

Texas Certified Nursing Assistant (CNA) Practice Exam (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

- 1. What is a key responsibility of a nursing assistant in regard to resident safety?**
 - A. Ensuring floor surfaces are clean and dry**
 - B. Minimizing contact with residents**
 - C. Allowing residents to manage their own medications**
 - D. Refusing to assist with mobility**
- 2. In which position should a resident be placed for eating?**
 - A. Lying flat on their back**
 - B. Sitting as upright as possible**
 - C. Relaxing in a recliner**
 - D. Standing at a table**
- 3. What does the term "personal protective equipment" (PPE) refer to?**
 - A. Only the medical scrubs worn by healthcare workers**
 - B. Emergency equipment used in critical care**
 - C. Gear such as gloves, masks, gowns, and eye protection used to protect healthcare workers from exposure to hazards**
 - D. Instruments used for patient assessment**
- 4. In a nursing home, how is a resident's dignity maintained?**
 - A. By providing constant supervision**
 - B. By allowing choices and respecting privacy**
 - C. By enforcing strict rules**
 - D. By limiting interaction with staff**
- 5. What is defined as Hand Hygiene?**
 - A. Using gloves at all times**
 - B. Washing hands with soap and water or using alcohol-based hand rubs**
 - C. Only using hand sanitizer**
 - D. Rubbing hands together without soap**

- 6. What is typically NOT a symptom of clinical depression?**
- A. Persistent sadness**
 - B. Loss of interest in activities**
 - C. Increased motivation**
 - D. Fatigue or low energy**
- 7. What are the signs and symptoms of a stroke?**
- A. Sudden numbness, confusion, trouble speaking, and severe headache**
 - B. Persistent cough and shortness of breath**
 - C. Fatigue and increased thirst**
 - D. Regular headaches and back pain**
- 8. What does the acronym RACE stand for in emergency response?**
- A. Rescue, Alert, Contain, Extinguish**
 - B. Remove, Activate, Contain, Extinguish**
 - C. Respond, Assess, Control, Evacuate**
 - D. Retrieve, Activate, Communicate, Evacuate**
- 9. What is the most effective way to control the spread of C. difficile?**
- A. Using hand sanitizer**
 - B. Wearing gloves at all times**
 - C. Through proper hand washing with soap and water**
 - D. Using disinfectants on all surfaces**
- 10. Which statement about advance directives is true?**
- A. They are optional for healthcare providers**
 - B. Advance directives must be honored**
 - C. They must be signed by a witness**
 - D. They can be changed at any time**

Answers

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

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Explanations

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1. What is a key responsibility of a nursing assistant in regard to resident safety?

- A. Ensuring floor surfaces are clean and dry**
- B. Minimizing contact with residents**
- C. Allowing residents to manage their own medications**
- D. Refusing to assist with mobility**

Ensuring floor surfaces are clean and dry is a key responsibility of a nursing assistant because maintaining a safe environment is crucial to preventing falls and injuries among residents. Nursing assistants play a vital role in monitoring their surroundings for hazards and taking the appropriate actions to mitigate risks. Clean and dry floors help create a safe environment where residents can move around without fear of slipping or falling. This responsibility not only reflects a commitment to resident safety but also integrates basic principles of infection control and sanitation, as clean environments contribute to overall health and well-being. In contrast, minimizing contact with residents, allowing them to manage their own medications without supervision, or refusing to assist with mobility would create unsafe conditions and are not aligned with the role of a nursing assistant, whose primary focus is on providing support and care.

2. In which position should a resident be placed for eating?

- A. Lying flat on their back**
- B. Sitting as upright as possible**
- C. Relaxing in a recliner**
- D. Standing at a table**

Placing a resident in a sitting position as upright as possible is crucial during meal times for several reasons. This position helps to reduce the risk of choking, as it promotes better swallowing and helps food travel down the esophagus more efficiently. An upright posture also aids digestion and can minimize the likelihood of aspiration, where food or liquid enters the airway instead of the stomach. Additionally, sitting up encourages a more engaging and comfortable dining experience, allowing residents to participate more actively in meals. It can also improve their overall safety by giving them stability and support while they eat. In healthcare settings, ensuring that residents are in this position is a standard practice to promote their health and well-being during mealtimes.

