

Nevada Certified Nursing Assistant (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

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- 1. Which medical condition affects the arteries that supply blood to the heart, often leading to chest pain?**
 - A. Coronary artery disease**
 - B. Heart attack**
 - C. Hypertension**
 - D. Heart valve disease**

- 2. What is defined as the process of substances passing through a surface of the body into body fluids and tissues?**
 - A. Absorption**
 - B. Ingestion**
 - C. Filtration**
 - D. Diffusion**

- 3. What is the term for the act of leaving a patient without proper care or supervision?**
 - A. Abandonment**
 - B. Neglect**
 - C. Isolation**
 - D. Withdrawal**

- 4. In what situation should a CNA perform range of motion (ROM) exercises?**
 - A. When a patient is fully mobile and independent**
 - B. When a patient is bedridden or has limited mobility**
 - C. Only when specifically instructed by a doctor**
 - D. When the patient requests them to be performed**

- 5. What term describes the pressure of blood exerted against vascular walls?**
 - A. Blood volume**
 - B. Oxygen saturation**
 - C. Blood pressure**
 - D. Heart rate**

6. What term describes a period of no respiration?

- A. Bradycardia**
- B. Apnea**
- C. Dyspnea**
- D. Hyperventilation**

7. Why is patient privacy important in nursing care?

- A. To maintain a sterile environment**
- B. To uphold patient dignity, trust, and confidentiality in their healthcare experience**
- C. To allow more freedom for staff**
- D. To comply with hospital regulations only**

8. When assisting a patient with walking, a CNA should:

- A. Walk in front of the patient**
- B. Let the patient walk independently**
- C. Stand on the side and slightly behind the patient to provide support**
- D. Encourage the patient to run for exercise**

9. Which of the following is a primary responsibility of a CNA?

- A. Administering medications**
- B. Providing personal care assistance to patients**
- C. Making medical diagnoses**
- D. Developing patient care plans**

10. Which type of pillow is specifically designed to maintain separation between the legs of a patient who has undergone hip surgery?

- A. Wedge pillow**
- B. Abduction pillow**
- C. Orthopedic pillow**
- D. Body pillow**

Answers

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

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Explanations

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1. Which medical condition affects the arteries that supply blood to the heart, often leading to chest pain?

A. Coronary artery disease

B. Heart attack

C. Hypertension

D. Heart valve disease

Coronary artery disease (CAD) specifically refers to the narrowing or blockage of the coronary arteries due to the buildup of cholesterol and fatty deposits (plaque) within the artery walls. This condition reduces blood flow to the heart muscle itself, which can lead to chest pain, commonly known as angina. As the condition progresses, it can significantly affect the heart's ability to receive adequate oxygen-rich blood, often resulting in increased chest pain and potentially leading to more severe outcomes such as a heart attack. In contrast, a heart attack occurs as a result of coronary artery disease, but it is a separate event that happens when a blood vessel supplying blood to the heart becomes completely blocked, causing heart muscle damage. Hypertension, while it increases the risk of developing coronary artery disease and other conditions, does not directly cause chest pain by affecting artery supply. Heart valve disease pertains to issues with the heart valves themselves and typically leads to different symptoms, rather than being directly associated with the blood supply to the heart muscle. Thus, focusing on the impact on the coronary arteries reveals why coronary artery disease is the answer that best connects to the question regarding chest pain due to compromised blood supply.

2. What is defined as the process of substances passing through a surface of the body into body fluids and tissues?

A. Absorption

B. Ingestion

C. Filtration

D. Diffusion

The process referred to in the question, where substances pass through a surface of the body into body fluids and tissues, is known as absorption. Absorption specifically describes the movement of nutrients, medications, or other substances from the environment, through the skin or mucosal surfaces, and into the bloodstream or lymphatic system, where they can be delivered to various tissues in the body. In a healthcare context, understanding absorption is crucial for nursing assistants and other healthcare professionals. For instance, when a patient takes medication, the efficacy of that medication will significantly depend on how well it is absorbed into the body. Factors such as the form of the medication, the patient's age, metabolic rate, and even concurrent food intake can affect absorption rates. The other options have distinct definitions: ingestion refers to the process of taking substances into the body, typically through the mouth; filtration involves separating substances based on size; and diffusion describes the movement of particles from an area of higher concentration to one of lower concentration, which is a different mechanism than absorption. Thus, absorption is the appropriate term that encapsulates the movement of substances through bodily surfaces into fluids and tissues.

