

# Tennessee CNA Skills 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

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- 1. Which item is included among supplies for feeding a dependent resident?**
  - A. Diet card**
  - B. Syringe**
  - C. Oxygen**
  - D. Gloves**
  
- 2. What must be done with the wheelchair brakes before weighing?**
  - A. Unlock wheelchair brakes**
  - B. Lock wheelchair brakes**
  - C. Adjust scale weights**
  - D. Weigh resident while seated**
  
- 3. How many pillows are listed for Positioning a resident on their side?**
  - A. One**
  - B. Two**
  - C. Three**
  - D. Four**
  
- 4. What is the correct opening sequence before performing a CNA skill?**
  - A. Knock, Introduce, Wash Hands, Explain Procedure**
  - B. Wash Hands, Knock, Explain, Introduce**
  - C. Introduce, Knock, Explain, Wash Hands**
  - D. Explain Procedure, Wash Hands, Knock, Introduce**
  
- 5. What should you verbalize regarding body alignment during the side-lying move?**
  - A. Verbalize correct body alignment**
  - B. Verbalize pain level**
  - C. Verbalize bed height**
  - D. Verbalize that the resident is comfortable**

- 6. What is done after rinsing the mouth during mouth care for a comatose resident?**
- A. Rinse, dry, and store equipment**
  - B. Leave equipment at bedside**
  - C. Rinse only**
  - D. Discard towels in hamper**
- 7. Which combination of items is required for ambulation with a gait belt?**
- A. Gait belt only**
  - B. Non-skid slippers and gait belt**
  - C. Gait belt, non-skid slippers, and wheelchair**
  - D. Wheelchair only**
- 8. What is the final step after finishing Mouth Care for a resident?**
- A. Remove gloves properly and wash hands, leave call light within reach**
  - B. Leave gloves on and continue to next task**
  - C. Remove gloves and discard in bed**
  - D. Wash hands and ignore call light**
- 9. During bedpan and output, which device is used to measure output?**
- A. Bedpan**
  - B. Tissue paper**
  - C. Graduate**
  - D. Gloves**
- 10. Before feeding, what should you verify about the tray?**
- A. Look at diet card and verbally indicate that the resident has received the right tray.**
  - B. Verify the tray by checking the room number only.**
  - C. Feed before verifying the tray.**
  - D. Record intake before checking the tray.**

## Answers

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

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## **Explanations**

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**1. Which item is included among supplies for feeding a dependent resident?**

- A. Diet card**
- B. Syringe**
- C. Oxygen**
- D. Gloves**

Feeding a dependent resident relies on having clear guidance about what can be eaten and how it's prepared. A diet card provides the resident's prescribed diet, texture modifications, allergies, and restrictions, so the aide can offer foods safely and appropriately. It ensures meals meet nutritional needs and safety considerations, guiding portion sizes and what items are allowed during assisted feeding. The other items aren't about feeding guidance: a syringe is for delivering liquids or meds (or tube feeds), oxygen is for breathing support, and gloves are for infection control, not the specific feeding plan.

**2. What must be done with the wheelchair brakes before weighing?**

- A. Unlock wheelchair brakes**
- B. Lock wheelchair brakes**
- C. Adjust scale weights**
- D. Weigh resident while seated**

Locking the wheelchair brakes stabilizes the chair so the scale can read the true combined weight of the resident and the chair without any movement. If the brakes aren't locked, the chair could roll or shift, making the measurement inaccurate and creating a safety risk for the resident and caregiver. So, before weighing, secure the chair by locking the brakes. The other actions wouldn't provide the necessary stability needed for an accurate and safe weight measurement.

**3. How many pillows are listed for Positioning a resident on their side?**

- A. One**
- B. Two**
- C. Three**
- D. Four**

Positioning a resident on their side requires supporting the body so the spine stays straight, shoulders and hips remain aligned, and the skin is protected from pressure. Three pillows provide essential support in a side-lying position: one under the head to keep the neck aligned with the spine, one against the upper arm to relieve shoulder pressure and keep the arm in a comfortable, forward position, and one between the knees to maintain hip and leg alignment and prevent friction. This combination helps maintain stability and comfort while reducing the risk of pressure injuries. Using fewer pillows wouldn't offer all the necessary support, and using more can crowd the space and disrupt proper alignment.

**4. What is the correct opening sequence before performing a CNA skill?**

- A. Knock, Introduce, Wash Hands, Explain Procedure**
- B. Wash Hands, Knock, Explain, Introduce**
- C. Introduce, Knock, Explain, Wash Hands**
- D. Explain Procedure, Wash Hands, Knock, Introduce**

Starting with the opening steps focuses on respectful communication and safety: you must first knock to gain privacy and permission, then introduce yourself so the resident knows who you are and who will be caring for them. After establishing who you are, wash your hands to remove germs before any contact with the resident. Finally, explain the procedure so the resident understands what you will do, what they might feel, and to obtain informed consent before you begin. This sequence protects the resident's rights and safety and sets up a calm, cooperative interaction. Washing hands before introducing or explaining is not appropriate, since you should greet and gain consent before starting care, and introducing and seeking consent should come before any substantive contact. Explaining the procedure after greeting but before starting ensures the resident is prepared and knows what to expect.

