

Virginia State Board 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 the medical term for an excessive flow of blood?**
 - A. Hematoma**
 - B. Hemorrhage**
 - C. Edema**
 - D. Ischemia**
- 2. What is urinary incontinence?**
 - A. Inability to void**
 - B. Involuntary loss or leakage of urine**
 - C. Frequent urination at night**
 - D. Painful urination**
- 3. What is a pressure ulcer?**
 - A. Injury due to friction**
 - B. Lesion caused by unrelieved pressure**
 - C. Infection related to excessive moisture**
 - D. Skin rash from allergic reaction**
- 4. What should the nursing assistant ensure when using body mechanics?**
 - A. They should not use any equipment**
 - B. They should maintain proper body alignment and posture**
 - C. They should avoid using their legs**
 - D. They should always work alone**
- 5. What condition is referred to as hypertension?**
 - A. When the systolic pressure is below 90**
 - B. When the diastolic pressure is below 60**
 - C. When the systolic pressure is below 140 and the diastolic pressure is 90 or higher**
 - D. When both systolic and diastolic pressures are normal**
- 6. What does shearing refer to in patient care?**
 - A. Excessive movement of patients**
 - B. Skin sticking to a surface as muscles slide**
 - C. The process of lifting a patient**
 - D. Applying dressings to wounds**

- 7. What is the definition of terminal illness?**
- A. An illness that can be fully treated**
 - B. A condition with significant recovery chances**
 - C. An injury likely to result in permanent health issues**
 - D. An illness or injury from which a person will likely not recover**
- 8. What term describes painful or difficult urination?**
- A. Dysuria**
 - B. Oliguria**
 - C. Nocturia**
 - D. Polyuria**
- 9. In what context is pediculosis considered a concern?**
- A. Joint health**
 - B. Skin infections**
 - C. Infestation of lice**
 - D. Muscle tone**
- 10. What are the components needed for blood clotting, formed in the bone marrow?**
- A. Leukocytes**
 - B. Hemoglobin**
 - C. Platelets**
 - D. Erythrocytes**

Answers

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

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Explanations

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1. What is the medical term for an excessive flow of blood?

- A. Hematoma
- B. Hemorrhage**
- C. Edema
- D. Ischemia

The medical term for an excessive flow of blood is hemorrhage. This term specifically refers to the loss of a large amount of blood from the circulatory system, which can occur either internally or externally. Hemorrhage can be a serious medical condition that requires immediate attention, especially if it is significant enough to affect blood pressure or overall organ function. In contrast, hematoma refers to a collection of blood outside of blood vessels, typically due to a rupture of vessels, which causes localized swelling. Edema describes the swelling caused by excess fluid trapped in the body's tissues, rather than a flow of blood. Ischemia refers to a restriction in blood supply to tissues, which can lead to tissue damage due to a lack of oxygen, but it does not pertain to an excessive flow of blood. Understanding these terms helps in comprehending various medical conditions and the appropriate responses to them.

2. What is urinary incontinence?

- A. Inability to void
- B. Involuntary loss or leakage of urine**
- C. Frequent urination at night
- D. Painful urination

Urinary incontinence refers specifically to the involuntary loss or leakage of urine. This condition can range from occasional small leaks to complete loss of bladder control, and it affects individuals in various situations, impacting their daily lives and emotional well-being. Understanding this definition is crucial for nursing assistants, as identifying urinary incontinence allows for appropriate care planning and support for clients experiencing this issue. In contrast, the other options describe different urinary-related conditions or symptoms that do not accurately define urinary incontinence. For instance, being unable to void refers to retention rather than involuntary loss, frequent urination at night indicates another type of urinary issue known as nocturia, and painful urination signifies a potential infection or bladder irritation. These distinctions are essential for proper assessment and care in a healthcare setting.