3. What does the term "personal protective equipment" (PPE) refer to?

- A. Only the medical scrubs worn by healthcare workers**
- B. Emergency equipment used in critical care**
- C. Gear such as gloves, masks, gowns, and eye protection used to protect healthcare workers from exposure to hazards**
- D. Instruments used for patient assessment**

The term "personal protective equipment" (PPE) refers to gear such as gloves, masks, gowns, and eye protection that is used to protect healthcare workers from exposure to hazards in the workplace, particularly in environments where there is a risk of infection or injury. This equipment is essential in maintaining safety and preventing the transmission of infectious agents between patients and healthcare providers. PPE is designed to minimize the risk of exposure to biological hazards, chemicals, or any other dangerous substances that a healthcare worker might encounter. Properly using PPE is a critical component of infection control protocols and helps to create a safer healthcare environment for both staff and patients. Understanding the importance of various types of PPE and how to use them effectively is crucial for anyone working in healthcare settings, as it directly impacts the health and safety of both the caregivers and those receiving care.

4. In a nursing home, how is a resident's dignity maintained?

- A. By providing constant supervision**
- B. By allowing choices and respecting privacy**
- C. By enforcing strict rules**
- D. By limiting interaction with staff**

Maintaining a resident's dignity in a nursing home is deeply intertwined with the principles of autonomy and respect. Allowing choices empowers residents, enabling them to have a say in their daily activities, meal selections, and personal care routines. This respect for individual preferences fosters a sense of control and ownership over their lives, which is vital for self-esteem and dignity. Respecting privacy is equally crucial, as it ensures residents feel safe and valued. This includes maintaining confidentiality regarding their personal information and providing personal space during care. By honoring these aspects, nursing homes create an environment where residents can feel comfortable and respected, ultimately leading to a better quality of life. The other options do not effectively address the fundamental needs for dignity. While constant supervision and enforcing strict rules can be necessary for safety, they can also lead to feelings of being controlled and lack of independence. Limiting interaction with staff can further isolate residents and diminish their sense of worth and community, which is contrary to the goal of maintaining dignity.

5. What is defined as Hand Hygiene?

- A. Using gloves at all times
- B. Washing hands with soap and water or using alcohol-based hand rubs**
- C. Only using hand sanitizer
- D. Rubbing hands together without soap

Hand hygiene is a crucial practice in healthcare settings, particularly for certified nursing assistants. It is defined as washing hands with soap and water or using alcohol-based hand rubs. This dual approach ensures effective removal of pathogens and contaminants from the hands, which is essential for preventing the spread of infections. Washing hands with soap and water mechanically removes dirt, debris, and microorganisms, while alcohol-based hand rubs offer a quick and effective alternative when soap and water are not available. The combination of these methods provides comprehensive protection against germs, which is vital in clinical environments. Other choices do not capture the complete and proper definition of hand hygiene. For instance, relying solely on gloves does not substitute for the necessity of proper handwashing, as gloves can sometimes become contaminated themselves. Likewise, only using hand sanitizer neglects situations where soap and water are more effective, such as when hands are visibly soiled. Rubbing hands together without soap does not effectively eliminate germs, rendering it an inadequate practice for maintaining hygiene. Thus, the correct definition of hand hygiene encompasses both methods of washing with soap and water and using alcohol-based rubs.

6. What is typically NOT a symptom of clinical depression?

- A. Persistent sadness
- B. Loss of interest in activities
- C. Increased motivation**
- D. Fatigue or low energy

In clinical depression, individuals often experience a range of symptoms that significantly affect their emotional and physical well-being. An increase in motivation is generally not associated with clinical depression. Instead, individuals suffering from depression tend to show a lack of motivation, which is reflected in diminished interest in previously enjoyed activities, persistent sadness, and feelings of fatigue or low energy. The hallmark symptoms of clinical depression typically include a pervasive sense of sadness, a loss of interest in activities that once brought joy, and low energy. These factors contribute to the overall state of despair and disengagement that characterizes the disorder, making increased motivation an unlikely symptom in such cases. Therefore, recognizing that motivation decreases rather than increases during episodes of clinical depression is essential for understanding this mental health condition.

