

Oregon Certified Nursing Assistant 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. A person with which developmental disability typically has a small skull and flattened nose?**
 - A. Cerebral palsy**
 - B. Spina bifida**
 - C. Down syndrome**
 - D. Autism**

- 2. What is the primary function of the respiratory system?**
 - A. Transporting nutrients throughout the body**
 - B. Bringing oxygen into the body and removing carbon dioxide**
 - C. Filtering waste from the bloodstream**
 - D. Regulating hormones in the body**

- 3. Which of the following is a type of disposable equipment?**
 - A. An autoclave.**
 - B. An electric razor.**
 - C. A bedpan.**
 - D. Gloves.**

- 4. When should a nursing assistant identify a resident?**
 - A. After giving care**
 - B. When collecting meal trays**
 - C. When shifts change**
 - D. Before helping with feeding**

- 5. Which of the following remarks could be classified as a cliché?**
 - A. "I understand your concerns. How can I help?"**
 - B. "What can I do to make you more comfortable?"**
 - C. "It will be over before you know it."**
 - D. "I know you are feeling worried about your upcoming doctor's visit. I am here if you want to talk about it."**

6. Which of the following is an example of a barrier to communication?

- A. A. NA uses medical terminology with the resident.**
- B. B. NA asks the resident to repeat a sentence.**
- C. C. NA speaks the same language as the resident.**
- D. D. NA speaks clearly using a professional tone of voice.**

7. What role does the epidermis play in skin function?

- A. Protects underlying tissues**
- B. Regulates body temperature**
- C. Produces sweat and oils**
- D. Contains blood vessels**

8. What is the primary purpose of dietary fiber?

- A. To provide energy**
- B. To aid in digestion**
- C. To build muscle mass**
- D. To increase sugar levels**

9. Who is responsible for diagnosing disease and prescribing treatment?

- A. Nursing assistant (NA)**
- B. Resident**
- C. Physician (MD)**
- D. Dietitian (RDT)**

10. Sexually transmitted infections are passed through sexual contact. Sexual contact includes?

- A. Deep kissing**
- B. Contact of hands with the breasts**
- C. Holding hands**
- D. Contact of the mouth with the genitals**

Answers

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

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Explanations

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1. A person with which developmental disability typically has a small skull and flattened nose?

- A. Cerebral palsy**
- B. Spina bifida**
- C. Down syndrome**
- D. Autism**

Down syndrome is associated with specific physical characteristics, including a smaller skull size and a flattened facial profile, particularly the nose. This condition is caused by the presence of an extra chromosome 21, leading to a variety of developmental and physical differences. The distinct features, such as the flat nose and smaller head, result from the way this genetic variation affects normal growth and development.

Understanding these characteristics can be crucial for caregivers and healthcare professionals in recognizing and providing appropriate support for individuals with Down syndrome. In contrast, the other developmental disabilities mentioned, such as cerebral palsy, spina bifida, and autism, present with different physical and developmental traits that do not typically include the same craniofacial features seen in Down syndrome.

2. What is the primary function of the respiratory system?

- A. Transporting nutrients throughout the body**
- B. Bringing oxygen into the body and removing carbon dioxide**
- C. Filtering waste from the bloodstream**
- D. Regulating hormones in the body**

The primary function of the respiratory system is to facilitate gas exchange, specifically bringing oxygen into the body and removing carbon dioxide. This process occurs in the lungs, where oxygen from the inhaled air diffuses into the bloodstream, and carbon dioxide, a waste product generated by cellular metabolism, is expelled from the body when exhaling. Adequate oxygen supply is crucial for cellular function and overall energy production, while the removal of carbon dioxide prevents respiratory acidosis and maintains pH balance in the body. In contrast to this, transporting nutrients throughout the body is primarily the role of the circulatory system, which distributes oxygen, nutrients, and hormones to cells and removes waste products. Filtering waste from the bloodstream is the responsibility of the renal system, particularly the kidneys, which play a key role in regulating fluid and electrolyte balance as well as excreting waste. Lastly, the regulation of hormones in the body is primarily carried out by the endocrine system, which releases hormones that coordinate various physiological processes. Thus, the respiratory system's core function is specifically about gas exchange, making the correct choice the one focused on oxygen and carbon dioxide.

