

Wisconsin 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 is one of the key roles of a CNA during a patient's mealtime?**
 - A. Encouraging patients to eat quickly**
 - B. Assisting patients with eating and ensuring they have the necessary utensils**
 - C. Choosing meals for the patients**
 - D. Monitoring patient weight**
- 2. What action should be taken when a resident begins to exhibit signs of a stroke?**
 - A. Administer medication**
 - B. Keep the resident horizontal**
 - C. Call for immediate medical assistance**
 - D. Monitor the resident closely**
- 3. What is the most effective measure a CNA can take to prevent the spread of infection?**
 - A. Wear gloves**
 - B. Use hand sanitizer**
 - C. Wash their hands**
 - D. Limit contact with residents**
- 4. Why is it important for a CNA to know the patient's history?**
 - A. To provide medical treatment without a nurse's assistance**
 - B. To tailor care and understand the patient's needs and preferences**
 - C. To impress the family with knowledge**
 - D. To establish superiority over other staff**
- 5. Which chronic disease is defined by excessive urination, excessive hunger, and excessive thirst?**
 - A. Obesity**
 - B. Diabetes**
 - C. Hypertension**
 - D. Asthma**

- 6. What is an important step in postmortem care for certified nursing assistants?**
- A. Providing emotional support for family members**
 - B. Documenting the time of death**
 - C. Washing and positioning the body**
 - D. Administering last rites**
- 7. What should be done when changing the battery of hearing aids?**
- A. Remove the aids and clean them**
 - B. Leave the aids in place**
 - C. Replace the batteries without removal**
 - D. Charge them overnight**
- 8. What step should CNAs take if they are concerned about a patient's care?**
- A. Discuss concerns with the patient directly**
 - B. Report their concerns to a nurse or supervisor immediately**
 - C. Wait until the next shift to mention it**
 - D. Keep the concerns to themselves**
- 9. What are common symptoms of depression?**
- A. Increased energy and appetite**
 - B. Withdrawal from activities and altered sleep habits**
 - C. Excessive social interactions**
 - D. Heightened enthusiasm for life**
- 10. What is a restraint alternative?**
- A. A technique used instead of physical restraints**
 - B. A type of medication**
 - C. A physical barrier used for safety**
 - D. A method to increase agitation**

Answers

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

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Explanations

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1. What is one of the key roles of a CNA during a patient's mealtime?

- A. Encouraging patients to eat quickly**
- B. Assisting patients with eating and ensuring they have the necessary utensils**
- C. Choosing meals for the patients**
- D. Monitoring patient weight**

A key role of a Certified Nursing Assistant (CNA) during a patient's mealtime is to assist patients with eating and ensure they have the necessary utensils. This support is crucial for several reasons. Many patients may have physical or cognitive challenges that make it difficult for them to eat independently. The CNA's assistance can enhance the patient's dignity and autonomy by helping them consume their meal comfortably. Furthermore, ensuring that patients have the right utensils is vital for their nutrition and overall meal experience. This includes providing forks, knives, spoons, or specialized utensils for those who may have difficulty grasping standard ones. The CNA plays a significant part in creating a pleasant dining environment, which can also encourage better eating habits and nutritional intake. This role underscores the importance of both physical assistance and emotional support during mealtime, contributing to the patient's overall well-being and satisfaction with their care.

2. What action should be taken when a resident begins to exhibit signs of a stroke?

- A. Administer medication**
- B. Keep the resident horizontal**
- C. Call for immediate medical assistance**
- D. Monitor the resident closely**

When a resident begins to exhibit signs of a stroke, the most critical action is to call for immediate medical assistance. Rapid intervention is vital in stroke cases because timely medical treatment can significantly reduce the risk of long-term disability and improve outcomes. Recognizing the symptoms, such as facial drooping, arm weakness, and speech difficulties, prompts the need for urgent care. While monitoring the resident closely is important, and keeping them horizontal can provide comfort, these actions do not replace the necessity of professional medical evaluation and treatment. Administering medication should only be handled by qualified healthcare personnel and is not appropriate for a CNA to perform in this situation. Immediate medical assistance ensures that the individual receives the appropriate diagnostic tests and treatments that are critical following a stroke.

