

Wisconsin 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 action should be avoided to prevent shearing and friction during patient transfers?**
 - A. Using a transfer belt**
 - B. Pulling the resident across the sheets**
 - C. Ensuring the resident is dry**
 - D. Using sliding sheets**
- 2. What should a CNA do if a resident refuses medication?**
 - A. Force the medication on them**
 - B. Document the refusal and inform the nurse**
 - C. Ignore the refusal and try again later**
 - D. Take the medication away**
- 3. How should nursing assistants assist residents who are slow in their movements due to physical disabilities?**
 - A. Encourage rapid movement to build strength**
 - B. Be patient and allow them to move slowly**
 - C. Force movements to speed up care**
 - D. Restrict their mobility for safety**
- 4. What is the primary goal of Range of Motion exercises?**
 - A. To increase a resident's aerobic fitness**
 - B. To prevent joint contractures and muscle atrophy**
 - C. To promote weight loss in sedentary residents**
 - D. To improve a resident's mental health**
- 5. What environmental condition should be managed to help prevent constipation in residents?**
 - A. Quiet surroundings**
 - B. Regular, supervised physical activities**
 - C. Reduced fluid intake**
 - D. Increased screen time**

- 6. Why is it essential for CNAs to communicate effectively with patients?**
- A. To ensure patient safety and enhance the quality of care**
 - B. To complete more paperwork**
 - C. To impress the medical team**
 - D. To maintain their job security**
- 7. What technique is used to promote independence in patients?**
- A. Encouraging patients to perform tasks on their own**
 - B. Always doing tasks for the patients**
 - C. Avoiding tasks that may frustrate the patient**
 - D. Offering assistance for every activity**
- 8. What should a CNA do if they make a mistake while providing care?**
- A. Ignore the mistake and continue with care**
 - B. Acknowledge the error and inform the nurse**
 - C. Blame another staff member for the mistake**
 - D. Document the incident only if asked**
- 9. What is the primary goal of hospice or end-of-life care?**
- A. To cure the illness**
 - B. To provide for physical and emotional comfort**
 - C. To prolong the patient's life**
 - D. To conduct medical research**
- 10. What is one effective way to manage challenging behaviors in patients?**
- A. Using boundaries and strict rules**
 - B. Ignoring the behavior until it stops**
 - C. Using redirection to guide the patient's focus to a different activity**
 - D. Attempting to confront the patient about their behavior**

Answers

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

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Explanations

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1. What action should be avoided to prevent shearing and friction during patient transfers?

- A. Using a transfer belt**
- B. Pulling the resident across the sheets**
- C. Ensuring the resident is dry**
- D. Using sliding sheets**

To prevent shearing and friction during patient transfers, it is essential to avoid pulling the resident across the sheets. Shearing occurs when the skin is pulled in one direction while the underlying tissues are held in another, which can lead to skin damage and pressure injuries. When a patient is pulled across the sheets, it increases the risk of friction against the surface, which can contribute to skin tears and discomfort. Using proper techniques, such as a transfer belt or sliding sheets, helps to facilitate safer transfers by minimizing friction between the skin and the surface. Ensuring the resident is dry also plays a key role, as moisture can increase the risk of skin breakdown. Therefore, appropriate handling methods that promote smooth movement without dragging the patient's skin are vital in protecting their skin integrity during transfers.

2. What should a CNA do if a resident refuses medication?

- A. Force the medication on them**
- B. Document the refusal and inform the nurse**
- C. Ignore the refusal and try again later**
- D. Take the medication away**

When a resident refuses medication, the appropriate action is to document the refusal and inform the nurse. This process is crucial because it ensures that the healthcare team is aware of the resident's decision, which may have implications for their overall health and treatment plan. Documenting the refusal also provides a record of the resident's choices, which is important for maintaining their autonomy and rights. By informing the nurse, you ensure that a qualified healthcare professional can discuss the situation further with the resident, assess the reasons for the refusal, and determine the best course of action going forward. This approach emphasizes the importance of communication and collaboration in healthcare, as well as respecting the resident's wishes and providing them with the necessary support and education regarding their medication.

