

SOUTH DAKOTA CNA PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. During patient transfers, what should be a CNA's priority?**
 - A. Efficiency
 - B. Safety
 - C. Comfort
 - D. Speed
- 2. A nursing assistant is responsible for?**
 - A. Answering a patient's letters and phone calls
 - B. Filing a patient's complaints with hospital administration
 - C. Keeping a patient's personal information confidential
 - D. Recommending medication and treatments
- 3. If a patient is unconscious, what should you assume about their hearing ability?**
 - A. They cannot hear anything you say
 - B. They have no mental abilities
 - C. They can hear and understand you
 - D. They can only hear loudly spoken words
- 4. What does the term "ostomy" refer to?**
 - A. A surgical procedure that provides an alternate route for wastes.
 - B. The removal of waste products from the blood by a hemodialysis machine.
 - C. High blood sugar.
 - D. A disorder of the urinary system.
- 5. What type of exercise is recommended for improving muscle tone in rehabilitation?**
 - A. Aerobic exercises.
 - B. Passive exercises.
 - C. Strength training.
 - D. Flexibility routines.

- 6. What should you do if a patient's items are on the bed while changing the bedding?**
- A. Ignore the items
 - B. Relocate the items without consent
 - C. Explain to the patient before moving items
 - D. Leave the bed unchanged
- 7. What are baseline measurements in a healthcare context?**
- A. Measurements of height and weight.
 - B. The normal vital sign measurements for an adult.
 - C. The lowest safe levels that vital signs can reach.
 - D. A patient's vital signs when admitted to a facility.
- 8. Which of the following aids helps in maintaining a patient's posture during ambulation?**
- A. Walker
 - B. Cane
 - C. Transfer belt
 - D. Postural support
- 9. When caring for stroke patients, what should caregivers encourage?**
- A. To avoid talking to them.
 - B. For the patients to feed and dress themselves.
 - C. To remain in one position throughout the day.
 - D. To be as independent as possible.
- 10. What is the most common method of measuring pulse?**
- A. Radial pulse.
 - B. Blood pressure.
 - C. Respiratory rate.
 - D. Apical pulse.

Answers

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

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Explanations

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1. During patient transfers, what should be a CNA's priority?

- A. Efficiency
- B. Safety**
- C. Comfort
- D. Speed

In the context of patient transfers, a Certified Nursing Assistant's top priority should always be safety. Ensuring the safety of both the patient and the CNA is crucial during any transfer process. This is because improper transfers can lead to injuries for the patient, such as falls or strains, as well as potential injury for the assistant. When focusing on safety, CNAs should use proper body mechanics, follow established protocols, and ensure that the patient is prepared and secure during the transfer. By prioritizing safety, the risk of accidents is minimized, which ultimately leads to better outcomes for the patient and fosters a secure environment. While efficiency, comfort, and speed are also important factors in patient care, they should always take a backseat to safety. For example, even if a transfer is done quickly or seems efficient, it must never compromise the well-being of the individual being transferred. Comfort is also significant, but it is secondary to ensuring that the transfer is conducted safely to prevent any harm. This approach not only protects the patient but also builds trust between the patient and the caregiver, promoting a positive and respectful caregiving environment.

2. A nursing assistant is responsible for?

- A. Answering a patient's letters and phone calls
- B. Filing a patient's complaints with hospital administration
- C. Keeping a patient's personal information confidential**
- D. Recommending medication and treatments

The reason keeping a patient's personal information confidential is the correct answer lies in the fundamental principles of patient privacy and confidentiality in healthcare. Nursing assistants are trained to follow guidelines that ensure patient information is protected in accordance with laws such as the Health Insurance Portability and Accountability Act (HIPAA). Maintaining confidentiality fosters trust between patients and healthcare providers, allowing patients to feel safe to share sensitive information necessary for their care. In contrast, the other options involve responsibilities that typically fall outside the scope of practice for nursing assistants. For example, answering a patient's letters and phone calls is often administrative work that doesn't align with the core duties of a CNA. Additionally, filing patient complaints with hospital administration is a task more suited for supervisory or administrative staff. Finally, recommending medication and treatments is the responsibility of licensed healthcare professionals, such as doctors or nurses, who have the training and authority to make such decisions. Nursing assistants are critical members of the healthcare team but must operate within their defined roles.

