

WISCONSIN CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. How should a CNA properly answer the phone at a healthcare agency?**
 - A. By only stating their name
 - B. By identifying the agency, their name and position, and offering help
 - C. By asking the caller to hold
 - D. By providing personal information about the residents
- 2. What does the term 'aspiration' refer to during mouth care?**
 - A. Choking on food
 - B. Inhalation of foreign material into the lungs
 - C. Loss of ability to swallow
 - D. Spitting out material
- 3. What is an important aspect of end-of-life care?**
 - A. Pain management
 - B. Focusing on treatments
 - C. Regular medical check-ups
 - D. Searching for a cure
- 4. What is hemiplegia?**
 - A. Paralysis of one side of the body
 - B. Loss of sensation in the limbs
 - C. Difficulty speaking
 - D. Loss of vision in one eye
- 5. What does a transfer belt primarily assist with?**
 - A. Providing security during meals
 - B. Helping residents bathe independently
 - C. Offering support when standing or transferring
 - D. Encouraging physical exercises
- 6. What is Passive Range of Motion (PROM) used for?**
 - A. To strengthen muscles
 - B. To enhance cardiovascular health
 - C. For residents unable to move their own joints
 - D. To improve flexibility

- 7. What is the appropriate action for a nursing assistant to take when a resident complains of pain?**
- A. Notify the nurse
 - B. Administer pain medication
 - C. Dismiss the complaint
 - D. Contact the family
- 8. 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
- 9. How should a CNA respond to a resident who refuses care?**
- A. Ignore the refusal and proceed with care
 - B. Push the resident to accept the care
 - C. Persuade the resident and offer options, then respect the refusal
 - D. Ask the family for consent to proceed
- 10. How should a CNA respond to a patient's request for help when they are busy with another task?**
- A. Acknowledge the request and inform the patient that help will arrive as soon as possible
 - B. Tell the patient to wait until you are free
 - C. Ignore the request until you finish your current task
 - D. Ask another CNA to help at that moment

Answers

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

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Explanations

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1. How should a CNA properly answer the phone at a healthcare agency?

- A. By only stating their name
- B. By identifying the agency, their name and position, and offering help**
- C. By asking the caller to hold
- D. By providing personal information about the residents

The most appropriate way for a CNA to answer the phone at a healthcare agency is to identify the agency, their name and position, and offer assistance. This approach ensures professionalism and clarity in communication. When answering the phone in a healthcare setting, it is crucial to establish the context of the call and convey trustworthiness. By stating the agency's name, the caller instantly knows they have reached the correct place. Providing their name and position adds a personal touch and reassures the caller that they are speaking with a qualified individual. Offering help further shows the commitment to assist and provides an opportunity to address the caller's needs effectively. Other responses would not uphold the standard of professionalism expected in a healthcare environment. For instance, simply stating their name lacks sufficient context and may confuse the caller. Asking the caller to hold without identifying themselves or the agency could be seen as abrupt and unprofessional. Lastly, sharing personal information about residents would violate confidentiality and privacy regulations essential in healthcare settings. Thus, option B reflects best practices for communication in a professional healthcare context.

2. What does the term 'aspiration' refer to during mouth care?

- A. Choking on food
- B. Inhalation of foreign material into the lungs**
- C. Loss of ability to swallow
- D. Spitting out material

The term 'aspiration' in the context of mouth care specifically refers to the inhalation of foreign material into the lungs. This can occur when fluids, food particles, or other substances are mistakenly breathed in rather than being swallowed properly. It is particularly important for nursing assistants to be aware of this risk during mouth care, as aspiration can lead to serious complications such as aspiration pneumonia, which is an infection that results when inhaled materials cause inflammation in the lungs. Proper techniques during mouth care, such as positioning the patient correctly and ensuring that they are alert, can help minimize the risk of aspiration. The other options describe related but distinct concepts that do not accurately capture the medical definition of aspiration. For example, choking on food refers to an obstructed airway, while loss of the ability to swallow, known as dysphagia, is a different disorder. Spitting out material does not relate to the inhalation of substances into the lungs, which is the crux of what aspiration entails. Understanding these distinctions is crucial for effective patient care.

3. What is an important aspect of end-of-life care?

- A. Pain management**
- B. Focusing on treatments
- C. Regular medical check-ups
- D. Searching for a cure

Pain management is a crucial aspect of end-of-life care because it directly impacts the comfort and quality of life for individuals during their final days. At this stage, the primary goal shifts from treating curable diseases to providing relief from pain, distress, and other physical or emotional symptoms. Effective pain management ensures that patients can experience a dignified and peaceful dying process, which respects their wishes and enhances their overall experience. In contrast, treatments and regular medical check-ups become less relevant as the focus moves away from curing the illness to prioritizing comfort. Searching for a cure is not aligned with the goals of end-of-life care, which emphasizes alleviating suffering rather than pursuing aggressive interventions that may not be beneficial.

4. What is hemiplegia?

- A. Paralysis of one side of the body**
- B. Loss of sensation in the limbs
- C. Difficulty speaking
- D. Loss of vision in one eye

Hemiplegia refers to a condition characterized by paralysis that affects one side of the body. This typically occurs due to a neurological event, such as a stroke or a traumatic injury, impacting the areas of the brain that control motor functions on one side. Individuals with hemiplegia may have difficulty moving the affected limbs and may also experience changes in muscle tone, leading to stiffness or weakness. Understanding hemiplegia is crucial for CNAs, as it helps them provide appropriate care and support for individuals who may require assistance with daily activities, mobility, and rehabilitation. The other options describe different medical conditions; for example, loss of sensation pertains to neuropathy or nerve damage, difficulty speaking is associated with aphasia or dysarthria, and loss of vision in one eye relates to issues with ocular health rather than motor function.

