

South Dakota CNA Level 3 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,

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

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!

SAMPLE

Questions

- 1. What is the goal of toileting programs?**
 - A. To increase the number of incontinent episodes.**
 - B. To minimize or prevent incontinent episodes from occurring.**
 - C. To restrict fluid intake.**
 - D. To schedule bathroom breaks every hour.**
- 2. When communicating with clients, what should you utilize?**
 - A. Leading questions**
 - B. No questions at all**
 - C. Open-ended questions**
 - D. Closed questions only**
- 3. Which term describes a movement that brings a limb closer to the body's midline?**
 - A. Abduction**
 - B. Adduction**
 - C. Flexion**
 - D. Extension**
- 4. After completing a meal, what is an important action to take regarding the individual?**
 - A. Clear their plate immediately**
 - B. Document the meal's consumption**
 - C. Ask them how they felt about the meal**
 - D. Encourage them to eat more**
- 5. What type of bath includes washing the face, hands, underarms, and perineal area?**
 - A. Complete Bath**
 - B. Bed Bath**
 - C. Partial Bath**
 - D. Assisted Bath**

- 6. What is the ideal position for an individual while eating a meal?**
- A. Sitting in a chair at a table**
 - B. Lying down in bed**
 - C. Sitting on the floor**
 - D. Standing at a counter**
- 7. When is early morning care usually provided?**
- A. Shortly after lunch**
 - B. Before breakfast**
 - C. After dinner**
 - D. Before going to bed**
- 8. What is the importance of knowing a client's mobility status?**
- A. To prevent accidents and falls**
 - B. To limit social interactions**
 - C. To facilitate quick transfer to other facilities**
 - D. To make decisions about meals**
- 9. What adaptive equipment can assist John, who has difficulty reaching his feet to put on his shoes?**
- A. Long-handled shoehorns**
 - B. Slip-on shoes**
 - C. Velcro straps**
 - D. Laces**
- 10. In which position should a person using a standard bedpan be placed?**
- A. Supine position**
 - B. Prone position**
 - C. Fowler's position**
 - D. Sitting position**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the goal of toileting programs?

- A. To increase the number of incontinent episodes.
- B. To minimize or prevent incontinent episodes from occurring.**
- C. To restrict fluid intake.
- D. To schedule bathroom breaks every hour.

The goal of toileting programs is to minimize or prevent incontinent episodes from occurring. These programs are designed to support individuals in maintaining bladder and bowel control, thereby enhancing their overall dignity, comfort, and quality of life. By implementing a structured toileting schedule, caregivers can help individuals anticipate their needs, leading to fewer accidents and encouraging independence in self-care. Minimizing incontinence can also reduce the emotional distress associated with it, allowing individuals to feel more confident and secure in their daily activities. This focus on prevention is important because it not only addresses the physical aspects of incontinence but also the psychosocial factors that can affect a person's well-being.

2. When communicating with clients, what should you utilize?

- A. Leading questions
- B. No questions at all
- C. Open-ended questions**
- D. Closed questions only

Utilizing open-ended questions when communicating with clients is essential because it encourages them to express their thoughts and feelings more freely. This type of questioning fosters a more interactive dialogue, allowing clients to provide detailed responses and share their perspectives, which can lead to a better understanding of their needs and concerns. Open-ended questions typically begin with words like "how," "what," or "tell me about," prompting clients to elaborate and engage in the conversation. This practice not only enhances the quality of communication but also builds trust and rapport between the caregiver and the client. By actively listening to the answers, caregivers can provide more tailored support and address specific issues effectively. In contrast, leading questions, closed questions, or avoiding questions altogether can restrict conversation, limit understanding, and may not fully address the client's concerns. Therefore, open-ended questions are the most effective approach for meaningful communication in a caregiving setting.

3. Which term describes a movement that brings a limb closer to the body's midline?

- A. Abduction**
- B. Adduction**
- C. Flexion**
- D. Extension**

The term that describes a movement bringing a limb closer to the body's midline is adduction. Adduction specifically refers to the action of moving a body part towards the center line of the body. For example, when you bring your arms down to your sides after they have been raised, you are performing adduction. In contrast, abduction is the movement that moves a limb away from the midline. Flexion refers to the bending of a joint, decreasing the angle between two parts, while extension refers to straightening a joint, increasing the angle between body parts. Together, these terms are crucial in understanding body movements, especially in the context of anatomy and physical therapy.

4. After completing a meal, what is an important action to take regarding the individual?

- A. Clear their plate immediately**
- B. Document the meal's consumption**
- C. Ask them how they felt about the meal**
- D. Encourage them to eat more**

Documenting the meal's consumption is important because it allows healthcare providers to track the individual's nutritional intake over time. This information is essential for assessing their dietary needs, monitoring any changes in appetite or food preferences, and ensuring that they are receiving adequate nutrition. Proper documentation also contributes to comprehensive patient care, helping the care team make informed decisions regarding the individual's health and dietary plans. While clearing the plate may seem like a necessary step in maintaining cleanliness, it does not provide valuable information about the individual's nutritional status or dietary habits. Asking how they felt about the meal is important for patient engagement but does not contribute directly to health documentation needed for ongoing care. Encouraging them to eat more may not always be appropriate, especially if the individual has specific dietary restrictions or health conditions that influence their eating habits.

