

# SFCC Certified Nurse Assistant (CNA) Practice Test (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

- 1. What is a CNA's responsibility regarding the care of a colostomy?**
  - A. Only record the output**
  - B. Ignore any changes in the stoma**
  - C. Clean the stoma area and observe the skin**
  - D. Change dietary habits for the resident**
- 2. Why might Mrs. Parsons react negatively to being offered alcohol?**
  - A. She dislikes the taste of alcohol**
  - B. She has a history of substance abuse**
  - C. Her religion restricts alcohol consumption**
  - D. She is on medication that interacts with alcohol**
- 3. What method is important to remember when performing perineal care with a catheter?**
  - A. Always use hot water**
  - B. Pull on the catheter to clean thoroughly**
  - C. Use gentle movements around the catheter**
  - D. Skip cleansing the catheter area**
- 4. Which of the following is part of the basic needs defined by Maslow?**
  - A. Education**
  - B. Social relationships**
  - C. Oxygen, food, water, sleep**
  - D. Fame and recognition**
- 5. What is the result of increased bacteria growth in the perineal area?**
  - A. Improved skin integrity**
  - B. Higher risk of infections**
  - C. Enhanced blood circulation**
  - D. Reduced sweating**

- 6. What is the primary focus of a professional nursing assistant while providing care to residents?**
- A. Documenting all resident interactions**
  - B. Encouraging the resident to be as independent as possible**
  - C. Administering medications properly**
  - D. Performing physical therapy exercises**
- 7. How should Adam Barret, a CNA, sign his name when charting?**
- A. Adam Barret, CNA**
  - B. Barret, CNA**
  - C. A. Barret, CNA**
  - D. CNA Adam Barret**
- 8. When turning a resident a 3/4 turn, what is the recommended action?**
- A. Roll the resident away from you**
  - B. Roll the resident toward you**
  - C. Lift the resident directly**
  - D. Shift the resident sideways**
- 9. To help increase Miss Laurel's weight, what type of milk should she be served?**
- A. Fat-free Milk**
  - B. 1% Milk**
  - C. 2% Milk**
  - D. Whole Milk**
- 10. What is the recommended approach for assisting a resident with a cane?**
- A. Always walk slightly behind the resident**
  - B. Place the cane in the resident's weaker hand**
  - C. Ensure the cane is secure and supports the correct side**
  - D. Remove the cane when walking**



## **Answers**

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

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## **Explanations**

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**1. What is a CNA's responsibility regarding the care of a colostomy?**

- A. Only record the output**
- B. Ignore any changes in the stoma**
- C. Clean the stoma area and observe the skin**
- D. Change dietary habits for the resident**

A Certified Nurse Assistant (CNA) plays a crucial role in the care of a resident with a colostomy, and one of the primary responsibilities is to clean the stoma area and observe the skin around it. This is important because maintaining hygiene around the stoma helps prevent infection and skin irritation, which can occur if debris or stool comes into contact with the skin for an extended period. Furthermore, by closely observing the skin, a CNA can identify any issues such as redness, swelling, or breakdown early on, allowing for timely interventions and communication with other healthcare professionals to ensure proper care and management. Overall, this responsibility highlights the CNA's role in promoting the health and comfort of individuals with colostomies by being attentive to their specific needs.

**2. Why might Mrs. Parsons react negatively to being offered alcohol?**

- A. She dislikes the taste of alcohol**
- B. She has a history of substance abuse**
- C. Her religion restricts alcohol consumption**
- D. She is on medication that interacts with alcohol**

Mrs. Parsons may react negatively to being offered alcohol due to restrictions imposed by her religion. Many faiths have specific guidelines regarding the consumption of alcohol, viewing it as inappropriate or harmful. This deeply ingrained belief can lead to strong personal convictions against drinking, making her uncomfortable or upset when alcohol is suggested. While dislike of taste, a history of substance abuse, or medication interactions can also cause someone to refuse alcohol, these reasons are more individualistic and may not evoke a strong negative reaction in the same way that a core religious belief can. Religion often encompasses cultural, moral, and spiritual dimensions, and for someone adhering to those values, being offered alcohol may feel like a violation of their principles. Consequently, this reaction is grounded in a significant aspect of her identity and lifestyle.

**3. What method is important to remember when performing perineal care with a catheter?**

- A. Always use hot water**
- B. Pull on the catheter to clean thoroughly**
- C. Use gentle movements around the catheter**
- D. Skip cleansing the catheter area**

Using gentle movements around the catheter is crucial during perineal care to ensure patient comfort and to avoid causing any trauma or irritation to the sensitive tissues in that area. The catheter is a medical device inserted into the bladder, and excessive force or rough handling can lead to complications such as catheter displacement, urinary tract infections, or injury to the urethra. Gentle cleansing helps to maintain hygiene without compromising the patient's safety or comfort. The other options suggest incorrect methods that could lead to negative outcomes. For instance, using hot water could cause burns or discomfort, pulling on the catheter risks damaging the urethra or causing pain, and skipping cleansing the catheter area could lead to infections and poor hygiene. Thus, emphasizing gentle movements is essential to ensure proper care while managing a catheter effectively.

**4. Which of the following is part of the basic needs defined by Maslow?**

- A. Education**
- B. Social relationships**
- C. Oxygen, food, water, sleep**
- D. Fame and recognition**

The basic needs defined by Maslow's hierarchy primarily focus on physiological requirements essential for human survival. These include oxygen, food, water, and sleep, which are foundational to maintaining health and functioning. According to Maslow, these needs must be met before individuals can address higher-level psychological and self-fulfillment needs, such as safety, belongingness, esteem, and ultimately self-actualization. The other options listed, while important in various contexts, do not fit into the category of basic physiological needs. Education falls under cognitive needs, social relationships pertain to psychological needs, and fame and recognition relate to esteem needs. These are higher on Maslow's hierarchy and depend on the fulfillment of basic needs before they can be prioritized. Thus, the correct identification of oxygen, food, water, and sleep underscores the foundational aspect of human needs essential for survival and well-being.

