

# Washington 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**

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- 1. What are some signs of a stroke that a CNA should recognize?**
  - A. Sudden weight loss, increased appetite, frequent headaches**
  - B. Sudden numbness, confusion, trouble speaking, or severe headache**
  - C. Excessive sweating, high fever, rapid pulse**
  - D. Severe chest pain, difficulty breathing, extreme fatigue**
- 2. Which of the following sentences is an example of a fact?**
  - A. Mr. Gomez feels sick today**
  - B. Mr. Gomez ate half of his scrambled eggs**
  - C. Mr. Gomez prefers to eat alone**
  - D. Mr. Gomez is unhappy**
- 3. What should a CNA do if they suspect a patient is experiencing abuse?**
  - A. Confront the suspected abuser**
  - B. Report concerns to a supervisor or authorities**
  - C. Discuss it with the patient openly**
  - D. Keep it confidential**
- 4. What does a “fall risk” assessment evaluate?**
  - A. Patients' nutritional needs**
  - B. Patients' risk for developing pressure sores**
  - C. Patients at risk for falling**
  - D. Patients' medication side effects**
- 5. If a patient falls, what should a CNA do first?**
  - A. Immediately call for a doctor**
  - B. Check for injuries and assist the patient to a safe position**
  - C. Leave the patient on the floor until help arrives**
  - D. Take the patient's vitals before assisting**

**6. What is an essential aspect of providing patient assistance with mobility?**

- A. Always performing tasks for the patient**
- B. Encouraging patient independence where possible**
- C. Avoiding conversation during assistance**
- D. Only assisting in familiar environments**

**7. Which of the following is an example of nonverbal communication?**

- A. A resident points to a glass**
- B. A resident shakes their head**
- C. A resident writes a note**
- D. A resident answers verbally**

**8. What should a CNA do if they do not know how to perform a task?**

- A. Attempt to handle it independently**
- B. Ask for assistance or guidance from a qualified healthcare professional**
- C. Ignore the task**
- D. Consult a fellow CNA**

**9. What is the best way for a nursing assistant to communicate with a resident who has cancer?**

- A. The NA should offer unsolicited advice.**
- B. The NA should listen to the resident if he feels like talking.**
- C. The NA should avoid all discussions about the illness.**
- D. The NA should change the subject frequently.**

**10. What is the primary purpose of handwashing in healthcare settings?**

- A. To make hands smell nice**
- B. To remove dirt and germs**
- C. To prepare for meals**
- D. To follow personal hygiene standards**

## **Answers**

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

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## **Explanations**

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**1. What are some signs of a stroke that a CNA should recognize?**

- A. Sudden weight loss, increased appetite, frequent headaches**
- B. Sudden numbness, confusion, trouble speaking, or severe headache**
- C. Excessive sweating, high fever, rapid pulse**
- D. Severe chest pain, difficulty breathing, extreme fatigue**

Recognizing the signs of a stroke is critical for ensuring timely medical intervention, which can significantly affect outcomes for the patient. The correct response highlights key stroke symptoms commonly associated with this medical emergency. Sudden numbness or weakness, particularly on one side of the body, confusion, trouble speaking or understanding speech, and a severe headache with no known cause are all classic indicators of a stroke and align with the American Stroke Association's FAST acronym (Facial drooping, Arm weakness, Speech difficulties, and Time to call emergency services). Immediate awareness and action in response to these symptoms can lead to more effective treatment and better recovery prospects for the individual experiencing a stroke. The other listed symptoms, while important in different medical contexts, do not specifically pertain to a stroke. Sudden weight loss and frequent headaches are not typical immediate indicators of a stroke, and conditions like excessive sweating or severe chest pain pertain more towards other health issues such as heart problems or infections rather than stroke recognition. Recognizing the right signs is essential for a CNA's role in emergency situations, emphasizing the significance of immediate and correct identification of stroke symptoms.

**2. Which of the following sentences is an example of a fact?**

- A. Mr. Gomez feels sick today**
- B. Mr. Gomez ate half of his scrambled eggs**
- C. Mr. Gomez prefers to eat alone**
- D. Mr. Gomez is unhappy**

The correct answer is a sentence that presents a verifiable piece of information without any personal feelings, beliefs, or opinions. In this case, stating that Mr. Gomez ate half of his scrambled eggs provides an objective detail that can be confirmed by observation or evidence, such as a plate of uneaten food. It conveys a clear, measurable action that reflects a reality about Mr. Gomez's behavior during a specific time frame. In contrast, other sentences express personal experiences or emotions. For instance, saying Mr. Gomez feels sick today or that he is unhappy includes subjective interpretations of his state and feelings, which cannot be universally validated. Additionally, the statement about Mr. Gomez's preference to eat alone implies a subjective preference that is not directly observable and can vary over time or context. Therefore, only the statement about him eating half of his scrambled eggs stands as a pure fact, making it the correct choice.

