

OREGON CERTIFIED NURSING ASSISTANT STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://oregoncertifiednursingassistant.examzify.com>



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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. Why is hydration important for residents?

- A. It helps maintain body temperature
- B. It increases appetite
- C. It reduces physical activity
- D. It is only necessary during illness

2. Which of the following best describes a nursing assistant's role?

- A. They perform surgery on residents
- B. They assist residents with daily living activities
- C. They write care plans for residents
- D. They diagnose medical conditions

3. How is MRSA most often spread?

- A. By direct physical contact
- B. By indirect contact
- C. By being in enclosed spaces
- D. Through the air

4. When encountering a consenting adult resident in a sexual situation, what should a nursing assistant do?

- A. Provide privacy and leave the room
- B. Tell him that what he is doing is wrong
- C. Ask him to stop what he is doing
- D. Discuss the incident with the resident's family

5. This type of diet increases the intake of fiber and whole grains, and is prescribed for which condition?

- A. High-residue diet
- B. Liquid diet
- C. Gluten-free diet
- D. Low-cholesterol diet

- 6. If an activity is not included in the care plan, what should a nursing assistant do?**
- A. The NA should not perform the activity
 - B. The NA should perform the activity if they believe it's best
 - C. The NA should perform the activity if the resident requests it
 - D. The NA should consult with other NAs
- 7. What best describes a pureed diet?**
- A. A. Food is blended into a thick paste for easier swallowing
 - B. B. The diet consists of clear juices and broth
 - C. C. Lean cuts of meat and nonfat dairy products
 - D. D. A diet that restricts protein for kidney disease
- 8. Which of the following is true of Transmission-Based Precautions?**
- A. An NA does not need to practice Standard Based Precautions if he practices Transmission Based Precautions
 - B. They are exactly the same as Standard Precautions
 - C. They are practiced in addition to Standard Precautions
 - D. They will not be listed in the care plan so as not to alarm anyone
- 9. What is the primary role of the cerebellum?**
- A. Regulating heart rate
 - B. Controlling balance and coordination
 - C. Processing visual information
 - D. Regulating blood pressure
- 10. Which of the following is an example of an activity of daily living (ADL)?**
- A. Praying
 - B. Eating
 - C. Reading
 - D. Talking to a family member

Answers

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

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Explanations

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1. Why is hydration important for residents?

A. It helps maintain body temperature

B. It increases appetite

C. It reduces physical activity

D. It is only necessary during illness

Hydration is crucial for residents primarily because it helps maintain body temperature. The body's ability to regulate temperature is significantly affected by the amount of fluid within it. Proper hydration ensures that the body can sweat and release heat, which is vital during periods of higher temperatures or physical exertion. Furthermore, adequate fluid levels can prevent overheating and promote overall health. The other options do not emphasize the fundamental role of hydration in body temperature regulation. While increased appetite can be a beneficial side effect of proper hydration in certain contexts, it is not the primary reason hydration is emphasized. Reducing physical activity is not a goal of hydration, as adequate fluid levels actually support energy levels and physical activity. Additionally, hydration is vital at all times, not just during illness, because even regular activities require sufficient fluid intake to support normal bodily functions.

2. Which of the following best describes a nursing assistant's role?

A. They perform surgery on residents

B. They assist residents with daily living activities

C. They write care plans for residents

D. They diagnose medical conditions

A nursing assistant's primary role is to assist residents with daily living activities. This includes helping with tasks such as bathing, dressing, grooming, eating, and toileting, which are essential for maintaining the residents' dignity and independence. By providing support in these areas, nursing assistants play a vital role in ensuring that residents receive the care they need to live comfortably in a healthcare setting. The focus on daily living activities highlights the nursing assistant's position in the care team, where they help to foster a safe and supportive environment. They are also trained to observe and report any changes in the residents' conditions to the nursing staff, but their main duty does not involve performing surgeries, writing care plans, or diagnosing medical conditions, as those responsibilities fall under the purview of nurses and medical professionals.

3. How is MRSA most often spread?

A. By direct physical contact

B. By indirect contact

C. By being in enclosed spaces

D. Through the air

MRSA, or Methicillin-resistant *Staphylococcus aureus*, is most often spread through direct physical contact. This typically occurs when an infected individual touches a surface, wound, or skin area and then another person comes into contact with that same area. Given MRSA's resilience, it can survive on skin and surfaces, making direct physical interaction a primary mode of transmission, especially in settings like hospitals or nursing facilities where individuals may have open wounds or compromised immune systems. Other modes of transmission, such as indirect contact, being in enclosed spaces, or airborne spread, are less common for MRSA. While it is possible for MRSA to be transferred via surfaces or objects, the most prominent and frequent way individuals contract MRSA is through direct skin contact with an infected person or the contaminated area. Understanding this transmission method highlights the importance of proper hygiene practices, such as hand washing and the use of personal protective equipment, in preventing the spread of MRSA in healthcare environments.

4. When encountering a consenting adult resident in a sexual situation, what should a nursing assistant do?

- A. Provide privacy and leave the room**
- B. Tell him that what he is doing is wrong
- C. Ask him to stop what he is doing
- D. Discuss the incident with the resident's family

Providing privacy and leaving the room is the most appropriate action for a nursing assistant to take when encountering a consenting adult resident in a sexual situation. This response respects the resident's autonomy and privacy, allowing them to engage in consensual activities without unnecessary interruption. It is essential to uphold the dignity of residents, acknowledging their rights to make personal choices, including those related to intimate relationships. In this scenario, the nursing assistant should ensure that the area is discreet and that the residents can maintain their privacy while being attentive to any potential safety concerns. This approach fosters a supportive environment and reinforces the principles of person-centered care, which prioritizes the individual needs and preferences of residents.

