

South Dakota CNA Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. If a tumor is benign, what characteristic defines it?**
 - A. It grows quickly.**
 - B. It does not invade surrounding tissue.**
 - C. It cannot be removed.**
 - D. It spreads to other parts of the body.**
- 2. A patient communicates a desire to change treatment; your best response should be to:**
 - A. Inform them about potential side effects**
 - B. Respectfully convey their request to the nurse**
 - C. Deny their request based on procedures**
 - D. Seek a supervisor's opinion immediately**
- 3. Which member of the interdisciplinary team teaches patients how to take an active part in the tasks of daily living?**
 - A. Physical Therapist.**
 - B. Psychologist.**
 - C. Occupational Therapist.**
 - D. Speech Therapist.**
- 4. Why are elderly people particularly at risk for burns?**
 - A. They may not follow smoking rules.**
 - B. They may be overmedicated.**
 - C. They may be slow to feel hot temperatures.**
 - D. They may be disoriented.**
- 5. When a patient is undergoing a seizure, you should:**
 - A. tighten the patient's clothing, especially around the neck.**
 - B. place an object in the mouth to prevent injury.**
 - C. use restraints to limit the patient's movements.**
 - D. place a towel or blanket under the head.**
- 6. In patient care, how is blood pressure often measured?**
 - A. With a thermometer.**
 - B. With a sphygmomanometer.**
 - C. With an electrocardiogram.**
 - D. With a stethoscope.**

- 7. Which of the following rights is NOT typically granted to patients?**
- A. Refusal of treatment**
 - B. Home health care**
 - C. Participation in care decisions**
 - D. Access to medical records**
- 8. A nursing assistant belittling a patient for overreacting to their condition is an example of:**
- A. False imprisonment**
 - B. Psychological abuse**
 - C. Negligence**
 - D. Physical abuse**
- 9. What is the primary goal of using artificial breathing with chest compressions in an emergency situation?**
- A. To relieve choking.**
 - B. To restore normal breathing.**
 - C. To stabilize blood pressure.**
 - D. To assess level of consciousness.**
- 10. The most common type of accident in health care facilities is:**
- A. Burns**
 - B. Suffocation**
 - C. Poisoning**
 - D. Falls**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. If a tumor is benign, what characteristic defines it?

- A. It grows quickly.**
- B. It does not invade surrounding tissue.**
- C. It cannot be removed.**
- D. It spreads to other parts of the body.**

A benign tumor is characterized by its non-invasive nature, meaning that it does not invade surrounding tissues. This distinction is essential when differentiating between benign and malignant tumors. Benign tumors typically remain localized and do not spread to distant sites in the body, allowing for easier treatment options, often including surgical removal. Unlike malignant tumors, benign tumors generally grow at a slower rate and do not have the ability to metastasize, which contributes to their relatively favorable prognosis. Understanding this characteristic is crucial for recognizing how benign tumors differ from their malignant counterparts and the implications for patient care.

2. A patient communicates a desire to change treatment; your best response should be to:

- A. Inform them about potential side effects**
- B. Respectfully convey their request to the nurse**
- C. Deny their request based on procedures**
- D. Seek a supervisor's opinion immediately**

When a patient expresses a desire to change their treatment, it's essential to respect their autonomy and address their concerns properly. Conveying their request to the nurse is the most appropriate response because it acknowledges the patient's wishes and ensures that the healthcare team is informed about the patient's preferences. This approach upholds the principles of patient-centered care, allowing the healthcare professionals to evaluate the request thoroughly and make informed decisions about the patient's treatment plan. The nurse is in a position to discuss the implications of the requested changes and guide the patient through any necessary considerations or alternatives. This also ensures that the healthcare team maintains an open line of communication, promoting a collaborative approach to care that respects the patient's rights and engagement in their treatment process.

3. Which member of the interdisciplinary team teaches patients how to take an active part in the tasks of daily living?

- A. Physical Therapist.**
- B. Psychologist.**
- C. Occupational Therapist.**
- D. Speech Therapist.**

The role of an occupational therapist is fundamental when it comes to assisting patients in becoming actively involved in the tasks of daily living. Occupational therapists focus on enabling individuals to participate in meaningful activities or “occupations” that are important to them, which often includes daily tasks such as bathing, dressing, cooking, and other self-care activities. Occupational therapy incorporates the patient's interests, needs, and abilities to promote independence and improve their quality of life. The therapist assesses the patient's abilities and challenges, then designs personalized strategies and solutions that can assist them in carrying out daily activities more effectively and with greater confidence. In contrast, other professionals, such as a physical therapist, typically focus on improving physical function and mobility, a psychologist concentrates on mental health and emotional wellness, and a speech therapist addresses communication and swallowing disorders. Each of these roles is important, but they do not specifically target the development of skills for active engagement in daily living tasks as the occupational therapist does.

4. Why are elderly people particularly at risk for burns?

- A. They may not follow smoking rules.**
- B. They may be overmedicated.**
- C. They may be slow to feel hot temperatures.**
- D. They may be disoriented.**

Elderly individuals are particularly vulnerable to burns primarily because they may be slow to feel hot temperatures. As people age, their sensory perception can decline, making it more difficult for them to detect heat sensations in a timely manner. This delayed response can result in prolonged exposure to hot surfaces, liquids, or flames, increasing the likelihood of sustaining serious burns. While the other options touch upon factors that can contribute to safety issues among the elderly, they do not directly address the physiological changes that affect their perception of temperature. Understanding this aspect of elderly care is crucial for ensuring their safety and well-being.

