

South Dakota CNA Practice Test (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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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

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- 1. When a patient is sitting in a chair, what position should their back be in?**
 - A. Curved forward**
 - B. Twisted to one side**
 - C. Not touching the back of the chair**
 - D. Supported by the back of the chair**
- 2. Which of the following situations is considered a life-threatening emergency?**
 - A. A patient is withdrawn and depressed**
 - B. A patient is in shock**
 - C. A patient refuses to eat**
 - D. A patient's pulse decreases**
- 3. What happens during a cardiac arrest?**
 - A. A patient has a grand mal seizure.**
 - B. Respiration stops due to a blocked airway.**
 - C. Pulse and respiration increase rapidly.**
 - D. Heart function and circulation stop.**
- 4. Medicare and Medicaid payment amounts are determined by what criteria?**
 - A. The type of illness or condition treated**
 - B. The patient's annual salary**
 - C. The annual lottery system**
 - D. The length of the patient's treatment**
- 5. What should you ensure before beginning any medical procedure?**
 - A. Raise the bed to its highest position.**
 - B. Take the patient's blood pressure.**
 - C. Help the patient sit up.**
 - D. Make sure you have the right patient.**

6. After making a closed bed, what should you do with the bed's position?

- A. Set it to its lowest position**
- B. Raise the foot of the bed about 6 inches**
- C. Set it to its highest position**
- D. Raise the head of the bed about 6 inches**

7. What is the purpose of standard precautions in healthcare settings?

- A. Preventing burnout**
- B. Working outside of their scope of practice**
- C. Being negligent**
- D. Avoiding exposure to potentially dangerous body fluids**

8. What position should a patient's legs be in during a transfer?

- A. Crossed**
- B. Straight**
- C. Extended outwards**
- D. Bent at the knees**

9. Which action is not appropriate when caring for a falling patient?

- A. Lower the patient to the floor as gently as possible**
- B. Do not leave the patient**
- C. Slide the patient down one leg, sitting as you go**
- D. Hold a falling patient at arm's length**

10. What is the function of ligaments in the body?

- A. To connect muscles to bones.**
- B. To connect bones to other bones.**
- C. To connect organs to tissues.**
- D. To connect skin to muscles.**

Answers

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

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Explanations

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- 1. When a patient is sitting in a chair, what position should their back be in?**
 - A. Curved forward**
 - B. Twisted to one side**
 - C. Not touching the back of the chair**
 - D. Supported by the back of the chair**

When a patient is sitting in a chair, their back should be supported by the back of the chair. This position is crucial to ensure proper posture and provide comfort, as well as to prevent fatigue and strain on the back muscles. Adequate support helps maintain the natural curvature of the spine, which is essential for overall spinal health and can prevent discomfort during prolonged sitting. In addition, when the back is properly supported, it aids in reducing the risk of slumping or poor posture that can lead to musculoskeletal issues over time. Proper alignment also enhances circulation and can contribute positively to the patient's overall well-being.

- 2. Which of the following situations is considered a life-threatening emergency?**
 - A. A patient is withdrawn and depressed**
 - B. A patient is in shock**
 - C. A patient refuses to eat**
 - D. A patient's pulse decreases**

A patient being in shock is recognized as a life-threatening emergency because shock indicates that the body's organs are not receiving adequate blood flow, which can lead to organ failure and, ultimately, death if not addressed quickly. Shock can result from various causes, including severe blood loss, infection, or allergic reactions, and it requires immediate medical intervention. Recognizing signs of shock, such as rapid heartbeat, low blood pressure, confusion, or lethargy, is crucial for healthcare providers, as timely action can significantly improve the patient's chances of recovery. Other situations listed, while serious and requiring attention, do not constitute immediate life threats in the same way. A patient who is withdrawn and depressed may need psychological support, but this does not directly pose an imminent risk to their physical health. Similarly, a patient refusing to eat or a decrease in pulse rate, while concerning, may not indicate an immediate life-threatening condition like shock does. Each of these scenarios should be addressed appropriately, but shock stands out as requiring urgent medical action to prevent catastrophic outcomes.

3. What happens during a cardiac arrest?

- A. A patient has a grand mal seizure.**
- B. Respiration stops due to a blocked airway.**
- C. Pulse and respiration increase rapidly.**
- D. Heart function and circulation stop.**

During a cardiac arrest, the heart stops functioning effectively, leading to a cessation of blood circulation. This can occur due to various reasons, often including an underlying heart condition, trauma, or a serious medical emergency. When the heart stops pumping blood, oxygenated blood is no longer delivered to vital organs, which can result in unconsciousness and quickly lead to irreversible damage or death if not treated immediately. The other options do not accurately describe what occurs during a cardiac arrest. For instance, a grand mal seizure pertains to a specific neurological event, not directly tied to heart function. Similarly, while a blocked airway may cause respiration to stop, it is not the defining characteristic of cardiac arrest. Lastly, pulse and respiration increasing rapidly is typical of other conditions, such as acute distress or over-exertion, rather than the state of cardiac arrest, where both functions actually cease.

4. Medicare and Medicaid payment amounts are determined by what criteria?

- A. The type of illness or condition treated**
- B. The patient's annual salary**
- C. The annual lottery system**
- D. The length of the patient's treatment**

The correct answer is based on the fact that Medicare and Medicaid payment amounts are primarily determined by the type of illness or condition treated. These programs utilize a classification system that categorizes different diagnoses and corresponding treatment protocols. This means that payments are structured around specific medical conditions and the complexity of care required. Each condition might have a designated payment rate that considers factors like the average cost of care, necessary resources, and treatment protocols. Patients' annual salary, while it may affect their eligibility for certain programs, does not influence the payment rates for services provided under Medicare and Medicaid. Similarly, an annual lottery system does not exist in relation to healthcare financing. Lastly, the length of treatment could affect the overall cost but does not directly determine payment rates set by Medicare and Medicaid, which are more focused on the diagnosis and type of care needed. Understanding these criteria helps in navigating the complexities of healthcare reimbursement systems.

