

Virginia State Board Certified Nursing Assistant (CNA) Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What care measure is generally recommended for an older person experiencing circulatory changes?**
 - A. Encouraging sedentary lifestyle**
 - B. Regular long walks**
 - C. Restriction of fluid intake**
 - D. Avoidance of physical activity**
- 2. What is the primary function of arteries?**
 - A. To bring blood back to the heart**
 - B. To exchange gases**
 - C. To carry blood away from the heart**
 - D. To regulate body temperature**
- 3. What type of joint allows turning from side to side?**
 - A. Hinge joint**
 - B. Pivot joint**
 - C. Ball and socket joint**
 - D. Ellipsoid joint**
- 4. Which of the following is not considered abuse?**
 - A. Verbal intimidation of a patient**
 - B. Providing additional service to a patient**
 - C. Physical harm caused by carelessness**
 - D. Unreasonable confinement of a patient**
- 5. What are very tiny blood vessels that allow the exchange of nutrients and gases with tissues?**
 - A. Capillaries**
 - B. Arterioles**
 - C. Venules**
 - D. Aorta**
- 6. What does FBAO stand for in medical terms?**
 - A. Free Breathing Airway Obstruction**
 - B. Foreign Body Airway Occlusion**
 - C. Facilitated Breathing Assistance Option**
 - D. Full Breathing Assessment Order**

- 7. What is blood pressure defined as?**
- A. The rate of blood flow in the veins**
 - B. The amount of force exerted against the walls of an artery by the blood**
 - C. The volume of blood circulating in the body**
 - D. The concentration of red blood cells in the bloodstream**
- 8. What constitutes false imprisonment in healthcare?**
- A. Allowing a patient to refuse treatment**
 - B. Unlawful restraint or restriction of a person's freedom**
 - C. Involuntarily transferring a patient to another facility**
 - D. Failure to provide necessary medical attention**
- 9. What does a nursing assistant do when they observe a change in a resident's condition?**
- A. Administer medications**
 - B. Ignore the change**
 - C. Report it to the nurse**
 - D. Diagnose the issue**
- 10. What vessels carry blood away from the heart?**
- A. Veins**
 - B. Arteries**
 - C. Capillaries**
 - D. Venules**

Answers

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

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Explanations

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1. What care measure is generally recommended for an older person experiencing circulatory changes?

- A. Encouraging sedentary lifestyle**
- B. Regular long walks**
- C. Restriction of fluid intake**
- D. Avoidance of physical activity**

Regular long walks are recommended for older individuals experiencing circulatory changes because they promote better blood flow and cardiovascular health. Engaging in physical activity, such as walking, helps to strengthen the heart, improve circulation, and enhance overall mobility. Physical activity is crucial for maintaining a healthy weight, reducing the risk of chronic diseases, and improving mental health, making it an essential component of care for older adults. It also aids in preventing complications related to poor circulation, such as blood clots and further cardiovascular issues. Other options, such as encouraging a sedentary lifestyle or avoiding physical activity, could lead to further deterioration of physical health and exacerbation of circulatory issues. Restriction of fluid intake, unless advised by a healthcare provider, can lead to dehydration and negatively impact circulation as well. Therefore, regular long walks are a beneficial and proactive approach to improving circulatory health in older adults.

2. What is the primary function of arteries?

- A. To bring blood back to the heart**
- B. To exchange gases**
- C. To carry blood away from the heart**
- D. To regulate body temperature**

The primary function of arteries is to carry blood away from the heart. This crucial role is fundamental to the circulatory system, where arteries transport oxygenated blood to various tissues and organs throughout the body. The oxygen-rich blood delivered by arteries is vital for cellular respiration and energy production in the body's tissues. Arteries have thick, muscular walls that enable them to withstand the high pressure created by the heart's contractions as it pumps blood. This structural adaptation allows arteries to efficiently move blood away from the heart and distribute it effectively. In contrast, veins are responsible for bringing blood back to the heart, and capillaries are where the exchange of gases, nutrients, and wastes occurs. While arteries contribute to the regulation of body temperature through blood flow to the skin, their primary function remains the transportation of blood away from the heart.

3. What type of joint allows turning from side to side?

- A. Hinge joint
- B. Pivot joint
- C. Ball and socket joint**
- D. Ellipsoid joint

The correct answer is a pivot joint, which is specifically designed to allow rotational movement. This type of joint permits one bone to rotate around another, facilitating turning motions, such as turning the head from side to side. For instance, the joint between the first and second cervical vertebrae (the atlas and axis) in the neck functions as a pivot joint, allowing the head to rotate. The unique structure of pivot joints, where the rounded end of one bone fits into a ring formed by another bone or ligament, supports this rotational movement. Understanding the characteristics of the different types of joints helps to clarify why the pivot joint is the correct choice in this context. Hinge joints primarily allow for flexion and extension and do not facilitate rotation. Ball and socket joints allow for a wide range of movements including rotation, but are not specific to side-to-side turning. Ellipsoid joints, while allowing for two-dimensional movement, do not provide the rotational movement that a pivot joint does.

4. Which of the following is not considered abuse?

- A. Verbal intimidation of a patient
- B. Providing additional service to a patient**
- C. Physical harm caused by carelessness
- D. Unreasonable confinement of a patient

Providing additional service to a patient is considered positive and supportive behavior, contributing to the patient's well-being and care. This option reflects the ideal approach in nursing and caregiving where staff go beyond basic requirements to ensure a patient's comfort and needs are met. In contrast, verbal intimidation, physical harm, and unreasonable confinement are forms of abuse that negatively affect the patient's safety, dignity, and mental health. Therefore, the focus on providing extra service is clearly not aligned with indicators of abusive behavior but instead exemplifies compassionate care.

