

NEW YORK CITY CERTIFIED NURSING ASSISTANT (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. What is the purpose of turning and positioning a resident?**
 - A. To prevent pressure sores and promote circulation
 - B. To make it easier for nursing staff to access the resident
 - C. To ensure the resident remains awake and alert
 - D. To encourage interaction with other residents
- 2. What are the signs of a stroke?**
 - A. Sudden weakness on one side, slurred speech, and confusion
 - B. Consistent headaches and blurred vision
 - C. Persistent coughing and fever
 - D. Excessive yawning and fatigue
- 3. What is the CNA's responsibility regarding a resident's pain management?**
 - A. Administer pain medication as needed
 - B. Report pain to the nurse and assist with non-pharmacological interventions like repositioning
 - C. Ignore complaints of pain unless they are severe
 - D. Suggest over-the-counter medications to the resident
- 4. What is the normal range for an adult's temperature?**
 - A. 95.0°F to 97.0°F orally
 - B. 97.6°F to 99.6°F orally
 - C. 98.6°F to 100.6°F orally
 - D. 99.0°F to 101.0°F orally
- 5. How should a certified nursing assistant handle a resident's personal information?**
 - A. Store it openly for easy access
 - B. Discuss it with other staff members casually
 - C. Maintain confidentiality in compliance with HIPAA regulations
 - D. Share with family members without consent

6. What is the purpose of a care plan?

- A. To outline the specific needs and interventions for a patient's care
- B. To track the financial aspects of patient care
- C. To serve as a legal document for court cases
- D. To replace the need for verbal communication with patients

7. What is a key aspect of effective communication with residents?

- A. Using medical jargon to explain procedures
- B. Speaking clearly and patiently while using appropriate language
- C. Rushing the conversation to save time
- D. Ignoring residents who seem confused

8. What is the correct way to take a radial pulse?

- A. By squeezing the patient's wrist
- B. By placing your fingers on the patient's wrist, on the thumb side
- C. By pressing hard on the elbow area
- D. By counting the pulses on the patient's neck

9. What is a key component in ensuring patient safety during care?

- A. Minimizing communication with the resident
- B. Using hand sanitizer only when visibly dirty
- C. Maintaining a clean and organized environment
- D. Only following verbal instructions from other staff

10. What are the steps for making an occupied bed?

- A. Remove all sheets at once, then change the mattress
- B. Keep the resident covered, work from one side at a time, and ensure there are no wrinkles in the sheets
- C. Change sheets without informing the resident
- D. Make the bed from the center out to both ends

Answers

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

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Explanations

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1. What is the purpose of turning and positioning a resident?

- A. To prevent pressure sores and promote circulation**
- B. To make it easier for nursing staff to access the resident
- C. To ensure the resident remains awake and alert
- D. To encourage interaction with other residents

The purpose of turning and positioning a resident primarily revolves around preventing pressure sores and promoting circulation. When a resident is immobilized for prolonged periods, certain areas of their skin can become vulnerable to pressure, leading to sores or ulcers. By regularly changing a resident's position, you alleviate pressure on specific body parts, distributing weight more evenly and enhancing blood flow to those areas. Improved circulation also plays a critical role in overall health, as it helps in the efficient delivery of oxygen and nutrients to tissues while assisting in the removal of waste products from cellular metabolism. In addition to preventing pressure sores, turning and positioning can aid in maintaining comfort and alignments, thereby supporting respiratory function and digestion. While improving access for nursing staff, ensuring a resident stays awake and alert, or encouraging interactions with others can be ancillary benefits, these are not the primary objectives of the positioning technique, which primarily focuses on safeguarding the resident's skin integrity and enhancing their circulatory efficiency.

2. What are the signs of a stroke?

- A. Sudden weakness on one side, slurred speech, and confusion**
- B. Consistent headaches and blurred vision
- C. Persistent coughing and fever
- D. Excessive yawning and fatigue

The signs of a stroke are critical to recognize quickly, as prompt treatment can significantly affect outcomes. Sudden weakness on one side of the body, slurred speech, and confusion are classic symptoms associated with a stroke, particularly an ischemic stroke or hemorrhagic stroke. These symptoms may arise due to the brain not receiving enough blood flow, leading to neurological deficits. Sudden weakness occurs because the part of the brain responsible for motor function is affected. Slurred speech indicates that the areas involved in communication are impacted, and confusion can arise from a lack of blood flow to areas of the brain that control understanding and judgment. Recognizing these symptoms quickly can enable a person to seek medical attention, which is vital for effective treatment and recovery. Meanwhile, options that involve consistent headaches and blurred vision, persistent coughing and fever, or excessive yawning and fatigue do not align with the acute and sudden nature of stroke symptoms. These alternatives reflect other health issues that may require attention but are not indicative of a stroke.