3. How should nursing assistants assist residents who are slow in their movements due to physical disabilities?

- A. Encourage rapid movement to build strength**
- B. Be patient and allow them to move slowly**
- C. Force movements to speed up care**
- D. Restrict their mobility for safety**

Being patient and allowing residents to move slowly is essential in providing appropriate care for individuals with physical disabilities. Nursing assistants must recognize that each resident has unique capabilities and limitations. By showing patience, assistants create a supportive environment that respects the resident's pace and promotes their independence. Encouraging slow movements helps to reduce the risk of injury and allows residents to feel more in control of their actions. This approach can also contribute to their confidence and self-esteem, as they are not pressured to meet unrealistic speed expectations. It emphasizes the importance of therapeutic relationships, where the emotional and physical needs of residents are aligned, fostering both a sense of safety and dignity. Residents may require time to process their movements, and rushing them can lead to frustration, anxiety, or even physical harm. Thus, supporting a slower pace is essential in promoting the overall well-being of individuals with mobility challenges.

4. What is the primary goal of Range of Motion exercises?

- A. To increase a resident's aerobic fitness**
- B. To prevent joint contractures and muscle atrophy**
- C. To promote weight loss in sedentary residents**
- D. To improve a resident's mental health**

The primary goal of Range of Motion (ROM) exercises is to prevent joint contractures and muscle atrophy. These exercises involve the intentional movement of joints and muscles through their full range to maintain flexibility, strength, and function, particularly in individuals who may be immobile or have limited movement due to illness or injury. By regularly performing ROM exercises, caregivers can help prevent the shortening of muscles and tendons that can lead to contractures, a condition where joints become stiff and lose their normal range of motion. Additionally, these exercises help combat muscle atrophy, which is the wasting away of muscle tissue due to inactivity. This is crucial for maintaining mobility and independence for residents, making it a vital aspect of patient care. While other options mention fitness, weight loss, and mental health, ROM exercises specifically target the physical maintenance of joints and muscles, thereby directly addressing the issues of contractures and atrophy.

5. What environmental condition should be managed to help prevent constipation in residents?

- A. Quiet surroundings**
- B. Regular, supervised physical activities**
- C. Reduced fluid intake**
- D. Increased screen time**

Promoting regular, supervised physical activities is important in preventing constipation among residents. Physical activity stimulates the intestinal muscles, enhancing their ability to move waste through the digestive tract. Encouraging residents to engage in regular exercise not only aids in digestion but also contributes to overall well-being and mobility, which is particularly beneficial for individuals who may have limited movement capacity. In contrast, other options do not support bowel health. Quiet surroundings can help with relaxation, but they do not directly influence bowel function. Reducing fluid intake can lead to dehydration, a common cause of constipation, as adequate hydration is essential for softening stool. Additionally, increased screen time often contributes to a sedentary lifestyle, which can lead to decreased physical activity, further exacerbating the risk of constipation. Thus, ensuring that residents are engaged in regular, supervised physical activities is key to promoting healthy bowel movements.

6. Why is it essential for CNAs to communicate effectively with patients?

- A. To ensure patient safety and enhance the quality of care**
- B. To complete more paperwork**
- C. To impress the medical team**
- D. To maintain their job security**

Effective communication is fundamental for Certified Nursing Assistants (CNAs) as it directly influences patient safety and the overall quality of care provided. When CNAs communicate well with patients, they can accurately assess their needs, report critical changes in their condition to the nursing staff, and provide emotional support. This exchange helps in understanding the patient's preferences and concerns, leading to care that is more tailored and respectful of individual needs. Moreover, good communication fosters a therapeutic environment that encourages patients to express their thoughts and feelings. This can result in earlier detection of potential issues, ensuring timely interventions that can enhance patient outcomes. A safe and supportive atmosphere built on effective dialogue also aids in reducing misunderstandings and fosters teamwork among healthcare providers, thereby improving the overall quality of care delivered in a healthcare setting. Therefore, prioritizing effective communication is vital not just for patient satisfaction but for ensuring comprehensive and safe healthcare practices.

