

Oklahoma Certified Nursing Assistant (CNA) State 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

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- 1. What condition can lead to the development of decubiti?**
 - A. Constipation**
 - B. Diarrhea**
 - C. Dehydration**
 - D. Frequent urination**

- 2. What is the greatest risk associated with oral care for both conscious and unconscious patients?**
 - A. Dry mouth and discomfort**
 - B. Choking or aspirating**
 - C. Bleeding gums**
 - D. Infection in the mouth**

- 3. What does the term dysphagia mean?**
 - A. Difficulty breathing**
 - B. Difficulty swallowing**
 - C. Difficulty speaking**
 - D. Difficulty digesting**

- 4. Which is a consequence of not frequently monitoring a resident in restraints?**
 - A. Increased physical comfort**
 - B. Circulatory complications**
 - C. Improved emotional state**
 - D. Better engagement in activities**

- 5. In oxygen therapy, which statement regarding electrical equipment is false?**
 - A. It must be turned off before unplugging**
 - B. It is safe to use equipment while plugged in**
 - C. It should be regularly checked for damages**
 - D. It must not be placed near the patient**

6. What should you ensure when using shaving cream during a patient's shave?

- A. Minimal amount to avoid clogging**
- B. A thick layer for better glide**
- C. No cream to reduce chances of irritation**
- D. Only use water if the cream is unavailable**

7. What is the greatest risk to a patient using a vest restraint?

- A. Falls**
- B. Strangulation**
- C. Skin irritation**
- D. Psychological distress**

8. What is the primary function of the kidneys?

- A. Regulating blood pressure**
- B. Filtering waste from the blood**
- C. Producing insulin**
- D. Modulating body temperature**

9. Which resident must be log rolled for safety during care?

- A. A resident who has had a hip and spinal surgery**
- B. A resident with a broken arm**
- C. A resident with a minor injury**
- D. A resident who is fully mobile**

10. Which of the following is essential when transferring a resident?

- A. Using a walker**
- B. Maintaining eye contact**
- C. Ensuring proper body mechanics**
- D. Giving verbal instructions**

Answers

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

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Explanations

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1. What condition can lead to the development of decubiti?

- A. Constipation
- B. Diarrhea**
- C. Dehydration
- D. Frequent urination

Decubiti, commonly known as pressure ulcers or bedsores, are injuries to the skin and underlying tissue resulting from prolonged pressure on the skin. These ulcers typically develop in individuals who are bedridden or immobile for extended periods, as pressure can restrict blood flow to the area, leading to skin breakdown. The correct condition that can lead to the development of decubiti among the options provided is diarrhea. While diarrhea itself does not directly cause pressure ulcers, it can contribute to a scenario that increases the risk of developing them. Frequent diarrhea may lead to skin irritation, increased moisture around pressure points, and potential incontinence, which can compromise the skin's integrity. Additionally, if a patient experiences weakness or increased immobility due to diarrhea, they may spend extended periods in one position, further increasing the risk of pressure ulcer formation. In contrast, constipation, dehydration, and frequent urination do not directly result in the same risk factors for decubiti as diarrhea can. While dehydration can lead to skin integrity issues, it is not as closely related to the extended periods of immobility and moisture that diarrhea can cause, which significantly contributes to the likelihood of developing pressure sores.

2. What is the greatest risk associated with oral care for both conscious and unconscious patients?

- A. Dry mouth and discomfort
- B. Choking or aspirating**
- C. Bleeding gums
- D. Infection in the mouth

The greatest risk associated with oral care for both conscious and unconscious patients is choking or aspirating. When performing oral care, especially in unconscious patients, there is a significant risk that fluids or debris can enter the airway rather than being swallowed. This is particularly critical because if an individual cannot protect their airway or swallow properly, it can lead to aspiration pneumonia or airway obstruction. In conscious patients, while choking can still be a risk, they typically have the ability to cough or respond to the feeling of something going down the wrong way. For unconscious patients, however, the inability to protect their airway increases the risk substantially. Proper techniques and precautions during oral care are essential for minimizing these risks, such as positioning the patient appropriately and using suctioning techniques when needed.

