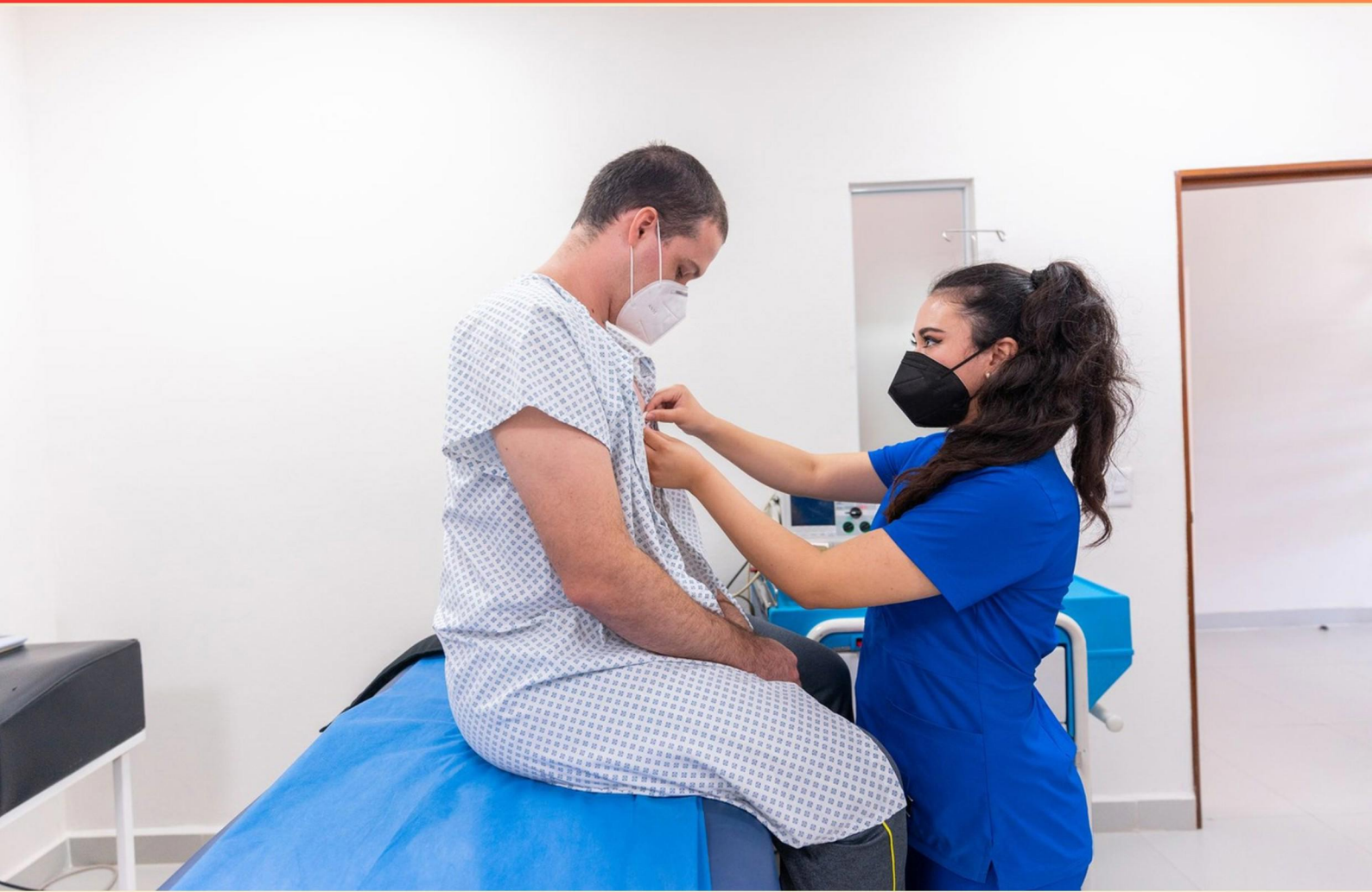


# **VIRGINIA STATE BOARD CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE) STUDY GUIDE**



## **SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. What component in blood is essential for transporting oxygen throughout the body?**
  - A. Platelets
  - B. White blood cells
  - C. Plasma
  - D. Hemoglobin
  