7. What technique is used to promote independence in patients?

- A. Encouraging patients to perform tasks on their own**
- B. Always doing tasks for the patients**
- C. Avoiding tasks that may frustrate the patient**
- D. Offering assistance for every activity**

Promoting independence in patients is crucial for their self-esteem and overall well-being. Encouraging patients to perform tasks on their own allows them to develop skills and confidence in their abilities. This approach fosters a sense of autonomy, helping them maintain control over their own lives and make decisions regarding their care. When patients engage in their own care, they may experience improved physical and mental health outcomes. It also prepares them for future challenges, reinforcing the idea that they are capable individuals. In contrast, consistently doing tasks for patients can lead to dependence, diminishing their motivation to engage in self-care. Similarly, avoiding tasks that may cause frustration or offering assistance for every activity can be detrimental, as it does not allow patients the opportunity to learn and grow through their experiences. Therefore, the focus on encouraging self-initiative aligns with the best practices for promoting independence and empowering patients.

8. What should a CNA do if they make a mistake while providing care?

- A. Ignore the mistake and continue with care**
- B. Acknowledge the error and inform the nurse**
- C. Blame another staff member for the mistake**
- D. Document the incident only if asked**

Acknowledging the error and informing the nurse is crucial in a healthcare setting. When a CNA makes a mistake while providing care, it is important to promptly admit the error to maintain patient safety and ensure that appropriate steps can be taken to mitigate any potential negative effects. This transparency promotes trust and teamwork among healthcare staff and allows for necessary interventions to be put in place to address any harm caused by the mistake. Notifying a nurse also ensures that the patient receives the correct treatment moving forward, as they are responsible for managing the overall care of the patient. This action reflects professional integrity and adherence to the ethical standards of healthcare. It is essential for maintaining high-quality care and patient safety, and it allows for proper documentation and review of the incident, which can lead to improvements in processes and training.

9. What is the primary goal of hospice or end-of-life care?

- A. To cure the illness
- B. To provide for physical and emotional comfort**
- C. To prolong the patient's life
- D. To conduct medical research

The primary goal of hospice or end-of-life care is to provide for physical and emotional comfort. This type of care focuses on improving the quality of life for individuals who are facing terminal illnesses, rather than attempting to cure the underlying disease or prolong life at all costs. Hospice care emphasizes pain relief, symptom management, and emotional support for both the patient and their family, enabling them to navigate this challenging time with dignity and compassion. In hospice care, the holistic approach encompasses not only the physical aspects but also the emotional and spiritual needs of patients, ensuring they are comfortable and supported throughout their journey. Other options, such as curing the illness or prolonging life, are not aligned with the philosophy of hospice care, which prioritizes comfort and quality of life above aggressive medical interventions. Conducting medical research is also outside the scope of hospice care, as its focus remains on the individual patient rather than on scientific inquiry.

10. What is one effective way to manage challenging behaviors in patients?

- A. Using boundaries and strict rules
- B. Ignoring the behavior until it stops
- C. Using redirection to guide the patient's focus to a different activity**
- D. Attempting to confront the patient about their behavior

Focusing on redirection as a strategy for managing challenging behaviors in patients is effective because it allows caregivers to guide patients' attention away from their current behavior towards more positive or calming activities. This can help to minimize agitation and distraction while promoting engagement in a more constructive manner. Redirection helps maintain a therapeutic environment by encouraging behaviors that are appropriate and beneficial, supporting not only the patient's immediate emotional state but also fostering better interactions overall. In practice, this might involve introducing a different task or topic that interests the patient, thereby preventing escalation of their challenging behavior and facilitating a more peaceful interaction. This approach respects the patient's dignity and encourages cooperation, which can significantly enhance patient care and satisfaction.

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://wisconsin-certifiednursingassistant.examzify.com>

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