

# South Dakota CNA Level 2 Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. An older person is at a higher risk for infection because of changes in:**
  - A. Dietary habits**
  - B. Immune function**
  - C. Physical activity level**
  - D. Living arrangements**
- 2. Which practice regarding used linens should be avoided?**
  - A. Over-filling the laundry bag or container.**
  - B. Sorting linens by color.**
  - C. Washing linens immediately.**
  - D. Using a cart to transport linens.**
- 3. When positioning a resident in the lateral position, where should the call light be placed?**
  - A. Out of reach**
  - B. On the bedside table**
  - C. Within the person's reach**
  - D. On the floor**
- 4. What is the term used when a client is turned as a unit following spinal cord injury or surgery?**
  - A. Logrolling**
  - B. Repositioning**
  - C. Mobilization**
  - D. Kinetic therapy**
- 5. What is the most common cause of choking in adults?**
  - A. Liquid intake**
  - B. Eating solid foods**
  - C. Swallowing medication**
  - D. Talking while eating**



- 6. What is true regarding your uniform when carrying linens to the client's room?**
- A. It remains clean.**
  - B. It is considered dirty.**
  - C. It is still sterile.**
  - D. It should be discarded.**
- 7. What should you cover the person with when making an occupied bed?**
- A. A fitted sheet**
  - B. A flat sheet**
  - C. A bath blanket**
  - D. A comforter**
- 8. What is a major component of the Omnibus Budget Reconciliation Act of 1987 (OBRA)?**
- A. Patient education**
  - B. Client rights**
  - C. Emergency response protocols**
  - D. Staff training programs**
- 9. What should be done immediately after removing gloves to minimize infection risk?**
- A. Rest for a moment**
  - B. Wash hands thoroughly**
  - C. Check for skin integrity**
  - D. Apply moisturizer**
- 10. In military time, what does 1900 hours represent?**
- A. 5:00 PM**
  - B. 6:00 PM**
  - C. 7:00 PM**
  - D. 8:00 PM**

## **Answers**

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

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## **Explanations**

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**1. An older person is at a higher risk for infection because of changes in:**

**A. Dietary habits**

**B. Immune function**

**C. Physical activity level**

**D. Living arrangements**

Older adults experience a natural decline in immune function as part of the aging process, making them more susceptible to infections. This decline can be attributed to several factors, including a decrease in the production of immune cells, reduced response rates of antibodies, and the presence of chronic health conditions that can compromise immune integrity. As the immune system weakens, older individuals may not respond as effectively to pathogens, increasing their risk for infections. While dietary habits, physical activity levels, and living arrangements can also impact health and wellness, the direct link between aging and weakened immune response is the primary concern when it comes to elevated infection risk. Understanding this connection is crucial for caregivers and healthcare professionals when planning care for the elderly. They should prioritize measures to bolster the immune system and reduce infection risk through vaccinations, nutrition, and appropriate health monitoring.

**2. Which practice regarding used linens should be avoided?**

**A. Over-filling the laundry bag or container.**

**B. Sorting linens by color.**

**C. Washing linens immediately.**

**D. Using a cart to transport linens.**

Over-filling the laundry bag or container is a practice that should be avoided because it can lead to several issues. When a laundry bag is overfilled, it makes it difficult to handle and can increase the risk of spilling contents, which may include contaminated linens. This can create an unsafe environment and possibly lead to the spread of infections or contamination. Additionally, overpacking can prevent linens from being cleaned effectively, as laundry needs space to move around in order for detergents and water to do their jobs properly during washing. In contrast, sorting linens by color enhances the washing process by preventing color bleeding, while washing linens immediately helps to reduce the risk of odor or contamination. Using a cart to transport linens improves safety and organization, making it easier and more hygienic to move linens without direct contact.

**3. When positioning a resident in the lateral position, where should the call light be placed?**

- A. Out of reach**
- B. On the bedside table**
- C. Within the person's reach**
- D. On the floor**

Placing the call light within the person's reach when positioning a resident in the lateral position is important for ensuring their safety and comfort. Residents may require assistance for various reasons, such as needing to use the restroom, feeling unwell, or requiring help with any discomfort. By making sure the call light is easily accessible, it empowers the resident to call for help whenever necessary, promoting their independence and security. Additionally, having the call light within reach reduces the risk of accidents or emergency situations where the resident might need to signal for help but cannot do so effectively due to the call light being too far away. This approach also aligns with best practices for patient care, which prioritize the needs and autonomy of the individual.

**4. What is the term used when a client is turned as a unit following spinal cord injury or surgery?**

- A. Logrolling**
- B. Repositioning**
- C. Mobilization**
- D. Kinetic therapy**

Logrolling is the term used when a client is turned as a unit, which is especially important for individuals with spinal cord injuries or after certain surgeries. This technique minimizes the risk of further injury to the spine by maintaining the alignment of the body while turning. The procedure involves keeping the head, torso, and legs aligned in a single motion to avoid twisting the spine. Using this method is critical in nursing care because improper handling could lead to complications, such as exacerbating neurological deficits or causing additional damage to the spine. Logrolling not only ensures patient safety but also facilitates transferring the patient onto a different surface, such as a bed or stretcher, while maintaining their stability and comfort. It is a standard practice in the care of patients requiring strict spinal precautions.