- 2. Which condition is characterized by a lack of joint mobility due to muscle shortening?**
  - A. Atrophy
  - B. Contracture
  - C. Foot drop
  - D. Abduction
  
- 3. What does hirsutism refer to?**
  - A. Loss of hair
  - B. Excessive body hair growth
  - C. Malalignment of joints
  - D. Swelling of tissues
  
- 4. What does urinary retention refer to?**
  - A. Inability to void
  - B. Frequent urination
  - C. Painful urination
  - D. Bed wetting
  
- 5. What do the initials 'ADL' stand for in healthcare?**
  - A. Annual Diagnostic Labs
  - B. Activities of Daily Living
  - C. Assisted Daily Living
  - D. Alternate Dietary Lists

- 6. 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
- 7. Which medical root word refers specifically to joints?**
- A. Cardi/o
  - B. Arthr/o
  - C. My/o
  - D. Neur/o
- 8. Which program assists low-income families with healthcare costs?**
- A. Medicare
  - B. Medicaid
  - C. Social Security
  - D. Private health insurance
- 9. During which stage of life do children typically grow and leave home?**
- A. Adolescence
  - B. Young Adulthood
  - C. Middle Adulthood
  - D. Late Adulthood
- 10. 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

## **Answers**

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

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## **Explanations**

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**1. What component in blood is essential for transporting oxygen throughout the body?**

- A. Platelets
- B. White blood cells
- C. Plasma
- D. Hemoglobin**

Hemoglobin is a crucial component of red blood cells that plays a vital role in transporting oxygen from the lungs to the tissues and organs throughout the body. It binds to oxygen molecules, allowing red blood cells to effectively carry oxygen as they circulate. Hemoglobin's structure, which contains iron, is specifically designed to facilitate this process, enabling it to pick up oxygen in the lungs and release it where it is needed. Other components of blood, such as platelets, white blood cells, and plasma, serve different functions. Platelets are involved in blood clotting, white blood cells are part of the immune system and help fight infections, and plasma serves as the liquid medium that carries nutrients, hormones, and waste products. However, none of these components have the specific role of oxygen transport that hemoglobin does, making it the essential element for this function in the bloodstream.

**2. Which condition is characterized by a lack of joint mobility due to muscle shortening?**

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

The condition characterized by a lack of joint mobility due to muscle shortening is contracture. This occurs when muscles and tendons become tight, leading to a significant restriction in the range of motion at the affected joint. Contractures often arise from prolonged immobility, muscle spasticity, or injury, causing the muscles to lose their elasticity and flexibility. In contrast, atrophy refers to the decrease in muscle mass or wasting away, which does not inherently imply a limitation in joint mobility due to muscle shortening. Foot drop is a specific condition affecting the ability to lift the front part of the foot and can be caused by nerve damage or muscle weakness, but it is not a general term for lack of mobility. Abduction refers to the movement of a limb away from the midline of the body and is unrelated to joint mobility restrictions caused by muscle shortening. Understanding the distinction between these terms helps clarify why contracture accurately describes a lack of joint mobility due to muscle shortening.

**3. What does hirsutism refer to?**

- A. Loss of hair
- B. Excessive body hair growth**
- C. Malalignment of joints
- D. Swelling of tissues

Hirsutism specifically refers to excessive body hair growth in areas where males typically grow hair, and this condition can occur in females as well. It is often associated with hormonal imbalances, particularly involving androgens, which are male hormones that can lead to increased hair production in areas such as the face, chest, and back. This condition can significantly impact an individual's self-esteem and quality of life due to the unwanted appearance of body hair. The other choices do not relate to hirsutism. Loss of hair is referred to as alopecia, malalignment of joints pertains to issues with joint positioning, and swelling of tissues is usually described as edema. Each of these terms describes different health concerns that are not connected to the excessive hair growth characteristic of hirsutism.

