feelings of loneliness in residents?**
- A. By encouraging isolation**
  - B. By avoiding conversations to respect privacy**
  - C. By engaging in regular social interactions and activities**
  - D. By focusing only on physical needs**



## **Answers**

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

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## **Explanations**

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**1. What is a bedpan primarily used for?**

- A. For patients who can walk
- B. For residents who cannot get up**
- C. For those who prefer using a commode
- D. For ambulatory residents

A bedpan is primarily designed for residents who are unable to get out of bed and therefore need assistance with toileting. This device allows individuals with mobility challenges to maintain their dignity and hygiene when they cannot access the bathroom independently. The bedpan is particularly beneficial for patients in a hospital or long-term care setting who may be recovering from surgery, dealing with chronic illness, or in a state where movement is restricted. The other options suggest scenarios where bedpans would not be the appropriate choice. For instance, patients who can walk would typically use a standard toilet rather than relying on a bedpan. Those who prefer using a commode likely do so for convenience and comfort, rather than needing the assistance that a bedpan provides. Additionally, ambulatory residents are capable of moving to the restroom and would not require the use of a bedpan. Overall, the correct answer emphasizes the bedpan's role in aiding those with limited mobility.

**2. How should a CNA approach a patient with a hearing impairment?**

- A. Speak loudly from a distance
- B. Speak clearly, face the patient, and use gestures**
- C. Assume they cannot understand anything
- D. Provide written instructions only

Approaching a patient with a hearing impairment requires sensitivity and effective communication techniques. Speaking clearly, facing the patient, and using gestures are essential strategies to ensure that the patient can both see and hear you to the best of their ability. When you face the patient, it allows them to read your lips and see your facial expressions, which are important aspects of communication. Clear enunciation and a moderate pace help the patient pick up the words you are saying. Additionally, gestures can provide visual clues that enhance understanding, especially if the patient relies on lip-reading or sign language. This approach fosters a supportive environment and encourages the patient to engage in the conversation actively. Other approaches would not serve the patient effectively. Speaking loudly from a distance may distort your words, making it harder for the patient to understand. Assuming the patient cannot understand anything deprives them of the chance to communicate and engage, while relying solely on written instructions may not address immediate needs and can be impractical in certain situations.

### **3. How can a CNA encourage independence in daily activities for patients?**

- A. By restricting patients from attempting tasks**
- B. By providing support while allowing patients to do as much as they can**
- C. By taking over most daily tasks completely**
- D. By providing strict rules for participation**

Encouraging independence in daily activities is crucial in patient care, particularly for those in long-term care facilities or undergoing rehabilitation. The correct choice emphasizes the importance of providing support while still allowing patients to carry out as much of the task as they are capable of. This approach fosters a sense of self-efficacy and dignity in patients, which can enhance their overall well-being. When a CNA gives patients the opportunity to engage in activities, it not only helps to build their confidence but also assists in maintaining and improving their physical and cognitive skills. For example, when a patient is encouraged to dress themselves with minimal help, it empowers them to feel more in control of their life, thus promoting their independence. In contrast, restricting patients from attempting tasks, taking over those tasks completely, or imposing strict rules would diminish their autonomy and could lead to feelings of helplessness or dependency. This can be detrimental to a patient's mental health and recovery process, as it minimizes the opportunity for them to practice essential life skills and achieve personal goals within their capabilities. Therefore, the correct answer highlights a balanced approach that supports independence while ensuring safety and assistance as needed.

### **4. What is one way to maintain patient privacy during care?**

- A. By discussing their care openly in a shared space**
- B. By closing doors or curtains**
- C. By allowing visitors during changing procedures**
- D. By using patient information for training purposes**

Maintaining patient privacy is a critical aspect of healthcare. One effective way to achieve this is by closing doors or curtains during care. This practice creates a physical barrier that helps to protect the patient's personal space and confidentiality. When doors or curtains are closed, it minimizes the chances of other individuals unintentionally overhearing conversations or witnessing personal care activities, which can be distressing for patients and violate their privacy rights. Additionally, closing doors or curtains helps to foster a trusting environment where patients feel secure enough to discuss sensitive medical issues without fear of being overheard. This is important not only for patient comfort but also for compliance with legal and ethical standards governing patient privacy, such as HIPAA (Health Insurance Portability and Accountability Act) in the United States. Overall, this simple action plays a significant role in upholding the dignity and respect that every patient deserves during their care.

**5. What is the range for a normal adult pulse rate?**

- A. 50 to 70 beats per minute
- B. 60 to 100 beats per minute**
- C. 70 to 90 beats per minute
- D. 80 to 120 beats per minute

The normal adult pulse rate typically ranges from 60 to 100 beats per minute. This range represents a healthy heart rate in resting adults and is important for assessing a person's cardiovascular health. A pulse rate below 60 beats per minute is referred to as bradycardia, while a rate above 100 beats per minute is known as tachycardia. Understanding the normal pulse rate is crucial for healthcare providers in order to identify potential issues in a patient's health status. The chosen answer reflects widely accepted medical standards for adult heart rates.