- 5. When a patient is undergoing a seizure, you should:**
- A. tighten the patient's clothing, especially around the neck.**
 - B. place an object in the mouth to prevent injury.**
 - C. use restraints to limit the patient's movements.**
 - D. place a towel or blanket under the head.**

When a patient is experiencing a seizure, the primary focus is on ensuring their safety and providing comfort. Placing a towel or blanket under the head serves to protect the patient from injury due to any potential movements or impacts against a hard surface. This action helps to cushion the head, which is vulnerable during a seizure, reducing the risk of trauma. Additionally, it is essential to keep the area around the patient clear of any objects that could cause harm and to monitor the duration of the seizure. After the seizure, positioning the patient safely on their side can also help to maintain an open airway and prevent choking. The other options, such as tightening the patient's clothing or placing an object in their mouth, are harmful practices that could lead to further injury or complications during a seizure. Restraining a person during a seizure is not advisable, as it can cause additional harm to both the patient and the caregiver.

- 6. In patient care, how is blood pressure often measured?**
- A. With a thermometer.**
 - B. With a sphygmomanometer.**
 - C. With an electrocardiogram.**
 - D. With a stethoscope.**

Blood pressure is commonly measured using a sphygmomanometer, which is a device that consists of an inflatable cuff and a manometer to measure the pressure of the blood in the arteries. The process involves wrapping the cuff around the patient's upper arm and inflating it to restrict blood flow. As the cuff deflates, the clinician listens with a stethoscope to detect the sounds of blood flow, known as Korotkoff sounds, to determine the systolic and diastolic blood pressure readings. The sphygmomanometer is specifically designed for this purpose and is an essential tool in clinical settings to assess cardiovascular health, monitor patient conditions, and guide treatment decisions. Understanding how to accurately measure blood pressure with this device is a fundamental skill for Certified Nursing Assistants (CNAs) in providing quality patient care.

7. Which of the following rights is NOT typically granted to patients?

- A. Refusal of treatment**
- B. Home health care**
- C. Participation in care decisions**
- D. Access to medical records**

In the context of patient rights, home health care is not typically considered a guaranteed right for all patients. While many patients may benefit from home health care based on their individual needs and circumstances, it is not universally applicable or provided to everyone. Patients generally have the right to refuse treatment, participate in decisions about their care, and access their medical records. These rights are essential for ensuring that patients have autonomy and can make informed choices regarding their health and treatment options. Home health care, on the other hand, depends on various factors including medical necessity, insurance coverage, and availability of services, which makes it variable rather than a baseline right that is granted to every patient.

8. A nursing assistant belittling a patient for overreacting to their condition is an example of:

- A. False imprisonment**
- B. Psychological abuse**
- C. Negligence**
- D. Physical abuse**

Belittling a patient for their reactions to their condition constitutes psychological abuse because it involves harming someone's emotional well-being or mental health. This type of behavior can significantly undermine a patient's sense of dignity and worth, creating a hostile and untrustworthy environment. Psychological abuse can manifest in various ways, including verbal insults, dismissive comments, or any form of degradation that affects a person's emotional state. In a healthcare setting, where patients are often vulnerable and in need of support, such actions can severely impact their recovery and overall mental health. This specific instance of belittling reflects a lack of empathy and respect for the patient's feelings, which is crucial in providing quality care. It highlights the importance of understanding and validating a patient's experiences rather than trivializing them, ensuring that caregivers foster a supportive atmosphere conducive to healing.

9. What is the primary goal of using artificial breathing with chest compressions in an emergency situation?

- A. To relieve choking.**
- B. To restore normal breathing.**
- C. To stabilize blood pressure.**
- D. To assess level of consciousness.**

The primary goal of using artificial breathing with chest compressions during an emergency situation, like cardiac arrest, is to restore normal breathing. When a person is unresponsive and not breathing normally, their body is deprived of oxygen, which is crucial for sustaining life. Artificial breathing helps introduce oxygen into the lungs, while chest compressions circulate blood to vital organs, including the brain and heart. This combination aims to re-establish effective and normal respiration and circulation, which are essential for recovery and survival until professional medical help arrives. Restoring normal breathing is vital, as it directly addresses the life-threatening consequences of stopped or blocked airflow.

10. The most common type of accident in health care facilities is:

- A. Burns**
- B. Suffocation**
- C. Poisoning**
- D. Falls**

Falls are the most common type of accident in health care facilities due to several contributing factors. In these environments, patients may be elderly, have mobility issues, or be recovering from surgery, all of which increase their risk of falling. Additionally, health care facilities often feature a variety of surfaces and equipment that may pose tripping hazards, including the use of wheelchairs, walkers, and IV stands. Nurses and nursing assistants need to be particularly vigilant in preventing falls by ensuring that patients have the necessary support when moving, reducing clutter in patient areas, and implementing safety measures such as non-slip footwear, bed alarms, and adequate lighting. Adequate staff training and awareness of each patient's needs can also help mitigate this prevalent risk. While burns, suffocation, and poisoning are serious concerns in health care settings, they occur less frequently compared to falls, making them less prominent as a primary hazard for patients and staff in these facilities.