

New York City Certified Nursing Assistant (CNA) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. How do you safely use a mechanical lift?**
 - A. Follow the manufacturer's instructions, ensure proper sling placement, and use a second person for assistance**
 - B. Use it without reading any instructions for speed**
 - C. Lift residents without assistance for faster transfers**
 - D. Adjust the sling after placing the resident in the lift**
- 2. What is the proper procedure for cleaning a catheter?**
 - A. Clean the tubing from the insertion site outward using a clean cloth**
 - B. Rinse the catheter with water only**
 - C. Soak the catheter in antiseptic solution**
 - D. Wipe the catheter from the tip toward the insertion site**
- 3. Which vital sign indicates the heart's pumping efficiency?**
 - A. Respiratory rate**
 - B. Oxygen saturation**
 - C. Blood pressure**
 - D. Pulse rate**
- 4. What is the purpose of adaptive equipment?**
 - A. To help residents maintain independence during daily activities**
 - B. To make daily activities more difficult for residents**
 - C. To provide entertainment for residents**
 - D. To enhance the staff's ability to control residents**
- 5. What is the primary role of a CNA?**
 - A. To provide surgical assistance to doctors**
 - B. To assist residents with daily activities and provide basic nursing care under supervision**
 - C. To diagnose medical conditions independently**
 - D. To manage medications for residents**

- 6. What is the CNA's responsibility in observing and reporting changes in a patient's condition?**
- A. Notify the nurse immediately and document observations**
 - B. Make assumptions based on previous knowledge**
 - C. Delay reporting until the end of your shift**
 - D. Discuss changes with the patient's family first**
- 7. What is one of the key responsibilities of a CNA regarding patient hydration?**
- A. To give patients only clear fluids**
 - B. To encourage regular fluid intake**
 - C. To restrict fluids during meals**
 - D. To only offer beverages if requested**
- 8. Which of the following symptoms indicates hypoglycemia in a diabetic resident?**
- A. Thirst and frequent urination**
 - B. Shakiness, confusion, sweating, and dizziness**
 - C. Increased hunger and fatigue**
 - D. Nausea and abdominal pain**
- 9. How should you handle hazardous materials?**
- A. Ignore safety guidelines**
 - B. Follow OSHA guidelines and use personal protective equipment (PPE)**
 - C. Use personal judgment on safety measures**
 - D. Only handle them if trained**
- 10. What are common signs of depression in elderly residents?**
- A. Increased social activity**
 - B. Heightened energy levels**
 - C. Withdrawal and changes in sleep patterns**
 - D. Excessive appetite**

Answers

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

SAMPLE

Explanations

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1. How do you safely use a mechanical lift?

- A. Follow the manufacturer's instructions, ensure proper sling placement, and use a second person for assistance**
- B. Use it without reading any instructions for speed**
- C. Lift residents without assistance for faster transfers**
- D. Adjust the sling after placing the resident in the lift**

Using a mechanical lift safely is crucial for both the safety of the resident and the caregiver. Following the manufacturer's instructions ensures that the lift is operated in a way that is approved and tested for safety. This includes understanding how to properly attach and position the sling, which is essential for providing secure support to the resident during the transfer. Proper sling placement prevents discomfort or danger to the resident, reducing the risk of injury during movement. Additionally, having a second person assist during the lift enhances safety. They can provide support in guiding the lift and watching for any potential issues that may arise during the transfer, further ensuring the well-being of the resident being moved. This collaborative approach minimizes risks associated with operating lifting equipment. In contrast, neglecting to read instructions compromises safety, no assistance can lead to mishaps, and adjusting the sling after a resident is placed in the lift can result in accidents and harm. Therefore, the emphasis on following protocols and having proper assistance underscores the importance of safety in using mechanical lifts effectively.

2. What is the proper procedure for cleaning a catheter?

- A. Clean the tubing from the insertion site outward using a clean cloth**
- B. Rinse the catheter with water only**
- C. Soak the catheter in antiseptic solution**
- D. Wipe the catheter from the tip toward the insertion site**

The correct choice emphasizes the importance of maintaining proper hygiene when caring for a catheter. Cleaning the tubing from the insertion site outward using a clean cloth helps to prevent the introduction of pathogens into the urinary tract. This method ensures that any contaminants present on the catheter do not travel toward the insertion site, where they could potentially cause infection. The focus on moving away from the insertion site aligns with infection control practices, which are crucial in a healthcare setting, especially for patients with indwelling catheters. This technique not only promotes cleanliness but also respects the sterile field necessary in catheter care. Other methods, such as rinsing the catheter with water only or soaking it in antiseptic solution, may not adequately address the need for thorough cleaning or may introduce additional risks, such as not removing all bacteria or irritating the urethra. Wiping from the tip toward the insertion site is incorrect because it could inadvertently push bacteria towards the entry point of the catheter, increasing the risk of infection. Understanding the correct procedure for catheter maintenance is critical for ensuring patient safety and preventing complications.

