

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

- 1. What describes the inability to void?**
 - A. Polyuria**
 - B. Oliguria**
 - C. Urinary retention**
 - D. Dysuria**

- 2. In which position is the head of the bed raised between 45 and 60 degrees?**
 - A. Supine Position**
 - B. Sims Position**
 - C. Fowler's Position**
 - D. Prone Position**

- 3. What is an open bed?**
 - A. Bed ready for use**
 - B. Bed occupied by a patient**
 - C. Bed that is currently used**
 - D. Bed being cleaned**

- 4. What condition is described by the foot falling down at the ankle?**
 - A. Foot drop**
 - B. Contracture**
 - C. Atrophy**
 - D. Pediculosis**

- 5. What does body mechanics refer to in nursing?**
 - A. Using equipment to assist patients**
 - B. Using the body in an efficient and careful way**
 - C. Employing psychological techniques in lifting**
 - D. Managing patient emotional behavior**

- 6. Which of the following describes negligence?**
 - A. An intentional act of harm**
 - B. An unintentional wrong causing harm**
 - C. Deliberate failure to follow safety protocols**
 - D. Disregarding a patient's wishes**

- 7. What musculo-skeletal change is commonly observed with aging?**
- A. Increased flexibility in joints**
 - B. Joints becoming stiff and painful**
 - C. Strengthening of bone density**
 - D. Increase in muscle mass**
- 8. Which term refers to painful urination?**
- A. Oliguria**
 - B. Nocturia**
 - C. Dysuria**
 - D. Urinary retention**
- 9. What does the term posterior refer to?**
- A. Above the body**
 - B. At or toward the back of the body**
 - C. At or near the middle of the body**
 - D. Below the waist**
- 10. 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**

Answers

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

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Explanations

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1. What describes the inability to void?

- A. Polyuria
- B. Oliguria
- C. Urinary retention**
- D. Dysuria

The inability to void is accurately described as urinary retention. This condition occurs when the bladder is unable to empty completely, leading to a buildup of urine that cannot be expelled. It can happen for various reasons, such as obstruction, nerve problems, or medication effects that hinder normal bladder function. Recognizing urinary retention is critical in nursing practice because it can lead to discomfort, increased risk of infection, and further complications if not addressed promptly. The other terms provided are related to urine production and elimination but reflect different issues. Polyuria refers to the production of an excess amount of urine, typically above normal quantities. Oliguria denotes a diminished urine output, which signifies that the body is producing less urine than expected. Dysuria indicates painful urination, often associated with infections or irritation in the urinary tract. Understanding these differences helps in identifying and responding to urinary issues accurately in a healthcare setting.

2. In which position is the head of the bed raised between 45 and 60 degrees?

- A. Supine Position
- B. Sims Position
- C. Fowler's Position**
- D. Prone Position

Fowler's position is characterized by the head of the bed being elevated between 45 and 60 degrees, which is particularly beneficial for patients who have respiratory issues, are experiencing difficulty breathing, or require assistance with feeding. This elevation helps promote lung expansion and improves oxygenation, making it easier for patients to breathe. In this position, the patient is typically seated up, which can also provide comfort and enhance the ability to communicate, making it an ideal choice for various clinical situations. Fowler's position is often employed during medical examinations, treatments, and post-surgery recovery to facilitate better access to the patient's upper body and improve overall comfort. Understanding patient positioning, such as Fowler's, is crucial for CNAs, as it not only impacts the effectiveness of care provided but also significantly influences patient safety and comfort.

3. What is an open bed?

- A. Bed ready for use**
- B. Bed occupied by a patient**
- C. Bed that is currently used**
- D. Bed being cleaned**

An open bed is defined as a bed that is prepared and ready for use, typically indicating that the linens have been arranged and presented in a way that makes it inviting for a patient to enter. This setup often involves having the top linens, such as sheets and blankets, folded back to allow for easy access. In a healthcare setting, this approach promotes a welcoming environment and aids in maintaining hygiene standards. A bed that is occupied or currently used would not be categorized as an open bed, as it would not be available for another patient. Similarly, a bed being cleaned or in use for any other activity would not fit the definition either, as those situations imply the bed is not immediately ready for patient use. Hence, the concept of an open bed is specifically tied to its preparedness for a new patient.

4. What condition is described by the foot falling down at the ankle?

- A. Foot drop**
- B. Contracture**
- C. Atrophy**
- D. Pediulosis**

The condition where the foot falls down at the ankle is known as foot drop. This occurs when there is a weakness or paralysis affecting the muscles that lift the front part of the foot, making it difficult to walk normally. Individuals with foot drop are unable to dorsiflex the foot, which is the action of raising the foot upward at the ankle joint. This can result from various underlying causes, including nerve damage, injuries to the peroneal nerve, or conditions such as stroke or multiple sclerosis. Foot drop can significantly affect a person's gait, potentially leading to tripping or falling. Treatment options often involve physical therapy, the use of ankle-foot orthoses (AFOs) to support the foot and prevent dragging during walking, and addressing the underlying condition that caused the foot drop. In contrast, contracture refers to the shortening and hardening of muscles, tendons, or other tissues, while atrophy is the wasting away or decrease in size of muscle tissue. Pediulosis is not a recognized medical term in relation to foot conditions. Understanding foot drop is essential for CNAs as it impacts patient mobility and safety, emphasizing the importance of recognizing and addressing mobility issues in patients.

