

RHODE ISLAND CNA SKILLS EVALUATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 is a key consideration when giving oral care to an unconscious resident?**
 - A. Position the resident on their side to prevent aspiration, keep the mouth moist, and use suction or an emesis basin if available.
 - B. Position the resident on their back and keep the mouth dry.
 - C. Stand the resident upright and avoid suction.
 - D. Place the resident on their stomach and use a water spray only.
- 2. During a partial bed bath, which area is typically washed last?**
 - A. Face and hands.
 - B. Perineal area.
 - C. Back and legs
 - D. Chest and abdomen
- 3. What is the time limit for the skills section?**
 - A. 15 minutes
 - B. 30 minutes
 - C. 45 minutes
 - D. 60 minutes
- 4. What should you look for when inspecting a resident's skin during care?**
 - A. Redness, warmth, swelling, pressure ulcers, cracks, or breakdown
 - B. Temperature of the room
 - C. Hair length
 - D. Nail color
- 5. How do you perform passive range of motion for the knee and ankle?**
 - A. Support the leg at the knee and ankle, slowly bend and straighten the knee, and move the ankle through its ROM within comfort
 - B. Hold the leg at the thigh and rush through movements
 - C. Move only the knee and ignore the ankle
 - D. Move the ankle first, then the knee quickly

- 6. What is a likely consequence of not following the reschedule/cancellation rules?**
- A. No changes allowed
 - B. You may face rescheduling or penalties
 - C. No consequence
 - D. You can reapply next year
- 7. What should you use to prevent skin injury when transferring and repositioning?**
- A. Rushing the transfer.
 - B. Dragging the resident across the bed.
 - C. Turning sheet or draw sheet, proper body mechanics, and smooth movements.
 - D. Rely on a single caregiver.
- 8. The exam fee covers which components?**
- A. Skills and written exams
 - B. Only the skills exam
 - C. Only the written exam
 - D. Practice tests
- 9. Which action demonstrates correct disposal of waste and no contamination?**
- A. Place in designated waste containers; contaminate the environment; then wash hands.
 - B. Place in designated waste containers; contaminate the environment; skip hand hygiene.
 - C. Place in designated waste containers; do not contaminate the environment; perform hand hygiene afterward.
 - D. Leave waste in the room for later disposal.
- 10. When positioning for bedpan use, what should you ensure regarding clothing?**
- A. Remove all clothing.
 - B. Protect clothing from soiling.
 - C. Keep clothing loose but away.
 - D. Ignore clothing and proceed.

Answers

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

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Explanations

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1. What is a key consideration when giving oral care to an unconscious resident?

- A. Position the resident on their side to prevent aspiration, keep the mouth moist, and use suction or an emesis basin if available.**
- B. Position the resident on their back and keep the mouth dry.
- C. Stand the resident upright and avoid suction.
- D. Place the resident on their stomach and use a water spray only.

The key idea is protecting the airway during oral care. An unconscious resident may not swallow or gag effectively, so saliva and fluids can easily enter the airway. Positioning the resident on their side helps drain secretions away from the airway and reduces the risk of aspiration. Keeping the mouth moist prevents dryness and cracking of the mucosa, which helps maintain comfort and reduces infection risk. Using suction or an emesis basin, if available, helps remove excess saliva and secretions so they don't pool in the mouth or get aspirated. Avoid actions that raise aspiration risk, such as placing the resident on their back or giving fluids in a way that could spray into the airway.

2. During a partial bed bath, which area is typically washed last?

- A. Face and hands.
- B. Perineal area.**
- C. Back and legs
- D. Chest and abdomen

In a partial bed bath you wash from the cleaner areas toward the dirtier ones, finishing with the area most prone to contamination. The perineal region is typically washed last because it is more likely to be soiled and can transfer germs to already cleaned areas if you start there. Wrapping up with this area helps prevent cross-contamination and keeps the rest of the body clean as you go.

3. What is the time limit for the skills section?

- A. 15 minutes
- B. 30 minutes**
- C. 45 minutes
- D. 60 minutes

Pacing matters in the skills portion because you must complete the required tasks correctly and safely within a set period. Thirty minutes is allotted to give enough time to perform multiple steps with proper technique, while also keeping the test consistent for every candidate. This window encourages you to plan your actions, move methodically, and check each step as you go rather than rushing. Finishing earlier is fine, but use the time to review hand hygiene, equipment placement, and safety for each task. Longer time frames could lead to fatigue or uneven testing conditions, while shorter ones wouldn't let you demonstrate all essential skills.

4. What should you look for when inspecting a resident's skin during care?

- A. Redness, warmth, swelling, pressure ulcers, cracks, or breakdown
- B. Temperature of the room
- C. Hair length
- D. Nail color

When checking a resident's skin, the focus is on detecting signs of skin damage or irritation that could lead to problems like pressure injuries. The best indicators to look for are redness, warmth, swelling, any pressure ulcers, cracks, or general skin breakdown. Redness can signal irritation or early inflammation; warmth may point to infection or inflammation; swelling indicates possible edema or fluid issues; cracks and breakdown show moisture, friction, or dryness contributing to skin injury. Spotting these changes early is crucial because it guides immediate care steps such as repositioning, keeping skin clean and dry, applying protective barriers as ordered, and addressing factors like nutrition and hydration to support healing. The room's temperature matters for comfort and can affect skin condition indirectly, but it isn't a direct sign of skin integrity. Hair length isn't a measure of skin health, and while nail color can reflect circulation or certain health issues, it isn't used to assess the skin during routine skin inspections.

