

# South Dakota CNA Practice Test (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

- 1. Pathogens are most likely to grow in places that are:**
  - A. Antiseptic**
  - B. Moist and dark**
  - C. Bright and dry**
  - D. Sterile**
- 2. Back braces and knee immobilizers are classified as what?**
  - A. Diseases.**
  - B. Orthotics.**
  - C. Medications.**
  - D. Prosthesis.**
- 3. Using proper body mechanics involves which of the following?**
  - A. Twisting at the waist.**
  - B. Bending from the waist.**
  - C. Holding heavy objects close to your body.**
  - D. Keeping your feet close together.**
- 4. 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.**
- 5. Which statement might imply that the patient's feelings are unimportant?**
  - A. "Please tell me if there's anything I can do for you."**
  - B. "Don't worry. Everything will be okay."**
  - C. "You are looking very well today."**
  - D. "I know that this is difficult for you."**

- 6. What is the procedure that marks a patient's entry into a health care facility called?**
- A. Admission**
  - B. Long term care**
  - C. Discharge**
  - D. Transfer**
- 7. What is the correct action to confirm a patient's identity before providing care?**
- A. Check the patient's chart or nursing care plan.**
  - B. Ask another nursing assistant.**
  - C. Check the patient's identification bracelet.**
  - D. Ask the patient his or her name.**
- 8. What is one potential cause of spasticity?**
- A. Neurological disorders.**
  - B. Injury to the skin.**
  - C. Excessive hydration.**
  - D. Digestive problems.**
- 9. In which scenario is it most likely necessary to logroll a patient?**
- A. A patient with cardiovascular disease**
  - B. A patient with a spinal-cord injury**
  - C. A patient with a respiratory illness**
  - D. A patient with AIDS**
- 10. Which of the following is not a sign that a patient's heartbeat and breathing may have stopped?**
- A. The chest is not expanding**
  - B. The skin is hot**
  - C. The pupils in the eyes are enlarged**
  - D. The patient is unconscious**



## **Answers**

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

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## **Explanations**

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**1. Pathogens are most likely to grow in places that are:**

- A. Antiseptic**
- B. Moist and dark**
- C. Bright and dry**
- D. Sterile**

Pathogens thrive in environments that provide the right conditions for growth, which typically includes warmth, moisture, and darkness. Moist and dark locations create an ideal environment for bacteria, viruses, and fungi, facilitating their reproduction and spread. Places that are moist help to provide the necessary hydration that many microorganisms require to survive and multiply. Additionally, darkness helps protect these organisms from the harmful effects of UV light, which can inhibit their growth. Overall, a combination of moisture and lack of light is conducive to the growth of disease-causing pathogens, making it essential to maintain clean, dry, and well-lit areas, especially in healthcare settings, to prevent the proliferation of infections.

**2. Back braces and knee immobilizers are classified as what?**

- A. Diseases.**
- B. Orthotics.**
- C. Medications.**
- D. Prosthesis.**

Back braces and knee immobilizers are classified as orthotics because they are devices designed to support, align, stabilize, or help improve the function of the musculoskeletal system. Orthotics are commonly used to assist individuals with various conditions that affect their movement or posture, providing the necessary support to prevent further injury or aid in rehabilitation. In contrast, diseases refer to pathological conditions of the body that can disrupt normal bodily functions, medications are substances used to treat or manage diseases and conditions, and prostheses are artificial devices that replace missing body parts. Each of these classifications serves a unique purpose in health care, emphasizing the specific role that orthotics play in supporting physical health and mobility.

**3. Using proper body mechanics involves which of the following?**

- A. Twisting at the waist.**
- B. Bending from the waist.**
- C. Holding heavy objects close to your body.**
- D. Keeping your feet close together.**

Using proper body mechanics is essential to prevent injury and ensure safety when lifting or moving objects and patients. Holding heavy objects close to your body is the correct approach because it allows you to maintain better balance and reduces the strain on your back and muscles. When the weight of an object is closer to your center of gravity, it requires less effort to hold and carry, which ultimately helps protect your body from potential injury. Maintaining proper body mechanics also involves other strategies such as keeping a wide base of support with your feet and avoiding certain movements, which is why the other options are not appropriate methods. Twisting at the waist and bending from the waist can lead to back strain, while keeping your feet close together can limit your stability and balance during lifting activities. Thus, holding heavy items close is not only safer but also more efficient when engaging in physical tasks.

4. 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.

5. Which statement might imply that the patient's feelings are unimportant?
- A. "Please tell me if there's anything I can do for you."
  - B. "Don't worry. Everything will be okay."**
  - C. "You are looking very well today."
  - D. "I know that this is difficult for you."

The statement "Don't worry. Everything will be okay." can convey a dismissive attitude towards the patient's feelings. It suggests that the speaker is not acknowledging the patient's current emotions or concerns, implying that these feelings are unimportant or should not be expressed. By telling someone not to worry, it may come across as minimizing their feelings instead of validating them. In care settings, it is crucial to acknowledge and respect the emotional experiences of patients, as this can significantly affect their overall well-being and trust in their caregivers. In contrast, the other statements actively engage with the patient's feelings. For instance, asking if there's anything that can be done suggests a readiness to listen and respond to the patient's needs, while noting that they look well or recognizing the difficulty they're facing demonstrates an understanding of their situation and fosters a supportive environment.