3. If a patient is unconscious, what should you assume about their hearing ability?

- A. They cannot hear anything you say
- B. They have no mental abilities
- C. They can hear and understand you**
- D. They can only hear loudly spoken words

In cases where a patient is unconscious, it's important to operate under the assumption that they can still hear and possibly understand what is being said around them. Research indicates that even in a state of unconsciousness, auditory processing may still occur. Therefore, speaking to the patient as if they can hear fosters a respectful and supportive environment. Assuming that they possess the capability to hear allows caregivers to provide comfort through their words and tones, which can be especially important for anxiety or distress that the individual may experience, even if they cannot respond. Furthermore, maintaining a normal tone of communication can assist in creating a routine atmosphere, which may be beneficial for recovery. Therefore, it is vital to communicate with unconscious patients as though they can hear and understand, as this appears to be a crucial aspect of providing compassionate care, enhancing their experience even in a non-responsive state.

4. What does the term "ostomy" refer to?

- A. A surgical procedure that provides an alternate route for wastes.**
- B. The removal of waste products from the blood by a hemodialysis machine.
- C. High blood sugar.
- D. A disorder of the urinary system.

The term "ostomy" refers to a surgical procedure that creates an opening (stoma) in the body, which provides an alternate route for wastes to exit. This procedure is commonly performed when a part of the digestive or urinary tract needs to be bypassed due to disease, injury, or other medical conditions. For instance, a colostomy involves bringing a portion of the colon to the surface of the abdomen, allowing waste to exit the body into a bag rather than through the rectum. This definition is crucial for understanding various medical contexts and patient care, particularly in settings involving rehabilitation or chronic illness management. The other choices misrepresent different medical terms and processes, such as hemodialysis, which is specifically about blood filtration, high blood sugar relating to diabetes management, and urinary system disorders, which encompass a distinct set of conditions not directly linked to the concept of an ostomy.

5. What type of exercise is recommended for improving muscle tone in rehabilitation?

- A. Aerobic exercises.
- B. Passive exercises.
- C. Strength training.**
- D. Flexibility routines.

Strength training is recommended for improving muscle tone during rehabilitation because it specifically targets muscle contractions that help increase muscular strength, size, and endurance. By involving resistance exercises, this form of training promotes muscle growth and helps individuals regain or enhance their physical capabilities after an injury or surgery. Strength training not only aids in muscle tone improvement but also plays a crucial role in enhancing bone density and overall functional strength, which is vital for rehabilitation efforts. Other types of exercise, such as aerobic exercises, focus primarily on cardiovascular health and endurance; passive exercises are used to maintain joint flexibility and prevent stiffness, but they do not actively strengthen the muscles. Flexibility routines are aimed at improving the range of motion but do not contribute directly to muscle tone enhancement. Therefore, strength training is the most effective choice among the options provided for achieving the goal of improved muscle tone in a rehabilitation setting.

6. What should you do if a patient's items are on the bed while changing the bedding?

- A. Ignore the items
- B. Relocate the items without consent
- C. Explain to the patient before moving items**
- D. Leave the bed unchanged

When changing the bedding, it is essential to respect the patient's personal belongings. Explaining to the patient before moving their items demonstrates good communication and respect for their personal space. This approach ensures that the patient is aware of what is happening and can provide input or assist in relocating their items if necessary. It also fosters a trusting relationship between the patient and the caregiver. This choice emphasizes the importance of maintaining the patient's comfort and dignity during care procedures, which is a critical aspect of being a compassionate and effective caregiver. Additionally, moving items without consent can lead to feelings of anxiety or unease for the patient, while simply ignoring the items could hinder the bedding change and potentially cause disorganization or loss of valuables. Leaving the bed unchanged would not be a suitable option, as proper hygiene and care practices need to be followed.