### 3. What should a CNA do if they suspect a patient is experiencing abuse?

- A. Confront the suspected abuser**
- B. Report concerns to a supervisor or authorities**
- C. Discuss it with the patient openly**
- D. Keep it confidential**

When a CNA suspects that a patient is experiencing abuse, the most appropriate action is to report those concerns to a supervisor or appropriate authorities. This step is crucial because it places the responsibility of investigating the alleged abuse in the hands of trained professionals who can take the necessary actions to ensure the patient's safety. Reporting is also in line with established protocols and legal obligations to protect vulnerable individuals. Intervening personally by confronting a suspected abuser could escalate the situation and put the patient at greater risk, which is why it is not advisable. Discussing the suspicions directly with the patient may also lead to unintended consequences, such as making the patient feel uncomfortable or fearful. Keeping the information confidential is not an option, as it would mean not addressing the suspected abuse, which could allow harm to continue. Therefore, the responsibility lies with the CNA to inform others who can act on the information appropriately and ensure that the patient receives the help they need.

### 4. What does a "fall risk" assessment evaluate?

- A. Patients' nutritional needs**
- B. Patients' risk for developing pressure sores**
- C. Patients at risk for falling**
- D. Patients' medication side effects**

A "fall risk" assessment specifically evaluates the likelihood of patients experiencing falls. This assessment typically considers various factors such as the patient's medical history, physical abilities, medications, cognitive status, and environmental hazards that may contribute to the risk of falling. Identifying individuals who are at increased risk allows healthcare providers to implement preventative measures, enhance safety protocols, and develop individualized care plans to minimize the risk of falls. In contrast, assessing patients' nutritional needs focuses on their dietary requirements and overall health related to food intake. Evaluating the risk for developing pressure sores involves examining skin integrity and mobility, which, while crucial, is not directly related to fall risk. An assessment of medication side effects deals with the potential adverse effects medications may have on a patient's overall health, including their ability to maintain balance or coordination, but does not singularly focus on fall risk. Thus, the assessment directly correlates with identifying individuals who may fall, focusing on prevention and safety.

## 5. If a patient falls, what should a CNA do first?

- A. Immediately call for a doctor
- B. Check for injuries and assist the patient to a safe position**
- C. Leave the patient on the floor until help arrives
- D. Take the patient's vitals before assisting

When a patient falls, the first priority is to ensure their safety and assess their condition. Checking for injuries and assisting the patient to a safe position is essential because it helps to determine if the patient has sustained any injuries that require immediate attention or if they can be moved safely. This approach also helps to prevent further injury. If the patient is in a vulnerable position on the floor, remaining there could lead to additional harm, especially if they are in an area where they could be at risk for more accidents. Taking immediate action to check for injuries allows the CNA to evaluate whether the patient can be helped up or if they require emergency assistance. Once the CNA has assessed the situation, they can make informed decisions about the next steps, such as calling for medical help if needed or monitoring the patient until further assistance arrives.

## 6. What is an essential aspect of providing patient assistance with mobility?

- A. Always performing tasks for the patient
- B. Encouraging patient independence where possible**
- C. Avoiding conversation during assistance
- D. Only assisting in familiar environments

Encouraging patient independence is crucial when providing assistance with mobility because it promotes autonomy and confidence in patients. When caregivers foster independence, they empower patients to actively participate in their own care and daily activities. This approach not only helps to maintain the patients' physical capabilities but also contributes positively to their emotional well-being. Facilitating mobility by allowing patients to perform tasks they can manage on their own encourages them to build strength and engage in rehabilitation efforts. This emphasis on independence can lead to better outcomes in mobility and overall health. Furthermore, it encourages patients to set personal goals and strive to meet them, which is an important aspect of recovery and improving their quality of life. In contrast, performing tasks for the patient may lead to dependency, and avoiding conversation during assistance could diminish the quality of interactions, making the patient feel isolated and disempowered. Assisting only in familiar environments may limit a patient's ability to navigate and adapt to various settings, which is essential for their mobility and independence in everyday life.

