

South Dakota CNA Level 2 Practice Exam (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

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- 1. In which position is the head of the bed raised between 45 to 60 degrees?**
 - A. Supine position**
 - B. Fowler's position**
 - C. Prone position**
 - D. Trendelenburg position**

- 2. When using a friction-reducing device, what is a critical step?**
 - A. Ensure the device is clean**
 - B. Use it only with trained staff**
 - C. Position it under the patient correctly**
 - D. Limit its use to emergency cases**

- 3. Why is it important to address the person's rights during care procedures?**
 - A. To ensure it is convenient for staff.**
 - B. To maintain a professional appearance.**
 - C. To respect and protect the client's rights.**
 - D. To expedite the procedure.**

- 4. If a patient requires assistance with turning, what is an essential technique to use?**
 - A. Forceful lifting**
 - B. Logrolling**
 - C. Sliding from one side to the other**
 - D. Rotating with the arms**

- 5. What is the process of destroying a pathogen called?**
 - A. Disinfection**
 - B. Contamination**
 - C. Sanitization**
 - D. Sterilization**

- 6. Is a third co-worker needed to move a bariatric person who cannot assist with the move?**
- A. No**
 - B. Yes**
 - C. Only if the person is sitting**
 - D. Only if the person is lying down**
- 7. When is a complete linen change typically performed?**
- A. When a resident is out of bed**
 - B. When the bed is made for a new person**
 - C. When a resident requests it**
 - D. When linens are visibly soiled**
- 8. What is essential to ensure when moving a resident in a lateral position?**
- A. They should not be assisted**
 - B. Their call light should be out of reach**
 - C. They should be fully supported**
 - D. The space should be clear**
- 9. What must you do when making an occupied bed?**
- A. Explain that the person will roll over a "bump" of linens**
 - B. Ask the person to get out of bed**
 - C. Leave the person uncovered**
 - D. Change their linens without warning**
- 10. What legislation requires nursing assistant training and competency evaluation?**
- A. Health Insurance Portability and Accountability Act (HIPAA)**
 - B. Omnibus Budget Reconciliation Act of 1987 (OBRA)**
 - C. Patient Protection and Affordable Care Act**
 - D. Federal Nursing Home Reform Act**

Answers

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

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Explanations

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1. In which position is the head of the bed raised between 45 to 60 degrees?

- A. Supine position**
- B. Fowler's position**
- C. Prone position**
- D. Trendelenburg position**

Fowler's position refers to having the head of the bed elevated between 45 to 60 degrees, which is a common position used for patients who need to improve breathing or have difficulty swallowing. This angle provides optimal exposure to the upper body while allowing for better lung expansion and circulation. It's often used during feeding or in instances when a resident is more comfortable in an upright position. In contrast, the supine position has the patient lying flat on their back, providing no elevation. The prone position has the patient lying on their stomach, which is not conducive to elevating the head. The Trendelenburg position involves tilting the patient so that their feet are higher than their head, differing significantly from the functionality and intent of Fowler's position. Understanding these distinctions is crucial for effective patient care and comfort.

2. When using a friction-reducing device, what is a critical step?

- A. Ensure the device is clean**
- B. Use it only with trained staff**
- C. Position it under the patient correctly**
- D. Limit its use to emergency cases**

Using a friction-reducing device effectively requires proper positioning under the patient. This is crucial because if the device is not aligned correctly, it may not function as intended, potentially leading to discomfort or injury to the patient. The correct placement ensures that friction is minimized, making it easier and safer to move or reposition the patient, which is essential in maintaining their dignity and comfort while also promoting safety for both the caregiver and the patient. Additionally, while other factors such as cleanliness and training are important, they do not directly address the immediate necessity of correct placement for effective use. Ensuring that the device is clean can prevent infections, and using it with trained staff helps maintain safety protocols, but the core function of the friction-reducing device hinges on its correct position relative to the patient. Limiting its use to emergencies restricts the advantages of its daily application for patient mobility and comfort, which is fundamental in a care setting.

3. Why is it important to address the person's rights during care procedures?

- A. To ensure it is convenient for staff.**
- B. To maintain a professional appearance.**
- C. To respect and protect the client's rights.**
- D. To expedite the procedure.**

Addressing the person's rights during care procedures is crucial because it upholds their dignity, autonomy, and individuality. Respecting a client's rights ensures that they are treated with the necessary respect and that their preferences and values are taken into consideration. This respect fosters a trusting relationship between the caregiver and the client, encouraging open communication and collaboration in the care process. By prioritizing the rights of the individual, caregivers not only comply with ethical standards but also adhere to legal regulations that protect patients. This approach contributes to a more positive healthcare experience, enhances the quality of care, and empowers clients to participate actively in their own care decisions. Ultimately, placing emphasis on a client's rights establishes a foundation for compassionate and ethical caregiving.

4. If a patient requires assistance with turning, what is an essential technique to use?

- A. Forceful lifting**
- B. Logrolling**
- C. Sliding from one side to the other**
- D. Rotating with the arms**

Logrolling is an essential technique for turning a patient who requires assistance. This method is particularly important because it maintains the alignment of the patient's spine and reduces the risk of injury during the movement. By using logrolling, caregivers can gently roll the patient as a unit, which minimizes twisting and bending of the back. This technique is especially crucial for patients who may have spinal injuries or conditions that necessitate careful handling to prevent further injury. Employing logrolling ensures that the patient's body is moved while keeping the head, back, and legs aligned in a straight line. Proper training in this technique helps caregivers understand how to safely maneuver the patient, ensuring their comfort and safety throughout the process. This approach contrasts with less safe methods, which may compromise patient stability or put both the patient and caregiver at risk for injury.