5. What are very tiny blood vessels that allow the exchange of nutrients and gases with tissues?

- A. Capillaries**
- B. Arterioles
- C. Venules
- D. Aorta

Capillaries are the very tiny blood vessels that facilitate the exchange of nutrients and gases between the blood and surrounding tissues. Their thin walls, composed of a single layer of endothelial cells, allow for easy diffusion of oxygen, carbon dioxide, and other substances. This extensive network of capillaries ensures that all cells in the body receive the nutrients they need while also removing waste products. Arterioles and venules play a role in the circulatory system but do not perform the same function as capillaries. Arterioles are small branches of arteries that lead to capillaries, while venules are small veins that collect blood from capillaries and carry it toward larger veins. The aorta, on the other hand, is the largest artery in the body, distributing oxygen-rich blood from the heart to the rest of the body. Therefore, the unique structure and function of capillaries make them essential for the exchange process at the tissue level.

6. What does FBAO stand for in medical terms?

- A. Free Breathing Airway Obstruction**
- B. Foreign Body Airway Occlusion**
- C. Facilitated Breathing Assistance Option**
- D. Full Breathing Assessment Order**

FBAO stands for Foreign Body Airway Occlusion, which refers to a situation where an object obstructs the airway and prevents normal breathing. This terminology is crucial in emergency medical scenarios, as it helps healthcare providers quickly identify the nature of the obstruction and the necessary response. Recognizing that such an obstruction can lead to significant complications, including asphyxiation, is vital for prompt and effective intervention, such as performing the Heimlich maneuver or other first aid techniques. The importance of understanding this acronym is emphasized in nursing assistant training, where responding to emergencies promptly can save lives. Additionally, other options do not align with standard medical terminology, as they either describe different concepts or do not accurately reflect the situation where an object blocks the airway.

7. What is blood pressure defined as?

- A. The rate of blood flow in the veins**
- B. The amount of force exerted against the walls of an artery by the blood**
- C. The volume of blood circulating in the body**
- D. The concentration of red blood cells in the bloodstream**

Blood pressure is defined as the amount of force exerted against the walls of an artery by the blood. This definition is crucial because it captures the dynamic relationship between the heart's function and the vascular system. When the heart beats, it pumps blood into the arteries, creating a force that can be measured. This force is essential for understanding cardiovascular health, as it contributes to the overall blood circulation throughout the body. Elevated or decreased blood pressure can indicate various health issues, such as hypertension or hypotension, making it a critical parameter in monitoring a patient's health. Understanding blood pressure in this context assists healthcare providers in diagnosing and managing conditions related to the cardiovascular system.

8. What constitutes false imprisonment in healthcare?

- A. Allowing a patient to refuse treatment**
- B. Unlawful restraint or restriction of a person's freedom**
- C. Involuntarily transferring a patient to another facility**
- D. Failure to provide necessary medical attention**

In healthcare, false imprisonment refers to the unlawful restraint or restriction of a person's freedom. This concept is crucial because individuals have the right to make their own choices about their care and treatment. When a patient is unlawfully confined or restricted, it violates their autonomy and legal rights, which can lead to both ethical and legal consequences for the healthcare provider. The act of unlawfully restraining a patient can occur in various ways, including physically holding them in a certain area against their will or using restraints without proper justification. This can not only cause physical harm but also psychological distress. In contrast, allowing a patient to refuse treatment aligns with respecting their autonomy and rights. Involuntarily transferring a patient to another facility can raise ethical concerns but does not necessarily fall under false imprisonment unless it restricts the person's freedom unlawfully. Similarly, failure to provide necessary medical attention may indicate negligence or malpractice but does not pertain directly to false imprisonment. Thus, the correct understanding of false imprisonment is anchored in the unlawful restriction of a person's freedom within a healthcare setting.

9. What does a nursing assistant do when they observe a change in a resident's condition?

- A. Administer medications**
- B. Ignore the change**
- C. Report it to the nurse**
- D. Diagnose the issue**

When a nursing assistant observes a change in a resident's condition, the appropriate action is to report it to the nurse. This is crucial because nursing assistants are trained to monitor and identify changes in residents' health status, but they are not licensed to diagnose conditions or administer medication. Nurses possess the necessary training and expertise to assess the situation further, determine the appropriate course of action, and make any necessary adjustments to the resident's care plan. By reporting the change, the nursing assistant ensures that the resident receives timely and appropriate care. This action helps to promote patient safety, supports effective communication within the healthcare team, and allows for proper management of the resident's health needs. Observing and reporting changes in condition is a vital responsibility of a nursing assistant, allowing for early intervention and better health outcomes for the resident.

10. What vessels carry blood away from the heart?

A. Veins

B. Arteries

C. Capillaries

D. Venules

Arteries are the blood vessels responsible for carrying blood away from the heart. They play a crucial role in the circulatory system by transporting oxygenated blood (in the case of systemic circulation) to various tissues and organs throughout the body. The thick walls of arteries, composed of multiple layers of tissue, help withstand the high pressure of blood that is pumped directly from the heart. In contrast, veins are responsible for returning deoxygenated blood back to the heart, and capillaries serve as the exchange sites where oxygen, nutrients, and waste products are transferred between blood and tissues. Venules, which are small vessels that collect blood from capillaries, eventually merge to form veins. Each of these other vessel types has a specific function in the circulatory system, but only arteries are designated to carry blood away from the heart.