5. How do you perform passive range of motion for the knee and ankle?

- A. Support the leg at the knee and ankle, slowly bend and straighten the knee, and move the ankle through its ROM within comfort
- B. Hold the leg at the thigh and rush through movements
- C. Move only the knee and ignore the ankle
- D. Move the ankle first, then the knee quickly

Passive range of motion for the knee and ankle is about gently moving the joints through their available range to keep them flexible and promote circulation when the resident can't move them on their own. The best approach is to support the leg at both the knee and ankle so you have control of the limb, then slowly bend and straighten the knee while moving the ankle through its range within the resident's comfort. This careful, smooth motion protects tissues from injury, prevents pain, and avoids forcing the joints beyond what they can safely do. It also ensures both joints are exercised together for overall leg mobility. Rushing through movements can cause injury and is uncomfortable. Moving only the knee while ignoring the ankle leaves the other joint unstretched. Moving the ankle first, then the knee quickly, lacks the controlled, coordinated, soothing pace that keeps the joints safe.

6. What is a likely consequence of not following the reschedule/cancellation rules?

- A. No changes allowed
- B. You may face rescheduling or penalties
- C. No consequence
- D. You can reapply next year

When you don't follow reschedule or cancellation rules, the system usually imposes consequences to keep scheduling fair and efficient for everyone. The most likely outcome is that you'll have to reschedule the session, and you may incur penalties such as a cancellation fee or loss of the slot you were booked for. In some programs, repeated violations can result in restrictions on future registrations or a need to reapply, rather than simply showing up on a new date. This is why the option stating that you may face rescheduling or penalties best reflects what typically happens. The other choices imply no effect, no changes, or only a future reapplication, which don't align with standard policies designed to enforce accountability and order in scheduling.

7. What should you use to prevent skin injury when transferring and repositioning?

- A. Rushing the transfer.
- B. Dragging the resident across the bed.
- C. Turning sheet or draw sheet, proper body mechanics, and smooth movements.**
- D. Rely on a single caregiver.

When transferring and repositioning a resident, the key is to minimize friction and shear on the skin while using a safe, controlled technique. A turning sheet or draw sheet lets you move or reposition the resident with less direct skin-to-bed contact. It helps you slide rather than drag, which reduces shearing forces that can injure the skin. Pair that with proper body mechanics: stand with your feet shoulder-width apart for a stable base, keep the resident close to your body, bend at the hips and knees—not at the waist—use your leg muscles to lift or pivot, and avoid twisting your torso. Moving smoothly and steadily, without jerks or rushed motions, further decreases friction and the chance of skin injury. Rushing the transfer, dragging the resident across the bed, or relying on a single caregiver increases risk. Rushing or dragging creates shear and friction on the skin and can cause injury, while relying on only one person may compromise safety and control during the move. Using the sheet with good technique and controlled, coordinated effort is the safer, skin-protective approach.

8. The exam fee covers which components?

- A. Skills and written exams**
- B. Only the skills exam
- C. Only the written exam
- D. Practice tests

The exam fee covers both parts of the CNA evaluation—the written assessment and the skills performance test—because earning the credential requires completing both components. The fee is set to include access to and completion of these two essential portions in one process. Practice tests are helpful study tools, but they're not part of the official exam and aren't included in the credentialing fee. If you only took one part, you wouldn't meet the certification requirement.

9. Which action demonstrates correct disposal of waste and no contamination?

- A. Place in designated waste containers; contaminate the environment; then wash hands.
- B. Place in designated waste containers; contaminate the environment; skip hand hygiene.
- C. Place in designated waste containers; do not contaminate the environment; perform hand hygiene afterward.**
- D. Leave waste in the room for later disposal.

Disposal of waste must be done safely to prevent spreading germs. The correct approach is to immediately place waste into the designated waste container for that type of waste, making sure the container is appropriate and properly closed so nothing spills or escapes into the environment. After the waste is secured, you perform hand hygiene. This sequence protects everyone by keeping the environment clean and reducing the chance of transferring organisms to surfaces, other residents, or equipment. Skipping hand hygiene or leaving waste in the room breaks infection-control rules and increases contamination risk, which is why those options are not correct.

10. When positioning for bedpan use, what should you ensure regarding clothing?

- A. Remove all clothing.
- B. Protect clothing from soiling.**
- C. Keep clothing loose but away.
- D. Ignore clothing and proceed.

Protecting clothing from soiling is essential when positioning for a bedpan because waste can soil clothing, spread odor, and harbor germs. By shielding the resident's clothes with a clean sheet or bath blanket and keeping garments in place, you maintain dignity, reduce contamination risk, and make cleanup easier. Only exposing the necessary area for bedpan use while keeping the rest of the clothing covered helps prevent soiling. Removing all clothing would violate privacy and comfort, keeping clothing loose but away can still allow contamination, and ignoring clothing and proceeding is unsafe and unsanitary.

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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:

<https://ricnaskillseval.examzify.com>

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

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