**7. Which of the following is an example of nonverbal communication?**

- A. A resident points to a glass**
- B. A resident shakes their head**
- C. A resident writes a note**
- D. A resident answers verbally**

The correct answer highlights a classic form of nonverbal communication, which is an essential aspect of how individuals convey messages without the use of words. When a resident points to a glass, they are using a physical gesture to indicate their desire or need for that glass, such as indicating thirst or requesting a drink. This action communicates their intent without any spoken language, exemplifying nonverbal cues. In contrast, the other options involve different modes of communication. Shaking one's head represents a form of nonverbal communication as well, as it conveys agreement or disagreement; however, it may not be the primary example provided. Writing a note, while not verbal, is a form of written communication that conveys thoughts through text, whereas verbally answering a question clearly involves spoken words, which is not nonverbal. Understanding these distinctions helps to recognize the various ways people express themselves, particularly in caregiving settings where effective communication is crucial for meeting residents' needs. Nonverbal cues like gestures and facial expressions can sometimes provide more immediate insight into a person's feelings or desires than words alone.

**8. What should a CNA do if they do not know how to perform a task?**

- A. Attempt to handle it independently**
- B. Ask for assistance or guidance from a qualified healthcare professional**
- C. Ignore the task**
- D. Consult a fellow CNA**

When a Certified Nursing Assistant (CNA) encounters a task that they do not know how to perform, the best course of action is to seek assistance or guidance from a qualified healthcare professional. This is crucial because patient safety and well-being are of utmost importance in healthcare settings. Engaging with a qualified professional ensures that the task is performed correctly and according to established protocols, which protects both the CNA and the patients under their care. By asking for help, the CNA demonstrates professionalism and a commitment to providing quality care. It also allows them to gain the knowledge and skills needed for future tasks, fostering a learning environment and improving their overall effectiveness in their role. Exploring other options reveals that trying to handle the task independently can lead to errors that may harm the patient or lead to complications. Ignoring the task is irresponsible and could also put the patient's health at risk. Consulting a fellow CNA may not provide the same level of expertise and authority as seeking guidance from a qualified healthcare professional, as fellow CNAs may not have the comprehensive training or experience necessary for certain tasks. Ultimately, prioritizing safety through proper communication and guidance is essential in healthcare.

**9. What is the best way for a nursing assistant to communicate with a resident who has cancer?**

- A. The NA should offer unsolicited advice.**
- B. The NA should listen to the resident if he feels like talking.**
- C. The NA should avoid all discussions about the illness.**
- D. The NA should change the subject frequently.**

The best way for a nursing assistant to communicate with a resident who has cancer is to listen to the resident if he feels like talking. This approach is respectful and acknowledges the resident's feelings and experiences. Listening provides the individual with an opportunity to express their emotions, concerns, and thoughts about their illness, fostering a supportive environment. Engaging in active listening can help build trust and rapport, making the resident feel valued and understood. It can also enhance the resident's emotional well-being, as having a supportive listener often alleviates feelings of isolation that patients with serious illnesses may experience. This method of communication allows the resident to guide the conversation based on their comfort level, rather than imposing an agenda or steering away from their experiences, which can be unhelpful or even dismissive. In contrast to this supportive approach, other options suggest intrusive or dismissive communication styles that may not meet the emotional needs of the resident dealing with cancer.

**10. What is the primary purpose of handwashing in healthcare settings?**

- A. To make hands smell nice**
- B. To remove dirt and germs**
- C. To prepare for meals**
- D. To follow personal hygiene standards**

The primary purpose of handwashing in healthcare settings is to remove dirt and germs. This practice is crucial for infection control, as healthcare workers often come into contact with patients, bodily fluids, and contaminated surfaces. By thoroughly washing hands with soap and water or using hand sanitizer, healthcare professionals can significantly reduce the risk of transmitting infectious agents to themselves and their patients. While personal hygiene standards and making hands smell nice can be secondary benefits of handwashing, the fundamental goal in a healthcare context is to eliminate pathogens that could lead to healthcare-associated infections. Preparing for meals is not relevant in this context, as handwashing in healthcare primarily focuses on maintaining a sterile environment and ensuring the safety and well-being of patients.

# 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://washingtoncna.examzify.com>**

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

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