

NEBRASKA SSC CNA PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Which professional action maintains a safe environment when assisting with ambulation?**
 - A. Avoiding physical contact
 - B. Using a gait belt
 - C. Walking ahead of the resident
 - D. Talking loudly to the resident
- 2. What should a CNA do if they are exposed to blood or bodily fluids?**
 - A. Ignore the incident
 - B. Report the incident and follow the facility's plan
 - C. Take a break and resume work later
 - D. Wash hands and continue working
- 3. What is the normal temperature range for oral temperature measurement?**
 - A. 96.6-98.6 degrees
 - B. 97.6-99.6 degrees
 - C. 98.6-100.6 degrees
 - D. 95.6-97.6 degrees
- 4. Which factors can influence a patient's nutritional requirements?**
 - A. Weather conditions, social activities, and meal preferences
 - B. Age, illness, activity level, and dietary restrictions
 - C. Ethnicity, family size, and meal times
 - D. Hobbies, sleep patterns, and exercise frequency
- 5. How should transfer belts be removed to ensure resident safety?**
 - A. Quickly to save time
 - B. Slowly and gently
 - C. With the resident standing
 - D. Without informing the resident

- 6. What is the purpose of using a towel or blanket to cover a person's private parts during commode use?**
- A. To ensure cleanliness
 - B. To promote dignity
 - C. To enhance comfort
 - D. To provide warmth
- 7. When should wet briefs be changed for a person wearing an incontinent brief?**
- A. Once a day
 - B. Immediately
 - C. Every few hours
 - D. After every meal
- 8. What is the normal temperature range for temporal artery measurement?**
- A. 96.6-98.6 degrees
 - B. 98.6-100.6 degrees
 - C. 97.2-100.6 degrees
 - D. 97.6-99.6 degrees
- 9. When should the nursing assistant change gloves during the bedpan procedure?**
- A. After placing the bedpan
 - B. After removing and emptying the bedpan
 - C. After the procedure is complete
 - D. At least three times during the procedure
- 10. What is the primary purpose of a CNA's role in a nursing home?**
- A. To assist with administrative tasks
 - B. To provide direct patient care and support
 - C. To manage the facility operations
 - D. To act as a social worker

Answers

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

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Explanations

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1. Which professional action maintains a safe environment when assisting with ambulation?

- A. Avoiding physical contact
- B. Using a gait belt**
- C. Walking ahead of the resident
- D. Talking loudly to the resident

Using a gait belt is a crucial practice for maintaining safety when assisting with ambulation. A gait belt is designed to provide a secure hold, allowing caregivers to support residents effectively while they walk. This tool enhances stability and minimizes the risk of falls, which is particularly important for individuals who may have balance issues, weakness, or other mobility concerns. By securing the belt around the resident's waist, caregivers can easily assist them in maneuvering and reacting quickly if the resident begins to stumble or lose their balance. The other options do not effectively contribute to a safe walking environment. Avoiding physical contact may increase the risk of a fall since the caregiver would not be able to provide immediate support. Walking ahead of the resident could create a situation where the caregiver is not in a position to catch the resident if they falter. Finally, talking loudly to the resident does not enhance safety and may even be distracting, potentially increasing the risk of an accident. The use of a gait belt is a fundamental practice in promoting safety during ambulation.

2. What should a CNA do if they are exposed to blood or bodily fluids?

- A. Ignore the incident
- B. Report the incident and follow the facility's plan**
- C. Take a break and resume work later
- D. Wash hands and continue working

When a certified nursing assistant (CNA) is exposed to blood or other bodily fluids, it is essential to report the incident and follow the facility's specific protocols. This is crucial for several reasons: First, exposure can pose significant health risks, including the transmission of infections. Notifying the appropriate personnel ensures that the incident is documented and that the necessary follow-up procedures, such as testing for potential infections, may occur. Second, following the facility's blood or body fluid exposure plan ensures that the incident is managed according to established safety protocols. These protocols are designed to protect both the health care worker and the patients they care for, ensuring that any potential risks are mitigated properly. Lastly, immediate reporting allows for the evaluation of safety procedures and may prompt further training or improvements in practices to prevent similar incidents in the future. This underscores the importance of maintaining a culture of safety and accountability within the healthcare environment.