5. What does body mechanics refer to in nursing?

- A. Using equipment to assist patients**
- B. Using the body in an efficient and careful way**
- C. Employing psychological techniques in lifting**
- D. Managing patient emotional behavior**

Body mechanics refers to using the body in an efficient and careful way to perform daily activities, particularly in the context of nursing and caregiving. It involves understanding and applying principles that promote safe movement and posture, which not only helps in protecting the caregiver from injury but also ensures the safety and comfort of the patient. Proper body mechanics includes techniques such as maintaining a stable base of support, using momentum for lifting, keeping the load close to the body, and avoiding twisting motions. By understanding how to use one's body effectively, nursing assistants can minimize the risk of musculoskeletal injuries and also facilitate smooth, safe transfers for patients. This foundational knowledge is essential in providing both quality care and maintaining the health of the caregiver.

6. Which of the following describes negligence?

- A. An intentional act of harm**
- B. An unintentional wrong causing harm**
- C. Deliberate failure to follow safety protocols**
- D. Disregarding a patient's wishes**

Negligence refers to a failure to take proper care in doing something, which leads to unintended harm or injury to another person. It embodies the idea of an unintentional act or oversight where an individual does not exercise the level of care that a reasonably prudent person would in a similar situation. This can occur in various contexts, including healthcare, where a caregiver might overlook a patient's needs or fail to follow guidelines that protect the patient's well-being, resulting in harm. In the context of the scenario presented, the emphasis on an "unintentional wrong" clarifies that the harm caused does not stem from a deliberate or premeditated action but rather from a lapse in judgment or care. This definition aligns with legal concepts, as negligence is often assessed based on the actions of individuals and the reasonable standards expected of them in their professional duties. The other options reference actions that imply intent or a conscious choice, which are not applicable to negligence. Deliberate acts of harm or failure reflect a direct intention to cause injury rather than an oversight; therefore, they do not fit the definition of negligence.

7. What musculo-skeletal change is commonly observed with aging?

- A. Increased flexibility in joints**
- B. Joints becoming stiff and painful**
- C. Strengthening of bone density**
- D. Increase in muscle mass**

As individuals age, one of the most common musculo-skeletal changes observed is the stiffness and pain of joints. This phenomenon can be attributed to various factors that occur during the aging process, such as the degeneration of cartilage, which cushions joints and decreases in the synovial fluid that lubricates these areas. Additionally, the connective tissues may lose elasticity, leading to reduced mobility and discomfort in joint movement. In contrast, increased flexibility in joints tends to be associated with youth and regular physical activity rather than aging. Strengthening of bone density is generally not a characteristic of aging, as bone density typically decreases with age, increasing the risk of fractures. An increase in muscle mass is also rare; instead, muscle mass usually declines due to changes in hormonal balances and activity levels as one gets older. Thus, the observation of joints becoming stiff and painful aligns closely with the typical musculo-skeletal changes seen in older adults.

8. Which term refers to painful urination?

- A. Oliguria**
- B. Nocturia**
- C. Dysuria**
- D. Urinary retention**

The term that refers to painful urination is dysuria. This condition can be caused by various factors, including urinary tract infections, irritation, or injury to the urinary tract. Dysuria is characterized by discomfort or pain during urination, which can lead to significant distress for individuals experiencing it. Understanding dysuria is essential for nursing assistants, as they may observe this symptom in patients and need to report it to nursing staff for further assessment and intervention. In contrast, oliguria refers to a reduced urine output, nocturia is the need to wake up at night to urinate, and urinary retention is the inability to completely empty the bladder. While these terms pertain to urinary function, none specifically describes the experience of pain during urination, making dysuria the correct choice.

9. What does the term posterior refer to?

- A. Above the body
- B. At or toward the back of the body**
- C. At or near the middle of the body
- D. Below the waist

The term posterior refers specifically to a position on the body that is at or toward the back. In anatomical terminology, understanding directional terms like posterior is essential for accurately describing the locations of structures within the body relative to one another. For example, the shoulder blades are located posterior to the rib cage, meaning they are situated at the back side of the body. Understanding the concept of posterior is foundational for nursing assistants, as it helps in providing proper care, positioning patients for examinations, and communicating effectively with other healthcare professionals. The other definitions do not align with the established anatomical terminology. For instance, 'above the body' describes a position in relation to height or elevation, while 'at or near the middle of the body' pertains to a central location, and 'below the waist' indicates a position relative to the waistline—not specifically toward the back.

10. 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.

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!