

NEW JERSEY CNA 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. How should fluid intake be measured after a patient consumes a bagel and a big glass of apple juice?**
 - A. 240 ml
 - B. 360 ml
 - C. 480 ml
 - D. 600 ml
- 2. What risk do patients who habitually refuse to go to the bathroom face?**
 - A. Developing chronic fatigue
 - B. Incontinence
 - C. Bladder infection
 - D. Muscle weakness
- 3. If a CNA is assisting a patient who recently suffered a stroke on one side, what should they encourage?**
 - A. Full dependence on the CNA for bathing
 - B. Participation in bathing as much as possible
 - C. Using a sponge bath only
 - D. Avoid any activity that requires movement
- 4. What should a CNA do if a patient expresses suicidal thoughts?**
 - A. Ignore it and monitor the patient
 - B. Take it seriously, ensure safety, and inform a healthcare professional immediately
 - C. Try to change the subject
 - D. Document it and wait for the next shift
- 5. What is the main focus of patient-centered care?**
 - A. The healthcare provider's preferences
 - B. The patient's preferences, needs, and values
 - C. Administrative procedures and policies
 - D. Hospital efficiency and cost-effectiveness

- 6. What should be avoided when assisting a visually impaired patient?**
- A. Offering your arm for guidance
 - B. Talking to them about their surroundings
 - C. Taking hold of their arm abruptly
 - D. Describing potential hazards in the environment
- 7. What is a common complication of immobility that CNAs need to monitor?**
- A. Muscle strain
 - B. Deep vein thrombosis (DVT)
 - C. Headaches
 - D. Skin rash
- 8. What steps should a CNA take before entering a patient's room?**
- A. Open the door without permission
 - B. Knock, wait for a response, and introduce yourself
 - C. Call out the patient's name loudly
 - D. Enter without announcing themselves
- 9. When bathing a patient, what should a CNA consider to ensure the patient's comfort and safety?**
- A. Checking the temperature of the water
 - B. Using cold water to prevent burning
 - C. Bathing the patient quickly for efficiency
 - D. Leaving the room while the patient bathes
- 10. What is the primary role of a CNA in a healthcare facility?**
- A. To provide medication management for patients
 - B. To perform administrative duties in the office
 - C. To provide care and assist patients with daily living activities under the supervision of a nurse
 - D. To supervise nursing staff in patient care

Answers

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

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Explanations

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1. How should fluid intake be measured after a patient consumes a bagel and a big glass of apple juice?

- A. 240 ml
- B. 360 ml
- C. 480 ml**
- D. 600 ml

To determine the total fluid intake after a patient consumes a bagel and a big glass of apple juice, it is essential to consider the amount of liquid contained in the apple juice, as the bagel will not contribute to the fluid intake. Typically, a standard glass of apple juice can be approximated to be around 240 ml, if referring to a typical serving size. If we assume "big" refers to a larger serving, it is reasonable to estimate that the quantity is closer to around 360 ml for the apple juice. Therefore, when calculating the total fluid intake, if the big glass of apple juice is considered to be 360 ml, this quantity accurately reflects a more generous serving size than the standard 240 ml. The bagel itself does not add to overall fluid intake, as it is a solid food item, therefore the focus solely remains on the apple juice quantity. In this context, the total intake after the consumption would indeed be 360 ml, aligning with the answer provided.

2. What risk do patients who habitually refuse to go to the bathroom face?

- A. Developing chronic fatigue
- B. Incontinence**
- C. Bladder infection
- D. Muscle weakness

Patients who habitually refuse to go to the bathroom face a significant risk of incontinence. When individuals consistently avoid using the restroom, it can lead to an overdistended bladder. This can impair the bladder's ability to retain urine effectively over time, ultimately resulting in involuntary leakage of urine, which is known as incontinence. The habit of withholding urine puts added pressure on the bladder muscles and can disrupt the normal process of urination. This behavior may create a cycle where the individual becomes less able to control their bladder function, compounding the incontinence issue. It is important for caregivers to encourage regular bathroom breaks to maintain bladder health and prevent such complications.