7. What are baseline measurements in a healthcare context?

- A. Measurements of height and weight.
- B. The normal vital sign measurements for an adult.
- C. The lowest safe levels that vital signs can reach.
- D. A patient's vital signs when admitted to a facility.**

Baseline measurements in a healthcare context refer to a patient's vital signs that are taken upon admission to a healthcare facility. These initial readings serve as a reference point for healthcare providers to monitor changes in the patient's condition over time. By establishing these baseline measurements, clinicians can assess whether a patient's vital signs are stable, improving, or deteriorating, thus enabling them to make informed decisions regarding the patient's care. For instance, if a patient's blood pressure or heart rate deviates significantly from the baseline recorded during admission, it may indicate a potential health issue that requires immediate attention. This practice is crucial as it helps in identifying trends in a patient's health status, ultimately guiding the medical team in their treatments and interventions.

8. Which of the following aids helps in maintaining a patient's posture during ambulation?

- A. Walker
- B. Cane
- C. Transfer belt**
- D. Postural support

The transfer belt is an important tool used to assist with maintaining a patient's posture during ambulation. It provides a secure method for caregivers to hold and support patients as they walk, promoting stability and balance. The transfer belt is typically placed around the patient's waist, giving the caregiver a firm grip that allows them to offer support from behind or the side as needed. This aids in ensuring that the patient can maintain an upright posture, which is crucial for their safety and mobility. By minimizing the risk of falls and supporting their movements, the transfer belt encourages independence in ambulation. Other aids, such as walkers or canes, are designed to assist in supporting weight and enhancing mobility, but they may not provide the same level of direct support to maintain a patient's posture as they ambulate. Postural support, while beneficial in various contexts, typically relates more to positioning during rest or in a seated position rather than during walking, where dynamic support is crucial.

9. When caring for stroke patients, what should caregivers encourage?

- A. To avoid talking to them.
- B. For the patients to feed and dress themselves.
- C. To remain in one position throughout the day.
- D. To be as independent as possible.**

Encouraging stroke patients to be as independent as possible is essential for several reasons. Independence promotes self-esteem and confidence, which are crucial for the emotional wellbeing of individuals recovering from a stroke. It helps them to engage in daily activities, which can enhance their overall rehabilitation process. Encouraging independence also facilitates the development of skills that may have been affected by the stroke. Caregivers play a vital role in this process by supporting patients in attempting activities such as dressing, feeding themselves, and performing basic personal care tasks. This approach not only fosters a sense of accomplishment but also aids in the restoration of motor functions and cognitive abilities. In addition, encouraging independence can prevent the caregiver from becoming overly involved, which might inadvertently lead to increased dependency. By fostering independence, caregivers help the stroke patients maintain a sense of control over their lives, contributing positively to their recovery journey.

10. What is the most common method of measuring pulse?

- A. Radial pulse.
- B. Blood pressure.
- C. Respiratory rate.
- D. Apical pulse.

The most common method of measuring pulse is through the radial pulse, which is taken at the wrist where the radial artery runs close to the skin's surface. This method is widely used because it is easily accessible and provides a quick and convenient way to assess heart rate in most individuals. The radial pulse can be palpated effectively by using the fingers to gently compress the artery against the bone. In practice, measuring the radial pulse is often the preferred technique, especially in routine health checks, as it allows for efficient monitoring in both clinical and home settings. This method is typically taught as a primary technique for both the public and health care providers due to its simplicity and reliability. While other methods, such as apical pulse measurement (which involves listening to the heart directly with a stethoscope) and measuring blood pressure (which assesses cardiovascular status but doesn't directly gauge heart rate), are also important in clinical contexts, they are not as commonly used for routine pulse checks. Measuring respiratory rate focuses on breathing patterns rather than evaluating heart rate, which is why it does not serve as a method for measuring pulse at all.

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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