

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

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What is the purpose of a care plan?**
  - A. To ensure all residents receive the same type of care**
  - B. To provide individualized care tailored to the resident's needs**
  - C. To outline daily activities for the staff**
  - D. To manage medication schedules for residents**
- 2. What is the normal temperature range for an adult measured orally?**
  - A. 96.0°F to 98.6°F**
  - B. 97.6°F to 99.6°F**
  - C. 98.6°F to 100.4°F**
  - D. 95.0°F to 97.0°F**
- 3. What are common symptoms associated with a urinary tract infection (UTI)?**
  - A. Painful urination**
  - B. Frequent urination**
  - C. Cloudy urine**
  - D. All of the above**
- 4. What should be ensured when assisting a resident with a walker?**
  - A. The walker is positioned correctly**
  - B. The resident should not need support**
  - C. The resident should always lift it**
  - D. A walker should be used for all movements**
- 5. How should a CNA assist a visually impaired resident during mealtime?**
  - A. By guiding the resident's hand to their mouth**
  - B. By describing the location of food on the plate using the clock method**
  - C. By feeding the resident with a spoon**
  - D. By only serving food that is easy to chew**

**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 the proper technique for feeding a resident with dysphagia?**

- A. Offer large bites and encourage talking while eating**
- B. Ensure they are lying down flat**
- C. Offer small bites, ensure they are sitting upright, and monitor for choking**
- D. Feed quickly to reduce the meal time**

**8. In which situations is it appropriate to use gloves?**

- A. When there is exposure to blood or body fluids**
- B. When the patient requests it**
- C. When performing routine patient checks**
- D. Only during surgical procedures**

**9. What is the importance of repositioning a resident every two hours?**

- A. To keep them awake**
- B. To prevent pressure ulcers and improve circulation**
- C. To allow staff to clean the area**
- D. To ensure they are comfortable for longer periods**

**10. If a resident expresses suicidal thoughts, what should the CNA do?**

- A. Discuss the situation with other residents**
- B. Encourage the resident to think positively**
- C. Report immediately to the nurse and provide support to the resident**
- D. Document the comments and move on**

## **Answers**

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

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## **Explanations**

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## 1. What is the purpose of a care plan?

- A. To ensure all residents receive the same type of care
- B. To provide individualized care tailored to the resident's needs**
- C. To outline daily activities for the staff
- D. To manage medication schedules for residents

A care plan serves as a fundamental tool in the healthcare process, specifically designed to provide individualized care that addresses each resident's unique needs and preferences. By developing a personalized care plan, healthcare providers can assess, plan, implement, and evaluate the specific interventions that are necessary for the individual's health and well-being. This personalized approach ensures that care is not one-size-fits-all; rather, it takes into account the medical history, personal preferences, and specific health challenges faced by each resident. While options like managing medication schedules or outlining daily activities might be components of a care plan, the essence of the care plan's purpose lies in its focus on personalization and tailored interventions. It helps in achieving better outcomes by ensuring that care is relevant and responsive to what each resident requires, thereby promoting a higher quality of life.

## 2. What is the normal temperature range for an adult measured orally?

- A. 96.0°F to 98.6°F
- B. 97.6°F to 99.6°F**
- C. 98.6°F to 100.4°F
- D. 95.0°F to 97.0°F

The normal temperature range for an adult measured orally typically falls between 97.6°F to 99.6°F. This range reflects the average body temperature of a healthy adult, considering individual variations and environmental factors. The average accepted value for normal body temperature is often cited as 98.6°F, but temperatures can naturally fluctuate within this broader range. By understanding this range, healthcare professionals can better assess if a patient's temperature is within normal limits or indicative of a potential health issue. The context of temperature regulation is essential in a clinical setting, as deviations from these temperatures can warrant further observation or investigation. Recognizing the normal range is a key skill for a Certified Nursing Assistant (CNA), as it assists in monitoring patient health and determining care needs.

### 3. What are common symptoms associated with a urinary tract infection (UTI)?

- A. Painful urination**
- B. Frequent urination**
- C. Cloudy urine**
- D. All of the above**

Choosing "All of the above" is justified because urinary tract infections (UTIs) typically present multiple symptoms that reflect the irritation and infection in the urinary system. Painful urination, known as dysuria, is a prominent feature of UTIs; it occurs due to inflammation of the bladder and urethra. This often leads to discomfort during the act of urination, which can be quite distressing for individuals experiencing the infection. Frequent urination is another common symptom, as the infection may irritate the bladder lining, leading to the urge to urinate more often than usual, even if only small amounts of urine are produced each time. Cloudy urine is frequently observed in individuals with UTIs due to the presence of bacteria, pus, or blood, all of which can alter the appearance of urine. Additionally, there may be a foul-smelling urine, which can further indicate an infection. Since all these symptoms—painful urination, frequent urination, and cloudy urine—are frequently associated with UTIs, selecting "All of the above" encompasses the full spectrum of common signs indicating the presence of this condition.

### 4. What should be ensured when assisting a resident with a walker?

- A. The walker is positioned correctly**
- B. The resident should not need support**
- C. The resident should always lift it**
- D. A walker should be used for all movements**

When assisting a resident with a walker, it is crucial to ensure that the walker is positioned correctly. Proper positioning allows the resident to maintain balance and stability while using the device, significantly reducing the risk of falls or accidents. The walker should be aligned with the resident's body, typically a few inches in front of them to provide adequate support when standing or walking. Correct positioning also involves adjusting the height of the walker to match the resident's wrist level when they stand upright with their arms at their sides. This adjustment helps the resident to utilize the walker comfortably and effectively, enabling them to engage in movement confidently and safely. While other statements may seem reasonable, they do not specifically address the essential aspect of ensuring that the walker itself is used correctly. For instance, suggesting that the resident should not need support overlooks the very purpose of the walker, which is to provide that necessary support. Similarly, stating that the resident should always lift it or that a walker should be used for all movements does not reflect the proper use of the device in varying situations.