3. If a CNA is assisting a patient who recently suffered a stroke on one side, what should they encourage?

- A. Full dependence on the CNA for bathing
- B. Participation in bathing as much as possible**
- C. Using a sponge bath only
- D. Avoid any activity that requires movement

Encouraging participation in bathing as much as possible is important for several reasons. After a stroke, patients may have decreased mobility and strength on one side of their body. It's crucial for the CNA to promote as much independence and active involvement as is safely possible. This involvement not only helps build the patient's physical strength and coordination but also enhances their psychological well-being by fostering a sense of autonomy and normalcy during their recovery process. Involvement in personal hygiene activities, such as bathing, is essential for physical rehabilitation. It assists in the recovery of motor skills, promotes self-esteem, and encourages a more active recovery. It's vital for the CNA to assess the patient's capabilities and help facilitate as much participation as is safe, possibly using adaptive techniques or equipment to assist where needed. This approach contrasts with the other options presented. Full dependence on a CNA for bathing would not support the patient's rehabilitation goals, while using a sponge bath exclusively may limit the patient's engagement and independence. Avoiding any activity that requires movement would not benefit the patient's recovery, as engaging in physical activity, even in a limited capacity, is critical for regaining strength.

4. What should a CNA do if a patient expresses suicidal thoughts?

- A. Ignore it and monitor the patient
- B. Take it seriously, ensure safety, and inform a healthcare professional immediately**
- C. Try to change the subject
- D. Document it and wait for the next shift

When a patient expresses suicidal thoughts, it is crucial for a Certified Nursing Assistant (CNA) to take these statements seriously. This response is vital because suicidal thoughts can indicate a severe mental health crisis that requires immediate attention. By ensuring the patient's safety, the CNA creates an environment where the patient feels supported and cared for. Informing a healthcare professional immediately is essential because they are trained to assess and intervene in such situations. This might include initiating a mental health evaluation or implementing safety measures to prevent harm. Early intervention can potentially save a life by connecting the patient with appropriate resources and support. Responding to suicidal ideation with proper attention not only helps safeguard the patient but also aligns with ethical and legal responsibilities in healthcare. Care providers have an obligation to address any signs of distress or risk, making immediate action rather than inaction the appropriate course.

5. What is the main focus of patient-centered care?

- A. The healthcare provider's preferences
- B. The patient's preferences, needs, and values**
- C. Administrative procedures and policies
- D. Hospital efficiency and cost-effectiveness

Patient-centered care emphasizes the importance of the patient's preferences, needs, and values in the healthcare process. This approach ensures that patients are actively involved in their own care decisions, leading to improved health outcomes and greater satisfaction with the care received. By prioritizing what patients want and need, healthcare providers can better tailor their services, create treatment plans that align with individual patients' lifestyles and desires, and foster a strong partnership between the patient and the care team. The focus on the patient's perspective also encourages providers to listen to and respect their patients, which can significantly enhance the overall experience in healthcare settings. Involving patients in discussions about their care supports autonomy and empowers them, ultimately promoting a more holistic view of health that considers emotional, psychological, and social factors along with physical health. Thus, patient-centered care is a fundamental principle that guides effective, compassionate healthcare delivery.

6. What should be avoided when assisting a visually impaired patient?

- A. Offering your arm for guidance
- B. Talking to them about their surroundings
- C. Taking hold of their arm abruptly**
- D. Describing potential hazards in the environment

Taking hold of a visually impaired patient's arm abruptly should be avoided because it can startle them or disrupt their sense of orientation. Individuals with visual impairments often rely on their other senses, such as hearing and touch, to navigate their environment. A sudden, forceful action could cause them to feel insecure and may even lead to anxiety or panic. Instead, offering your arm for guidance allows the patient to understand the direction you are going and to feel more in control of their movement. Engaging them in conversation about their surroundings can also help orient them and provide reassurance about where they are. Additionally, describing potential hazards can prepare them for obstacles, enhancing their safety and confidence. Overall, gentle and respectful communication and touch are key to successfully assisting visually impaired patients.