3. Which of the following is a type of disposable equipment?

- A. An autoclave.**
- B. An electric razor.**
- C. A bedpan.**
- D. Gloves.**

Disposable equipment is designed for single-use and is meant to be discarded after use to prevent cross-contamination and the spread of infections. In this context, gloves are the most suitable example. They are commonly used in various healthcare settings to protect both the caregiver and the patient from potential pathogens during procedures. Once gloves have been used, they are removed and discarded to ensure safety and hygiene. Autoclaves are devices used for sterilization and are not disposable; they are meant for repeated use. An electric razor is a reusable item typically used for personal grooming and does not fall into the category of disposable equipment. A bedpan, while it can be made from materials that are sometimes disposed of, is generally considered reusable in many healthcare facilities. Therefore, gloves are the correct choice as they are specifically designed for single-use and play a critical role in infection control practices.

4. When should a nursing assistant identify a resident?

- A. After giving care**
- B. When collecting meal trays**
- C. When shifts change**
- D. Before helping with feeding**

Identifying a resident before assisting with feeding is essential for several reasons. First and foremost, it ensures patient safety. Confirming the identity of the resident helps prevent mix-ups that could lead to wrong medications or inappropriate food choices, especially for residents with dietary restrictions or allergies. In the context of feeding, proper identification also allows the nursing assistant to engage with the resident, ensuring they are providing care to the correct individual and addressing any specific preferences or needs related to the meal. This practice promotes respect for the resident's autonomy and dignity. Recognizing a resident at this stage also acts as a precautionary measure, establishing clear communication and fostering trust between the nursing assistant and the resident. It sets the right tone for the interaction, contributing positively to the resident's overall experience during mealtime. The other scenarios mentioned, while significant in their own right, do not prioritize the immediate safety and personalization required during feeding tasks.

5. Which of the following remarks could be classified as a cliché?

- A. "I understand your concerns. How can I help?"**
- B. "What can I do to make you more comfortable?"**
- C. "It will be over before you know it."**
- D. "I know you are feeling worried about your upcoming doctor's visit. I am here if you want to talk about it."**

A remark classified as a cliché is one that is overused to the point of losing its original meaning or effect. In this case, the phrase "It will be over before you know it" fits this definition perfectly. This expression is often used in various contexts to reassure someone that a challenging situation or experience will pass quickly. While the intention behind the remark may be to comfort someone, it can come across as superficial or lacking in genuine understanding of the person's feelings. On the other hand, the other remarks are more personalized and demonstrate active listening and engagement. They involve specific questions or invitations for discussion, indicating a willingness to help the individual in a more meaningful way rather than relying on a common phrase that might not resonate with their specific experience.

6. Which of the following is an example of a barrier to communication?

- A. A. NA uses medical terminology with the resident.**
- B. NA asks the resident to repeat a sentence.**
- C. NA speaks the same language as the resident.**
- D. NA speaks clearly using a professional tone of voice.**

Using medical terminology with the resident is an example of a barrier to communication because it can create confusion and misunderstanding. Residents, especially those who are not familiar with healthcare language, may not comprehend technical terms, leading to anxiety or feelings of alienation. Effective communication in healthcare requires clarity and simplification of language to ensure that residents can fully understand the information being shared, which facilitates better care and improves the therapeutic relationship between the nurse assistant and the resident. In contrast, asking the resident to repeat a sentence, speaking the same language as the resident, and communicating clearly with a professional tone are all strategies that promote understanding and effective interaction, allowing for better communication outcomes.