#### 4. What does urinary retention refer to?

- A. Inability to void
- B. Frequent urination
- C. Painful urination
- D. Bed wetting

Urinary retention specifically refers to the inability to void or expel urine from the bladder, resulting in an accumulation of urine. This condition can occur due to various factors like obstruction, nerve problems, or after surgery, and may be acute or chronic in nature. The symptoms often include a feeling of pressure in the bladder and discomfort, as well as the inability to pass urine despite having a full bladder. Understanding urinary retention is important for a CNA, as it can indicate underlying health issues that may require medical attention or intervention. The other options describe different urinary problems, such as frequent urination, which involves an increased need to urinate, painful urination, which is typically associated with infections, and bedwetting, which involves the involuntary loss of urine during sleep, but none of these relate to the concept of retention.

#### 5. What do the initials 'ADL' stand for in healthcare?

- A. Annual Diagnostic Labs
- B. Activities of Daily Living
- C. Assisted Daily Living
- D. Alternate Dietary Lists

The initials 'ADL' stand for Activities of Daily Living. This term is widely used in healthcare to refer to the essential everyday tasks that individuals undertake to care for themselves. These activities include personal care tasks such as bathing, dressing, grooming, eating, mobility, and toileting, which are crucial for maintaining health and independence. Understanding ADLs is important for healthcare providers, particularly nursing assistants, as they assess a patient's ability to live independently and identify areas where assistance may be necessary. For instance, if a patient struggles with certain ADLs, it highlights the need for support or interventions to ensure their well-being and quality of life. By focusing on helping patients with their daily activities, healthcare workers can promote autonomy and enhance the overall patient care experience. The other options presented do not accurately represent what ADL stands for in a healthcare context, as they refer to terms that are not commonplace in relation to daily living activities.

#### 6. 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.

## 7. Which medical root word refers specifically to joints?

- A. Cardi/o
- B. Arthr/o**
- C. My/o
- D. Neur/o

The medical root word that refers specifically to joints is "Arthr/o." This term is derived from the Greek word "arthron," which means joint. In medical terminology, "arthr/o" is commonly used as a prefix in various terms related to joints and their conditions, such as "arthritis," which refers to inflammation of the joints, and "arthroscopy," a procedure to visualize the inside of a joint. Understanding medical root words is essential for anyone in the healthcare field, including nursing assistants, as it enhances communication and comprehension of various medical conditions and procedures. Recognizing that "Arthr/o" pertains to joints can help identify issues related to movement, pain, and other musculoskeletal concerns that are important in patient care.

## 8. Which program assists low-income families with healthcare costs?

- A. Medicare
- B. Medicaid**
- C. Social Security
- D. Private health insurance

The program that assists low-income families with healthcare costs is Medicaid. Medicaid is a joint federal and state program designed specifically to provide health coverage for individuals and families with limited income and resources. It covers a broad range of healthcare services, including hospital visits, doctor services, and long-term care, ensuring that those who qualify have access to necessary medical care without financial hardship. Medicaid plays a critical role in supporting vulnerable populations, including children, pregnant women, elderly individuals, and people with disabilities. Its focus on low-income families distinguishes it from other programs. For example, Medicare primarily serves individuals aged 65 and older, as well as some younger people with disabilities, but does not specifically target low-income families. Social Security, on the other hand, generally provides financial assistance to retirees and individuals with disabilities, rather than directly covering healthcare expenses. Private health insurance typically requires premium payments and may not be accessible to those with limited financial resources, making Medicaid the appropriate option for assisting low-income families with their healthcare costs.

## 9. During which stage of life do children typically grow and leave home?

- A. Adolescence
- B. Young Adulthood
- C. Middle Adulthood**
- D. Late Adulthood

The correct answer is young adulthood. This stage is typically characterized by significant personal development, increased independence, and often the transition from living with parents to establishing one's own home or living arrangements. During young adulthood, which usually spans the late teens to mid-20s, individuals often pursue higher education, start careers, or begin families of their own. This stage represents a time when individuals are solidifying their identities, making important life choices, and seeking to establish financial and personal independence. Adolescence, though it involves significant growth and change, is more about preparation for these transitions rather than the actual leaving home. Middle adulthood and late adulthood involve different life focuses, such as career culmination, parenting older children, or facing issues related to aging. Thus, young adulthood is the stage most directly associated with growing up and leaving home.

## 10. 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.*

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## 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](mailto: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!

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