

SFCC CERTIFIED NURSE ASSISTANT (CNA) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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. Which set of vital signs is considered normal for a 79-year-old male without significant health problems?**
 - A. T 97.0, P 72, R 18, BP 130/85
 - B. T 98.6, P 60, R 12, BP 110/70
 - C. T 98.6, P 68, R 14, BP 120/80
 - D. T 99.1, P 76, R 16, BP 140/90
- 2. When using a cane, on which side should the cane be used for optimal support?**
 - A. On the weak side
 - B. On the strong side
 - C. In the middle of the body
 - D. In either hand
- 3. When repositioning a resident to the head of the bed, what is necessary?**
 - A. One CNA's help
 - B. Straps and locks
 - C. A lift sheet and two CNAs
 - D. A mechanical lift
- 4. While providing a shower or bath, which of the following is NOT an important safety consideration?**
 - A. Locking the shower room or bathroom door
 - B. Ensuring the water temperature is safe
 - C. Using non-slip mats
 - D. Keeping the area clean and clutter-free
- 5. Does culture impact how a resident responds to illness?**
 - A. True
 - B. False
 - C. Only in some cases
 - D. Depends on the illness

- 6. What responsibility does a CNA have when distributing drinking water?**
- A. Provide water only during meal times
 - B. Ensure residents have access to fresh water at all times
 - C. Limit water to once every hour
 - D. Fill water jugs only when empty
- 7. 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
- 8. What might the symptoms of fever, low blood pressure, dry skin, and confusion indicate in Mr. Lee?**
- A. Heart failure
 - B. Hypoglycemia
 - C. Dehydration
 - D. Stroke
- 9. Which of the following traits is characteristic of a Certified Nurse Assistant?**
- A. Greets residents formally
 - B. Recognizing that the long-term-care facility is the resident's home
 - C. Focusing solely on medical tasks
 - D. Maintaining strict professional boundaries without interaction
- 10. What should a CNA do if Mr. Meyers passes a large black tarry stool?**
- A. Document the finding
 - B. Notify the charge nurse immediately
 - C. Try to change his diet
 - D. Monitor for additional symptoms

Answers

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

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Explanations

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1. Which set of vital signs is considered normal for a 79-year-old male without significant health problems?

- A. T 97.0, P 72, R 18, BP 130/85
- B. T 98.6, P 60, R 12, BP 110/70
- C. T 98.6, P 68, R 14, BP 120/80**
- D. T 99.1, P 76, R 16, BP 140/90

For a 79-year-old male without significant health problems, the set of vital signs that is considered normal includes a temperature of 98.6 degrees Fahrenheit, a pulse rate of 68 beats per minute, a respiratory rate of 14 breaths per minute, and a blood pressure of 120/80 mmHg. Each component falls within the accepted normal ranges for elderly individuals. - The body temperature of 98.6°F is within the average range for adults. While slight variations may occur, this value is generally accepted as normal. - A pulse rate of 68 is also considered normal for older adults. The typical resting heart rate for adults ranges from 60 to 100 beats per minute, and 68 indicates a healthy, functional cardiovascular system. - A respiratory rate of 14 breaths per minute falls comfortably within the normal range of 12 to 20 breaths per minute for adults, suggesting adequate respiratory function. - Blood pressure of 120/80 mmHg is recognized as ideal and reflects good cardiovascular health, minimizing the risk for both hypertension and associated complications. In contrast, other sets of vital signs presented may indicate potential issues. For instance, the blood pressure of 140/90 mmHg may suggest borderline hypertension, which could be

2. When using a cane, on which side should the cane be used for optimal support?

- A. On the weak side
- B. On the strong side**
- C. In the middle of the body
- D. In either hand

Using a cane on the strong side provides optimal support for individuals who have weakness on one side of their body. The cane acts as an additional support mechanism, allowing the user to balance their weight more effectively. When the cane is positioned on the strong side, it helps in distributing the weight and reduces the strain on the weak leg. This positioning allows for greater stability and aids in maintaining proper posture. The use of a cane on the weak side would not provide the necessary support, as it would require the user to lean away from the weak side, potentially leading to an increased risk of falls. Placing the cane in the middle or in either hand does not provide the targeted support needed for safe walking and could diminish the cane's effectiveness. Therefore, utilizing the cane on the strong side is the best practice for ensuring safety and mobility for those who require assistance.

3. When repositioning a resident to the head of the bed, what is necessary?

- A. One CNA's help
- B. Straps and locks
- C. A lift sheet and two CNAs**
- D. A mechanical lift

When repositioning a resident to the head of the bed, using a lift sheet and two CNAs is essential for ensuring the safety and comfort of the resident. The lift sheet provides the necessary support to lift and move the resident smoothly without causing any strain on their body or risking injury. It helps distribute the weight evenly and reduces friction against the bedding, which can prevent skin injuries such as pressure ulcers. Having two CNAs is crucial because it allows for a coordinated effort that can significantly reduce the risk of injury for both the resident and the caregivers. With two people involved, they can communicate effectively and manage the movement of the resident more safely. This teamwork ensures that the resident is repositioned gently and that both staff members can maintain ergonomic body mechanics, minimizing physical strain during the transfer. Other options, like relying on one CNA or a mechanical lift, may not be appropriate depending on the situation and the resident's level of mobility or stability. Straps and locks are generally not required for this type of repositioning and could hinder the effective and gentle movement of the resident.