3. What is the CNA's responsibility regarding a resident's pain management?

- A. Administer pain medication as needed
- B. Report pain to the nurse and assist with non-pharmacological interventions like repositioning**
- C. Ignore complaints of pain unless they are severe
- D. Suggest over-the-counter medications to the resident

The responsibility of a Certified Nursing Assistant (CNA) in relation to a resident's pain management includes reporting pain to the nurse and assisting with non-pharmacological interventions such as repositioning. This approach aligns with the CNA's role, which focuses on providing basic care and support under the supervision of a nurse. CNAs observe and document a resident's condition, which includes monitoring their pain levels. If a resident reports pain, it is critical for the CNA to communicate this to the nursing staff so that appropriate medical interventions can be considered. In addition to reporting, assisting with non-pharmacological pain relief methods—such as repositioning, applying heat or cold, or facilitating relaxation techniques—can help alleviate discomfort while waiting for medical staff to address the situation with medications or further interventions. CNAs do not have the authority to administer medications or suggest over-the-counter remedies, as this falls outside their scope of practice. By focusing on these responsibilities, CNAs play a vital role in the comprehensive pain management plan for residents, ensuring their comfort and well-being.

4. What is the normal range for an adult's temperature?

- A. 95.0°F to 97.0°F orally
- B. 97.6°F to 99.6°F orally**
- C. 98.6°F to 100.6°F orally
- D. 99.0°F to 101.0°F orally

The normal range for an adult's temperature orally is generally considered to be between 97.6°F to 99.6°F. This range accounts for variations in individual temperature readings due to factors like the time of day, activity level, and individual physiology. A temperature reading within this range indicates a healthy body temperature, which is essential for proper physiological functioning. It is often considered that 98.6°F is the average normal body temperature, but normal variations can occur, thus establishing a broader range. This understanding helps nursing assistants to monitor and assess patients accurately, ensuring they can identify when a temperature may indicate a fever or hypothermia, prompting appropriate responses based on deviations outside this normal range.

5. How should a certified nursing assistant handle a resident's personal information?

- A. Store it openly for easy access
- B. Discuss it with other staff members casually
- C. Maintain confidentiality in compliance with HIPAA regulations**
- D. Share with family members without consent

Maintaining confidentiality in compliance with HIPAA regulations is crucial for protecting a resident's personal health information. HIPAA, the Health Insurance Portability and Accountability Act, establishes national standards for the protection of health information and emphasizes the importance of safeguarding patient data. A certified nursing assistant must ensure that any information regarding a resident's health status, treatment, or personal details is kept private and shared only with authorized individuals who are directly involved in the resident's care. Confidentiality not only builds trust between the resident and the healthcare provider but also upholds the rights of the individual regarding their personal information. Proper handling of personal information includes securing records, discussing details only in private settings, and obtaining consent before sharing any information with family members or non-authorized personnel. Following these guidelines protects both the resident's rights and the CNA from potential legal repercussions.

6. What is the purpose of a care plan?

- A. To outline the specific needs and interventions for a patient's care**
- B. To track the financial aspects of patient care
- C. To serve as a legal document for court cases
- D. To replace the need for verbal communication with patients

The purpose of a care plan is to outline the specific needs and interventions for a patient's care. This document serves as a personalized roadmap for healthcare providers, illustrating individualized goals, the patient's medical history, current health status, and the interventions necessary to meet the patient's needs effectively. By detailing what care is required and how it should be delivered, the care plan ensures that all team members, including nursing assistants, are on the same page regarding the patient's treatment approach. It facilitates coordinated and comprehensive care, allowing for adjustments based on the patient's progress and changing condition. Options that focus on tracking financial aspects, serving as a legal document, or replacing verbal communication do not align with the primary purpose of a care plan, which is fundamentally about the direct care and support of the patient.