7. What is a common complication of immobility that CNAs need to monitor?

- A. Muscle strain
- B. Deep vein thrombosis (DVT)**
- C. Headaches
- D. Skin rash

Deep vein thrombosis (DVT) is a common complication of immobility that CNAs need to monitor because it involves the formation of a blood clot in a deep vein, often in the legs. When a person is immobile for extended periods, especially after surgery or due to illness, blood flow can be significantly reduced in the lower extremities. This stagnation can lead to clot formation, which poses serious health risks if the clot dislodges and travels to the lungs, causing a pulmonary embolism. Recognizing the signs and symptoms of DVT is crucial for a CNA, as early intervention can be life-saving. Symptoms may include swelling, pain, or tenderness in the leg, but it's important to note that not all individuals will show clear symptoms. Regular mobility assistance and monitoring for changes in the patient's condition can help prevent DVT in patients who are immobile. While aspects like muscle strain, headaches, and skin rashes may occur in patients, they are not as directly associated with the risks of immobility in the same way that DVT is.

8. What steps should a CNA take before entering a patient's room?

- A. Open the door without permission
- B. Knock, wait for a response, and introduce yourself**
- C. Call out the patient's name loudly
- D. Enter without announcing themselves

The appropriate action for a CNA before entering a patient's room is to knock, wait for a response, and introduce themselves. This practice is essential for several reasons. Firstly, it respects the patient's privacy and dignity, acknowledging that they may be in a personal or sensitive situation. By knocking and waiting for a response, the CNA ensures that the patient is ready for interaction and that their comfort is prioritized. Additionally, introducing oneself fosters a rapport between the caregiver and the patient, making the patient feel more at ease. This introductory step is crucial in building trust and establishing a professional relationship, which can lead to better communication and cooperation during care. The other options do not demonstrate this level of respect and professionalism. For example, opening the door without permission or simply entering without announcing oneself can be perceived as intrusive and disrespectful. Similarly, calling out the patient's name loudly does not maintain privacy and may cause unnecessary alarm or discomfort. In healthcare, maintaining a respectful approach is vital for providing quality care and promoting a therapeutic environment.

9. When bathing a patient, what should a CNA consider to ensure the patient's comfort and safety?

- A. Checking the temperature of the water**
- B. Using cold water to prevent burning
- C. Bathing the patient quickly for efficiency
- D. Leaving the room while the patient bathes

When bathing a patient, it's essential for the CNA to check the temperature of the water to ensure the patient's comfort and safety. Proper temperature control is crucial because water that is too hot can cause burns or scalds, while water that is too cold may be uncomfortable or lead to chills. By ensuring the water is at a safe and appropriate temperature, the CNA can help the patient feel relaxed and comfortable during the bathing process, promoting a positive experience. The other options do not prioritize the patient's comfort and safety. For instance, using cold water, while it may minimize the risk of burns, can lead to discomfort and is not suitable for a bathing scenario. Bathing the patient quickly for efficiency disregards the patient's needs and may increase their anxiety or discomfort. Lastly, leaving the room while the patient bathes can compromise their safety, as they may require assistance or could be at risk of slipping or falling. Ensuring proper water temperature is a straightforward yet vital step in creating a safe and comfortable bathing environment for the patient.

10. What is the primary role of a CNA in a healthcare facility?

- A. To provide medication management for patients
- B. To perform administrative duties in the office
- C. To provide care and assist patients with daily living activities under the supervision of a nurse**
- D. To supervise nursing staff in patient care

The primary role of a Certified Nursing Assistant (CNA) in a healthcare facility is to provide care and assist patients with daily living activities under the supervision of a nurse. This encompasses a wide range of tasks that are essential for the comfort, safety, and overall well-being of patients. Such activities may include helping patients with bathing, dressing, feeding, and mobility, as well as assisting with basic medical tasks like taking vital signs. This role is critical as it directly impacts the quality of care that patients receive. CNAs often spend the most time with patients, allowing them to build rapport and recognize changes in the patients' conditions that may need to be communicated to nursing staff. Their work is foundational in ensuring that patients can maintain a level of independence while receiving the support they need for daily activities and personal care. In contrast, options regarding medication management, administrative duties, and supervising nursing staff describe roles that are outside the CNA's scope of practice. Medication management typically falls under the responsibilities of licensed nurses, the administrative duties are handled by office staff, and supervising nursing staff is a role reserved for higher-level nursing positions, not for CNAs. This clear delineation of responsibilities highlights the important but distinct level of care provided by CNAs in the healthcare team

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://njcna.examzify.com>

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

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