3. What is the most effective measure a CNA can take to prevent the spread of infection?

- A. Wear gloves**
- B. Use hand sanitizer**
- C. Wash their hands**
- D. Limit contact with residents**

Washing hands is the most effective measure to prevent the spread of infection because it physically removes pathogens from the skin's surface. Handwashing with soap and water is crucial, especially after providing care, using the restroom, or handling potentially contaminated surfaces, as it helps eliminate bacteria and viruses effectively. Proper technique, which includes scrubbing for at least 20 seconds and washing all parts of the hands, enhances its efficacy. While wearing gloves, using hand sanitizer, and limiting contact with residents can help reduce the risk of infection, these measures are not as comprehensive as proper handwashing. Gloves can provide a barrier but do not eliminate the need for hand hygiene, as contaminants can still be present on the skin before gloving or after doffing gloves. Hand sanitizers are useful when soap and water are not available, but they may not be effective against all types of germs, particularly when hands are visibly dirty or greasy. Limiting contact with residents is a preventative measure but does not address the transmission of infections that can occur through routine care activities. Thus, handwashing stands out as the cornerstone of infection control practices.

4. Why is it important for a CNA to know the patient's history?

- A. To provide medical treatment without a nurse's assistance**
- B. To tailor care and understand the patient's needs and preferences**
- C. To impress the family with knowledge**
- D. To establish superiority over other staff**

Knowing a patient's history is crucial for a CNA because it allows for the personalization of care, which is integral to effective nursing practice. Understanding a patient's medical background, including previous conditions, treatments, medications, and preferences, enables the CNA to provide care that aligns with the patient's specific needs. This tailored approach helps in building trust and rapport, as it shows compassion and respect for the patient's individuality. This understanding also equips the CNA to anticipate potential needs or complications, facilitating proactive rather than reactive care. Incorporating the patient's history into the care plan not only improves the quality of care received but also enhances the overall experience for the patient, fostering a supportive environment conducive to healing and well-being.

5. Which chronic disease is defined by excessive urination, excessive hunger, and excessive thirst?

A. Obesity

B. Diabetes

C. Hypertension

D. Asthma

The chronic disease characterized by excessive urination, excessive hunger, and excessive thirst is diabetes. This condition occurs when the body is unable to properly use insulin or produce enough insulin, leading to high levels of glucose in the blood. The excessive thirst, known as polydipsia, arises as the body tries to compensate for the loss of fluids from frequent urination (polyuria). Similarly, the excessive hunger, or polyphagia, results because the body's cells are not effectively using glucose for energy due to insulin issues, prompting the body to signal that it needs more food. Understanding these key symptoms is essential for recognizing diabetes and differentiating it from other conditions, which may not present with the same set of clinical signs.

6. What is an important step in postmortem care for certified nursing assistants?

A. Providing emotional support for family members

B. Documenting the time of death

C. Washing and positioning the body

D. Administering last rites

Washing and positioning the body is indeed a crucial step in postmortem care provided by certified nursing assistants. After a patient has died, it is important to prepare the body for viewing by family members or for transfer to the morgue. This involves proper cleaning and positioning to maintain dignity and respect for the deceased. Ensuring that the body is cleaned helps to promote a sense of peace and closure for the family during a difficult time. The washing process typically includes bathing the body, closing the eyes, and placing the limbs in a natural position, which are all significant aspects of postmortem care that reflect compassionate care and professionalism. This not only addresses hygiene concerns but also prepares the deceased in a way that respects cultural and familial customs associated with death.

