

Oregon Certified Nursing Assistant State Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. Which approach is most effective when providing comfort to a distressed resident?**
 - A. Offering distraction through entertainment.**
 - B. Validating their feelings and providing reassurance.**
 - C. Redirecting them to another topic immediately.**
 - D. Avoiding personal engagement to respect their privacy.**
- 2. Which of the following types of advance directives instructs medical personnel not to perform cardiopulmonary resuscitation (CPR) in the event of cardiac or respiratory arrest?**
 - A. Legal proxy**
 - B. Do-not-resuscitate order**
 - C. Protected health information**
 - D. Minimum data assessment**
- 3. What is one responsibility of a nurse in the care team?**
 - A. To clean the facility**
 - B. To assist residents with personal hygiene**
 - C. To supervise nursing assistants and delegate tasks**
 - D. To manage the resident's social activities**
- 4. What is the normal pulse rate range for adults?**
 - A. 25 to 50 beats per minute**
 - B. 60 to 100 bpm**
 - C. 100 to 150 bpm**
 - D. 150 to 175 bpm**
- 5. What is the normal color of urine?**
 - A. Dark**
 - B. Pale yellow**
 - C. Rust-colored**
 - D. Pale red**

- 6. Which nutrient is considered the most essential for life?**
- A. Vegetables**
 - B. Water**
 - C. Grains**
 - D. Protein**
- 7. What does the acronym RACE stand for in an emergency situation?**
- A. Run to A Close Exit**
 - B. Remove residents, Activate alarm or call 911, Contain fire, Extinguish**
 - C. Restore power, Activate alarm or 911, Call Fire Department, Exit**
 - D. Remove window, Access outside, Call for help, Elderly residents first**
- 8. What is an example of proper telephone communication at work?**
- A. Good morning, Linda Manor Care Facility, Susan Jones speaking.**
 - B. We're all really busy right now. You'll have to call back later.**
 - C. Sandra is not working today. Her cell phone number is 555-1212.**
 - D. Jeanie no longer works here. She was fired two months ago.**
- 9. How would you categorize threatening to harm a resident to prevent them from speaking up?**
- A. Physical abuse**
 - B. Psychological abuse**
 - C. Financial abuse**
 - D. Substance abuse**
- 10. Which position should a resident be placed in if they are experiencing difficulty breathing?**
- A. Supine**
 - B. Sitting upright**
 - C. Prone**
 - D. On their side**

Answers

SAMPLE

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

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Explanations

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1. Which approach is most effective when providing comfort to a distressed resident?

A. Offering distraction through entertainment.

B. Validating their feelings and providing reassurance.

C. Redirecting them to another topic immediately.

D. Avoiding personal engagement to respect their privacy.

Validating a resident's feelings and providing reassurance is the most effective approach when offering comfort to someone who is distressed. This method involves acknowledging the person's emotions, which helps them feel understood and accepted during a difficult time. Providing validation can enhance the emotional connection between the caregiver and the resident, fostering a sense of trust and safety. Reassurance helps to alleviate anxiety or fear by letting the individual know that their feelings are normal and that support is available. This approach prioritizes emotional support, which is crucial in comfort care. Distressed individuals often require a compassionate response that recognizes their emotional state and creates an environment where they can express their concerns without fear of judgment. This not only assists in calming them down but also encourages open communication, allowing caregivers to better understand and address the underlying issues contributing to their distress.

2. Which of the following types of advance directives instructs medical personnel not to perform cardiopulmonary resuscitation (CPR) in the event of cardiac or respiratory arrest?