**5. What is the most common cause of choking in adults?**

- A. Liquid intake
- B. Eating solid foods**
- C. Swallowing medication
- D. Talking while eating

The most common cause of choking in adults is related to eating solid foods. As adults engage in eating, they often consume larger bites and a variety of textures that can be difficult to swallow, especially if they are not paying full attention to the act of eating. Solid foods can easily get lodged in the throat, particularly if they are not chewed thoroughly or if the person is in a hurry. This risk is heightened with certain foods like meat, hard candies, or bread, which have been identified as more likely to cause choking incidents. Moreover, the act of eating may involve distractions such as talking, which can interfere with the swallowing process. When individuals multitask by eating while engaging in conversation, they may inadvertently compromise their ability to chew properly or swallow safely, further increasing the risk of choking. While liquids and medications can also contribute to choking, they are typically less prevalent as a cause compared to solid foods in adults. Understanding these factors is critical for providing effective care and intervention when assisting individuals during mealtime.

**6. What is true regarding your uniform when carrying linens to the client's room?**

- A. It remains clean.
- B. It is considered dirty.**
- C. It is still sterile.
- D. It should be discarded.

When carrying linens to a client's room, it is essential to understand the nature of the uniform's interaction with potentially contaminated items. The correct assertion is that the uniform is considered dirty. This is because when healthcare providers transport linens, they are often in contact with items that may be soiled or contaminated. As a result, any linens held against the uniform can transfer contaminants onto the fabric, which compromises the cleanliness of the uniform. Governing protocols for infection control require that once linens are handled, staff should change or launder their uniforms to maintain hygiene standards. A clean uniform is crucial for preventing the spread of infections, and understanding this principle emphasizes the importance of proper handling and changing of uniforms in a healthcare setting. Other options suggest conditions that do not hold true while carrying linens, underscoring the need for stringent adherence to infection control policies.

**7. What should you cover the person with when making an occupied bed?**

- A. A fitted sheet**
- B. A flat sheet**
- C. A bath blanket**
- D. A comforter**

When making an occupied bed, covering the person with a bath blanket is crucial for several reasons. A bath blanket is designed to provide warmth and modesty while allowing for easy movement and flexibility. It is typically lightweight and can be easily adjusted to prevent overheating or discomfort. This is especially important when the person in the bed is still occupying it, as it helps maintain their dignity and comfort during the bed-making process. In contrast, a fitted sheet is used to cover the mattress, a flat sheet generally serves as the upper layer for sleeping, and a comforter is more of an outer decorative layer that may not provide the same level of ease or modesty during the process. Therefore, using a bath blanket ensures a respectful and comfortable way to change the bedding without exposing the individual unnecessarily.

**8. What is a major component of the Omnibus Budget Reconciliation Act of 1987 (OBRA)?**

- A. Patient education**
- B. Client rights**
- C. Emergency response protocols**
- D. Staff training programs**

A major component of the Omnibus Budget Reconciliation Act of 1987 (OBRA) is client rights. This legislation was a significant piece of federal reform that aimed to improve the quality of care in nursing homes and similar facilities. One of the critical aspects of OBRA was the establishment of residents' rights designed to ensure that individuals living in these facilities are treated with dignity and respect. Client rights include the right to be informed about their care, the right to privacy, the right to participate in their care planning, and the right to voice grievances without the fear of retaliation. These rights are essential for safeguarding the autonomy and well-being of residents, fostering an environment where they can advocate for their own needs and preferences. The other components mentioned, such as patient education, emergency response protocols, and staff training programs, are important aspects of care but do not specifically encapsulate the core intent of OBRA. While these areas may be influenced by the regulations set forth by OBRA, the emphasis on client rights distinctly defines the law's primary focus on enhancing the dignity and rights of individuals in healthcare settings.



**9. What should be done immediately after removing gloves to minimize infection risk?**

- A. Rest for a moment**
- B. Wash hands thoroughly**
- C. Check for skin integrity**
- D. Apply moisturizer**

Washing hands thoroughly immediately after removing gloves is crucial in minimizing infection risk because gloves may not provide a perfect barrier against contaminants. During the process of removing gloves, pathogens can easily be transferred from the gloves to the hands, which is why it is imperative to wash them right away. Hand hygiene is the most effective way to reduce the presence of harmful microorganisms. Proper handwashing involves using soap and water, ensuring that all areas of the hands are cleaned, including between the fingers and under the nails, to remove any potential pathogens. The other choices do not address the immediate need for hand hygiene. Taking a moment to rest or applying moisturizer does not mitigate the risk of infection after glove removal. Checking for skin integrity is important in general healthcare practices but is not the priority right after gloves are taken off.

**10. In military time, what does 1900 hours represent?**

- A. 5:00 PM**
- B. 6:00 PM**
- C. 7:00 PM**
- D. 8:00 PM**

In military time, 1900 hours is calculated by converting the last two digits into a standard 12-hour time format. The first step is to note that the military clock runs from 0000 (midnight) to 2359 (one minute before midnight) and uses a 24-hour format. To convert 1900 to standard time, you can subtract 1200, as 1900 is greater than 1200. Doing this gives you  $1900 - 1200 = 700$ . This means that 1900 hours is equivalent to 7:00 PM. The other options represent different times that do not align with the military format of 1900. Understanding this conversion is crucial for those managing schedules in various settings, including healthcare, where precise timekeeping is vital for medication administration and patient care.

## 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://sdcnalevel2.examzify.com>**

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