

North Carolina CNA Written 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

- 1. Which food items are typically included in a clear liquid diet?**
 - A. Solid foods**
 - B. Liquids you can see through, such as jello and broth**
 - C. Full-fat milkshakes**
 - D. High-fiber juices**
- 2. What are some signs and symptoms of a heart attack?**
 - A. Nausea and fatigue**
 - B. Chest pain, shortness of breath, and sweating**
 - C. Dizziness and headaches**
 - D. Rapid heartbeat and blurred vision**
- 3. In the context of diabetes management, what could happen if the prescribed diet is not followed?**
 - A. Increased energy levels**
 - B. Problems with circulation and damage to vital organs**
 - C. Improved vision**
 - D. Enhanced immune response**
- 4. When giving a complete bed bath, when is the appropriate time to change the water?**
 - A. When the patient feels cold**
 - B. Every five minutes**
 - C. When it is dirty or gets cold**
 - D. At the end of the bath**
- 5. Which behavior is critical for establishing trust with residents?**
 - A. Being judgmental**
 - B. Listening actively**
 - C. Maintaining strict professionalism**
 - D. Being overly friendly**

- 6. Who typically has the authority to issue a DNR order?**
- A. The patient or their legal representative**
 - B. Any healthcare provider**
 - C. The patient's family members only**
 - D. The hospital administration**
- 7. If a patient is described as ambulatory, what does that indicate?**
- A. They can use a wheelchair**
 - B. They can get out of bed and walk**
 - C. They require assistance to walk**
 - D. They are confined to bed**
- 8. What is the primary characteristic of a diabetic diet?**
- A. High carbohydrates**
 - B. Low protein**
 - C. Low sugar**
 - D. High sugar**
- 9. What is the medical term for a stroke?**
- A. Cerebral Vascular Accident (CVA)**
 - B. Cardiac Episode**
 - C. Neural Trauma**
 - D. Neurological Blockage**
- 10. In the context of patient care, what does "EDUCATE" represent?**
- A. Evaluate, Develop, Understand, Communicate, Assess, Teach, Endorse**
 - B. Encourage, Demonstrate, Understand, Communicate, Assess, Teach, Evaluate**
 - C. Encourage, Develop, Utilize, Clarify, Assess, Teach, Evaluate**
 - D. Encourage, Direct, Urge, Communicate, Aid, Teach, Evaluate**

Answers

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

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Explanations

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1. Which food items are typically included in a clear liquid diet?

A. Solid foods

B. Liquids you can see through, such as jello and broth

C. Full-fat milkshakes

D. High-fiber juices

A clear liquid diet primarily consists of liquids that are transparent and do not contain any solid food particles. The purpose of this type of diet is to provide hydration and nutrition without putting strain on the digestive system, often used before medical procedures or during recovery from surgery. Items typically included are broth, clear juices, gelatin (like jello), and other liquids you can see through. This allows the body to have necessary fluids while minimizing the intake of any substances that can be difficult to digest. In contrast, solid foods, full-fat milkshakes, and high-fiber juices do not fit the criteria for clear liquids. Solid foods are not part of the liquid diet, full-fat milkshakes contain fats and solids that are not allowed, and high-fiber juices could leave residue that disqualifies them from being classified as clear liquids. Therefore, the correct answer represents the types of foods suitable for a clear liquid diet.

2. What are some signs and symptoms of a heart attack?

A. Nausea and fatigue

B. Chest pain, shortness of breath, and sweating

C. Dizziness and headaches

D. Rapid heartbeat and blurred vision

The signs and symptoms of a heart attack are critical to recognize, as timely intervention can significantly affect outcomes. Chest pain is often the most prominent symptom, typically felt as pressure, squeezing, or a feeling of fullness in the center or left side of the chest. This sensation may last for several minutes or come and go. Additionally, shortness of breath is also common, which may occur with or without chest discomfort. Sweating is another common symptom, often referred to as "cold sweats," and can signal the body's response to stress caused by a heart attack. These symptoms are well-documented and are used by healthcare professionals to identify and diagnose heart attacks quickly and effectively. Recognizing this combination of signs ensures that individuals in distress can receive prompt medical assistance, which is crucial during a heart attack. Other options might describe symptoms related to different medical conditions or may not be as characteristic of a heart attack, making them less relevant in this context.

