

Utah 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. Before feeding, what should you verify on the meal tray?**
 - A. Check the name and diet on the meal tray to ensure it matches the resident.**
 - B. Feed from any tray you receive.**
 - C. Ignore the tray label.**
 - D. Replace the tray with your preferred meal.**

- 2. For a back rub, in which positions can the resident be placed?**
 - A. Supine or side-lying.**
 - B. Prone.**
 - C. Sitting.**
 - D. Standing.**

- 3. Which Fowler's position describes partial elevation of the head and torso?**
 - A. Semi-Fowler's**
 - B. High Fowler's**
 - C. Low-Fowler's**
 - D. Supine**

- 4. During a back rub, which instruction is correct?**
 - A. Place the resident in a sitting or lateral position; use both hands; verbalize actions; do not rub reddened skin.**
 - B. Place the resident in a prone position and rub reddened areas.**
 - C. Rub vigorously over reddened areas.**
 - D. Use one hand only.**

- 5. What should be done after loosening the draw sheet and rolling the soiled sheet toward the resident?**
 - A. Place and tuck in clean draw sheet on the far side**
 - B. Remove resident from bed**
 - C. Wash hands**
 - D. Call for nurse**

- 6. What is an acceptable tolerance when recording fluid intake compared to the nurse's reading?**
- A. ± 5 mL**
 - B. ± 25 mL**
 - C. ± 50 mL**
 - D. ± 75 mL**
- 7. What is a common use of the draw sheet besides repositioning?**
- A. To help move the resident up in bed**
 - B. To raise the head of bed**
 - C. To measure blood pressure**
 - D. To secure the resident with straps**
- 8. Sims position is best described as which type of position?**
- A. Side-lying with leg flexed**
 - B. Prone**
 - C. Supine**
 - D. Sitting upright**
- 9. If a resident has questions about the procedure, what should you do?**
- A. Concerns**
 - B. Requests**
 - C. Questions**
 - D. Opinions**
- 10. During ending procedures, how should you position the resident?**
- A. Comfortably**
 - B. Flat**
 - C. On side**
 - D. Upright**

Answers

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

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Explanations

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1. Before feeding, what should you verify on the meal tray?

- A. Check the name and diet on the meal tray to ensure it matches the resident.**
- B. Feed from any tray you receive.**
- C. Ignore the tray label.**
- D. Replace the tray with your preferred meal.**

The key safety step before feeding is to verify that the meal tray belongs to the resident and matches their prescribed diet. Checking the resident's name on the tray confirms you're feeding the right person, while checking the diet or meal type ensures the tray aligns with the resident's ordered diet (such as regular, diabetic, soft/pureed, or any texture or salt restrictions). This prevents feeding the wrong person or giving an inappropriate meal, which can lead to health issues or allergies. If there's any mismatch, you should not feed the resident and should alert the nurse to get the correct tray. Never feed from a tray just received, ignore the label, or replace it with your own preferred meal, as that would jeopardize safety and care.

2. For a back rub, in which positions can the resident be placed?

- A. Supine or side-lying.**
- B. Prone.**
- C. Sitting.**
- D. Standing.**

Massaging the back is done best when the resident is in a position that gives easy access to the back while keeping them safe and comfortable. Lying on the back (supine) or lying on the side (side-lying) both provide good access to the back muscles and allow you to use smooth, long strokes without compromising the resident's airway or balance. A prone position (on the stomach) is not always feasible or desirable during routine CNA back rubs because turning and maintaining that position can be more difficult and less comfortable for many residents. Sitting or standing don't give stable access to the back and raise safety concerns during the massage. So, supine or side-lying are the appropriate positions for a back rub.

3. Which Fowler's position describes partial elevation of the head and torso?

- A. Semi-Fowler's**
- B. High Fowler's**
- C. Low-Fowler's**
- D. Supine**

Partial elevation of the head and torso is described as semi-Fowler's. In this position the head and upper body are raised to about 30 to 45 degrees. It gives some incline without being fully upright, which helps with breathing and comfort and is often used during meals or when a patient needs to be a bit elevated but not fully seated. High Fowler's involves a steeper incline, roughly 60 to 90 degrees, for greater airway access or procedures. Low Fowler's is a gentler incline, about 15 to 30 degrees. Supine means lying flat on the back with no elevation. So the term that matches partial elevation is semi-Fowler's.