3. Which vital sign indicates the heart's pumping efficiency?

- A. Respiratory rate**
- B. Oxygen saturation**
- C. Blood pressure**
- D. Pulse rate**

Blood pressure is the vital sign that indicates the heart's pumping efficiency. It measures the force exerted by circulating blood on the walls of blood vessels. This measurement comprises two values: systolic pressure (the pressure when the heart beats) and diastolic pressure (the pressure when the heart is at rest between beats). Monitoring blood pressure provides insight into how well the heart is functioning in relation to its ability to pump blood throughout the body and can indicate issues such as hypertension or inadequate circulation. The other vital signs, while important for overall health assessment, do not directly measure the heart's efficiency in pumping blood. Respiratory rate reflects how well a person is breathing and the body's oxygenation, while oxygen saturation indicates the amount of oxygen in the blood. Pulse rate is important as it provides information on heart rate and rhythm but does not reflect the pressure exerted by blood on the arterial walls, which is essential for understanding the heart's pumping capability.

4. What is the purpose of adaptive equipment?

- A. To help residents maintain independence during daily activities**
- B. To make daily activities more difficult for residents**
- C. To provide entertainment for residents**
- D. To enhance the staff's ability to control residents**

Adaptive equipment is specifically designed to assist individuals in performing daily activities more independently and with greater ease. The primary goal of such equipment is to promote self-sufficiency among residents, particularly those who may have physical limitations or disabilities. By using adaptive tools and devices, residents can engage in activities such as dressing, eating, bathing, and mobility with less assistance, thereby fostering a sense of autonomy and dignity. The effectiveness of adaptive equipment lies in its ability to simplify tasks that might otherwise be challenging due to physical or cognitive impairments. This support not only enhances the quality of life for residents but also encourages participation in their own care and daily routines, ultimately leading to improved mental well-being and confidence. Other options, such as making activities more difficult, providing entertainment, or focusing on staff control, do not align with the fundamental purpose of adaptive equipment, which centers around empowering residents to maintain their independence rather than limiting their capabilities or serving unrelated functions.

5. What is the primary role of a CNA?

- A. To provide surgical assistance to doctors
- B. To assist residents with daily activities and provide basic nursing care under supervision**
- C. To diagnose medical conditions independently
- D. To manage medications for residents

The primary role of a Certified Nursing Assistant (CNA) is to assist residents with daily activities and provide basic nursing care under supervision. This encompasses a variety of essential tasks that support the personal and medical needs of individuals in healthcare settings, such as nursing homes, rehabilitation centers, and hospitals. In this role, CNAs help residents with activities of daily living (ADLs), which include bathing, dressing, grooming, eating, and mobility. They also play a crucial part in monitoring vital signs, assisting with positioning, and providing companionship to residents. The supervision aspect ensures that CNAs perform their duties in accordance with established healthcare protocols and collaborate with licensed nursing staff to deliver appropriate care. The other roles listed do not reflect the scope of practice for CNAs. Providing surgical assistance falls under the domain of surgical technicians or nurses, while diagnosing medical conditions is a responsibility reserved for licensed healthcare professionals, such as physicians and nurse practitioners. Managing medications is typically handled by licensed practical nurses (LPNs) or registered nurses (RNs), as it involves comprehensive training and understanding of pharmacology and patient assessments.

6. What is the CNA's responsibility in observing and reporting changes in a patient's condition?

- A. Notify the nurse immediately and document observations**
- B. Make assumptions based on previous knowledge
- C. Delay reporting until the end of your shift
- D. Discuss changes with the patient's family first

The responsibility of the CNA in observing and reporting changes in a patient's condition centers on the importance of communication within the healthcare team. By notifying the nurse immediately and documenting observations, the CNA ensures that any potential changes in the patient's condition are brought to the attention of a qualified healthcare professional. This immediate communication allows for timely intervention, which is crucial in providing optimal care and can significantly impact patient outcomes. Documentation is equally important, as it provides a reliable record of the patient's status over time and helps in tracking the effectiveness of treatments and identifying any trends. This meticulous attention to detail can be vital for nurses and physicians when making informed decisions regarding patient care. Timely reporting and documentation also support the overall healthcare system by fostering an environment of collaboration and thoroughness, ensuring that all team members are aware of the patient's current condition and needs, ultimately leading to better patient safety and care.