3. What is the normal temperature range for oral temperature measurement?

- A. 96.6-98.6 degrees
- B. 97.6-99.6 degrees**
- C. 98.6-100.6 degrees
- D. 95.6-97.6 degrees

The normal temperature range for oral temperature measurement is generally accepted to be between 97.6 and 99.6 degrees Fahrenheit. This range reflects the average body temperature, which can vary slightly based on factors such as the time of day, level of activity, and individual differences among people. An oral temperature of 98.6 degrees is often cited as the "normal" value, but it is important to recognize that healthy body temperatures can fall within a range that is slightly above or below this point. The choice that encompasses this normal range allows for individual variability while still acknowledging the general standards for what is deemed a typical oral temperature measurement. Understanding this range is essential for healthcare professionals when assessing a patient's health status and determining if further medical evaluation is necessary. Other ranges presented may fall outside the clinically recognized normal limits for oral temperature, which is why they are not considered correct.

4. Which factors can influence a patient's nutritional requirements?

- A. Weather conditions, social activities, and meal preferences
- B. Age, illness, activity level, and dietary restrictions**
- C. Ethnicity, family size, and meal times
- D. Hobbies, sleep patterns, and exercise frequency

Nutritional requirements are influenced by a variety of individual factors, and it is essential to consider these differences when assessing a patient's dietary needs. Age is a significant factor because nutritional needs change throughout the life cycle; for example, children require nutrients for growth, while older adults may need less caloric intake but more nutrients to support overall health. Illness also plays a critical role, as certain health conditions can increase the body's nutritional demands or require specific dietary modifications. Activity level directly affects caloric needs—those who are more physically active will generally require more energy and nutrients compared to someone who is sedentary. Lastly, dietary restrictions must be considered, as they can limit certain food groups or nutrients that are necessary for the individual's health, thus requiring careful planning to ensure all nutritional needs are met. Other options, while they may have some impact on a patient's eating habits or preferences, do not encompass the direct physiological and health-related factors that critically influence a person's nutritional requirements.

5. How should transfer belts be removed to ensure resident safety?

- A. Quickly to save time
- B. Slowly and gently**
- C. With the resident standing
- D. Without informing the resident

The process of removing transfer belts slowly and gently is critical for ensuring the safety and comfort of the resident. This approach helps to prevent any sudden movements that could lead to loss of balance or cause the resident to feel insecure. A gentle removal allows the caregiver to closely monitor the resident's stability and make any necessary adjustments to provide support. This is especially important for individuals who may have limited mobility or strength. Additionally, slowing down the process allows the caregiver to maintain clear communication with the resident, ensuring they are aware of what is happening and can adjust accordingly. It promotes a sense of security and trust between the caregiver and the resident, reducing anxiety and the risk of injury during the transfer process.

6. What is the purpose of using a towel or blanket to cover a person's private parts during commode use?

- A. To ensure cleanliness
- B. To promote dignity**
- C. To enhance comfort
- D. To provide warmth

Using a towel or blanket to cover a person's private parts during commode use serves the important purpose of promoting dignity. Maintaining a person's dignity is a crucial aspect of providing care, particularly in sensitive situations like using a commode. Covering the private areas helps create a sense of modesty and respect, which can be especially significant for individuals who may feel vulnerable or embarrassed during such personal acts. This practice acknowledges the individual's human rights and contributes positively to their emotional well-being, fostering a sense of privacy and security. While cleanliness, comfort, and warmth can also be factors to consider in caregiving, the central aim of using a towel or blanket in this context is to uphold the dignity of the person being cared for, ensuring that they feel respected and valued during a potentially uncomfortable situation.