5. What should you ensure before beginning any medical procedure?

- A. Raise the bed to its highest position.**
- B. Take the patient's blood pressure.**
- C. Help the patient sit up.**
- D. Make sure you have the right patient.**

Ensuring that you have the right patient before beginning any medical procedure is essential for patient safety and quality care. This practice, known as patient identification, is crucial in preventing medical errors, such as administering the wrong treatment or medication to a different individual. Verifying the patient's identity typically involves checking their name and date of birth against their medical records or wristband. This step helps confirm that the healthcare provider is addressing the correct person and can significantly reduce the risk of harm that can result from misidentification. While raising the bed, taking the patient's blood pressure, or helping the patient sit up may be relevant tasks in certain procedures, they must only be performed after confirming you are with the right patient. Patient identification is a foundational aspect of safe healthcare practices and is prioritized across various healthcare settings to protect patient wellbeing.

6. After making a closed bed, what should you do with the bed's position?

- A. Set it to its lowest position**
- B. Raise the foot of the bed about 6 inches**
- C. Set it to its highest position**
- D. Raise the head of the bed about 6 inches**

Setting the bed to its lowest position after making a closed bed is important for safety and accessibility. When the bed is lowered, it reduces the risk of falls for patients, particularly those who may be unsteady on their feet when getting in or out of bed. A lower bed is easier for residents to enter and exit safely, promoting independence and reducing the potential for injuries. In a healthcare setting, ensuring the patient's safety is paramount. Lowering the bed aligns with protocols that prioritize patient care and comfort, as it helps create a more secure environment. It also facilitates easier access for nursing staff performing their duties, allowing them to provide care without unnecessary strain or risk of injury. Understanding this practice reinforces the importance of routine actions that contribute to patient safety and well-being in a nursing environment.

7. What is the purpose of standard precautions in healthcare settings?

- A. Preventing burnout**
- B. Working outside of their scope of practice**
- C. Being negligent**
- D. Avoiding exposure to potentially dangerous body fluids**

The purpose of standard precautions in healthcare settings is fundamentally about avoiding exposure to potentially dangerous body fluids. These precautions are a set of guidelines designed to protect healthcare workers and patients from the spread of infections that can be transmitted through blood and other bodily fluids. By implementing these precautions, healthcare providers ensure that they are taking necessary steps to minimize the risk of cross-contamination and infection transmission. Standard precautions include practices such as wearing personal protective equipment (PPE), proper hand hygiene, and using safe injection practices. The emphasis on avoiding exposure stems from the understanding that many infections can easily be transmitted through direct or indirect contact with infectious materials. Therefore, following these precautions is crucial in maintaining a safe and healthy environment for both healthcare workers and patients.

8. What position should a patient's legs be in during a transfer?

- A. Crossed**
- B. Straight**
- C. Extended outwards**
- D. Bent at the knees**

When transferring a patient, their legs should ideally be in a bent position at the knees. This position not only enhances stability but also provides better leverage for both the patient and the caregiver during the transfer process. Bent knees help in maintaining balance, making it easier to pivot or shift weight. In contrast, having the legs straightened can lead to a lack of control and increased difficulty in the transfer, while legs crossed can restrict movement and create a potential hazard for falls. Extending the legs outward can also hinder the ability to effectively engage the lower body in the transfer process. The bent position is most appropriate to ensure safety and efficiency.

9. Which action is not appropriate when caring for a falling patient?

- A. Lower the patient to the floor as gently as possible**
- B. Do not leave the patient**
- C. Slide the patient down one leg, sitting as you go**
- D. Hold a falling patient at arm's length**

When caring for a falling patient, holding them at arm's length is not an appropriate action because it can lead to increased risk of injury for both the patient and the caregiver. The caregiver's primary responsibility is to ensure the safety and well-being of the patient. Allowing the patient to fall away from the support of the caregiver can cause the patient to sustain serious injuries, such as fractures or trauma to the head. Gently lowering the patient to the floor, ensuring their head and body are protected during the fall, is a safer approach that helps minimize potential harm. Remaining with the patient after a fall is crucial for monitoring their condition and providing reassurance. Sliding the patient down while maintaining some degree of control is also a technique used to safely manage a fall, helping to reduce the impact. These actions prioritize the patient's safety and are in line with appropriate care protocols.

10. What is the function of ligaments in the body?

- A. To connect muscles to bones.**
- B. To connect bones to other bones.**
- C. To connect organs to tissues.**
- D. To connect skin to muscles.**

Ligaments play a crucial role in the body by connecting bones to other bones at joints, which helps to stabilize and support the skeletal structure. This connection is essential for maintaining the integrity of joints, allowing for movement while preventing excessive motion that could lead to dislocations or injuries. Ligaments are made of dense connective tissue that provides strength and resilience, enabling them to withstand the stresses placed on the joints during physical activity. The other options describe different anatomical structures and their functions: the connection of muscles to bones is facilitated by tendons; organs are generally held in place by connective tissue; and the connection between skin and muscles involves a different type of tissue. Understanding the specific roles of these structures is essential for recognizing how the body maintains its form and function.

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://southdakotacna.examzify.com>

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

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