7. What are the signs and symptoms of a stroke?

- A. Sudden numbness, confusion, trouble speaking, and severe headache**
- B. Persistent cough and shortness of breath**
- C. Fatigue and increased thirst**
- D. Regular headaches and back pain**

The signs and symptoms of a stroke primarily revolve around sudden changes in bodily functions, as these changes indicate a disruption in the blood supply to the brain. In particular, sudden numbness, confusion, trouble speaking, and severe headache are hallmark indicators of a stroke. Numbness typically occurs on one side of the body, which is a direct result of the brain's inability to communicate effectively with that area due to diminished blood flow. Confusion and trouble with speech signal that the region of the brain responsible for cognition and language is affected. Additionally, a severe headache, often described as the worst that someone has ever experienced, may indicate bleeding in the brain, such as in the case of a hemorrhagic stroke. Recognizing these symptoms can lead to immediate medical intervention, which is crucial for improving outcomes following a stroke. Early treatment can help minimize long-term damage and improve chances of recovery. Therefore, the presence of these symptoms is critical to identify a stroke promptly and respond appropriately.

8. What does the acronym RACE stand for in emergency response?

- A. Rescue, Alert, Contain, Extinguish**
- B. Remove, Activate, Contain, Extinguish**
- C. Respond, Assess, Control, Evacuate**
- D. Retrieve, Activate, Communicate, Evacuate**

The acronym RACE is an essential component of emergency response, particularly in fire safety protocols. It stands for Rescue, Alert, Contain, and Extinguish. Each component plays a crucial role in ensuring the safety of individuals in a facility and managing fire emergencies effectively. Rescue involves assisting those in immediate danger to safety, thereby prioritizing human life. Alert refers to notifying others about the emergency, ideally by activating the fire alarm or notifying emergency services. Contain emphasizes the importance of preventing the fire from spreading by closing doors or windows to limit airflow. Finally, Extinguish involves attempting to put out the fire if safe to do so or using a fire extinguisher. While the alternative choices may introduce variations of actions in emergency scenarios, they do not fully align with the recognized steps highlighted in RACE, which is focused specifically on fire emergencies in many institutional settings, including healthcare facilities. Understanding and applying the correct components of RACE is vital for a CNA to respond effectively during a fire emergency.

9. What is the most effective way to control the spread of C. difficile?

- A. Using hand sanitizer**
- B. Wearing gloves at all times**
- C. Through proper hand washing with soap and water**
- D. Using disinfectants on all surfaces**

The most effective way to control the spread of C. difficile is through proper hand washing with soap and water. C. difficile is a spore-forming bacterium that can cause severe gastrointestinal issues, and its spores are resistant to many disinfectants and alcohol-based hand sanitizers. While hand sanitizers can be effective against many pathogens, they do not effectively remove C. difficile spores from the hands. Thorough hand washing with soap and water physically removes the spores from the skin, thus significantly reducing the risk of transmission. This method is especially crucial in healthcare settings where C. difficile infections can easily spread among patients and staff. By using water and soap, not only are the spores removed, but the mechanical action of scrubbing plays a critical role in ensuring any remaining particles are washed away. The effectiveness of hand washing is supported by infection control guidelines, emphasizing its importance in breaking the chain of infection associated with C. difficile. Proper hand hygiene, therefore, stands out as the primary measure in preventing the transmission of this particular bacterium in various environments including hospitals and long-term care facilities.

10. Which statement about advance directives is true?

- A. They are optional for healthcare providers**
- B. Advance directives must be honored**
- C. They must be signed by a witness**
- D. They can be changed at any time**

Advance directives are legal documents that express a person's preferences about medical treatment in situations where they may be unable to communicate those preferences themselves. The statement that advance directives must be honored is true because healthcare providers are legally and ethically bound to respect the wishes outlined in these documents as long as they comply with relevant laws. When a patient has documented their healthcare preferences through an advance directive, it serves as a guide for healthcare providers and ensures that the patient's wishes are taken into account regarding treatments and interventions. This respect for autonomy is a fundamental principle in healthcare, reinforcing the importance of patient rights and informed consent. If a healthcare provider does not honor an advance directive, it can lead to legal and ethical ramifications. The other statements present situations that do not universally hold true. For instance, while advance directives provide important guidance, healthcare providers are obligated to honor them only if they are valid and comply with state laws. While they may be optional for providers in some cases, those that are legally binding must be followed. Additionally, the legal requirements regarding witnesses can vary by state, and while individuals have the right to change their advance directives, there are specific procedures to do so effectively that need to be followed.

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://texascertifiednursingassistant.examzify.com>

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