

Oklahoma Certified Nursing Assistant (CNA) State 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

- 1. An apical pulse is taken using which of the following?**
 - A. Blood pressure cuff**
 - B. Stethoscope**
 - C. Pulse oximeter**
 - D. Heart rate monitor**
- 2. When moving a resident up in bed, where should the sheet be grasped?**
 - A. At the base and shoulders**
 - B. At the shoulders and hips**
 - C. At the neck and waist**
 - D. At the shoulders and ankles**
- 3. What tool should be used to transfer a stool specimen from the bedpan?**
 - A. Gloves**
 - B. Spoon**
 - C. Tongue blades**
 - D. Funnel**
- 4. Which action helps ensure resident safety when repositioning in bed?**
 - A. Keeping the bed rails down**
 - B. Ensuring the bed is flat**
 - C. Removing all pillows**
 - D. Turning off the call button**
- 5. Which area of the body contains the strongest and largest muscle groups?**
 - A. The legs**
 - B. The abdomen**
 - C. The arms**
 - D. The back**

- 6. What does body mechanics refer to?**
- A. Using the body in an efficient and careful way**
 - B. Performing exercises for flexibility and strength**
 - C. Following strict medical guidelines**
 - D. Adjusting body posture for comfort**
- 7. Which device is commonly used to measure output in a healthcare setting?**
- A. Thermometer**
 - B. Stethoscope**
 - C. Graduate**
 - D. Sphygmomanometer**
- 8. When assisting residents, what is a key aspect to maintain their comfort?**
- A. Adjusting the room temperature**
 - B. Ensuring they are in a good mood**
 - C. Making them laugh**
 - D. Providing music**
- 9. How often should you remove restraints, give skin care, and reposition the patient?**
- A. Every hour**
 - B. Every 4 hours**
 - C. Every 2 hours**
 - D. Once a day**
- 10. What is the primary role of nursing assistants under supervision?**
- A. Perform advanced medical procedures**
 - B. Conduct independent assessments of patients**
 - C. Perform simple and basic nursing functions**
 - D. Diagnose medical conditions**

Answers

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

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Explanations

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1. An apical pulse is taken using which of the following?

- A. Blood pressure cuff**
- B. Stethoscope**
- C. Pulse oximeter**
- D. Heart rate monitor**

Taking an apical pulse involves listening to the heartbeat directly through the chest wall at the apex of the heart, which is located at the fifth intercostal space near the midclavicular line. The stethoscope is specifically designed for this purpose, enabling the caregiver to hear the heart sounds clearly and assess the heart rate accurately. Using a stethoscope, the healthcare provider places the diaphragm of the stethoscope on the chest to detect the sound produced by the heart as it beats. This method is particularly useful for assessing heart rate in patients where peripheral pulses may be weak or difficult to palpate. Other methods mentioned, such as a blood pressure cuff, pulse oximeter, and heart rate monitor, are not suitable for obtaining an apical pulse. A blood pressure cuff measures blood pressure, while a pulse oximeter assesses oxygen saturation rather than the heart rate directly. A heart rate monitor may provide a heart rate reading but does not specifically measure the apical pulse, as it typically relies on sensors in different locations, such as the wrist or chest.

2. When moving a resident up in bed, where should the sheet be grasped?

- A. At the base and shoulders**
- B. At the shoulders and hips**
- C. At the neck and waist**
- D. At the shoulders and ankles**

Grasping the sheet at the shoulders and hips is the correct approach when moving a resident up in bed. This technique provides better support and balance, allowing you to effectively shift the resident's weight without causing strain to either the resident or yourself. By holding the sheet at these points, you can ensure that the upper body and lower body are moved in unison, minimizing the risk of injury and ensuring the resident remains stable during the process. Using this technique helps avoid potential complications associated with improper lifting, such as strain on the resident's spine or discomfort during the maneuver. It's essential to maintain proper body mechanics, and this grip allows you to use your legs to lift rather than putting undue stress on your back. Other options might not provide optimal support or could place the resident in an uncomfortable position during the move, potentially leading to falls or other complications. Thus, holding the sheet at the shoulders and hips is the most effective and safest method.