3. What is a pressure ulcer?

- A. Injury due to friction
- B. Lesion caused by unrelieved pressure**
- C. Infection related to excessive moisture
- D. Skin rash from allergic reaction

A pressure ulcer, also known as a bedsore or decubitus ulcer, is specifically defined as a lesion that occurs due to unrelieved pressure on a particular area of the skin, often over bony prominences. This condition arises when blood flow to the skin is compromised, typically due to prolonged periods of immobility or pressure. The lack of adequate blood supply can lead to skin breakdown and the development of ulcers. Identifying the nature of pressure ulcers is important in nursing practice, as it guides prevention strategies and treatment interventions to minimize the risk and mitigate the effects of pressure-related injuries. Understanding this specific cause is crucial for caregivers, particularly when caring for individuals who may be bedbound or have limited mobility. Other options describe different conditions that do not accurately represent what a pressure ulcer is; therefore, they do not align with the accepted medical definition.

4. What should the nursing assistant ensure when using body mechanics?

- A. They should not use any equipment
- B. They should maintain proper body alignment and posture**
- C. They should avoid using their legs
- D. They should always work alone

Maintaining proper body alignment and posture is crucial when using body mechanics, as it helps to prevent injury to both the nursing assistant and the patient. Proper body mechanics involve positioning the body in a way that minimizes strain and maximizes efficiency while performing tasks such as lifting, transferring, or positioning patients. This practice relies on using the body's strongest muscles while keeping the back aligned and the center of gravity stable. Using correct body mechanics not only enhances the assistant's ability to perform their duties safely but also plays a vital role in the comfort and safety of the patients being cared for. Good posture and alignment reduce the risk of musculoskeletal injuries, which can be common in healthcare settings due to the physically demanding nature of the work. Other options suggest practices that directly contradict the principles of safe body mechanics. For example, avoiding the use of legs is contrary to the principle of leveraging strength from larger muscle groups. Working alone may require lifting or moving patients without sufficient support, increasing the risk of injury. Additionally, not using any equipment overlooks the benefits of assistive devices designed to enhance safety and efficiency. Overall, adhering to proper alignment and posture is fundamental to effective and safe caregiving.

5. What condition is referred to as hypertension?

- A. When the systolic pressure is below 90**
- B. When the diastolic pressure is below 60**
- C. When the systolic pressure is below 140 and the diastolic pressure is 90 or higher**
- D. When both systolic and diastolic pressures are normal**

Hypertension, commonly known as high blood pressure, is defined as a sustained elevation in blood pressure measurements. The correct choice refers to a scenario where the systolic pressure is below 140 mmHg and the diastolic pressure is 90 mmHg or higher, indicating a state where the diastolic pressure rises above normal levels. In this case, it is essential to understand that hypertension focuses on the diastolic pressure reading because it signifies that the pressure of the blood against the artery walls is too high, which can lead to various health complications. Normal blood pressure is generally considered to be around 120/80 mmHg. When the diastolic measurement is at least 90 mmHg, it indicates an increased risk of developing cardiovascular diseases and other related health problems. Other conditions referenced in the incorrect options do not align with the definition of hypertension. For instance, low systolic pressure reflects hypotension, while normal blood pressure readings are not considered to be hypertension at all. Understanding these categories of blood pressure readings is critical for proper medical assessment and management of cardiovascular health.

6. What does shearing refer to in patient care?

- A. Excessive movement of patients**
- B. Skin sticking to a surface as muscles slide**
- C. The process of lifting a patient**
- D. Applying dressings to wounds**

Shearing refers to a situation where the skin adheres to a surface, such as a bed or chair, while the underlying muscles and tissues move in the opposite direction. This action can occur when a patient is repositioned or moved without adequate lifting techniques. As a result, this can lead to damage to the skin and the underlying tissues, increasing the risk of pressure ulcers. Understanding shearing is crucial for providing effective care because it emphasizes the importance of proper patient handling and the need to minimize friction and shearing forces during mobility or repositioning. Other options focus on various aspects of patient care but do not accurately define shearing. For instance, excessive movement refers to general patient mobility, which is not specific to the mechanics of shearing. Lifting a patient involves raising them from a surface safely and does not imply the frictional forces at play in shearing. Lastly, applying dressings to wounds is a separate aspect of wound care management and is unrelated to the definition of shearing.