7. When should wet briefs be changed for a person wearing an incontinent brief?

- A. Once a day
- B. Immediately**
- C. Every few hours
- D. After every meal

The correct answer, which suggests that wet briefs should be changed immediately, is based on the importance of maintaining hygiene and skin integrity for individuals who are incontinent. Changing wet briefs promptly helps prevent skin irritation, rashes, and potential infections that could arise from prolonged exposure to moisture. Immediate changes not only promote comfort for the individual but also are part of effective care practices that contribute to overall health and well-being. Timely changes ensure that the skin remains dry, which is crucial because moisture can lead to breakdown of the skin and other complications. In contrast, changing briefs once a day would not adequately address the potential risks associated with moisture and could lead to significant discomfort and health issues. Waiting for every few hours might still allow for skin damage if the brief is wet for an extended period. Lastly, changing briefs only after every meal does not align with the best practices for managing incontinence, as it does not consider the frequency or timing of wetness. Therefore, immediate changes are essential for effective care.

8. What is the normal temperature range for temporal artery measurement?

- A. 96.6-98.6 degrees
- B. 98.6-100.6 degrees
- C. 97.2-100.6 degrees**
- D. 97.6-99.6 degrees

The normal temperature range for a temporal artery measurement is accurately captured in the range of 97.2 to 100.6 degrees Fahrenheit. This method of taking temperature is considered a reliable and non-invasive technique, often used in both clinical and home settings. The lower limit of 97.2 degrees allows for minor variations that may be present due to factors such as time of day, recent activity, and individual metabolic rates. The upper limit of 100.6 degrees encompasses what is often considered the threshold for low-grade fever in clinical assessments. Therefore, this range is not only clinically relevant but also aligns with established guidelines for measuring core body temperature via the temporal artery. In contrast, the other provided ranges either fall short of or exceed these established limits, making them less suitable for accurately reflecting what is considered normal for temporal artery temperature measurements.

9. When should the nursing assistant change gloves during the bedpan procedure?

- A. After placing the bedpan
- B. After removing and emptying the bedpan
- C. After the procedure is complete
- D. At least three times during the procedure**

The nursing assistant should change gloves during the bedpan procedure after removing and emptying the bedpan. This practice is important for infection control and maintaining a safe and hygienic environment for both the patient and the caregiver. Changing gloves after contact with bodily fluids or waste minimizes the risk of cross-contamination and the spread of pathogens. Additionally, it is critical for the nursing assistant to wear clean gloves at the start of the procedure and then to change them after any task that could expose them to contaminants. This includes not just after emptying the bedpan, but also if they were to touch any part of the patient's body or linens during the procedure—emphasizing the need for proper glove use. It is not necessary to change gloves at least three times during the procedure, as doing so could create unnecessary waste and be counterproductive if the gloves are changed at inappropriate times. Therefore, effective glove management—including when to change them—allows for a balance between safety and efficiency in patient care.

10. What is the primary purpose of a CNA's role in a nursing home?

- A. To assist with administrative tasks
- B. To provide direct patient care and support**
- C. To manage the facility operations
- D. To act as a social worker

The primary purpose of a Certified Nursing Assistant (CNA) in a nursing home is to provide direct patient care and support. This role is crucial in ensuring that residents receive the necessary assistance with daily activities such as bathing, dressing, grooming, and eating. CNAs also monitor patients' vital signs, help with mobility, and ensure comfort, thereby playing an essential role in their overall well-being. In a nursing home setting, the focus is on the residents' health and quality of life, and CNAs are typically the frontline caregivers who spend the most time with them. This intimate interaction allows CNAs to build trusting relationships with residents, observe any changes in their condition, and report these to nurses and other healthcare professionals. This direct interaction is vital not just for physical support but also for emotional and social engagement, contributing to the residents' overall quality of life. While administrative tasks, facility operations, and social work are important aspects of the healthcare environment, they fall outside the primary responsibilities of a CNA. Their primary duty revolves around personal care and support for residents, which is critical to maintaining each individual's dignity and comfort in a nursing home setting.

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://nebraskassccna.examzify.com>

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

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