4. While providing a shower or bath, which of the following is NOT an important safety consideration?

- A. Locking the shower room or bathroom door**
- B. Ensuring the water temperature is safe
- C. Using non-slip mats
- D. Keeping the area clean and clutter-free

Locking the shower room or bathroom door is not considered an important safety consideration when providing a shower or bath. The primary focus during personal care activities, such as bathing, should be on ensuring the safety and comfort of the person receiving care. For instance, ensuring the water temperature is safe is critical to prevent burns or discomfort. Using non-slip mats is essential for preventing slips and falls, which are significant risks in wet environments. Keeping the area clean and clutter-free also contributes to a safer environment by reducing obstacles that could lead to accidents. In contrast, locking the door could hinder access to help in case of an emergency, making it a less relevant safety concern.

5. Does culture impact how a resident responds to illness?

- A. True
- B. False**
- C. Only in some cases
- D. Depends on the illness

The correct response indicates that culture does not play a significant role in how a resident responds to illness, which is not accurate in the context of healthcare. In reality, culture profoundly influences a person's perceptions, beliefs, and behaviors regarding health and illness. This includes how individuals interpret symptoms, adhere to treatment plans, and seek health care. Cultural background can shape attitudes towards healthcare, communication styles, pain expression, and even dietary practices during illness. Different cultures may have unique approaches to health and wellness, which can affect how individuals understand their illness and engage with healthcare professionals. Therefore, acknowledging the impact of culture on a resident's response to illness is crucial for providing effective and empathetic care. Recognizing and respecting these cultural differences can enhance communication, build trust, and improve health outcomes.

6. What responsibility does a CNA have when distributing drinking water?

- A. Provide water only during meal times
- B. Ensure residents have access to fresh water at all times**
- C. Limit water to once every hour
- D. Fill water jugs only when empty

The responsibility of a CNA when distributing drinking water is to ensure that residents have access to fresh water at all times. This is essential for the health and well-being of the residents, as proper hydration is key to preventing dehydration and promoting overall health. Residents may have different hydration needs depending on their medical conditions, physical activity levels, and medications, so readily available access to water is crucial. In addition to promoting hydration, having fresh water accessible throughout the day fosters independence and encourages residents to drink more fluids as needed. This practice aligns with the overall goal of providing compassionate and supportive care to residents. Other options suggest limitations or restrictions on water availability, which could jeopardize a resident's health. For instance, only providing water during meal times or limiting it to once every hour could lead to inadequate hydration. Filling water jugs only when they are empty may not ensure that residents have ongoing access to water, and fresh water should be available consistently throughout the day.

7. 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.

8. What might the symptoms of fever, low blood pressure, dry skin, and confusion indicate in Mr. Lee?

- A. Heart failure
- B. Hypoglycemia
- C. Dehydration**
- D. Stroke

In this scenario, the symptoms of fever, low blood pressure, dry skin, and confusion are indicative of dehydration. Dehydration occurs when the body loses more fluids than it takes in, leading to a range of symptoms because of insufficient fluids in the body's systems. Fever can increase fluid loss through perspiration or respiratory evaporation, while low blood pressure may result from reduced blood volume due to dehydration. Dry skin is a common physical sign of inadequate hydration, as the skin lacks moisture. Confusion can occur as well, as dehydration can affect cognitive function and lead to altered mental status. Gathering these symptoms, they collectively point towards dehydration, where the body's demand for fluids isn't being met, therefore leading to the observed clinical signs. Understanding these signs can help caregivers recognize and address dehydration promptly to avoid further complications.

9. Which of the following traits is characteristic of a Certified Nurse Assistant?

- A. Greets residents formally
- B. Recognizing that the long-term-care facility is the resident's home**
- C. Focusing solely on medical tasks
- D. Maintaining strict professional boundaries without interaction

A Certified Nurse Assistant (CNA) plays a crucial role in the caregiving environment, particularly within long-term care facilities. Recognizing that the long-term care facility is the resident's home is vital because it shapes the approach a CNA takes toward resident care. This understanding fosters a compassionate and respectful environment, allowing CNAs to interact with residents in a way that acknowledges their autonomy and dignity. By viewing the facility as a home, CNAs are encouraged to build relationships, engage socially and emotionally with residents, and support their individual preferences and needs. This contributes not only to the residents' comfort and satisfaction but also promotes their overall well-being. The other options do not align with the core philosophy of care that CNAs are trained to embody. While greeting residents is important, doing so formally may not reflect the warmth and personal connection that is generally preferred in caregiving scenarios. Focusing solely on medical tasks overlooks the holistic care aspect that includes emotional and social support. Additionally, maintaining strict professional boundaries without interaction can hinder the development of trust and rapport between the caregiver and the resident, which are essential for effective care. By recognizing the facility as residents' home, CNAs can provide a supportive and person-centered environment that enhances the quality of life for those

10. What should a CNA do if Mr. Meyers passes a large black tarry stool?

- A. Document the finding
- B. Notify the charge nurse immediately**
- C. Try to change his diet
- D. Monitor for additional symptoms

The most appropriate action for a CNA when a patient, such as Mr. Meyers, passes a large black tarry stool is to notify the charge nurse immediately. This type of stool, known as melena, can indicate gastrointestinal bleeding or other serious medical conditions that require prompt medical evaluation and intervention. The charge nurse is responsible for the care of multiple patients and will assess the situation, potentially involving a physician if necessary. While documenting the finding is important, and monitoring for additional symptoms can be part of ongoing patient care, these actions do not replace the need for immediate notification. Changing a patient's diet is typically outside the scope of practice for a CNA and should only be done based on recommendations from a healthcare professional. In cases of potential emergency or significant changes in a patient's condition, rapid communication with nursing staff ensures timely and effective treatment.

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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://sfccna.examzify.com>

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

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