7. What is the definition of terminal illness?

- A. An illness that can be fully treated
- B. A condition with significant recovery chances
- C. An injury likely to result in permanent health issues
- D. An illness or injury from which a person will likely not recover**

The definition of terminal illness refers specifically to a condition that is expected to lead to death, typically one from which a person is unlikely to recover. This aligns with the understanding that terminal illnesses are characterized by a prognosis that indicates the disease or condition is severe enough to fundamentally impede recovery efforts, often resulting in end-of-life care considerations rather than efforts aimed at curing the illness. In terms of the other choices, the first option describes an illness that can be fully treated, which is clearly not in line with the definition of terminal illness. The second option refers to a condition with significant chances of recovery, which again contradicts the nature of a terminal illness. The third choice relates to an injury likely to cause permanent health issues, yet this doesn't specifically address the aspect of being terminal or leading to death. Thus, when considering an illness classified as terminal, it inherently signifies that the individual affected faces an imminent mortality outcome.

8. What term describes painful or difficult urination?

- A. Dysuria**
- B. Oliguria
- C. Nocturia
- D. Polyuria

Dysuria is the term specifically used to describe painful or difficult urination. It encompasses a range of uncomfortable sensations that can occur during the urination process, often associated with urinary tract infections, inflammation, or other medical conditions. Recognizing dysuria is important in a clinical setting, as it can help healthcare professionals identify underlying health issues needing intervention. The other terms, while related to urination, refer to different conditions: oliguria describes the reduced urine output, nocturia refers to excessive urination at night, and polyuria indicates an increased volume of urine production. Each of these terms has its own clinical significance, but they do not describe the painful experience associated with urination, which makes dysuria the correct choice in this context.

9. In what context is pediculosis considered a concern?

- A. Joint health**
- B. Skin infections**
- C. Infestation of lice**
- D. Muscle tone**

Pediculosis is a condition specifically related to the infestation of lice, which are parasitic insects that affect humans. This infestation can occur on different parts of the body, but it is most commonly associated with the scalp (head lice), body (body lice), or the genital area (pubic lice). Understanding pediculosis as a concern is essential for various reasons: it can lead to significant discomfort due to itching, social stigma, and in some cases, secondary infections if the affected individual scratches the infested area and breaks the skin. Healthcare providers must recognize and address pediculosis promptly to prevent its spread, especially in close communities such as schools and daycare centers. Other options refer to unrelated health issues. Joint health involves conditions such as arthritis, while skin infections may involve bacteria or fungi but do not specifically point to lice infestations. Muscle tone is related to the strength and firmness of muscles, which is not connected to pediculosis in any way. Understanding these distinctions is important in identifying the specific health concerns associated with pediculosis.

10. What are the components needed for blood clotting, formed in the bone marrow?

- A. Leukocytes**
- B. Hemoglobin**
- C. Platelets**
- D. Erythrocytes**

The components necessary for blood clotting that are formed in the bone marrow are platelets. Platelets, also known as thrombocytes, are small cell fragments that play a crucial role in the coagulation process. When a blood vessel is injured, platelets quickly adhere to the site of the injury and to each other, forming a temporary "clot" that helps to control bleeding. This process is vital for wound healing and maintaining hemostasis. In contrast, leukocytes, or white blood cells, are primarily involved in the immune response and do not play a direct role in blood clotting. Hemoglobin is a protein found in red blood cells (erythrocytes) that is responsible for oxygen transport, but it is not involved in the clotting process. Erythrocytes themselves are responsible for carrying oxygen from the lungs to the body's tissues and do not contribute to the formation of blood clots. Thus, the correct answer is due to platelets' specific function in the coagulation pathway, distinguishing them from the other blood components.

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://vastateboardcna.examzify.com>

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