3. In the context of diabetes management, what could happen if the prescribed diet is not followed?

A. Increased energy levels

B. Problems with circulation and damage to vital organs

C. Improved vision

D. Enhanced immune response

Following a prescribed diet in diabetes management is essential for controlling blood glucose levels and preventing complications associated with the disease. If the prescribed diet is not adhered to, it can lead to persistent hyperglycemia, which in turn can cause various health issues over time. High blood sugar levels can result in damage to blood vessels, leading to circulation problems that affect extremities and vital organs such as the heart, kidneys, and eyes. This damage can result in serious complications, including heart disease, kidney failure, neuropathy, and retinopathy. Maintaining a proper diet helps manage blood sugar levels, thereby reducing the risk of these complications. Therefore, neglecting dietary recommendations can significantly jeopardize a person's health by contributing to impaired circulation and organ damage. This is why the potential consequences outlined in the correct answer highlight the importance of diet in diabetes management.

4. When giving a complete bed bath, when is the appropriate time to change the water?

A. When the patient feels cold

B. Every five minutes

C. When it is dirty or gets cold

D. At the end of the bath

Changing the water during a complete bed bath when it becomes dirty or gets cold is essential for maintaining both cleanliness and the comfort of the patient. The bath water should be clean in order to effectively remove dirt and bacteria from the skin. If the water becomes soiled, it can inadvertently transfer germs back onto the patient's skin, defeating the purpose of the bath. Additionally, cold water can be uncomfortable for the patient, making the bathing process less pleasant and reducing the effectiveness of maintaining warmth and hygiene throughout the procedure. Thus, monitoring the condition and temperature of the water and changing it as needed ensures a safe, effective, and comfortable bathing experience.

5. Which behavior is critical for establishing trust with residents?

- A. Being judgmental**
- B. Listening actively**
- C. Maintaining strict professionalism**
- D. Being overly friendly**

Listening actively is critical for establishing trust with residents because it demonstrates that you value their thoughts and feelings. By actively engaging in conversations, you show that you are present and attentive to their needs, which fosters a sense of safety and respect. This behavior encourages residents to open up, share their concerns, and feel more comfortable in their environment. While maintaining professionalism is important, it needs to be balanced with a personal touch to avoid emotional distance. Being overly friendly can also blur the lines of professionalism, making it harder to maintain an appropriate caregiver-resident relationship. Being judgmental undermines trust completely, as it can make residents feel criticized or belittled, leading to a negative impact on their emotional well-being.

6. Who typically has the authority to issue a DNR order?

- A. The patient or their legal representative**
- B. Any healthcare provider**
- C. The patient's family members only**
- D. The hospital administration**

A Do Not Resuscitate (DNR) order is a critical medical directive that specifies a patient's wishes regarding resuscitation in the event of cardiac arrest or respiratory failure. The authority to issue a DNR order primarily lies with the patient or their legal representative. This reflects the fundamental principle of patient autonomy, which acknowledges that individuals have the right to make informed decisions about their own medical care, including end-of-life preferences. In situations where a patient is unable to communicate their wishes, a legal representative, such as a power of attorney for healthcare or a family member designated by the patient, can make this decision on their behalf. This ensures that the patient's desires are respected and upheld, aligning medical intervention with their values and priorities. The other options do not represent the correct practice in this context. While healthcare providers play a crucial role in explaining the implications of a DNR order and ensuring that it is documented correctly, they cannot unilaterally issue such an order without the consent of the patient or their legal representative. Family members alone may not have the authority to make this decision unless they are legally designated as the patient's representative. Lastly, hospital administration has no role in authorizing a DNR order; rather, they may implement policies related to