3. What is the term for the act of leaving a patient without proper care or supervision?

A. Abandonment

B. Neglect

C. Isolation

D. Withdrawal

The term for leaving a patient without proper care or supervision is abandonment. This occurs when a healthcare provider, such as a nurse or certified nursing assistant, ends their professional relationship with a patient without making appropriate arrangements for care, which can include failure to provide adequate supervision. Abandonment can pose serious risks to a patient's well-being, as they may be left in a vulnerable state without necessary support or assistance. This is especially critical in medical settings, where continuous care is essential. Neglect, while related, specifically refers to the failure to provide necessary care when it is available. Whereas neglect can involve poor care practices or lack of attention while still maintaining a relationship with the patient, abandonment entails a complete departure from any caring relationship. Isolation typically refers to the practice of separating a patient from others, often for reasons of infection control or behavioral management, but does not specifically address the lack of care. Withdrawal may imply a reduction in care but does not convey the same legal or ethical implications as abandonment.

4. In what situation should a CNA perform range of motion (ROM) exercises?

A. When a patient is fully mobile and independent

B. When a patient is bedridden or has limited mobility

C. Only when specifically instructed by a doctor

D. When the patient requests them to be performed

Performing range of motion (ROM) exercises is particularly beneficial in situations where a patient is bedridden or has limited mobility. These exercises help maintain joint flexibility, prevent stiffness, and promote circulation, which are essential for individuals who are unable to move freely or who are confined to bed. By engaging in ROM exercises, the CNA can help mitigate the risk of complications associated with immobility, such as contractures or skin breakdown. In contrast, when the patient is fully mobile and independent, there may not be a need for ROM exercises, as their natural movements will maintain joint function and mobility. Performing these exercises only when specifically instructed by a doctor might limit the opportunities for preventive care, as nursing assistants are often trained to recognize when such interventions are beneficial. Additionally, while patient requests are valuable, they may not always reflect the clinical necessity for ROM exercises; the healthcare provider should assess and recommend these exercises based on the patient's condition.

5. What term describes the pressure of blood exerted against vascular walls?

- A. Blood volume**
- B. Oxygen saturation**
- C. Blood pressure**
- D. Heart rate**

The term that describes the pressure of blood exerted against the vascular walls is blood pressure. Blood pressure is an essential physiological parameter that reflects the force of blood pushing against the walls of the arteries as the heart pumps it throughout the body. It is typically measured in millimeters of mercury (mmHg) and is recorded with two numbers: systolic pressure (the pressure when the heart beats) over diastolic pressure (the pressure when the heart is at rest between beats). Understanding blood pressure is crucial for monitoring cardiovascular health, as it can indicate various health conditions, such as hypertension or hypotension. Other options do not pertain to this specific definition; for example, blood volume refers to the total amount of blood in the body, oxygen saturation indicates the level of oxygen in the blood, and heart rate measures how many times the heart beats in a minute. Each of these is important in its own right but does not specifically address the pressure exerted against vascular walls.

6. What term describes a period of no respiration?

- A. Bradycardia**
- B. Apnea**
- C. Dyspnea**
- D. Hyperventilation**

The term that describes a period of no respiration is apnea. Apnea indicates a temporary cessation of breathing, which can occur during sleep or as a result of certain medical conditions. Understanding this term is crucial for healthcare providers, as recognizing apnea can be vital in assessing a patient's respiratory status, especially in emergencies or during monitoring in clinical settings. Bradycardia refers specifically to a slower than normal heart rate and is unrelated to respiration. Dyspnea is the term for difficulty or discomfort in breathing, not an absence of breath. Hyperventilation refers to rapid or deep breathing, which also does not relate to cessation of breathing. Therefore, apnea is the correct term for a period of no respiration, highlighting its significance in medical assessments.