3. What does the term dysphagia mean?

- A. Difficulty breathing
- B. Difficulty swallowing**
- C. Difficulty speaking
- D. Difficulty digesting

The term "dysphagia" specifically refers to difficulty swallowing. This condition can arise from various medical issues affecting the throat or esophagus, making it challenging for individuals to consume food or liquids safely and effectively. Dysphagia can lead to complications like aspiration, where food enters the airway instead of the stomach, which may cause choking or respiratory issues. Understanding this term is crucial in a healthcare setting, especially for CNAs, since they may need to assist patients who have difficulty eating or drinking. Recognizing the signs of dysphagia allows for proper care and prevention of further health complications. The other choices describe different issues: difficulty breathing relates to respiratory problems, difficulty speaking pertains to communication disorders, and difficulty digesting involves gastrointestinal concerns, which are distinct from the swallowing difficulties characterized by dysphagia.

4. Which is a consequence of not frequently monitoring a resident in restraints?

- A. Increased physical comfort
- B. Circulatory complications**
- C. Improved emotional state
- D. Better engagement in activities

Not frequently monitoring a resident in restraints can lead to circulatory complications because restraints can restrict blood flow to limbs, increasing the risk of pressure sores, nerve damage, and other serious health issues. Restraints are intended to keep residents safe, but if they are not monitored regularly, the potential for injury rises significantly. Adequate monitoring is vital to ensure that the restraints are not causing undue harm and to assess the resident's overall condition, which can change rapidly. Regular checks allow caregivers to adjust the restraints or provide comfort measures as needed, thus helping to prevent complications related to circulation, such as swelling or discoloration. Regular monitoring is an essential part of using restraints safely and ensures that the health and wellbeing of the resident are prioritized.

5. In oxygen therapy, which statement regarding electrical equipment is false?

- A. It must be turned off before unplugging**
- B. It is safe to use equipment while plugged in**
- C. It should be regularly checked for damages**
- D. It must not be placed near the patient**

In the context of oxygen therapy, it is critical to prioritize safety when using electrical equipment. The statement that it is safe to use equipment while plugged in is false because using electrical equipment in proximity to oxygen can create significant safety hazards, including the risk of fire or explosion. Oxygen supports combustion, meaning that if there's a spark from electrical equipment, it can ignite the oxygen and lead to dangerous situations. Safety protocols dictate that electrical devices should be turned off and unplugged when not in use, especially in areas where oxygen therapy is administered. Regular checking for damages is also essential to ensure that equipment is functioning properly and to prevent malfunctions that could pose risks to the patient. Additionally, keeping electrical equipment away from patients minimizes risks associated with accidental falls or interactions that could disrupt therapy.

6. What should you ensure when using shaving cream during a patient's shave?

- A. Minimal amount to avoid clogging**
- B. A thick layer for better glide**
- C. No cream to reduce chances of irritation**
- D. Only use water if the cream is unavailable**

When using shaving cream during a patient's shave, ensuring a minimal amount of shaving cream is important to avoid clogging the razor. A small, appropriate amount allows the blade to glide smoothly over the skin, reducing the risk of nicks and cuts, while still providing the necessary lubrication for a comfortable shave. Excessive cream can lead to build-up on the razor, which may hinder its performance and increase the likelihood of irritation for the patient. It's also vital to balance the amount of product used, as using too thick of a layer could obscure visibility of the skin, making it harder to see any sensitive areas or moles that require special attention. Furthermore, the use of shaving cream is generally preferred over using no cream at all, as it helps to soften the hair and facilitates a gentler shave than just water would provide. Therefore, maintaining the right amount of shaving cream is essential for both the patient's comfort and the effectiveness of the shaving process.