## 5. How should a CNA assist a visually impaired resident during mealtime?

- A. By guiding the resident's hand to their mouth
- B. By describing the location of food on the plate using the clock method**
- C. By feeding the resident with a spoon
- D. By only serving food that is easy to chew

Assisting a visually impaired resident during mealtime involves ensuring they feel comfortable and are able to eat independently while navigating the challenges posed by their visual impairment. Describing the location of food on the plate using the clock method is an effective way to help residents understand where different items are positioned. This method entails associating positions on the plate with clock times—such as stating that the vegetables are at 3 o'clock and the meat is at 6 o'clock. This enables residents to build a mental map of their meal, promoting their autonomy and confidence while eating. Guiding their hand to their mouth can lead to embarrassment or a feeling of dependency. Feeding them directly with a spoon can similarly undermine their independence, taking away the opportunity for the resident to engage actively in their mealtime experience. While serving easy-to-chew food may be helpful for some residents, it does not address the specific need for orientation and independence that is crucial during meals for visually impaired individuals. The clock method fosters a sense of self-reliance and dignity, making it the most supportive approach in this situation.

## 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 the proper technique for feeding a resident with dysphagia?

- A. Offer large bites and encourage talking while eating**
- B. Ensure they are lying down flat**
- C. Offer small bites, ensure they are sitting upright, and monitor for choking**
- D. Feed quickly to reduce the meal time**

The proper technique for feeding a resident with dysphagia involves several important considerations to ensure safety and promote effective swallowing. By offering small bites, you can help control the amount of food being consumed at one time, which is crucial for individuals with difficulty swallowing. Small bites reduce the risk of choking, as they are easier to manage and swallow. Ensuring that the resident is sitting upright is also essential. This position helps prevent aspiration, which is when food or liquid enters the airway instead of the esophagus. An upright position provides better control over the swallowing process and allows gravity to assist in moving food down the esophagus. Monitoring for choking while feeding is vital as well. Careful observation allows the caregiver to respond quickly if the resident begins to have difficulty. Signs of choking can include coughing, difficulty breathing, or a change in skin color. The other options do not align with best practices for feeding someone with dysphagia. Large bites can overwhelm a person's ability to swallow safely, while lying down flat puts them at higher risk for aspiration. Feeding quickly compromises the resident's ability to chew and swallow properly, increasing the risk of choking and making it difficult for them to enjoy their meal.

## 8. In which situations is it appropriate to use gloves?

- A. When there is exposure to blood or body fluids**
- B. When the patient requests it**
- C. When performing routine patient checks**
- D. Only during surgical procedures**

Using gloves is essential in situations where there is potential exposure to blood or body fluids to protect both the healthcare worker and the patient from infection or contamination. Gloves act as a barrier, preventing the transmission of pathogens that may be present in these fluids. This practice is crucial in maintaining infection control standards in healthcare settings. In contrast, while a patient's request for gloves may indicate a desire for assurance of cleanliness or safety, it does not establish a clinical necessity for wearing them. Routine patient checks may not always involve contact with bodily fluids, therefore gloves may not be needed unless specific risks are present. Surgical procedures warrant the use of gloves due to the sterile environment required, but the use of gloves extends beyond this context to any interaction involving potential exposure to infectious materials.

## 9. What is the importance of repositioning a resident every two hours?

- A. To keep them awake
- B. To prevent pressure ulcers and improve circulation**
- C. To allow staff to clean the area
- D. To ensure they are comfortable for longer periods

Repositioning a resident every two hours is crucial primarily to prevent pressure ulcers and improve circulation. When a resident remains in the same position for too long, particularly if they have limited mobility, certain areas of the body can be subjected to excessive pressure. This pressure can restrict blood flow to the skin and underlying tissues, leading to skin breakdown and the formation of pressure ulcers, also known as bedsores. By repositioning the resident, you distribute pressure across different parts of the body, facilitating better blood circulation and reducing the risk of tissue damage. Additionally, frequent changes in position can help relieve discomfort and may also promote better lung function by encouraging deeper breathing and preventing complications such as pneumonia. The other options do not address the primary health concerns that arise from prolonged immobility. Keeping residents awake is not a goal of repositioning; cleaning the area, while important for hygiene, is not the focus of repositioning itself; and while comfort could be a benefit, it is secondary to preventing serious complications like pressure ulcers.

## 10. If a resident expresses suicidal thoughts, what should the CNA do?

- A. Discuss the situation with other residents
- B. Encourage the resident to think positively
- C. Report immediately to the nurse and provide support to the resident**
- D. Document the comments and move on

When a resident expresses suicidal thoughts, it is crucial to take the matter seriously and act promptly. Reporting the situation immediately to the nurse is essential because healthcare professionals are trained to assess and manage mental health crises. The nurse can then determine the appropriate interventions and support needed for the resident. Providing support to the resident in this context can mean being a listening ear, reassuring them they are not alone, and ensuring their safety until professional help is available. Encouraging the resident to think positively, while well-intentioned, may not adequately address the gravity of their feelings and can sometimes minimize their emotional experience. Similarly, discussing the situation with other residents is not an appropriate response, as it breaches confidentiality and does not offer the resident the immediate care they require. Documenting the comments and moving on fails to acknowledge the urgency of the situation, potentially leaving the resident without the support they need during a critical time. Therefore, the correct course of action is to report the situation to the nurse and provide direct support to the resident.

# 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://newyorkcna.examzify.com>**

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

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