7. What role does the epidermis play in skin function?

- A. Protects underlying tissues**
- B. Regulates body temperature**
- C. Produces sweat and oils**
- D. Contains blood vessels**

The epidermis is the outermost layer of the skin and plays a crucial role in protecting the underlying tissues. It acts as a physical barrier against environmental hazards such as pathogens, harmful chemicals, and mechanical injuries. The structure of the epidermis, composed primarily of keratinocytes, helps prevent water loss, maintaining hydration and contributing to the skin's overall integrity. The epidermis also contains melanocytes, which produce melanin, and offer protection against ultraviolet (UV) radiation from the sun. Additionally, the resilient nature of the epidermis provides a first line of defense, preventing infections and preserving the delicate structures found beneath it, such as the dermis and subcutaneous layers. Therefore, the essential function of the epidermis in safeguarding underlying tissues solidifies its primary role in skin function.

8. What is the primary purpose of dietary fiber?

- A. To provide energy**
- B. To aid in digestion**
- C. To build muscle mass**
- D. To increase sugar levels**

The primary purpose of dietary fiber is to aid in digestion. Fiber is an essential component of a healthy diet that helps to regulate the body's digestive system. It adds bulk to stool, which facilitates regular bowel movements and prevents constipation. Additionally, fiber can help to maintain a healthy weight, lower cholesterol levels, and control blood sugar levels by slowing down the digestion and absorption of carbohydrates. This functioning of fiber contributes significantly to overall digestive health, making it critical for individuals to include adequate fiber in their diet for optimal gastrointestinal functioning. In contrast, the other options do not accurately describe the primary role of dietary fiber. While it does not provide energy directly like carbohydrates or fats, it plays more of a supportive role in overall health, rather than being associated with energy provision, muscle building, or raising blood sugar levels.

9. Who is responsible for diagnosing disease and prescribing treatment?

- A. Nursing assistant (NA)**
- B. Resident**
- C. Physician (MD)**
- D. Dietitian (RDT)**

The responsibility for diagnosing diseases and prescribing treatment lies with the physician (MD). Physicians are trained medical professionals who undergo extensive education and clinical training to understand the complexities of human health, medical conditions, and the appropriate interventions required to treat those conditions. They have the authority to perform physical examinations, order diagnostic tests, interpret results, and establish treatment plans based on their findings. Nursing assistants, while vital members of the healthcare team, focus on providing personal care and support to patients under the supervision of licensed nurses and other healthcare professionals. They do not have the training or legal authority to make diagnoses or prescribe any form of treatment. Residents, on the other hand, may be patients receiving care and are not responsible for determining their own medical treatment. Dietitians specialize in nutrition and may offer dietary advice as part of a treatment plan, but they do not diagnose diseases or prescribe treatments as a physician would. Understanding the distinct roles within the healthcare team is crucial for ensuring that patients receive appropriate and effective care tailored to their needs.

10. Sexually transmitted infections are passed through sexual contact. Sexual contact includes?

- A. Deep kissing**
- B. Contact of hands with the breasts**
- C. Holding hands**
- D. Contact of the mouth with the genitals**

Sexually transmitted infections (STIs) are primarily spread through activities that involve the exchange of bodily fluids or direct contact with infected skin or mucous membranes. Contact of the mouth with the genitals is a direct way in which STIs can be transmitted, as this interaction can involve the exchange of saliva, vaginal secretions, or seminal fluid, all of which can harbor infectious agents. In contrast, while deep kissing may theoretically carry a small risk for certain infections, it is less commonly recognized as a primary route of STI transmission compared to oral-genital contact. Similarly, contact of hands with breasts does not typically involve the exchange of infectious bodily fluids in a way that promotes STI spread. Holding hands is generally considered a non-sexual form of contact with no associated risk for STIs. Therefore, the most direct and recognized method of transmission among the options provided is contact of the mouth with the genitals.

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://oregoncertifiednursingassistant.examzify.com>

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

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