7. What is the greatest risk to a patient using a vest restraint?

- A. Falls
- B. Strangulation**
- C. Skin irritation
- D. Psychological distress

Using a vest restraint poses a significant risk of strangulation due to the nature of the restraint's design. A vest restraint typically involves fabric straps that encircle a patient's body, and if not properly applied or monitored, a patient's movement can lead to dangerous situations where the restraining device becomes tight around their neck or obstructs their breathing. Ensuring that restraints are used correctly and safely is crucial in a healthcare setting. Staff must be adequately trained in applying restraints so that they do not inadvertently create hazards like strangulation. While risks such as skin irritation and psychological distress are valid concerns, the immediate and life-threatening nature of strangulation makes it the most critical risk associated with the use of vest restraints. Therefore, the emphasis in training and practice should always prioritize the prevention of strangulation incidents.

8. What is the primary function of the kidneys?

- A. Regulating blood pressure
- B. Filtering waste from the blood**
- C. Producing insulin
- D. Modulating body temperature

The primary function of the kidneys is to filter waste from the blood. This process is essential for maintaining the body's homeostasis. The kidneys remove toxins, excess salts, and waste products resulting from metabolic processes, converting them into urine, which is then excreted from the body. Additionally, while the kidneys are involved in regulating blood pressure through the renin-angiotensin system, as well as maintaining electrolyte balance and acid-base homeostasis, their core role lies in the filtration of blood. They help to ensure that only necessary substances remain in the bloodstream, while harmful or excess materials are effectively removed. The production of insulin is primarily a function of the pancreas, not the kidneys, and modulation of body temperature is managed by mechanisms primarily involving the skin and brain, not the kidneys. This emphasizes the kidneys' specific and crucial role in excreting waste and maintaining overall bodily health.

9. Which resident must be log rolled for safety during care?

- A. A resident who has had a hip and spinal surgery**
- B. A resident with a broken arm**
- C. A resident with a minor injury**
- D. A resident who is fully mobile**

The correct answer is that a resident who has had a hip and spinal surgery must be log rolled for safety during care. Log rolling is a technique used to turn a patient while maintaining the alignment of the spine, which is crucial for individuals who have undergone spinal surgery to avoid any unnecessary strain or injury to the spinal cord and surrounding structures. This method is also important for residents with hip surgeries because it helps protect the surgical site and aligns the hip correctly during movement. In contrast, a resident with a broken arm, a minor injury, or who is fully mobile may not require log rolling. For these individuals, safe handling techniques that do not necessitate the same level of spinal alignment can be used. Therefore, individuals who are not dealing with complex musculoskeletal issues can typically be moved using less restrictive methods that accommodate their specific situations without the need for the log rolling procedure that ensures spinal stability.

10. Which of the following is essential when transferring a resident?

- A. Using a walker**
- B. Maintaining eye contact**
- C. Ensuring proper body mechanics**
- D. Giving verbal instructions**

Ensuring proper body mechanics is essential when transferring a resident because it minimizes the risk of injury to both the caregiver and the resident. Utilizing proper body mechanics involves using the strength of your legs to lift rather than straining your back, keeping the resident close to your body, and maintaining a stable footing. This approach helps to provide a safe and effective transfer, reducing the likelihood of accidents and ensuring a smoother process for the resident. Practicing proper body mechanics also contributes to the caregiver's physical health over time by preventing strains and injuries. While the other choices may also play a role in the transfer process, they do not have the same foundational significance as maintaining body mechanics. Using a walker can be helpful for some residents, but it is not always necessary and depends on the individual's ability. Maintaining eye contact can foster communication and reassurance, but it does not directly impact the physical safety of the transfer. Giving verbal instructions is important for ensuring that the resident understands the process, but without proper body mechanics, the transfer could still be unsafe. Thus, ensuring proper body mechanics is key to facilitating safe and effective transfers.

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!

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