A. Legal proxy

B. Do-not-resuscitate order

C. Protected health information

D. Minimum data assessment

The choice indicating a do-not-resuscitate order is correct because this specific advance directive clearly communicates a patient's wishes regarding resuscitation efforts. A do-not-resuscitate (DNR) order instructs medical personnel not to perform cardiopulmonary resuscitation (CPR) if the patient experiences cardiac or respiratory arrest. This directive is legally binding and is designed to ensure that medical staff respect the patient's preference for end-of-life care, prioritizing their autonomy and personal choices in critical health situations. In contrast, a legal proxy refers to a person designated to make healthcare decisions on another's behalf but does not specifically address resuscitation efforts. Protected health information involves the confidentiality and privacy of patient medical records and does not pertain to directives about resuscitation. The minimum data assessment is a set of data points used for evaluating patient conditions and care needs, unrelated to the specific wishes regarding resuscitation. Therefore, the do-not-resuscitate order is the only option that directly addresses the question regarding CPR instructions in the event of an emergency.

3. What is one responsibility of a nurse in the care team?

- A. To clean the facility
- B. To assist residents with personal hygiene
- C. To supervise nursing assistants and delegate tasks**
- D. To manage the resident's social activities

One responsibility of a nurse in the care team is to supervise nursing assistants and delegate tasks. This role is crucial as nurses have the training and expertise to assess patient needs, prioritize care, and ensure that nursing assistants are performing their duties effectively and safely. By delegating tasks, nurses can ensure that care is provided efficiently and that all team members are working within their scope of practice, promoting a structured and collaborative environment in delivering patient care. Effective delegation also helps in optimizing the workflow and ensuring that residents receive comprehensive care tailored to their needs.

4. What is the normal pulse rate range for adults?

- A. 25 to 50 beats per minute
- B. 60 to 100 bpm**
- C. 100 to 150 bpm
- D. 150 to 175 bpm

The normal pulse rate range for adults is typically between 60 to 100 beats per minute (bpm). This range is established based on average resting heart rate observed in healthy adults. Factors influencing pulse rate can include age, fitness level, and overall health. For instance, a resting heart rate below 60 bpm may indicate bradycardia, which could be normal for some athletes but might also suggest an underlying health issue in others. Conversely, rates above 100 bpm may indicate tachycardia, which can be a response to stress, exercise, or potentially a medical condition. Thus, understanding what constitutes a normal pulse provides critical insight into a person's cardiac health and can be a vital sign to monitor in both clinical and home settings.

5. What is the normal color of urine?

- A. Dark
- B. Pale yellow**
- C. Rust-colored
- D. Pale red

The normal color of urine is pale yellow, primarily due to the presence of a pigment called urochrome. This pigment is produced from the breakdown of hemoglobin in red blood cells. A pale yellow urine color generally indicates proper hydration levels, while variations can reflect dietary intake, hydration status, or possible health concerns. When urine is darker than pale yellow, it may suggest dehydration or concentrated urine. Conversely, rust-colored urine can indicate the presence of blood or hemoglobin due to various medical conditions, and pale red could also indicate blood or other substances that are not typical in healthy urine. Understanding these color variations is essential for assessing an individual's hydration status and overall health.

6. Which nutrient is considered the most essential for life?

- A. Vegetables**
- B. Water**
- C. Grains**
- D. Protein**

Water is considered the most essential nutrient for life because it is vital for numerous physiological processes in the human body. It plays a critical role in maintaining homeostasis, regulating body temperature, and facilitating cellular functions. Water is fundamental for digestion, nutrient absorption, and the elimination of waste products. Without adequate water intake, the body's cells cannot function properly, which can lead to dehydration and severe health issues. While vegetables, grains, and protein provide important nutrients necessary for health and growth, none of them can substitute for the essential role that water plays in sustaining life. The body can survive for longer periods without food than it can without water, underscoring the paramount importance of hydration for survival.

