

NORTH CAROLINA CNA WRITTEN PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 often are CNAs required to complete in-service training as per OBRA requirements?**
 - A. 5 hours annually
 - B. 12 hours annually
 - C. 20 hours biannually
 - D. 8 hours quarterly
- 2. In the context of a DNR order, what does the acronym CPR stand for?**
 - A. Cardiac Pressure Response
 - B. Cardiopulmonary Resuscitation
 - C. Cardiac Pulmonary Restoration
 - D. Critical Patient Response
- 3. On which side should a cane be used according to the patient's strength?**
 - A. Weaker side
 - B. Stronger side
 - C. Either side
 - D. No preference
- 4. Which activity is a CNA prohibited from performing?**
 - A. Administering medications
 - B. Taking vital signs
 - C. Assisting with daily activities
 - D. Providing emotional support
- 5. What is recommended for a heart healthy diet?**
 - A. High protein, low fiber
 - B. Low salt, low fat
 - C. High sugar, high carbohydrate
 - D. Moderate dairy, low meat
- 6. What is one key responsibility of a CNA in relation to patient safety?**
 - A. To ensure patients follow their medication schedule
 - B. To monitor and report any changes in patients' conditions
 - C. To provide psychological counseling to patients
 - D. To manage patient appointments and schedules

7. What is the primary focus of care for patients with a DNR order?

- A. Curative treatment options
- B. Palliative and comfort measures
- C. Intensive monitoring of vital signs
- D. Immediate emergency interventions

8. What is the primary role of a CNA?

- A. To perform complex medical procedures
- B. To prescribe medication to patients
- C. To assist patients with activities of daily living and provide basic patient care
- D. To manage hospital records and billing

9. What is a typical symptom that might indicate a heart attack?

- A. Stomach discomfort
- B. Chest pain
- C. Back pain
- D. All of the above

10. What does "scope of practice" mean for a CNA?

- A. The legal authority to perform any healthcare task
- B. The range of tasks and responsibilities a CNA is trained and authorized to perform
- C. All duties in a nursing facility
- D. The decision-making power in patient care

Answers

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

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Explanations

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1. How often are CNAs required to complete in-service training as per OBRA requirements?

- A. 5 hours annually
- B. 12 hours annually**
- C. 20 hours biannually
- D. 8 hours quarterly

Under the Omnibus Budget Reconciliation Act (OBRA) requirements, Certified Nursing Assistants (CNAs) are mandated to complete a minimum of 12 hours of in-service training annually. This training is essential to ensure that CNAs stay updated on the latest practices and regulations in patient care, which ultimately improves the quality of care they provide to residents. By participating in annual in-service training, CNAs can enhance their skills, learn new techniques, and remain compliant with federal regulations. This requirement reflects the importance of continued education in the health care field, promoting best practices and ensuring that CNAs are well-prepared to meet the changing needs of their patients. The other options present different timeframes and hour requirements that do not align with OBRA's actual stipulations, making them incorrect choices.

2. In the context of a DNR order, what does the acronym CPR stand for?

- A. Cardiac Pressure Response
- B. Cardiopulmonary Resuscitation**
- C. Cardiac Pulmonary Restoration
- D. Critical Patient Response

The acronym CPR stands for Cardiopulmonary Resuscitation. This medical procedure is performed in emergencies when an individual's heart stops beating, or they cease to breathe. CPR involves a combination of chest compressions and rescue breaths, aimed at maintaining blood flow to the brain and other vital organs until professional emergency services can take over or until the person regains consciousness. Understanding CPR is particularly important in the context of a DNR (Do Not Resuscitate) order, which is a medical order indicating that cardiopulmonary resuscitation should not be performed if a patient's heart stops or they stop breathing. Recognizing the role of CPR helps healthcare professionals and caregivers respect patients' wishes regarding end-of-life care and advance directives. Other choices do not accurately reflect the established medical terminology associated with resuscitation procedures, making them incorrect in this context.