5. What does a transfer belt primarily assist with?

- A. Providing security during meals
- B. Helping residents bathe independently
- C. Offering support when standing or transferring**
- D. Encouraging physical exercises

A transfer belt is primarily designed to assist with stability and support when a caregiver helps a resident stand up or move from one location to another. This device provides a secure grip, allowing caregivers to guide the resident safely and minimize the risk of falls during transfers. The transfer belt ensures that the caregiver can maintain close contact and control over the resident's movements, making transitions smoother and more secure. While the other options describe important activities in a caregiving environment, they do not accurately reflect the primary purpose of a transfer belt. It is not specifically for meal security, bathing independence, or encouraging exercise, but rather for providing necessary physical assistance and improving safety during mobility tasks. Understanding the use and function of a transfer belt is crucial for effective and safe patient care.

6. What is Passive Range of Motion (PROM) used for?

- A. To strengthen muscles
- B. To enhance cardiovascular health
- C. For residents unable to move their own joints**
- D. To improve flexibility

Passive Range of Motion (PROM) is specifically utilized for residents who are unable to move their own joints. This technique involves a caregiver or therapist moving the patient's limbs through their range of motion without the patient exerting any effort. The primary goal of PROM is to maintain joint function, prevent stiffness, and promote circulation in individuals who may be bedridden or have limited mobility due to various health conditions or disabilities. By regularly performing PROM exercises, caregivers help to maintain the health of the musculoskeletal system and improve the quality of life for those who cannot actively engage in movement themselves. Strengthening muscles, enhancing cardiovascular health, and improving flexibility are important aspects of physical therapy and rehabilitation, but they are more relevant in situations where patients have the ability to engage in active movement or participate in exercises themselves.

7. What is the appropriate action for a nursing assistant to take when a resident complains of pain?

- A. Notify the nurse**
- B. Administer pain medication
- C. Dismiss the complaint
- D. Contact the family

When a resident expresses discomfort or pain, notifying the nurse is the correct action for a nursing assistant. This is crucial because the nurse is responsible for assessing the situation and determining the appropriate intervention, which may include administering medication or other treatments. A nursing assistant's role is to observe and report; they are not qualified to make medical decisions or administer medications unless specifically instructed and trained to do so. Additionally, dismissing the complaint would neglect the resident's feelings and needs, which is contrary to providing compassionate care. Contacting the family, while it could be appropriate in certain circumstances, is not the immediate action that addresses the resident's pain directly; instead, it is vital to first inform the nurse, who can then decide if the family needs to be involved. Therefore, promptly notifying the nurse ensures that the resident receives the necessary care efficiently and effectively.

8. 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.

9. How should a CNA respond to a resident who refuses care?

- A. Ignore the refusal and proceed with care
- B. Push the resident to accept the care
- C. Persuade the resident and offer options, then respect the refusal**
- D. Ask the family for consent to proceed

When a resident refuses care, the appropriate response is to persuade the resident by offering options and then respect their decision. This approach aligns with the principles of resident autonomy and dignity, which are fundamental to nursing care. First, engaging the resident in a conversation allows them to express their concerns and preferences regarding the care being provided. By offering options, the CNA can empower the resident and encourage them to be involved in their own care decisions. This might include discussing the potential benefits of the care, addressing any fears or misconceptions, or offering alternatives that they might be more comfortable with. Respecting the resident's refusal is crucial; every individual has the right to make choices about their own body and care. Forcing care upon a resident who has declined can lead to feelings of powerlessness and can damage the trust in the caregiver-resident relationship. Therefore, even after persuasion, if the resident ultimately chooses to refuse care, the CNA must acknowledge and honor their decision, ensuring that the resident feels respected and valued. In contrast, ignoring a refusal or pushing the resident to accept care can create a negative experience and may lead to increased resistance in the future. Seeking consent from family without first trying to communicate with the resident does not prioritize the resident's rights and preferences.

10. How should a CNA respond to a patient's request for help when they are busy with another task?

- A. Acknowledge the request and inform the patient that help will arrive as soon as possible**
- B. Tell the patient to wait until you are free
- C. Ignore the request until you finish your current task
- D. Ask another CNA to help at that moment

When a patient requests assistance, it is essential for a CNA to acknowledge the request, even if they are busy with another task. By informing the patient that help will arrive as soon as possible, the CNA provides reassurance and demonstrates empathy. This response helps to maintain a positive patient experience and fosters trust between the patient and the caregiver. Acknowledging the request shows the patient that their needs are being taken seriously and that their well-being is a priority. This approach can also help to alleviate any anxiety or frustration the patient might feel when they need assistance but see their caregiver preoccupied. Involving the patient in the communication process reinforces their sense of dignity and respect. The other choices may not provide the same level of reassurance or care. For instance, simply telling the patient to wait could come off as dismissive, while ignoring the request entirely could lead to feelings of neglect. Asking another CNA for help at that moment, while practical, may not always be feasible or necessary, especially if the busy CNA can clearly communicate the expected wait time to the patient. Acknowledging the request effectively balances the tasks at hand with patient-centered care.

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:

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

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