**5. What should you verbalize regarding body alignment during the side-lying move?**

- A. Verbalize correct body alignment**
- B. Verbalize pain level**
- C. Verbalize bed height**
- D. Verbalize that the resident is comfortable**

The important idea here is guiding safety through clear positioning cues. When you turn a resident to the side, you want to communicate exactly how their body will be aligned so they can anticipate the move and feel secure. Verbalizing that you will keep the spine in a straight line and that the head, neck, shoulders, hips, and ankles will be aligned helps ensure the body isn't twisted or put under unnecessary pressure. You might cue that you'll stack the shoulders and hips and place the top leg in front of the bottom leg to maintain proper alignment. This communication reassures the resident, promotes cooperation, and reduces the risk of strain or injury during the move. Verbalizing pain level, bed height, or overall comfort is useful in different contexts, but they don't directly guide or confirm proper body alignment during the repositioning.

**6. What is done after rinsing the mouth during mouth care for a comatose resident?**

- A. Rinse, dry, and store equipment**
- B. Leave equipment at bedside**
- C. Rinse only**
- D. Discard towels in hamper**

The key idea is handling mouth-care supplies in a way that prevents contamination and keeps tools ready for the next use. After rinsing the mouth, you should rinse any reusable equipment again if needed, then dry it completely and store it in a clean, designated place. Drying prevents moisture that can harbor bacteria and rust, and storing in a proper spot protects the items from contamination and makes them easy to find for the next care session. Leaving equipment at the bedside risks contamination and accidental contact, and rinsing only leaves moisture or debris on the tools. Towels used should be laundered with other linen rather than discarded in a trash hamper, so they're cleaned and reused appropriately.

**7. Which combination of items is required for ambulation with a gait belt?**

- A. Gait belt only**
- B. Non-skid slippers and gait belt**
- C. Gait belt, non-skid slippers, and wheelchair**
- D. Wheelchair only**

Safety during ambulation relies on three elements: the gait belt, non-skid footwear, and a wheelchair ready for use. The gait belt provides a secure handhold for signaling and supporting the resident, allowing you to guide and guard them without pulling on clothing. Non-skid footwear reduces the risk of slipping if balance is lost. Having a wheelchair nearby gives a safe place to sit if the resident tires, becomes dizzy, or if the transfer needs to be paused, ensuring a smooth transition from ambulation to seating. Together, these items cover control and safety needs for ambulation.

**8. What is the final step after finishing Mouth Care for a resident?**

- A. Remove gloves properly and wash hands, leave call light within reach**
- B. Leave gloves on and continue to next task**
- C. Remove gloves and discard in bed**
- D. Wash hands and ignore call light**

Ending mouth care is about infection control and resident safety. After finishing, remove gloves properly (without touching the outer surface), dispose of them in the appropriate waste container, and wash your hands. Then make sure the call light is within the resident's reach so they can summon help if needed. This sequence reduces the risk of spreading germs and keeps the resident safe. Leaving gloves on and moving to the next task, discarding gloves in the bed area, or washing hands but ignoring the call light all hinder safety and proper infection control.

**9. During bedpan and output, which device is used to measure output?**

- A. Bedpan**
- B. Tissue paper**
- C. Graduate**
- D. Gloves**

Measuring output relies on using a calibrated container designed for liquids. A graduate is the device used to quantify how much has been produced, typically in milliliters or cubic centimeters. The bedpan serves to collect waste, but it isn't the tool used to measure volume. Tissue paper isn't a measuring instrument, and gloves are for protection, not measurement. When using a graduate, place it on a flat surface, pour the contents into it, and read the measurement at eye level, noting the bottom of the meniscus for accuracy. This gives an objective value you can record for output.

**10. Before feeding, what should you verify about the tray?**

- A. Look at diet card and verbally indicate that the resident has received the right tray.**
- B. Verify the tray by checking the room number only.**
- C. Feed before verifying the tray.**
- D. Record intake before checking the tray.**

The safety step being tested is making sure the meal tray matches the resident's diet order and identity before feeding. You verify the tray against the diet card to confirm the exact diet, any texture modifications, fluids, or special instructions, and you also confirm the tray belongs to the correct resident by checking the name and room. Verbalizing to the resident that the right tray has been prepared reinforces that agreement and gives the resident a chance to voice any concerns if something seems off. This approach helps prevent giving the wrong meal, ensures dietary restrictions are followed, and supports clear communication for safety. Skipping verification by relying only on the room number, feeding before checking, or recording intake before checking would bypass essential safeguards and risk errors.

## 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://tncnaskills.examzify.com>**

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

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