

# Rhode Island CNA Skills Evaluation Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

SAMPLE

# 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. During the Client Volunteer scenario, what role does the other candidate play?**
  - A. The resident role is played by another candidate**
  - B. The resident is played by the evaluator**
  - C. The resident role is not used**
  - D. The resident is a patient volunteer**
  
- 2. Which care involves hygienic care in the genital area for female clients?**
  - A. Providing Hygienic Care in Genital Area.**
  - B. Shaving Facial Hair Using Proper Technique.**
  - C. Oral Hygiene Care for Dentures.**
  - D. Massaging Back to Promote Circulation.**
  
- 3. Which care activity addresses hygienic care around the genital area for female residents?**
  - A. Perineal Care (Female).**
  - B. Provides Mouth Care (Brushing Dentures).**
  - C. Shaves Client.**
  - D. Cleans and Trims Fingernails.**
  
- 4. What is the Failing Skill Report?**
  - A. A document showing scores for all skills**
  - B. A document listing which skills were unsatisfactory**
  - C. A summary of time used**
  - D. A list of allowed accommodations**
  
- 5. Safe bed-to-chair pivot turn requires:**
  - A. A wide base of support, use your legs to pivot, keep the back straight**
  - B. Lifting with the back while twisting the torso**
  - C. Pushing the client with the shoulders**
  - D. Turning without using any transfer aid**

- 6. Counting the pulse for a full minute helps ensure an accurate reading of which measure?**
- A. Pulse rate**
  - B. Respiration rate**
  - C. Blood pressure**
  - D. Temperature**
- 7. Which document is used to record measurement results during evaluations?**
- A. Client Assessment Form**
  - B. Record Sheet for Measurement**
  - C. Equipment Inventory**
  - D. Attendance Log**
- 8. The testing standards for the RI CNA exam are aligned with which requirements?**
- A. Federal nurse aide requirements**
  - B. State nurse aide guidelines**
  - C. Local hospital policies**
  - D. University nursing standards**
- 9. Which task describes washing the upper body while the resident is in bed?**
- A. Washing Upper Body Areas.**
  - B. Massaging Back to Promote Circulation.**
  - C. Oral Hygiene Care for Dentures.**
  - D. Shaves Client.**
- 10. Which description matches Fowler's position?**
- A. Head of bed elevated to 90 degrees**
  - B. Head of bed elevated to 45 to 60 degrees**
  - C. Sitting upright in a chair without bed**
  - D. Head of bed lowered to 0 degrees**

## Answers

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

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## **Explanations**

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**1. During the Client Volunteer scenario, what role does the other candidate play?**

- A. The resident role is played by another candidate**
- B. The resident is played by the evaluator**
- C. The resident role is not used**
- D. The resident is a patient volunteer**

In the Client Volunteer scenario, the other candidate is playing the resident or client who receives care. This setup mirrors real-life CNA situations where you interact with a resident who needs assistance, allowing you to practice steps, communication, and safety while responding to a real person's needs. The evaluator remains the observer and scorer, not the resident, so the resident role isn't filled by the evaluator. Using another candidate to portray the resident provides a realistic interaction and a fair, standardized way to assess your skills.

**2. Which care involves hygienic care in the genital area for female clients?**

- A. Providing Hygienic Care in Genital Area.**
- B. Shaving Facial Hair Using Proper Technique.**
- C. Oral Hygiene Care for Dentures.**
- D. Massaging Back to Promote Circulation.**

At its core, this task is about perineal hygiene for female clients—cleaning the external genital area to keep it clean, prevent infection, and protect the client's dignity and comfort. When performing hygienic care in the genital area, you use clean supplies, wash gently from front to back, rinse and dry well, and cover the client to preserve privacy. This care is a fundamental part of daily hygiene and infection prevention for female clients. The other activities are not related to cleaning the genital area: shaving facial hair is facial grooming, oral hygiene for dentures is mouth care, and massaging the back is aimed at circulation. Therefore, the option that describes hygienic care in the genital area best matches the task at hand.

**3. Which care activity addresses hygienic care around the genital area for female residents?**

- A. Perineal Care (Female).**
- B. Provides Mouth Care (Brushing Dentures).**
- C. Shaves Client.**
- D. Cleans and Trims Fingernails.**

Perineal care (female) is the hygiene task that targets the external genital and surrounding area. It involves washing the outside of the genitalia and perineum with warm water and mild soap, using a clean washcloth, and drying thoroughly. Cleaning should proceed front to back to reduce the risk of introducing bacteria into the urinary tract, and privacy and dignity should be maintained throughout. Perineal care for a female resident means external cleansing only—no insertion inside the vagina. This addresses cleanliness, skin integrity, and comfort in the genital area. The other activities listed (mouth care, shaving, and nail care) target different parts of the body.