**6. What is the procedure that marks a patient's entry into a health care facility called?**

- A. Admission**
- B. Long term care**
- C. Discharge**
- D. Transfer**

The procedure that marks a patient's entry into a health care facility is called admission. This process involves various steps, including the patient being registered, provided with necessary information about their stay, and assessed for their specific needs. Admission is a critical moment as it establishes the patient's official status within the facility and triggers the initiation of their care plan. It ensures that healthcare providers have all relevant information to deliver effective and personalized care right from the start. In contrast, long-term care refers to various services that help individuals with disabilities or chronic illnesses, which is not specifically about the entry procedure. Discharge pertains to the process of a patient leaving the facility after treatment, while transfer relates to moving a patient from one care setting to another within or between health care facilities. Both discharge and transfer occur after admission, further emphasizing the significance of the admission process as the initial step in a patient's healthcare experience.

**7. What is the correct action to confirm a patient's identity before providing care?**

- A. Check the patient's chart or nursing care plan.**
- B. Ask another nursing assistant.**
- C. Check the patient's identification bracelet.**
- D. Ask the patient his or her name.**

The correct action to confirm a patient's identity before providing care is to check the patient's identification bracelet. This method is essential because the identification bracelet contains crucial information, such as the patient's name, date of birth, and often a medical record number, which can be contrasted with the care provided. This practice is vital for ensuring patient safety, as it minimizes the risk of errors in treatment or medication administration that could arise from identity mix-ups. Checking the patient's chart or nursing care plan could provide information about the patient, but without confirming the current identity directly, it lacks the necessary verification. Asking another nursing assistant may help in some situations, but it doesn't offer direct confirmation of the patient's identity. Likewise, while asking the patient their name is helpful, relying solely on verbal confirmation can lead to mistakes, especially if the patient is disoriented or unable to communicate effectively. Hence, using the identification bracelet offers the most reliable method of verifying a patient's identity before care is given.

**8. What is one potential cause of spasticity?**

**A. Neurological disorders.**

**B. Injury to the skin.**

**C. Excessive hydration.**

**D. Digestive problems.**

Spasticity is a condition characterized by an abnormal increase in muscle tone or stiffness of muscle, which can interfere with movement. One potential cause of spasticity is neurological disorders. These disorders can affect the brain, spinal cord, or vestibular system, leading to disruptions in the normal signals that muscles receive to contract and relax. Conditions such as cerebral palsy, multiple sclerosis, and traumatic brain injuries can cause damage to the pathways that control muscle movement, resulting in spasticity. The other options do not generally relate to spasticity. For example, while injury to the skin can lead to complications, it is not directly linked to the neurological control of muscle tone. Excessive hydration may have a range of health effects but is not recognized as a cause of spasticity. Similarly, digestive problems do not directly influence muscle tone or spasticity, though they can affect overall health. Therefore, understanding the relationship between neurological disorders and muscle function enhances comprehension of how spasticity develops.

**9. In which scenario is it most likely necessary to logroll a patient?**

**A. A patient with cardiovascular disease**

**B. A patient with a spinal-cord injury**

**C. A patient with a respiratory illness**

**D. A patient with AIDS**

Logrolling is a technique often used in nursing care to safely move patients who have suffered certain types of injuries or conditions. When dealing with a patient who has a spinal-cord injury, it is crucial to maintain alignment of the spine during any transfer or repositioning to prevent further injury. The logroll method allows caregivers to turn the patient as a single unit, ensuring that the spine remains stable and reducing the risk of movement that could exacerbate the injury. In this scenario, if the patient has a spinal-cord injury, using the logroll technique is essential not just for the safety of the patient but also for the safety of the caregivers involved in the movement. It prevents twisting or bending of the spine, which could lead to severe complications. Therefore, this method is specifically designed for situations involving spinal integrity, making it the appropriate choice for a patient with a spinal-cord injury.

**10. Which of the following is not a sign that a patient's heartbeat and breathing may have stopped?**

- A. The chest is not expanding**
- B. The skin is hot**
- C. The pupils in the eyes are enlarged**
- D. The patient is unconscious**

The sign that the skin is hot does not indicate that a patient's heartbeat and breathing have stopped. In a situation where a patient's vital signs are absent, symptoms usually align with physiological changes reflecting the cessation of circulation and respiration. The lack of chest expansion typically signifies that there is no effective breathing taking place, while enlarged pupils can indicate a severe lack of oxygen or the effects of life-threatening conditions, commonly seen in scenarios where heart and respiratory failure occurs. Unconsciousness can accompany such critical conditions as well, making it a valid indicator. However, hot skin could suggest a variety of issues, ranging from fever to external heat exposure, and does not specifically correlate to a stoppage of cardiac and respiratory functions.



## 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](mailto: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!**