**6. What is a CNA's responsibility regarding patient privacy?**

- A. To disclose patient information when asked
- B. To protect patient information and maintain confidentiality**
- C. To keep patient records in a public area for transparency
- D. To share patient information on social media for awareness

A certified nursing assistant's primary responsibility regarding patient privacy is to protect patient information and maintain confidentiality. This means that CNA professionals are entrusted with sensitive health information and must ensure that it is kept private and secure. Maintaining confidentiality is fundamental in building trust between patients and healthcare providers. CNA practice emphasizes the importance of adhering to laws such as the Health Insurance Portability and Accountability Act (HIPAA), which governs the protection of patients' personal health information. Under this regulation, any unauthorized disclosure of patient information can result in serious legal repercussions and breaches of professional ethics. In contrast, disclosing patient information when asked could violate confidentiality agreements and legal mandates; keeping patient records in a public area contradicts the principle of privacy and security; and sharing patient information on social media is a clear breach of confidentiality and can jeopardize patient trust and safety. Hence, protecting patient information is not only a legal requirement but also a cornerstone of ethical healthcare practice.

**7. Which of the following actions should a CNA take when encountering a patient with a fever?**

- A. Administer medication without nurse approval**
- B. Ignore the fever if the patient feels fine**
- C. Monitor the fever closely and report it to the nurse**
- D. Apply ice packs without consultation**

Monitoring the fever closely and reporting it to the nurse is essential because it ensures that the patient's condition is accurately assessed and documented. A fever can be a sign of an underlying infection or other medical issues, and changes in temperature can indicate whether a patient's condition is improving or worsening. By tracking the fever and communicating the findings to the nurse, the CNA plays a crucial role in the patient's care plan, allowing for timely interventions if necessary. In a healthcare setting, the responsibility of administering medication or applying treatments, such as ice packs, typically falls to licensed professionals like nurses or doctors, who can make informed decisions based on a complete assessment of the patient's needs. Ignoring the fever can lead to serious complications, as a fever could indicate a need for immediate medical attention. Hence, active monitoring followed by appropriate communication is key to effective patient care.

**8. What is the primary role of a Certified Nursing Assistant (CNA)?**

- A. To administer medications to patients**
- B. To provide basic patient care under the supervision of nursing staff**
- C. To perform complex medical procedures independently**
- D. To conduct patient diagnoses**

The primary role of a Certified Nursing Assistant (CNA) is to provide basic patient care under the supervision of nursing staff. This involves assisting with daily living activities such as bathing, dressing, grooming, and feeding patients, as well as helping with mobility and ensuring that patients are comfortable and safe. CNAs play a crucial role in the healthcare team by supporting nurses and other healthcare professionals in delivering patient care, thus contributing to the overall well-being of patients. This role does not include administering medications, which is typically reserved for licensed nurses. While CNAs may help remind patients to take their medications, they do not have the authorization to administer them. Performing complex medical procedures independently falls outside the scope of a CNA's training and responsibilities, as these tasks require advanced nursing skills and knowledge. Additionally, conducting patient diagnoses is a role designated for licensed practitioners, not CNAs. This emphasis on basic patient care highlights the essential support role that CNAs play in patient care settings.

**9. What action should a CNA take if a patient shows signs of distress?**

- A. Tell them to relax and breathe deeply**
- B. Ignore it if they have been actively complaining**
- C. Immediately report it to a nurse**
- D. Offer them a snack to calm down**

When a patient shows signs of distress, the most appropriate action for a CNA is to immediately report it to a nurse. This is essential because a nurse is trained to assess the severity of the distress and determine the necessary medical intervention. Distress can indicate a range of issues, from anxiety and pain to potentially life-threatening conditions. Prompt reporting allows for timely medical evaluation and ensures that the patient receives the appropriate care. While telling a patient to relax and breathe deeply might seem helpful in some contexts, it's not a substitute for professional assessment and management of any underlying issues causing the distress. Ignoring the signs, even if the patient has been vocal about their complaints in the past, can lead to worsening of their condition and is not in line with the CNA's responsibility to ensure patient safety and well-being. Offering a snack may provide temporary distraction but does not address the root of the problem and may not be suitable depending on the patient's condition. Therefore, recognizing the importance of escalating the situation to a nurse is crucial for effective patient care.

**10. How can a CNA help alleviate feelings of loneliness in residents?**

- A. By encouraging isolation**
- B. By avoiding conversations to respect privacy**
- C. By engaging in regular social interactions and activities**
- D. By focusing only on physical needs**

Engaging in regular social interactions and activities is a crucial way for a CNA to alleviate feelings of loneliness in residents. Social interaction plays a significant role in mental and emotional well-being, especially for individuals who may already feel isolated due to physical limitations, age, or living in a care facility. By initiating conversations, participating in activities, and encouraging residents to join group events, a CNA can help foster connections among residents, promote a sense of belonging, and uplift their spirits. This proactive engagement not only addresses the emotional needs of residents but also enhances their overall quality of life. Regular social activities can lead to improved mental health outcomes, lower levels of depression and anxiety, and a greater sense of community within the facility. The connection fostered through interaction is essential for combating feelings of loneliness and can motivate residents to be more active and engaged in their daily lives.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nebraskasscna.examzify.com>**

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