3. On which side should a cane be used according to the patient's strength?

- A. Weaker side
- B. Stronger side**
- C. Either side
- D. No preference

The cane should be used on the stronger side of the patient. This practice is essential for providing stability and support while the individual walks. When the cane is positioned on the stronger side, it allows the patient to use their stronger leg to bear more weight and push off during movement, enabling them to maintain balance and coordination. Using a cane on the stronger side can also help to reduce the risk of falls, as it creates a more stable base of support. The cane compensates for the weaker side by allowing for better mobility and control, thus facilitating a smoother walking pattern. Overall, this approach considers the patient's safety and effectiveness in ambulation.

4. Which activity is a CNA prohibited from performing?

- A. Administering medications
- B. Taking vital signs
- C. Assisting with daily activities
- D. Providing emotional support

The role of a Certified Nursing Assistant (CNA) includes various responsibilities focused on patient care, such as taking vital signs, assisting with daily activities, and providing emotional support. However, administering medications is beyond the scope of practice for a CNA. This task requires the training and authority of a licensed nurse or physician, as it involves a deeper understanding of pharmacology, potential side effects, and the complexities of medication management. Administering medications entails not only giving the medication but also monitoring the patient for adverse reactions, and any errors in this area can lead to serious health consequences. Therefore, to ensure patient safety and the proper administration of medications, only qualified medical professionals are authorized to perform this activity. This delineation helps to maintain a high standard of care and ensures that patients receive appropriate and safe treatment.

5. What is recommended for a heart healthy diet?

- A. High protein, low fiber
- B. Low salt, low fat
- C. High sugar, high carbohydrate
- D. Moderate dairy, low meat

A heart-healthy diet is primarily designed to reduce the risk of heart disease and improve overall cardiovascular health. The recommendation for a low salt, low fat diet aligns perfectly with these goals. Lowering salt intake helps to manage blood pressure, which is crucial for heart health, as high blood pressure is a significant risk factor for heart disease. Additionally, reducing dietary fat, especially saturated and trans fats, helps maintain healthy cholesterol levels. It is also beneficial to incorporate healthy fats into the diet, such as those found in olive oil, nuts, and avocados, while minimizing unhealthy fats that can lead to cardiovascular problems. This approach not only aids in weight management but also contributes to improved overall heart function and reduces the likelihood of developing heart-related issues. The other options do not prioritize heart health effectively. For example, a high protein, low fiber diet could lack essential nutrients and may not support cardiovascular health as well as a balanced diet. A high sugar, high carbohydrate diet is typically linked with increased risk of obesity and diabetes, which can negatively impact heart health. Lastly, while moderate dairy and low meat can have some benefits, it does not encompass the broader, more critical aspects of heart-healthy eating, such as managing salt and fat intake.

6. What is one key responsibility of a CNA in relation to patient safety?

- A. To ensure patients follow their medication schedule
- B. To monitor and report any changes in patients' conditions**
- C. To provide psychological counseling to patients
- D. To manage patient appointments and schedules

Monitoring and reporting any changes in patients' conditions is a critical responsibility of a CNA that directly relates to patient safety. This task involves being vigilant and attentive to the physical and emotional states of the patients under their care. When a CNA observes any alterations—such as changes in vital signs, behavior, or overall health—they must communicate these findings to the healthcare team immediately. This timely reporting allows nurses and physicians to assess the situation, make necessary adjustments to the care plan, and intervene if needed, ultimately ensuring the patient receives appropriate treatment and care. In contrast, the other options do not emphasize direct responsibilities related to safeguarding patient safety. While ensuring medication schedules is important, it falls more under the responsibilities of nursing or pharmacology, and not directly under the duties of a CNA. Similarly, providing psychological counseling requires specialized training and should be conducted by a qualified mental health professional, not a CNA. Lastly, managing patient appointments and schedules is an administrative task that does not involve direct patient monitoring or assessment, which are vital for maintaining safety and health.