7. What does the acronym RACE stand for in an emergency situation?

- A. Run to A Close Exit**
- B. Remove residents, Activate alarm or call 911, Contain fire, Extinguish**
- C. Restore power, Activate alarm or 911, Call Fire Department, Exit**
- D. Remove window, Access outside, Call for help, Elderly residents first**

The acronym RACE is a critical guideline used in emergency situations, particularly for responding to a fire. Each component of the acronym serves a specific and essential purpose in the context of ensuring safety and minimizing harm. RACE stands for: - **Remove residents:** The first step in an emergency evacuation is to ensure the safety of all residents in the area. This is crucial as it prioritizes human safety before taking other actions. - **Activate alarm or call 911:** Once residents are removed from immediate danger, it is vital to alert others to the emergency situation. Activating the fire alarm or calling 911 ensures that professional help is on the way and alerts others in the facility to the danger. - **Contain fire:** Containing the fire, if it's safe to do so, means closing doors to slow the fire's spread and prevent it from engulfing more areas. - **Extinguish:** If possible and safe, attempts may be made to extinguish the fire using a fire extinguisher. However, the safety of individuals should always take precedence over trying to put out the fire. This structured approach is designed to provide a clear and orderly response during a chaotic and dangerous situation, making option B the appropriate choice in this scenario.

8. What is an example of proper telephone communication at work?

A. Good morning, Linda Manor Care Facility, Susan Jones speaking.

B. We're all really busy right now. You'll have to call back later.

C. Sandra is not working today. Her cell phone number is 555-1212.

D. Jeanie no longer works here. She was fired two months ago.

Proper telephone communication in a work setting is essential for professionalism, clarity, and creating a welcoming environment for callers. The choice that begins with a greeting and clearly identifies the facility and the person speaking exemplifies these qualities. Introducing the caller with a polite greeting—"Good morning"—establishes a friendly tone, which is important in any professional interaction. Mentioning the facility's name helps to clarify where the call is being directed and reinforces the professional setting. Finally, naming the individual answering the call instills a sense of accountability and personal connection, making it easier for the caller to know who they are speaking to. In contrast, the other options lack the necessary politeness and professionalism. Simply stating that everyone is busy, providing another employee's personal number without context, or sharing negative information about an employee's termination fails to present an appropriate or constructive approach to communication in a workplace. These responses could give the impression of disorganization, unavailability, or a lack of professionalism, which is not conducive to a productive work environment.

9. How would you categorize threatening to harm a resident to prevent them from speaking up?

A. Physical abuse

B. Psychological abuse

C. Financial abuse

D. Substance abuse

Threatening to harm a resident to prevent them from speaking up is categorized as psychological abuse. This form of abuse involves tactics that undermine an individual's mental well-being, including fear tactics, intimidation, and manipulation. Such actions can lead to feelings of anxiety, helplessness, and a loss of autonomy, significantly impacting the mental health of the victim. In this situation, the threat is made to suppress the individual's voice and discourage them from expressing their needs or concerns, which is a clear violation of their emotional and psychological safety. Psychological abuse often manifests through coercion, verbal threats, or emotional manipulation, which can leave lasting scars even in the absence of physical harm. Understanding the nuances of psychological abuse is crucial in a caregiving setting, as it emphasizes the importance of maintaining a supportive and safe environment for residents, where they feel empowered to communicate freely without fear of intimidation or harm.

10. Which position should a resident be placed in if they are experiencing difficulty breathing?

A. Supine

B. Sitting upright

C. Prone

D. On their side

When a resident is experiencing difficulty breathing, placing them in a sitting upright position is the most effective choice. This posture allows for maximum lung expansion and helps reduce pressure on the diaphragm, which is essential to facilitate easier breathing. Sitting upright also aids gravity in helping open the airways, making it more comfortable for the resident and promoting better oxygenation. In contrast, being in a supine position (lying flat on the back) can constrict the chest and abdomen, hindering lung expansion. The prone position (lying on the stomach) is typically not utilized for individuals having trouble breathing, as it may obstruct airflow. Having the individual on their side can sometimes be helpful, but it is generally not as effective as sitting upright for immediate relief in cases of respiratory distress. Thus, the sitting upright position is the most appropriate and beneficial in managing difficulty breathing.