#### 4. What is the Failing Skill Report?

- A. A document showing scores for all skills
- B. A document listing which skills were unsatisfactory**
- C. A summary of time used
- D. A list of allowed accommodations

The Failing Skill Report is the document that lists exactly which skills did not meet the required standard during the evaluation. It gives targeted feedback by enumerating the unsatisfactory performances, so you know precisely what to practice and improve before a retest. It's not a full scoresheet for every skill, it doesn't summarize time used, and it isn't a list of testing accommodations. The purpose is to guide remediation by highlighting the specific skills that need improvement.

#### 5. Safe bed-to-chair pivot turn requires:

- A. A wide base of support, use your legs to pivot, keep the back straight**
- B. Lifting with the back while twisting the torso
- C. Pushing the client with the shoulders
- D. Turning without using any transfer aid

Safe bed-to-chair pivoting relies on proper body mechanics to protect both you and the client. A wide base of support creates stability so you don't tip or lose balance. Using your legs to pivot rather than twisting your spine keeps the movement powered by stronger muscles and reduces strain on the back. Keeping the back straight maintains a neutral spine, which helps prevent disc and muscle injuries while you guide the client smoothly into the chair. Lifting with the back while twisting increases the risk of back injury and loss of control during the transfer. Pushing the client with the shoulders can put unnecessary stress on the shoulders and may compromise control of the movement. Turning without using any transfer aid is unsafe and not aligned with standard safety practices. When in doubt, use appropriate transfer aids and seek help as needed to maintain safety for both you and the client.

#### 6. Counting the pulse for a full minute helps ensure an accurate reading of which measure?

- A. Pulse rate**
- B. Respiration rate
- C. Blood pressure
- D. Temperature

Counting the pulse for a full minute ensures an accurate pulse rate. This duration captures any irregularity in rhythm or brief pauses and provides a true beats-per-minute reading, which is essential for determining normal versus abnormal heart rates. If you only count for a shorter time and multiply, you can misestimate the rate when the rhythm isn't regular. Other vitals use different methods—respiration rate is observed as chest rise and fall, often counted for a full minute; blood pressure uses a cuff; temperature is taken with a thermometer—so for pulse specifically, a full-minute count gives the most reliable measurement.

**7. Which document is used to record measurement results during evaluations?**

- A. Client Assessment Form**
- B. Record Sheet for Measurement**
- C. Equipment Inventory**
- D. Attendance Log**

Recording measurement results during evaluations relies on a form built to capture numeric data in a consistent way. The Record Sheet for Measurement is specifically meant to document the results of measurements, with dedicated fields for the value, date, time, unit, and the person who recorded it. This standard format makes it easy to track changes over time, ensures accuracy, and allows the care team to read and interpret data quickly. Other documents serve different purposes—such as capturing overall client status and needs, listing supplies and equipment, or recording attendance—so they aren't designed to record measurement data in a structured way.

**8. The testing standards for the RI CNA exam are aligned with which requirements?**

- A. Federal nurse aide requirements**
- B. State nurse aide guidelines**
- C. Local hospital policies**
- D. University nursing standards**

Testing standards are set to meet federal nurse aide requirements because those federal rules establish the minimum, nationwide criteria for training, competency testing, and safe resident care. Aligning with these federal standards ensures that Rhode Island CNAs demonstrate a consistent level of competency that holds across facilities and states, which also supports eligibility for Medicare/Medicaid and credential portability. State guidelines may tailor specifics, but the federal baseline is what anchors the certification process. Local hospital policies and university nursing standards are institutional or educational in nature and do not determine the certification criteria used for the CNA registry.

**9. Which task describes washing the upper body while the resident is in bed?**

- A. Washing Upper Body Areas.**
- B. Massaging Back to Promote Circulation.**
- C. Oral Hygiene Care for Dentures.**
- D. Shaves Client.**

Washing the upper body while the resident is in bed is the bed bath task that focuses on cleaning the chest, arms, neck, face, and back while the resident remains in bed. This describes exactly cleaning the upper body without moving the resident. The other activities are different care tasks: a back massage is for promoting circulation, denture care is part of oral hygiene, and shaving is grooming. In a bed bath, the emphasis for this option is on cleansing the upper body while the resident stays in bed, with steps like maintaining privacy, using warm water, and drying thoroughly to prevent chilling.

**10. Which description matches Fowler's position?**

- A. Head of bed elevated to 90 degrees**
- B. Head of bed elevated to 45 to 60 degrees**
- C. Sitting upright in a chair without bed**
- D. Head of bed lowered to 0 degrees**

Fowler's position is when the head of the bed is raised to about a 45 to 60 degree angle. This semi-upright stance helps expand the chest and improve breathing, makes swallowing and eating easier, and reduces the risk of aspiration during meals or oral care. It's a standard positioning choice because it balances comfort with better ventilation. In contrast, 90 degrees is high Fowler's, and 0 degrees means lying flat; sitting in a chair isn't the bed-based Fowler's position.

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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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ricnaskillseval.examzify.com>**

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

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