**5. What is the result of increased bacteria growth in the perineal area?**

- A. Improved skin integrity**
- B. Higher risk of infections**
- C. Enhanced blood circulation**
- D. Reduced sweating**

Increased bacteria growth in the perineal area leads to a higher risk of infections. This is because a high concentration of bacteria can overwhelm the body's natural defenses, making it easier for harmful pathogens to enter the body and cause illness. The perineal area is particularly susceptible to infections due to its warm, moist environment, which is conducive to bacterial proliferation. Common infections resulting from this increased bacterial growth include urinary tract infections and skin infections. Maintaining good hygiene practices is essential to prevent such infections and protect overall health.

**6. What is the primary focus of a professional nursing assistant while providing care to residents?**

- A. Documenting all resident interactions**
- B. Encouraging the resident to be as independent as possible**
- C. Administering medications properly**
- D. Performing physical therapy exercises**

The primary focus of a professional nursing assistant while providing care to residents is encouraging the resident to be as independent as possible. This approach aligns with the core philosophy of patient-centered care, which emphasizes the importance of respecting residents' autonomy and dignity. By promoting independence, nursing assistants help residents maintain their self-esteem and improve their quality of life. This can involve assisting residents in performing daily activities, offering support while ensuring they retain control over their routines. Encouraging independence is vital not only for the emotional and psychological well-being of residents but also for their physical health, as it can lead to better mobility and functionality over time. It allows residents to engage in their care actively, which can contribute to better recovery outcomes and satisfaction with their care experience. Other activities, such as documenting interactions, administering medications, or physical therapy exercises, while important, do not prioritize the resident's independence in the same way.

**7. How should Adam Barret, a CNA, sign his name when charting?**

- A. Adam Barret, CNA**
- B. Barret, CNA**
- C. A. Barret, CNA**
- D. CNA Adam Barret**

When charting, Adam Barret should sign his name as "A. Barret, CNA." This format follows the standard practice of using the first initial of the first name followed by the last name and includes the designation "CNA" to indicate his professional title. This method is widely recognized in medical and nursing documentation as it provides a clear and concise identification of the individual responsible for the entry, maintaining professionalism and clarity. Using the first initial helps streamline documentation while ensuring that the signature remains easily readable. Including the credentials as "CNA" clearly communicates Adam's role and qualifications to anyone reviewing the documentation, which is essential in a healthcare setting for accountability and proper communication among healthcare professionals.

**8. When turning a resident a 3/4 turn, what is the recommended action?**

- A. Roll the resident away from you**
- B. Roll the resident toward you**
- C. Lift the resident directly**
- D. Shift the resident sideways**

When turning a resident a 3/4 turn, the recommended action is to roll the resident toward you. This technique is generally preferred as it promotes safety and comfort for both the resident and the caregiver. Rolling the resident toward you allows for better control and reduces the risk of injury for both parties. It enables the caregiver to maintain proper body mechanics and leverage, which is essential when moving individuals with limited mobility. In a healthcare environment, maintaining a close distance to the resident while rolling them decreases the chances of straining your back or causing discomfort to the resident. Additionally, this approach often encourages better communication and reassurance for the resident, as they can see the caregiver's face during the movement, which can help alleviate anxiety they may feel during repositioning.

**9. To help increase Miss Laurel's weight, what type of milk should she be served?**

- A. Fat-free Milk**
- B. 1% Milk**
- C. 2% Milk**
- D. Whole Milk**

Serving whole milk to Miss Laurel is an effective choice for increasing her weight because whole milk has the highest fat content among the options provided. This higher fat content not only provides more calories per serving but also delivers essential nutrients and vitamins that are beneficial for overall health. Whole milk typically contains about 3.25% fat, offering a richer source of energy compared to lower-fat or fat-free alternatives. This makes it particularly suitable for individuals who need to gain weight or increase caloric intake for health reasons. In contrast, options like fat-free milk and 1% milk have significantly lower fat and calorie content, which would not support weight gain effectively. While 2% milk offers more calories than fat-free and 1%, it still falls short compared to whole milk. Hence, whole milk is the best choice in this scenario for providing the necessary calories to help increase Miss Laurel's weight.

**10. What is the recommended approach for assisting a resident with a cane?**

- A. Always walk slightly behind the resident**
- B. Place the cane in the resident's weaker hand**
- C. Ensure the cane is secure and supports the correct side**
- D. Remove the cane when walking**

The recommended approach for assisting a resident with a cane emphasizes ensuring that the cane is secure and supports the correct side. This is critical because the cane is being used to provide stability and support to the resident while walking. When the cane is placed on the correct side, it helps the resident maintain balance and reduces the risk of falls, allowing for a more effective use of the device. Moreover, having the cane properly positioned provides the necessary support for the weaker side by distributing the weight correctly and allowing the resident to push off with the stronger side when taking steps. This technique not only increases safety but also promotes independence, as residents can rely on the cane to aid their mobility. Other approaches do not prioritize the cane's effectiveness and safety. For instance, walking slightly behind the resident may not enable the assistant to offer immediate support or response in case of a stumble. Placing the cane in the resident's weaker hand might compromise balance rather than enhance it. Removing the cane when walking contradicts its purpose, as it eliminates the support that is needed for safe mobility.



## 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://sfccna.examzify.com>**

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