3. What tool should be used to transfer a stool specimen from the bedpan?

A. Gloves

B. Spoon

C. Tongue blades

D. Funnel

The proper tool to use when transferring a stool specimen from the bedpan is a tongue blade. This tool is specifically designed for medical and laboratory use, allowing for safe and efficient handling of small specimens. Its flat, smooth surface is ideal for scooping and transferring stool without causing contamination or damage to the sample. Using tongue blades helps ensure that health care workers maintain proper hygiene and adhere to best practices in infection control, as they can be easily disposed of after use. This is especially important in a medical setting where handling bodily fluids must be done with care to prevent the spread of infections. While gloves are essential for personal protection during this procedure, they are not a transferring tool. Similarly, spoons and funnels may carry a risk of contamination or may not fit the needs of transferring small amounts of stool accurately. The tongue blade is the most appropriate tool for this specific task, ensuring both accuracy and safety.

4. Which action helps ensure resident safety when repositioning in bed?

A. Keeping the bed rails down

B. Ensuring the bed is flat

C. Removing all pillows

D. Turning off the call button

Ensuring the bed is flat is crucial for resident safety when repositioning in bed. A flat bed allows for a stable and secure surface, reducing the risk of the resident sliding out of bed or experiencing any discomfort during the repositioning process. It also makes it easier for the caregiver to adjust the resident's position without causing strain or injury to either the resident or the caregiver. A flat position minimizes the potential for accidents or falls and provides a consistent base to work from. This practice is especially important for residents who may have limited mobility or are at a higher risk for falls. Overall, maintaining a flat bed position promotes a safer environment during the repositioning process, ensuring the comfort and well-being of the resident.

5. Which area of the body contains the strongest and largest muscle groups?

- A. The legs**
- B. The abdomen**
- C. The arms**
- D. The back**

The area of the body that contains the strongest and largest muscle groups is indeed the legs. The muscles in the legs, particularly the quadriceps, hamstrings, and calves, are among the largest muscle groups in the body. They are responsible for a wide range of movements such as walking, running, jumping, and even standing. While the back contains important muscle groups, including the latissimus dorsi and the erector spinae, which are crucial for posture and movement as well, they do not surpass the size and strength of the leg muscles. Similarly, the abdomen, although significant for core strength, does not have the mass that the leg muscles possess. The arms, consisting of smaller muscle groups like the biceps and triceps, also lack the size and overall strength capability found in the leg muscles. Focusing on the legs highlights how crucial they are for mobility and stability, resembling the foundational strength required in many physical activities and daily functions.

6. What does body mechanics refer to?

- A. Using the body in an efficient and careful way**
- B. Performing exercises for flexibility and strength**
- C. Following strict medical guidelines**
- D. Adjusting body posture for comfort**

Body mechanics refers to the way we position and move our bodies in order to be efficient and reduce the risk of injury. This concept emphasizes the importance of proper posture and movement techniques in various activities, especially in health care settings where caregivers frequently lift, transfer, and assist patients. By utilizing effective body mechanics, individuals can conserve energy, enhance performance, and prevent strain on muscles and joints. This understanding is crucial for CNAs, as they often engage in physical activities that can lead to injury if performed without proper technique. For instance, bending at the knees while lifting rather than the waist, or keeping the load close to the body, helps maintain balance and protect the back. Other options, while related to physical health and well-being, do not capture the specific definition of body mechanics. Flexibility and strength exercises can be beneficial for overall physical fitness, but they do not directly describe the mechanics of body movement. Following strict medical guidelines pertains to protocols and procedures in healthcare but does not define body mechanics either. Adjusting posture for comfort is a component of body mechanics but lacks the broader context of efficiency and careful movement. The correct option encompasses all these elements by highlighting the importance of moving the body effectively and safely.