7. What is a key aspect of effective communication with residents?

- A. Using medical jargon to explain procedures
- B. Speaking clearly and patiently while using appropriate language**
- C. Rushing the conversation to save time
- D. Ignoring residents who seem confused

Effective communication with residents is crucial for building trust and ensuring that they feel understood and cared for. Speaking clearly and patiently while using appropriate language allows caregivers to convey information in a way that residents can comprehend, fostering a supportive environment. This approach encourages residents to ask questions if they don't understand something, promoting active engagement in their care. Utilizing appropriate language allows caregivers to adapt their communication based on the resident's understanding and comfort level. This is particularly important in nursing environments where residents may be experiencing stress or confusion about their health status. In contrast, using medical jargon can create barriers to understanding and make residents feel alienated or intimidated. Rushing conversations can lead to misunderstandings and may neglect the emotional needs of residents. Ignoring those who seem confused only exacerbates feelings of isolation and may discourage them from expressing their concerns, ultimately hindering their care. Engaging in clear and patient communication is a pivotal skill for CNAs, directly influencing the quality of care and comfort provided to residents.

8. What is the correct way to take a radial pulse?

- A. By squeezing the patient's wrist
- B. By placing your fingers on the patient's wrist, on the thumb side**
- C. By pressing hard on the elbow area
- D. By counting the pulses on the patient's neck

The correct way to take a radial pulse is by placing your fingers on the patient's wrist, specifically on the thumb side. This technique involves locating the radial artery, which runs along the wrist's lateral aspect (the side closest to the thumb). To take the pulse accurately, it is important to use the pads of your index and middle fingers to gently press against this area until you can feel the pulse. This method allows for a reliable measurement of the heart rate, as the radial pulse is easily accessible and provides a consistent reflection of the heart's activity. It's crucial to avoid using excessive pressure, which could occlude the artery and make it difficult to feel the pulse. Instead, a light touch is typically sufficient for an accurate assessment. Other methods, such as squeezing the wrist or pressing hard on the elbow, can disrupt blood flow and make it impossible to obtain a reliable pulse reading. Counting pulses on the neck—a technique associated with taking a carotid pulse—does not pertain to the radial pulse and may not always be practical, especially in a busy or emergency setting where the radial pulse is quicker to access and assess.

9. What is a key component in ensuring patient safety during care?

- A. Minimizing communication with the resident
- B. Using hand sanitizer only when visibly dirty
- C. Maintaining a clean and organized environment**
- D. Only following verbal instructions from other staff

Maintaining a clean and organized environment is essential in ensuring patient safety during care for several reasons. A clean environment minimizes the risk of infections, which can be a significant threat to patient safety. In healthcare settings, where individuals may already be vulnerable due to illness or compromised immune systems, cleanliness helps to prevent the spread of pathogens. Additionally, an organized environment reduces hazards that could lead to accidents or injuries, such as trips and falls. When items are stored safely and appropriately, it facilitates efficient care and allows healthcare providers to access necessary tools and equipment without delay or confusion. This organization is crucial not only for the safety of patients but also for the efficiency and effectiveness of the care provided by staff. In contrast, minimizing communication with residents can lead to misunderstandings and prevent caregivers from adequately assessing the needs and concerns of patients. Using hand sanitizer only when visibly dirty overlooks the importance of regular sanitation, especially in preventing microbial transmission. Following only verbal instructions without verifying or understanding the full context may lead to errors in patient care. Thus, maintaining cleanliness and organization stands out as a foundational practice in promoting a safe care environment.

10. What are the steps for making an occupied bed?

- A. Remove all sheets at once, then change the mattress
- B. Keep the resident covered, work from one side at a time, and ensure there are no wrinkles in the sheets**
- C. Change sheets without informing the resident
- D. Make the bed from the center out to both ends

The process of making an occupied bed is designed to respect the comfort and safety of the resident while maintaining hygiene. Keeping the resident covered helps to ensure their dignity and comfort during the process. Working from one side at a time allows the caregiver to change the bedding without fully disturbing the resident, minimizing their discomfort and anxiety. Additionally, ensuring there are no wrinkles in the sheets is crucial because wrinkles can cause pressure sores or discomfort for the resident. This methodical and considerate approach prioritizes the resident's well-being while effectively maintaining a clean and safe environment.

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://newyorkcna.examzify.com>

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

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