

South Dakota CNA Level 3 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. What is a condition that occurs when food or liquid enters the lungs?**
 - A. Aspiration**
 - B. Choking**
 - C. Dysphagia**
 - D. Dehydration**

- 2. Which of the following is a common sign that a resident may need more assistance during ADLs?**
 - A. They are well-coordinated**
 - B. They express excitement**
 - C. They exhibit fatigue or confusion**
 - D. They refuse assistance**

- 3. Which intervention is appropriate when observing a client coughing and gagging while eating?**
 - A. Ignore it as a normal occurrence**
 - B. Encourage the client to eat quickly**
 - C. Report the client's coughing and gagging with eating**
 - D. Provide additional food or drink immediately**

- 4. What is the first step you should take when preparing to assist someone with eating?**
 - A. Set the table**
 - B. Review the plan of care for any needed precautions**
 - C. Check food temperatures**
 - D. Ask them what they want to eat**

- 5. All of the following residents are reasonable candidates for bladder retraining EXCEPT?**
 - A. A resident who has frequent urinary incontinence**
 - B. A resident who does not have dementia**
 - C. A resident with dementia who is often confused**
 - D. A resident who is highly motivated to improve**

6. Which condition must be reported to the nurse?

- A. Fresh breath**
- B. Dry, cracked, swollen, or blistered lips**
- C. Healthy gums**
- D. No loose teeth**

7. What does drug tolerance refer to?

- A. Increased effectiveness of medication**
- B. Decreased response to a drug over time**
- C. Allergic reaction to medication**
- D. Improved health condition**

8. Does providing different clothing options to residents improve their ability to dress themselves?

- A. True**
- B. False**
- C. Only for certain residents**
- D. It has no effect**

9. It is important to wear gloves when performing oral care. True or False?

- A. True**
- B. False**
- C. Only for certain patients**
- D. Depends on the situation**

10. What is an important consideration when assisting a resident with personal hygiene?

- A. Forgetting their preferences**
- B. Using cold water only**
- C. Respecting their privacy**
- D. Talking about personal matters**

Answers

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

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Explanations

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1. What is a condition that occurs when food or liquid enters the lungs?

- A. Aspiration**
- B. Choking**
- C. Dysphagia**
- D. Dehydration**

Aspiration refers to the condition where food, liquid, or other foreign materials are accidentally inhaled into the lungs instead of being swallowed into the esophagus. This can happen when there is a failure in the swallowing mechanism or when a person is unable to properly control their swallowing due to various medical conditions. Aspiration can lead to serious complications, such as aspiration pneumonia, which occurs when the inhaled substances cause an infection in the lungs. In contrast, choking typically refers to the blockage of the airway that prevents breathing, which is different from the act of an item entering the lungs. Dysphagia is the difficulty in swallowing itself, while dehydration refers to a lack of sufficient water in the body. Each of these conditions is distinct, underscoring the specific nature of aspiration as the condition where food or liquid enters the lungs.

2. Which of the following is a common sign that a resident may need more assistance during ADLs?

- A. They are well-coordinated**
- B. They express excitement**
- C. They exhibit fatigue or confusion**
- D. They refuse assistance**

Exhibiting fatigue or confusion is a clear indicator that a resident may require additional assistance during activities of daily living (ADLs). Fatigue can suggest that the individual is struggling to complete tasks on their own, which may be due to physical limitations or health issues. Confusion could indicate cognitive challenges that interfere with their ability to understand or perform ADLs safely and effectively. When residents show these signs, it is essential for caregivers to assess their needs closely and provide the necessary support to ensure their safety and well-being. Recognizing these symptoms allows caregivers to intervene appropriately, helping to maintain the resident's independence while ensuring they receive the help they need. In contrast, being well-coordinated and expressing excitement typically suggests a level of capability and engagement that does not warrant additional assistance. Refusing help may indicate a desire for independence, which should be respected, although caregivers should remain vigilant for any underlying issues that may arise.

3. Which intervention is appropriate when observing a client coughing and gagging while eating?

- A. Ignore it as a normal occurrence**
- B. Encourage the client to eat quickly**
- C. Report the client's coughing and gagging with eating**
- D. Provide additional food or drink immediately**

When a client is observed coughing and gagging while eating, it is crucial to report the incident. Coughing and gagging can indicate potential issues such as choking, aspiration, or swallowing difficulties. These symptoms can lead to serious complications, including pneumonia or even asphyxiation if not addressed promptly. By reporting this behavior, you ensure that the appropriate healthcare professional can assess the situation and provide necessary interventions. This may involve evaluating the client for dysphagia (difficulty swallowing) or adjusting their diet to make it safer for them. Reporting also contributes to the overall monitoring of the client's health and safety, which is a key responsibility of a certified nursing assistant. Ignoring the occurrence or encouraging the client to eat quickly could put them at increased risk of choking or further health complications. Providing additional food or drink immediately without assessment might also exacerbate the situation, as it could lead to more coughing or choking. Thus, proper reporting is crucial for the well-being of the client.

4. What is the first step you should take when preparing to assist someone with eating?

- A. Set the table**
- B. Review the plan of care for any needed precautions**
- C. Check food temperatures**
- D. Ask them what they want to eat**

The first step in preparing to assist someone with eating is to review the plan of care for any needed precautions. This ensures that you are aware of specific dietary restrictions, allergies, or preferences that the individual may have. Understanding the plan of care helps in delivering safe and effective support tailored to the person's medical and nutritional needs. This initial review is crucial as it guides not just the feeding process, but also how to appropriately approach the individual's care. For example, if a person has difficulty swallowing or requires a modified diet, this will influence how you assist them during the meal. It emphasizes the importance of personalized care in a healthcare setting, fostering safety and comfort during mealtimes.