5. What type of bath includes washing the face, hands, underarms, and perineal area?

- A. Complete Bath**
- B. Bed Bath**
- C. Partial Bath**
- D. Assisted Bath**

A partial bath focuses on cleaning specific areas of the body rather than the whole body. It typically includes washing the face, hands, underarms, and perineal region, which are essential areas for maintaining personal hygiene. This type of bath is often used for patients who may be too weak to take a full bath or shower or those who require assistance but do not need a complete wash. In contrast, a complete bath involves washing the entire body and is done either in a tub or a shower. A bed bath is generally provided to patients who are bedridden, and it involves washing the entire body while they remain in bed. An assisted bath is where a caregiver helps the person wash, but it may still involve a complete wash or parts of it, depending on the individual's needs. Thus, a partial bath is specifically designed for a targeted cleaning routine, aligning with the definition provided in the question.

6. What is the ideal position for an individual while eating a meal?

- A. Sitting in a chair at a table**
- B. Lying down in bed**
- C. Sitting on the floor**
- D. Standing at a counter**

The ideal position for an individual while eating a meal is sitting in a chair at a table. This position promotes proper digestion and reduces the risk of choking, as it allows the person to have an upright posture. Sitting upright while eating facilitates the natural process of swallowing and ensures that the airway remains open, which is especially important for individuals who may have swallowing difficulties or are at risk for aspiration. Furthermore, this position encourages social interaction during mealtime, as it is conducive to a relaxed and respectful eating environment. In contrast, lying down in bed can lead to swallowing difficulties and increases the risk of aspiration, making it a less safe option. Sitting on the floor may not provide adequate support for the body and can be uncomfortable over a meal, which may detract from the eating experience. Standing at a counter can also pose a risk for choking if one is not paying attention or if the food is consumed hurriedly. Overall, sitting at a table in a chair is the safest and most appropriate position for eating.

7. When is early morning care usually provided?

- A. Shortly after lunch**
- B. Before breakfast**
- C. After dinner**
- D. Before going to bed**

Early morning care is typically provided before breakfast. This time is designated for caregivers to assist residents or patients with their personal hygiene needs, such as bathing, grooming, or toileting, as part of their morning routine. It sets a positive tone for the day and helps individuals feel refreshed and ready for the activities ahead. Conducting these tasks prior to breakfast allows for a smoother transition into the day's meals and activities, ensuring that individuals are clean and comfortable. During this time, caregivers can also check on the well-being of those in their care, making it an essential part of daily healthcare routines.

8. What is the importance of knowing a client's mobility status?

- A. To prevent accidents and falls**
- B. To limit social interactions**
- C. To facilitate quick transfer to other facilities**
- D. To make decisions about meals**

Knowing a client's mobility status plays a crucial role in ensuring their safety and well-being. Understanding how well a client can move or their limitations in mobility helps caregivers take appropriate precautions to prevent accidents and falls, which are significant concerns in a healthcare setting. Falls can lead to serious injuries, particularly among individuals with compromised health or frailty, so being aware of a client's capabilities allows for the implementation of safety measures, such as the use of assistive devices or modifications to their environment. This awareness also informs caregivers about the level of assistance a client might require in daily activities, which can enhance their independence while minimizing risks. Therefore, being well-informed about a client's mobility is essential for fostering a safe and supportive environment.

9. What adaptive equipment can assist John, who has difficulty reaching his feet to put on his shoes?

A. Long-handled shoehorns

B. Slip-on shoes

C. Velcro straps

D. Laces

Using a long-handled shoehorn is a practical solution for individuals who have difficulty reaching their feet to put on shoes. This adaptive equipment allows John to slide his foot into the shoe without the need to bend down, which can be challenging for someone with mobility issues. The extended handle provides the necessary leverage, making the task of putting on shoes much easier and more manageable. While slip-on shoes are convenient and can reduce the need for tying laces, they do not address the specific difficulty John faces in reaching his feet. Similarly, Velcro straps can simplify fastening shoes without the use of laces, but they also do not improve access to putting the shoe on. Lastly, laces require bending down to tie, which isn't a suitable option for someone struggling to reach their feet. Therefore, the long-handled shoehorn directly meets John's needs by facilitating easier shoe application.

10. In which position should a person using a standard bedpan be placed?

A. Supine position

B. Prone position

C. Fowler's position

D. Sitting position

When using a standard bedpan, the appropriate position for the individual is Fowler's position, which involves the person being propped up at an angle, typically between 30 to 90 degrees. This position provides several advantages: 1. ****Comfort and Support****: Fowler's position helps to enhance comfort and allows for greater stability. The propping up of the upper body facilitates relaxation and reduces strain on the abdomen, making it easier for the person to use the bedpan effectively. 2. ****Facilitates Elimination****: This position promotes easier bowel movements. The elevation can help change the angle of the pelvis and improve the ease of elimination, which is especially important for individuals who may have difficulty with this process due to mobility issues. 3. ****Reduces Risk of Aspiration****: In a higher position, there's a lower risk of aspiration occurring, which is crucial for individuals with swallowing difficulties or those who are at a higher risk for complications. 4. ****Access for Caregivers****: Being in Fowler's position also provides caregivers better access to assist with the use of the bedpan, ensuring they can provide necessary support and maintain dignity during the process. In contrast, positions like supine (lying flat on the back) or

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://sdcnalevel3.examzify.com>

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