7. Why is patient privacy important in nursing care?

- A. To maintain a sterile environment
- B. To uphold patient dignity, trust, and confidentiality in their healthcare experience**
- C. To allow more freedom for staff
- D. To comply with hospital regulations only

Upholding patient dignity, trust, and confidentiality is crucial in nursing care because these elements are foundational to the therapeutic relationship between healthcare providers and patients. When patients feel that their privacy is respected, they are more likely to communicate openly about their health concerns, which can lead to better health outcomes. Privacy fosters trust; patients are more willing to share sensitive information if they believe it will be kept confidential. This trust is essential for providing high-quality care and for ensuring that patients feel safe and respected in a vulnerable situation. Moreover, confidentiality is a legal requirement under regulations such as HIPAA (Health Insurance Portability and Accountability Act) in the United States, which is designed to protect patients' personal health information from being disclosed without their consent. Violating patient privacy can have serious ethical and legal implications for healthcare providers and institutions. Thus, prioritizing patient privacy not only enhances the care experience but also aligns with ethical standards and legal obligations within healthcare.

8. When assisting a patient with walking, a CNA should:

- A. Walk in front of the patient
- B. Let the patient walk independently
- C. Stand on the side and slightly behind the patient to provide support**
- D. Encourage the patient to run for exercise

When assisting a patient with walking, standing on the side and slightly behind the patient to provide support is crucial for ensuring both the safety and comfort of the individual. This position allows the CNA to be close enough to offer physical support if the patient starts to waver or lose balance. By being slightly behind, the CNA can also guide the patient gently while remaining out of their direct line of sight, which can help prevent startling them. Moreover, this supportive stance encourages the patient's independence while still maintaining a safety net, promoting confidence as they walk. It demonstrates a balance between offering assistance and allowing the patient to manage their movement, which is essential for their rehabilitation and overall mobility progress. The other options lack the appropriate safety measures or promote behaviors that could lead to accidents. For instance, walking in front may limit the ability to react quickly if the patient stumbles. Letting the patient walk independently might not be wise if they are at risk of falling, and encouraging running can be risky, particularly for those who may not have the physical stamina or coordination needed for such vigorous activity.

9. Which of the following is a primary responsibility of a CNA?

- A. Administering medications**
- B. Providing personal care assistance to patients**
- C. Making medical diagnoses**
- D. Developing patient care plans**

The primary responsibility of a Certified Nursing Assistant (CNA) is to provide personal care assistance to patients. This role is essential in the healthcare setting as CNAs help with daily living activities such as bathing, dressing, grooming, and feeding patients. They play a vital part in ensuring that patients receive the compassionate and respectful care they need, particularly those who are unable to perform these tasks independently. In contrast, the administration of medications is typically the responsibility of licensed nurses or doctors, who have the necessary training and authority to make such decisions. Making medical diagnoses is also outside the scope of a CNA's role, as this requires a higher level of education and clinical judgement that CNAs do not possess. Additionally, developing patient care plans is a function reserved for registered nurses or healthcare providers who assess patient needs and devise comprehensive treatment strategies. By focusing on personal care assistance, CNAs contribute significantly to the overall comfort and well-being of patients, which is the cornerstone of their responsibilities in healthcare teams.

10. Which type of pillow is specifically designed to maintain separation between the legs of a patient who has undergone hip surgery?

- A. Wedge pillow**
- B. Abduction pillow**
- C. Orthopedic pillow**
- D. Body pillow**

The abduction pillow is specifically designed for patients who have undergone hip surgery to maintain proper positioning and separation between the legs. This type of pillow helps to prevent the legs from crossing and ensures that the hip joint remains in the correct alignment during recovery. Maintaining such alignment is crucial to promote healing and prevent complications, such as dislocation. A wedge pillow, while it can aid in positioning, is generally used for elevation rather than specifically keeping the legs apart. An orthopedic pillow can provide support and comfort but doesn't have the specialized design for leg separation post-hip surgery. A body pillow is more of a general-purpose comfort item that does not specifically address the needs of patients recovering from hip surgery, which is why the abduction pillow is the optimal choice.

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://nevadacna.examzify.com>

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

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