5. All of the following residents are reasonable candidates for bladder retraining EXCEPT?

- A. A resident who has frequent urinary incontinence**
- B. A resident who does not have dementia**
- C. A resident with dementia who is often confused**
- D. A resident who is highly motivated to improve**

Bladder retraining is a method used to help individuals regain control over urination through a structured schedule and behavioral strategies. Ideal candidates for this type of retraining typically have the cognitive ability to understand and adhere to the program. A resident with dementia, particularly one who is often confused, may not be an ideal candidate for bladder retraining. The cognitive impairments associated with dementia can hinder a person's ability to recognize the sensations associated with bladder fullness or to follow a retraining schedule consistently. This lack of understanding can make it challenging for them to participate effectively in the program, as they may not be able to connect their physical sensations with the need to respond appropriately. In contrast, residents who are frequently incontinent (without dementia) may benefit from a retraining program, as they can comprehend and actively engage with the strategies taught. Likewise, a resident who does not have dementia can follow an established routine, and a highly motivated resident is also likely to participate and adhere to the retraining methods successfully. Hence, a resident with dementia who is often confused lacks the necessary cognitive function to benefit from bladder retraining, making them an exception among the other candidates listed.

6. Which condition must be reported to the nurse?

- A. Fresh breath**
- B. Dry, cracked, swollen, or blistered lips**
- C. Healthy gums**
- D. No loose teeth**

The condition that must be reported to the nurse is dry, cracked, swollen, or blistered lips, as this can indicate a potential health issue that requires attention. These signs may suggest dehydration, nutritional deficiencies, an allergic reaction, or an underlying medical condition, such as an infection. It is essential for nursing staff to be informed about such symptoms so they can assess the situation accurately, provide appropriate treatment, and implement preventive measures to ensure the well-being of the patient. Monitoring lip health is important for overall oral hygiene and can play a significant role in preventing further complications. Fresh breath, healthy gums, and no loose teeth are all indications of good oral hygiene and do not typically constitute a medical concern that needs to be reported to a nurse.

7. What does drug tolerance refer to?

- A. Increased effectiveness of medication**
- B. Decreased response to a drug over time**
- C. Allergic reaction to medication**
- D. Improved health condition**

Drug tolerance refers to the phenomenon where the body becomes accustomed to a particular medication over time, resulting in a decreased response to the drug. This means that as a person continues to take the same dose of a medication, the intended effects may diminish. Consequently, the individual might require a higher dose of the medication to achieve the same effect that was initially experienced at a lower dose. This process often occurs due to physiological changes in the body, such as alterations in drug metabolism or receptor desensitization. Understanding drug tolerance is crucial in healthcare because it can impact the management of a patient's treatment plan and may increase the risks of side effects or dependence. Recognizing that the same dose of a drug is less effective over time helps healthcare providers make informed decisions about dosage adjustments or alternative therapies.

8. Does providing different clothing options to residents improve their ability to dress themselves?

- A. True**
- B. False**
- C. Only for certain residents**
- D. It has no effect**

Providing different clothing options to residents does indeed improve their ability to dress themselves. This approach aligns with person-centered care, which emphasizes respecting the individuality and preferences of each resident. When residents have the opportunity to choose their clothing, it not only fosters a sense of autonomy and empowerment but also enhances their engagement in the dressing process. By offering various options, residents can select items that they feel comfortable in and that reflect their personal style, which can lead to increased motivation to participate in dressing themselves. This can be especially beneficial for individuals who may struggle with mobility or cognitive challenges, as being able to make choices can bolster their confidence and self-esteem. Additionally, this practice can help caregivers understand residents' preferences better, which can inform future support and make the dressing process smoother and more enjoyable for everyone involved. Overall, the availability of choices in clothing can contribute positively to the residents' overall well-being and support their independence.

**9. It is important to wear gloves when performing oral care.
True or False?**

- A. True**
- B. False**
- C. Only for certain patients**
- D. Depends on the situation**

Wearing gloves when performing oral care is essential because it helps prevent the transmission of pathogens and maintains hygiene for both the caregiver and the patient. Oral care can involve exposure to saliva, blood, and other bodily fluids, which can harbor harmful microorganisms. By donning gloves, the caregiver minimizes the risk of cross-contamination and protects their hands from potential exposure to infectious agents. This practice aligns with standard infection control protocols, ensuring the safety and well-being of everyone involved during the care process. Gloves act as a barrier, especially in settings such as hospitals or nursing homes, where patients may have vulnerabilities or compromised immune systems.

10. What is an important consideration when assisting a resident with personal hygiene?

- A. Forgetting their preferences**
- B. Using cold water only**
- C. Respecting their privacy**
- D. Talking about personal matters**

Respecting a resident's privacy is crucial when assisting with personal hygiene because it promotes dignity and comfort. Ensuring that the resident feels safe and secure during personal care can significantly impact their emotional well-being. Privacy allows residents to maintain a sense of control over their personal space, which is especially important when they are in vulnerable situations. Incorporating privacy measures can include closing doors, drawing curtains, or allowing residents to keep certain areas covered while assisting them. This practice not only respects their personal boundaries but also fosters a trusting relationship between the caregiver and the resident. When residents feel their privacy is honored, they are more likely to engage positively in their care, leading to a better overall experience. The other considerations, while they may have some relevance to care, do not prioritize the resident's dignity and comfort in the same manner. Hence, respecting privacy stands out as a fundamental aspect of personal hygiene assistance.

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!

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