5. This type of diet increases the intake of fiber and whole grains, and is prescribed for which condition?

- A. High-residue diet**
- B. Liquid diet
- C. Gluten-free diet
- D. Low-cholesterol diet

The high-residue diet is specifically designed to increase fiber intake, which helps in the promotion of healthy bowel function. This type of diet includes a variety of foods that are high in dietary fiber, such as fruits, vegetables, whole grains, and legumes. The increased fiber is beneficial for conditions such as constipation, as it adds bulk to the stool and encourages regular bowel movements. For patients who are experiencing issues with digestion or elimination, a high-residue diet can support their overall gastrointestinal health. It is not focused on restricting certain nutrients like fats or gluten, but rather on enhancing the quantity and quality of fiber in the diet, making it an important option for specific digestive concerns.

6. If an activity is not included in the care plan, what should a nursing assistant do?

- A. The NA should not perform the activity**
- B. The NA should perform the activity if they believe it's best
- C. The NA should perform the activity if the resident requests it
- D. The NA should consult with other NAs

In a healthcare setting, following the established care plan is crucial for ensuring consistent and safe care for residents. The care plan is tailored to meet the individual needs of each resident and is created based on assessments by healthcare professionals. It outlines specific goals, tasks, and activities that are deemed necessary for the resident's health and well-being. When an activity is not included in the care plan, the nursing assistant's primary responsibility is to adhere strictly to what has been outlined in the plan. By not performing any activity that is not specified, the nursing assistant helps minimize the risk of causing potential harm to the resident. This practice ensures that care is provided within the scope of the resident's established needs and preferences, thus protecting the resident's safety and dignity. While there may be instances where a resident or fellow staff member suggests performing an activity outside what has been established, it is essential for the nursing assistant to prioritize the care plan as a guideline. This approach fosters accountability and adherence to protocols designed to optimize care quality and maintain professional standards.

7. What best describes a pureed diet?

- A. A. Food is blended into a thick paste for easier swallowing**
- B. B. The diet consists of clear juices and broth
- C. C. Lean cuts of meat and nonfat dairy products
- D. D. A diet that restricts protein for kidney disease

A pureed diet is characterized by food that has been blended or processed into a smooth, thick paste. This modification is particularly beneficial for individuals who have difficulty swallowing, a condition known as dysphagia, as it reduces the risk of choking and makes it easier to consume necessary nutrients. The pureeing process ensures that the texture of the food is uniform and free of lumps, enhancing safety and digestibility for those who may have medical issues affecting their ability to chew or swallow properly. In contrast, the other choices describe different types of diets that do not align with the characteristics of a pureed diet. For example, a diet consisting of clear juices and broths does not provide the nutrient density or texture required for thorough nourishment, and diets focused on specific food types like lean meats or those that restrict protein cater to different nutritional needs.

8. Which of the following is true of Transmission-Based Precautions?

- A. An NA does not need to practice Standard Based Precautions if he practices Transmission Based Precautions
- B. They are exactly the same as Standard Precautions
- C. They are practiced in addition to Standard Precautions**
- D. They will not be listed in the care plan so as not to alarm anyone

Transmission-Based Precautions are indeed practiced in conjunction with Standard Precautions. This approach is essential as Standard Precautions are designed to prevent the spread of infection from person-to-person or through contact with contaminated surfaces or equipment in general healthcare settings. When Transmission-Based Precautions are necessary, it typically indicates that a patient has a specific infectious disease that requires additional measures due to its mode of transmission, such as airborne, droplet, or contact transmission. Thus, implementing Transmission-Based Precautions adds an extra layer of protection and is crucial for safeguarding both healthcare workers and other patients. This ensures comprehensive infection control practices are in place, thereby reducing the risk of transmission in a healthcare environment. In this context, it is vital for caregivers to remember that while Transmission-Based Precautions provide extra protections, they do not replace the need for Standard Precautions, which serve as the foundation for all infection control practices in healthcare settings.

9. What is the primary role of the cerebellum?

- A. Regulating heart rate
- B. Controlling balance and coordination**
- C. Processing visual information
- D. Regulating blood pressure

The primary role of the cerebellum is controlling balance and coordination. This part of the brain is crucial for fine-tuning motor activities and ensuring that movements are smooth and precise. It plays a significant role in posture, balance, and the timing of various motor activities. The cerebellum integrates sensory information from the body, such as proprioceptive signals that inform it about the position and movement of limbs, which allows it to make real-time adjustments to maintain balance and coordination. Understanding the cerebellum's functions helps clarify its importance in everyday activities, such as walking, running, or engaging in sports, where balance and coordinated muscle action are essential. The other options relate to different brain functions and structures; for example, the regulation of heart rate and blood pressure is managed by the brainstem, while visual information is primarily processed in the occipital lobe of the cerebrum.

10. Which of the following is an example of an activity of daily living (ADL)?

- A. Praying
- B. Eating**
- C. Reading
- D. Talking to a family member

Eating is considered an activity of daily living (ADL) because it is a fundamental self-care task that individuals perform on a daily basis to maintain their health and well-being. Activities of daily living refer to the basic tasks that are essential for self-care and include various physical functions that a person needs to accomplish in order to live independently and maintain their quality of life. The other choices listed, while they may be important for mental, emotional, or social well-being, do not fall under the standard definition of ADLs. Praying, reading, and talking to a family member primarily relate to personal or social activities rather than the essential self-care activities needed for day-to-day living. ADLs typically encompass tasks such as bathing, dressing, toileting, transferring, continence, and, of course, eating.

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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:

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

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