7. If a patient is described as ambulatory, what does that indicate?

- A. They can use a wheelchair**
- B. They can get out of bed and walk**
- C. They require assistance to walk**
- D. They are confined to bed**

When a patient is described as ambulatory, it indicates that they have the ability to get out of bed and walk independently. The term "ambulatory" specifically pertains to a person's capability to walk around, which is an essential aspect of mobility in a healthcare context. Being ambulatory suggests that the patient does not need to rely on other devices, such as a wheelchair, for mobility nor do they require assistance from staff or caregivers to move. This distinction is crucial in patient care, as it affects how a patient's needs are assessed, how care plans are implemented, and the level of activity that is encouraged for the patient's recovery or maintenance of health.

8. What is the primary characteristic of a diabetic diet?

- A. High carbohydrates**
- B. Low protein**
- C. Low sugar**
- D. High sugar**

The primary characteristic of a diabetic diet is to be low in sugar. This dietary approach focuses on managing blood glucose levels, which is critical for individuals with diabetes. By reducing sugar intake, the body experiences fewer spikes in blood glucose, allowing for better overall control of diabetes. Foods high in sugar can lead to rapid increases in blood sugar levels, which can cause complications for individuals managing diabetes. In addition to being low in sugar, a diabetic diet typically emphasizes balanced nutrition, which includes controlled portions of carbohydrates and proteins. This balance helps provide adequate energy while maintaining stable blood glucose levels. Therefore, the emphasis on low sugar is essential and foundational to the dietary management of diabetes.

9. What is the medical term for a stroke?

- A. Cerebral Vascular Accident (CVA)**
- B. Cardiac Episode**
- C. Neural Trauma**
- D. Neurological Blockage**

The medical term for a stroke is known as a Cerebral Vascular Accident (CVA). This term specifically refers to an event that affects the blood supply to the brain, resulting in brain damage. A stroke occurs when blood flow is interrupted, either due to a blockage (ischemic stroke) or a rupture of blood vessels (hemorrhagic stroke). The term "cerebral" relates to the cerebrum, the largest part of the brain, while "vascular" pertains to the blood vessels; thus, the term literally describes an accident or incident affecting the brain's blood supply. Understanding this terminology is crucial for those in the healthcare field, including CNAs, as it familiarizes them with the language used in medical settings and enhances their ability to communicate effectively with other healthcare professionals. The other choices do not accurately describe a stroke and would lead to confusion in clinical settings.

10. In the context of patient care, what does "EDUCATE" represent?

- A. Evaluate, Develop, Understand, Communicate, Assess, Teach, Endorse**
- B. Encourage, Demonstrate, Understand, Communicate, Assess, Teach, Evaluate**
- C. Encourage, Develop, Utilize, Clarify, Assess, Teach, Evaluate**
- D. Encourage, Direct, Urge, Communicate, Aid, Teach, Evaluate**

The term "EDUCATE" in the context of patient care is commonly utilized as an acronym that emphasizes critical components of effective teaching and learning in healthcare. The correct choice highlights the importance of several essential actions that healthcare providers should take when educating patients. The acronym starts with "Encourage," which is vital as it helps to motivate patients to engage actively in their own care. Following encouragement, "Demonstrate" allows the healthcare provider to show patients how to perform specific tasks, such as using medical equipment or administering medications. "Understand" is crucial, as it emphasizes the necessity for healthcare workers to ensure that patients grasp the information being provided. "Communicate" emphasizes clear and effective interaction, ensuring that patients feel comfortable asking questions and discussing their concerns. "Assess" allows the caregiver to evaluate the patient's knowledge and understanding of their care, while "Teach" reinforces the skills and information that need to be conveyed. Lastly, "Evaluate" is the process of determining how well the patient has understood the teaching and if further instruction is required. This acronym serves to guide healthcare professionals in their approach to patient education, ensuring that they are thorough and comprehensive in delivering vital information necessary for patients to manage their health effectively.

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://northcarolinacna.examzify.com>

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