5. What is the process of destroying a pathogen called?

- A. Disinfection**
- B. Contamination**
- C. Sanitization**
- D. Sterilization**

The process of destroying a pathogen is best described as disinfection. Disinfection involves using physical or chemical methods to eliminate or reduce harmful bacteria and viruses from surfaces, equipment, or environments. This process does not necessarily kill all microorganisms, especially resistant bacterial spores, but it significantly decreases their number, thereby minimizing the risk of infection. Understanding the importance of disinfection in healthcare settings is critical, as it helps maintain a safe environment for patients, staff, and visitors by preventing the spread of infections. The terminology used to describe different levels of cleanliness can often cause confusion, but in this context, disinfection is specifically aimed at destroying pathogenic microbes. Sanitization, while also focused on reducing the number of germs, is not as comprehensive as disinfection and typically refers to cleaning practices that reduce microbes to acceptable levels rather than eliminating them. Sterilization, on the other hand, refers to completely destroying all forms of microbial life, including spores, which is a more stringent process than disinfection. Contamination describes the presence of pathogens, rather than a process aimed at their destruction. Thus, disinfection is the most accurate term for the process of destroying pathogens.

6. Is a third co-worker needed to move a bariatric person who cannot assist with the move?

- A. No**
- B. Yes**
- C. Only if the person is sitting**
- D. Only if the person is lying down**

When transferring a bariatric patient who is unable to assist with the move, the safety and well-being of both the patient and the healthcare workers are paramount. In this situation, it is essential to have an adequate number of caregivers involved to ensure a safe transfer without risking injury. Having a third co-worker is beneficial because bariatric individuals typically have unique physical characteristics that may require specialized techniques and additional manpower. This extra person can help stabilize the patient during the transfer, ensure proper body mechanics are used, and distribute the weight evenly to minimize strain on each caregiver. Moreover, a third person can provide valuable support in managing the equipment or assistive devices that may be required to complete the transfer safely and comfortably. In such situations, relying solely on two caregivers may increase the risk of accidents or mishandling, which could lead to injury for the patient or the staff. Therefore, involving a third co-worker enhances safety and effectiveness during the transfer process.

7. When is a complete linen change typically performed?

- A. When a resident is out of bed
- B. When the bed is made for a new person**
- C. When a resident requests it
- D. When linens are visibly soiled

A complete linen change is typically performed when the bed is made for a new person. This practice ensures that the incoming resident has a clean, sanitary environment upon their arrival. Fresh linens are critical in maintaining proper hygiene and preventing the spread of infection, especially in healthcare settings. When a new person is admitted, it is essential to start with a bedding setup that reflects cleanliness and is free from any contaminants left by the previous occupant. While changing linens when visibly soiled is also important for maintaining cleanliness, the most comprehensive and systematic time for a complete linen change is during the transition between residents. This approach standardizes the process of ensuring every new occupant has a fresh and hygienic sleeping area, thereby promoting a healthier living environment. Changes made at other times, such as upon request or when a resident is out of bed, may sometimes occur but do not follow the comprehensive protocol for new admissions.

8. What is essential to ensure when moving a resident in a lateral position?

- A. They should not be assisted
- B. Their call light should be out of reach
- C. They should be fully supported**
- D. The space should be clear

When moving a resident into a lateral position, it is critical to ensure that they are fully supported. This means that the individual's body should be properly aligned and supported to minimize any risk of injury or discomfort. Adequate support helps to maintain the resident's stability during the move, reducing the possibility of strain on their joints and preventing the risk of falls or other accidents. Ensuring full support includes using proper techniques, such as placing pillows or other supports under the head, back, and legs to maintain comfort and proper positioning after the move. This practice is aligned with the principles of safe patient handling, which prioritize the well-being of both the resident and the caregiver. By focusing on this essential aspect of moving a resident, caregivers can promote safety, enhance the resident's comfort, and maintain dignity throughout the process.

9. What must you do when making an occupied bed?

- A. Explain that the person will roll over a "bump" of linens**
- B. Ask the person to get out of bed**
- C. Leave the person uncovered**
- D. Change their linens without warning**

When making an occupied bed, it is important to explain to the person that they will roll over a "bump" of linens. This communication is vital for several reasons. First, it prepares the resident for the action and helps them understand what to expect, which can alleviate anxiety or discomfort. Clear communication also fosters trust and respect between the caregiver and the resident, ensuring that the individual feels involved and informed during the process. The act of rolling over the linens allows for smoother changes and minimizes disruption to the person's comfort. This technique not only keeps the bed clean and well-maintained but also demonstrates the caregiver's adherence to best practices in a person-centered care approach, where the dignity and comfort of the resident are prioritized.

10. What legislation requires nursing assistant training and competency evaluation?

- A. Health Insurance Portability and Accountability Act (HIPAA)**
- B. Omnibus Budget Reconciliation Act of 1987 (OBRA)**
- C. Patient Protection and Affordable Care Act**
- D. Federal Nursing Home Reform Act**

The Omnibus Budget Reconciliation Act of 1987 (OBRA) is the legislation that specifically mandates training and competency evaluations for nursing assistants. This act was introduced to ensure that individuals working as nursing assistants in certified nursing facilities meet specific training requirements and demonstrate their competency in providing care. OBRA set forth guidelines for the training programs and established a federal framework for nursing assistant certification. The law was enacted primarily in response to concerns about the quality of care in nursing homes, emphasizing the need for skilled and knowledgeable caregivers. By requiring training and competency evaluations, OBRA helps ensure that nursing assistants possess the necessary skills to provide safe and effective care to residents, thereby improving overall healthcare quality in long-term care facilities.

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://sdcnalevel2.examzify.com>

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

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