7. What should be done when changing the battery of hearing aids?

- A. Remove the aids and clean them**
- B. Leave the aids in place**
- C. Replace the batteries without removal**
- D. Charge them overnight**

When changing the battery of hearing aids, removing the aids and cleaning them is a best practice. This approach allows for not only the safe and effective battery replacement but also provides an opportunity to clean the hearing aids. Accumulated moisture, wax, or debris can affect the performance of the devices, so cleaning them during battery changes helps to maintain their functionality and longevity. While it might be tempting to leave the aids in place or replace the batteries without removing them, doing so could risk damaging the device or leading to improper placement of the batteries. Charging them overnight typically pertains to rechargeable models, but not all hearing aids are rechargeable, making this option less viable as a general practice.

8. What step should CNAs take if they are concerned about a patient's care?

- A. Discuss concerns with the patient directly**
- B. Report their concerns to a nurse or supervisor immediately**
- C. Wait until the next shift to mention it**
- D. Keep the concerns to themselves**

When CNAs are concerned about a patient's care, it is crucial for them to report their observations or concerns to a nurse or supervisor immediately. This ensures that the healthcare team can respond swiftly and appropriately to any issues related to the patient's well-being. The rationale behind this choice is grounded in the CNA's responsibility to advocate for the patient and maintain a high standard of care. If a CNA notices something that could affect a patient's safety, health, or comfort, timely communication is essential. Reporting concerns to a nurse or supervisor allows trained medical professionals to evaluate the situation, take necessary actions, and potentially adjust care plans or interventions to improve patient outcomes. Directly discussing concerns with the patient can sometimes create confusion or increase anxiety, particularly if the issue is complex or sensitive. Waiting until the next shift can delay necessary interventions that could prevent harm or discomfort. Keeping concerns to oneself is not only unprofessional but could also compromise the patient's safety, as unresolved issues may worsen without prompt addressing. Hence, reporting concerns immediately is the most responsible and effective step a CNA can take in such situations.

9. What are common symptoms of depression?

- A. Increased energy and appetite
- B. Withdrawal from activities and altered sleep habits**
- C. Excessive social interactions
- D. Heightened enthusiasm for life

The presence of withdrawal from activities and altered sleep habits is a common symptom of depression. Individuals suffering from depression often lose interest in activities they once enjoyed, leading to social withdrawal and isolation. This is due to the overwhelming feelings of sadness and lack of motivation that can accompany depressive episodes. Altered sleep habits can manifest as insomnia, where individuals may struggle to fall asleep or stay asleep, or as hypersomnia, where individuals may sleep excessively but still feel tired and unrefreshed. Sleep disturbances are critical indicators of depression and can significantly impact overall health and daily functioning. The other choices represent behaviors and feelings that are typically not associated with depression; rather, they may indicate a different emotional state. Increased energy and appetite, excessive social interactions, or heightened enthusiasm for life are more aligned with positive emotional health or even states of elevated mood, such as mania in bipolar disorder. Thus, the choice that identifies common symptoms of depression accurately captures the essence of the disorder's impact on an individual's emotional and behavioral state.

10. What is a restraint alternative?

- A. A technique used instead of physical restraints**
- B. A type of medication
- C. A physical barrier used for safety
- D. A method to increase agitation

A restraint alternative refers to a technique or approach used to prevent the need for physical restraints on patients. These alternatives focus on enhancing the safety and comfort of individuals, particularly in healthcare settings, by employing strategies that promote autonomy and reduce agitation or distress, rather than relying on restrictive measures. For instance, restraint alternatives may include creating a calm and supportive environment, utilizing distraction techniques, providing meaningful activities, or engaging the patient in conversation to help manage their behaviors. The goal is always to maintain the dignity and freedom of the patient while ensuring their safety and well-being. The other choices represent either concepts that do not relate to the idea of restraint alternatives or involve methods that could lead to increased distress or safety concerns for the patient. By emphasizing restraint alternatives, caregivers aim to foster a more positive and person-centered care approach.

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!