4. During a back rub, which instruction is correct?

- A. Place the resident in a sitting or lateral position; use both hands; verbalize actions; do not rub reddened skin.**
- B. Place the resident in a prone position and rub reddened areas.**
- C. Rub vigorously over reddened areas.**
- D. Use one hand only.**

A back rub should be performed to promote relaxation while keeping the skin safe. The best instruction is to place the resident in a comfortable position—sitting or on the side—so you can reach the back easily, use both hands to apply gentle, even pressure, verbalize what you're about to do and what you're doing, and avoid rubbing any reddened skin. Positioning helps you access the back safely; using both hands gives better control and even contact, which makes the massage soothing rather than harsh; verbalizing actions keeps the resident informed and reassured; and avoiding reddened skin prevents further irritation or tissue damage. Rubbing reddened areas, massaging with too much pressure, using a single hand, or placing the resident in a prone position would increase risk of discomfort or injury and do not align with safe back-rub technique.

5. What should be done after loosening the draw sheet and rolling the soiled sheet toward the resident?

- A. Place and tuck in clean draw sheet on the far side**
- B. Remove resident from bed**
- C. Wash hands**
- D. Call for nurse**

Maintaining a clean surface on the far side is essential for a safe linen change. After loosening the draw sheet and rolling the soiled sheet toward the resident, you place and tuck in a clean draw sheet on the far side so you have a clean surface ready for the next steps. This position helps keep the contaminated linen away from you and provides a ready layer to cover the resident as you reposition and remove the dirty sheet. The other actions aren't part of this step: removing the resident from the bed isn't appropriate here, washing hands is important but occurs at different moments in the procedure, and calling for a nurse isn't needed for this task.

6. What is an acceptable tolerance when recording fluid intake compared to the nurse's reading?

- A. ± 5 mL
- B. ± 25 mL**
- C. ± 50 mL
- D. ± 75 mL

When recording fluid intake, there is a practical tolerance to account for everyday measurement variability. A plus-or-minus 25 milliliters range is used because it balances accuracy with the realities of how we measure liquids—small spills, rounding to the nearest 5 or 10 mL on a cup, and the slight differences between two readings. This range keeps fluid-balance data reliable for monitoring hydration without demanding impossible precision. If the nurse measures a certain amount, recording within 25 mL of that amount is considered acceptable. A tolerance much tighter, like ± 5 mL, is not realistic given measurement tools and human factors. A tolerance much looser, such as ± 50 or ± 75 mL, could hide meaningful differences in intake and skew a patient's hydration status and care decisions.

7. What is a common use of the draw sheet besides repositioning?

- A. To help move the resident up in bed**
- B. To raise the head of bed
- C. To measure blood pressure
- D. To secure the resident with straps

The main idea is how a draw sheet helps with moving a person safely in bed. Placed under the resident, it gives caregivers a sturdy grip to slide or reposition them without pulling directly on the skin or clothing. This makes it easier to move someone up in bed toward the head of the bed and to adjust their position while protecting the skin from friction and shear injuries. The head of the bed is raised with the bed's own mechanism or with pillows, not by pulling on the sheet. A draw sheet isn't used for taking blood pressure, and it isn't used to secure a resident with straps.

8. Sims position is best described as which type of position?

- A. Side-lying with leg flexed**
- B. Prone
- C. Supine
- D. Sitting upright

Sims position is a side-lying posture used to access and examine the rectal area. The person lies on the left side, with the upper leg flexed at the hip and knee and the lower leg extended. One arm rests behind the back for support, and the other arm is in front for balance. This arrangement exposes the rectal area and provides stability, making it the most practical position for procedures like enemas or rectal exams while helping to protect the chest and abdomen. Other positions don't offer the same access or stability. Prone (lying on the stomach) locates the body differently and isn't ideal for rectal access. Supine (on the back) compresses the abdomen and doesn't expose the rectal area well. Sitting upright changes body alignment and balance, making it harder to perform a rectal exam or administer an enema safely.

9. If a resident has questions about the procedure, what should you do?

- A. Concerns**
- B. Requests**
- C. Questions**
- D. Opinions**

When a resident has questions about the procedure, respond with clear, calm, and respectful communication. Provide straightforward explanations about what will happen, why it's done, and what the resident might feel or experience. Use plain language, avoid medical jargon, and check for understanding by asking the resident to paraphrase what you've said or to summarize their questions. If you're unsure of an answer, say you'll find out and then follow up with the nurse or supervisor. This approach helps reduce anxiety, supports informed participation in care, and keeps the resident feeling respected and informed.

10. During ending procedures, how should you position the resident?

- A. Comfortably**
- B. Flat**
- C. On side**
- D. Upright**

The key idea is to leave the resident in a comfortable, safe position as you finish care. Comfort and safety are the priorities when ending a procedure, so you arrange the body with proper support (like pillows for the head, back, or limbs) and ensure good alignment. This helps the resident rest peacefully, reduces the risk of discomfort or skin issues, and respects their dignity. If a different position would be more comfortable for the resident or is safer given their condition, adjust accordingly, but the goal is to promote ease and comfort as you complete the caregiving task.

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://utahcnaskills.examzify.com>

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

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