7. What is one of the key responsibilities of a CNA regarding patient hydration?

- A. To give patients only clear fluids**
- B. To encourage regular fluid intake**
- C. To restrict fluids during meals**
- D. To only offer beverages if requested**

Encouraging regular fluid intake is a fundamental responsibility of a Certified Nursing Assistant (CNA) when it comes to patient hydration. Adequate hydration is essential for maintaining overall health, supporting bodily functions, and preventing complications such as dehydration, which can lead to more serious health issues. A CNA plays a crucial role in prompting and assisting patients to drink enough fluids throughout the day, especially for those who may have difficulty with self-care or may not realize their hydration needs. Providing this encouragement can involve reminding patients to drink water regularly, offering various types of fluids to make hydration more appealing, and monitoring the patient's fluid intake to ensure that they are meeting their hydration needs. Proper hydration can help improve a patient's comfort, cognitive function, and overall recovery. Other choices do not align with the comprehensive approach to hydration required in patient care. Offering only clear fluids or restricting fluids during meals can be inappropriate depending on the individual needs and conditions of the patient. Additionally, limiting beverage offers to only when requested does not ensure proactive support of a patient's hydration needs.

8. Which of the following symptoms indicates hypoglycemia in a diabetic resident?

- A. Thirst and frequent urination**
- B. Shakiness, confusion, sweating, and dizziness**
- C. Increased hunger and fatigue**
- D. Nausea and abdominal pain**

Hypoglycemia, or low blood sugar, in diabetic residents can present with a variety of symptoms that are immediate and often quite noticeable. The signs associated with this condition typically stem from the body's response to insufficient glucose levels. Shakiness, confusion, sweating, and dizziness are classic symptoms of hypoglycemia. When blood sugar levels drop, the body releases adrenaline (epinephrine) as a compensatory response, which can lead to shakiness and sweating. Confusion may arise due to the brain not receiving enough glucose, which is its primary energy source. Dizziness often accompanies these other symptoms because low blood sugar affects the central nervous system and can disrupt balance and coordination. In contrast, the other symptoms listed are generally associated with hyperglycemia or other conditions. Thirst and frequent urination typically indicate high glucose levels, as the body attempts to rid itself of excess sugar through urination. Increased hunger and fatigue may also signal high blood sugar or the body's ineffective use of glucose. Nausea and abdominal pain could be symptoms of a gastrointestinal issue or hyperglycemia rather than hypoglycemia. Therefore, the symptoms of shakiness, confusion, sweating, and dizziness clearly align with the body's reaction to low blood sugar, making this the

9. How should you handle hazardous materials?

- A. Ignore safety guidelines
- B. Follow OSHA guidelines and use personal protective equipment (PPE)**
- C. Use personal judgment on safety measures
- D. Only handle them if trained

Handling hazardous materials safely is paramount in ensuring the well-being of both the worker and the environment. Following OSHA guidelines and utilizing personal protective equipment (PPE) is essential for preventing exposure to harmful substances. OSHA (Occupational Safety and Health Administration) provides comprehensive regulations that detail appropriate practices for managing hazardous materials, including the proper use of PPE. Using PPE such as gloves, masks, goggles, and protective clothing minimizes the risk of injury or illness that could result from chemical exposure. Thus, adhering to established safety protocols not only complies with legal requirements but also promotes a culture of safety in the workplace. In contrast to the correct approach, ignoring safety guidelines would significantly increase the risk of accidents or health issues. Relying on personal judgment without proper training or guidelines can lead to inconsistencies in safety practices, potentially jeopardizing personal safety and the safety of others. While training is crucial for handling hazardous materials, it should always be coupled with established safety measures to ensure comprehensive protection.

10. What are common signs of depression in elderly residents?

- A. Increased social activity
- B. Heightened energy levels
- C. Withdrawal and changes in sleep patterns**
- D. Excessive appetite

Changes in sleep patterns and withdrawal are well-documented signs of depression, particularly in the elderly population. As individuals experience depression, they may withdraw from social interactions they once enjoyed, showing a decline in social activity and engagement. This withdrawal can also manifest as a lack of interest in family gatherings, hobbies, or community events. Additionally, depression often disrupts normal sleep patterns, leading to insomnia or, conversely, increased sleep and fatigue. Both of these signs are critical for caregivers and healthcare professionals to recognize. Identifying such behaviors is essential for providing appropriate support and intervention. While increased energy, excessive appetite, and heightened social activity could suggest a state of well-being or heightened mood, they do not align with common indicators of depression. This makes the recognition of withdrawal and sleep changes especially significant in understanding and addressing mental health issues within the elderly population.