7. Which device is commonly used to measure output in a healthcare setting?

- A. Thermometer**
- B. Stethoscope**
- C. Graduate**
- D. Sphygmomanometer**

The correct answer is a graduate, which is a specific type of container that is used to measure the volume of liquids accurately. In healthcare settings, this device is particularly important for monitoring a patient's fluid intake and output. Being able to measure output accurately is vital for assessing kidney function, hydration status, and overall health. Thermometers are used to measure body temperature, which is important for monitoring health but does not measure liquid output. Stethoscopes are used for auscultation, or listening to internal bodily sounds like heartbeats or lung sounds, but they are not designed for measuring any type of output. A sphygmomanometer is specifically used for measuring blood pressure, which, while an important measurement in patient care, does not pertain to the measurement of output in terms of bodily fluids.

8. When assisting residents, what is a key aspect to maintain their comfort?

- A. Adjusting the room temperature**
- B. Ensuring they are in a good mood**
- C. Making them laugh**
- D. Providing music**

Maintaining resident comfort involves several factors, but adjusting the room temperature is a crucial aspect that directly influences their physical well-being. Comfort levels can be significantly affected by environmental conditions, including how warm or cool a room is. If a room is too hot or too cold, it can lead to discomfort, irritability, or even health issues for residents, particularly for those who may have specific medical conditions or mobility challenges. When the temperature is conducive to comfort, residents are more likely to feel relaxed, which is essential for their overall health and well-being. This aspect can often be overlooked, but being aware of and responsive to the preferences of residents regarding room temperature is a fundamental responsibility of a nursing assistant. The other choices, while contributing to a pleasant environment, focus on emotional aspects and entertainment rather than the physical comfort that temperature control directly addresses. Ensuring a comfortable room temperature lays the foundation for further efforts to enhance a resident's mood and enjoyment.

9. How often should you remove restraints, give skin care, and reposition the patient?

- A. Every hour**
- B. Every 4 hours**
- C. Every 2 hours**
- D. Once a day**

The correct answer reflects the recommended practice for the care of patients in restraints. Restraints can lead to complications such as pressure ulcers, impaired circulation, and emotional distress. To mitigate these risks and ensure patient safety, it is crucial to remove restraints at regular intervals, which allows for skin assessment, personal care, and repositioning. Removing restraints every two hours ensures that the patient has the opportunity to move, which can reduce the risk of developing pressure sores and improve overall comfort and well-being. This approach also aligns with the best practices for promoting patient dignity and autonomy, allowing for proper skin care and the chance to evaluate the effects of the restraints. In contrast, longer intervals such as every four hours or once a day would not provide adequate attention to the patient's needs, potentially leading to neglect of their health and safety. Frequent repositioning and care are essential to maintaining skin integrity and preventing complications in patients who are restrained.

10. What is the primary role of nursing assistants under supervision?

- A. Perform advanced medical procedures**
- B. Conduct independent assessments of patients**
- C. Perform simple and basic nursing functions**
- D. Diagnose medical conditions**

The primary role of nursing assistants under supervision is to perform simple and basic nursing functions. Nursing assistants are trained to provide essential support to patients, which includes activities such as helping with daily living tasks, assisting with mobility, taking vital signs, and ensuring patient comfort. Their duties are focused on supporting the nursing staff and delivering basic care, which is crucial for the overall well-being of patients. Advanced medical procedures and independent patient assessments fall outside the scope of practice for nursing assistants. They are not authorized to diagnose medical conditions or perform complex tasks that require higher levels of training and expertise, which are reserved for registered nurses and other licensed healthcare professionals. Thus, the emphasis on their role is on providing fundamental assistance under the guidance of a supervisor to ensure quality care while adhering to their defined responsibilities.

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://oklahomacnastate.examzify.com>

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