7. What is the primary focus of care for patients with a DNR order?

- A. Curative treatment options
- B. Palliative and comfort measures**
- C. Intensive monitoring of vital signs
- D. Immediate emergency interventions

The primary focus of care for patients with a Do Not Resuscitate (DNR) order is palliative and comfort measures. A DNR order indicates that the patient has made a decision, often based on a desire to avoid aggressive life-saving interventions like CPR, particularly in cases where such interventions may be seen as invasive or contrary to the patient's wishes regarding their quality of life. Palliative care aims to provide relief from pain and other distressing symptoms, ensuring that patients are comfortable and their emotional and psychological needs are addressed. This approach aligns with respecting the patient's autonomy and ensuring that they receive care that aligns with their values and desired approach to end-of-life issues. In contrast, focusing on curative treatment options or intensive monitoring of vital signs would contradict the purpose of a DNR order; such approaches aim to prolong life, which is not compatible with the intent behind choosing a DNR. Similarly, immediate emergency interventions, such as CPR, would also go against the wishes expressed in a DNR order, as these measures are meant to restore life rather than provide comfort or support during the natural course of a terminal illness.

8. What is the primary role of a CNA?

- A. To perform complex medical procedures
- B. To prescribe medication to patients
- C. To assist patients with activities of daily living and provide basic patient care**
- D. To manage hospital records and billing

The primary role of a CNA, or Certified Nursing Assistant, is to assist patients with activities of daily living and provide basic patient care. This includes helping with tasks such as bathing, dressing, grooming, feeding, and mobility, as well as monitoring vital signs and reporting any changes in a patient's condition to the nursing staff. CNA training emphasizes the importance of supportive care, ensuring patient comfort, and promoting independence in daily activities, which are essential for the overall well-being of patients. Unlike other healthcare roles, CNAs do not perform complex medical procedures, prescribe medication, or manage administrative duties like hospital records and billing. Their focus is primarily on direct patient care and assistance, which is crucial in the healthcare setting for enhancing the quality of life for those they serve.

9. What is a typical symptom that might indicate a heart attack?

- A. Stomach discomfort
- B. Chest pain
- C. Back pain
- D. All of the above**

A typical symptom that might indicate a heart attack is chest pain, which is often the most recognized sign. Chest pain can manifest as pressure, squeezing, fullness, or pain in the center or left side of the chest that may last for more than a few minutes or go away and come back. However, heart attack symptoms can vary among individuals and can sometimes present in unexpected ways. For example, stomach discomfort can occur, as some people may experience nausea, indigestion, or a feeling similar to heartburn. Additionally, back pain can be relevant, particularly in women, as some may experience discomfort in their back instead of the more typical chest pain. Given that a heart attack can present with various symptoms, including chest pain, stomach discomfort, and back pain, acknowledging that all of these could indicate a potential heart attack is essential for recognizing urgent medical situations. Thus, selecting the option that encompasses all of these symptoms highlights the importance of a broad understanding of heart attack indicators.

10. What does "scope of practice" mean for a CNA?

- A. The legal authority to perform any healthcare task
- B. The range of tasks and responsibilities a CNA is trained and authorized to perform**
- C. All duties in a nursing facility
- D. The decision-making power in patient care

The term "scope of practice" specifically refers to the range of tasks and responsibilities that a Certified Nursing Assistant (CNA) is trained and authorized to perform within their role. This concept is critical as it defines the boundaries of a CNA's responsibilities, ensuring that they operate within the limits of their training and competencies. This definition is fundamental in maintaining patient safety and providing quality care. The scope of practice is determined by various factors, including state regulations, the policies of the healthcare facility, and the level of training the CNA has received. Understanding this scope helps CNAs to recognize their limits and seek further guidance or support when faced with tasks that are beyond their qualifications. In contrast, the other choices present broader or inaccurate interpretations. For instance, claiming the legal authority to perform any healthcare task incorrectly expands the role of a CNA beyond what their training permits. Additionally, stating all duties in a nursing facility encompasses responsibilities that may fall outside the realm of a CNA's duties and thus is not a precise description of their practice. Finally, implying that CNAs have decision-making power in patient care overlooks the collaborative nature of healthcare, where CNAs typically function under the supervision of licensed nursing staff who retain that authority.

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!

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