

# Wisconsin CNA State Exam Vocabulary Practice (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**

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- 1. What do pieces of advice or expert information refer to?**
  - A. Tips**
  - B. Thickened Liquids**
  - C. Thrombus**
  - D. Toenails**
  
- 2. What condition involves the inability to eliminate stool or the infrequent, difficult, and often painful elimination of hard dry stool?**
  - A. Congestive heart failure**
  - B. Confidentiality**
  - C. Constipation**
  - D. Constrict**
  
- 3. What does "transporting food" entail?**
  - A. Delivering mail**
  - B. Carrying food from one place to another**
  - C. Serving drinks**
  - D. Driving a bus**
  
- 4. What is the purpose of cleaning spills?**
  - A. Creating messes**
  - B. Leaving stains**
  - C. Preventing accidents**
  - D. Spreading contaminants**
  
- 5. Which term describes the sightless condition?**
  - A. Body fluid**
  - B. Bladder training**
  - C. Blindness**
  - D. Biohazard**

**6. What does a serious wound resulting from skin breakdown indicate?**

- A. A healthy skin condition**
- B. Proper care**
- C. A pressure ulcer**
- D. Strong immunity**

**7. What does it mean to be oriented?**

- A. Concealed.**
- B. Unconscious.**
- C. Disoriented.**
- D. Aware/Awareness.**

**8. What is the term for matter from the stomach that has come up into and may be ejected beyond the mouth?**

- A. A. Walker**
- B. B. Water temperature**
- C. C. Weakness**
- D. D. Vomitus**

**9. What do adaptive activities involve?**

- A. Physical sports**
- B. Intellectual challenges**
- C. Activities for the elderly**
- D. Engagement by disabled with adapted equipment**

**10. Which condition leads to bone loss and increased fracture risk?**

- A. Burns.**
- B. Body mechanics dysfunction.**
- C. Bowel program irregularities.**
- D. Osteoporosis.**

## **Answers**

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

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## **Explanations**

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## 1. What do pieces of advice or expert information refer to?

- A. Tips**
- B. Thickened Liquids**
- C. Thrombus**
- D. Toenails**

The term that refers to pieces of advice or expert information is commonly known as "tips." This word is often used to describe helpful suggestions or practical recommendations provided by knowledgeable individuals in various contexts, including healthcare, cooking, and lifestyle improvement. In the context of a healthcare setting, tips can provide caregivers and nursing assistants with vital strategies for patient care, enhancing the quality of service provided to individuals in their charge. The other terms listed do not convey the same meaning. Thickened liquids refer to a modification often prescribed for individuals with swallowing difficulties, thrombus indicates a blood clot that can lead to serious medical conditions, and toenails are simply the nails on the toes, which do not relate to advice or information. Hence, "tips" is the most appropriate term for pieces of advice or expert information.

## 2. What condition involves the inability to eliminate stool or the infrequent, difficult, and often painful elimination of hard dry stool?

- A. Congestive heart failure**
- B. Confidentiality**
- C. Constipation**
- D. Constrict**

The condition described is constipation. This refers to the difficulty or inability to pass stool, often characterized by infrequent bowel movements and the passage of hard, dry stools. Individuals with constipation may experience discomfort or pain as they try to eliminate waste from their bodies. Understanding this condition is vital in a healthcare context, as it can affect a patient's comfort, digestive health, and overall well-being. Management strategies may include dietary changes, increased fluid intake, and the use of laxatives if necessary. The other options do not relate to issues with bowel elimination. Congestive heart failure involves the heart's inability to pump blood effectively, confidentiality pertains to the ethical obligation to safeguard personal patient information, and constrict generally refers to the act of narrowing or tightening and is not related to bowel function.

### 3. What does "transporting food" entail?

- A. Delivering mail
- B. Carrying food from one place to another**
- C. Serving drinks
- D. Driving a bus

Transporting food specifically refers to the act of carrying food from one location to another. This process is essential in various settings, such as restaurants, cafeterias, and food service operations, where meals need to be moved from the kitchen to dining areas or other parts of a facility. It ensures that the food reaches consumers in a timely manner and in good condition. Other options do not pertain to the movement of food. Delivering mail, for instance, relates to postal services, while serving drinks involves providing beverages to individuals, and driving a bus pertains to transportation of passengers, not food. Therefore, the best definition of "transporting food" is indeed about the movement of food itself.

### 4. What is the purpose of cleaning spills?

- A. Creating messes
- B. Leaving stains
- C. Preventing accidents**
- D. Spreading contaminants

Cleaning spills is crucial for maintaining a safe and hygienic environment. When a spill occurs, it can create slippery surfaces that pose a risk of falls and injuries. By promptly cleaning these spills, you eliminate the potential for accidents, ensuring the safety of both residents and staff. Additionally, addressing spills prevents substances from soaking into surfaces, which could lead to long-term damage or the growth of bacteria and mold. This proactive approach is essential in a healthcare setting, where the well-being of patients and the effectiveness of care are top priorities. The other options emphasize negative outcomes: creating messes or leaving stains would detract from a clean and orderly environment, while spreading contaminants could compromise hygiene and health. Cleaning spills directly counters these issues by promoting safety and cleanliness.

### 5. Which term describes the sightless condition?

- A. Body fluid
- B. Bladder training
- C. Blindness**
- D. Biohazard

The term that describes the sightless condition is "blindness." Blindness can refer to either complete or partial loss of vision, impacting an individual's ability to see light, objects, or details. Understanding this term is crucial for a CNA as they may encounter patients with visual impairments and need to provide appropriate care and support. The other terms do not pertain to sightless conditions. Body fluid refers to liquids within the body, bladder training relates to the process of teaching a patient to control urination, and a biohazard indicates materials that are dangerous to health due to infection or toxicity. Each of these concepts holds significance in a healthcare setting but does not describe the condition of being blind.

## 6. What does a serious wound resulting from skin breakdown indicate?

- A. A healthy skin condition
- B. Proper care
- C. A pressure ulcer**
- D. Strong immunity

A serious wound resulting from skin breakdown is indicative of a pressure ulcer. Pressure ulcers, often known as bedsores or decubitus ulcers, occur when there is prolonged pressure on the skin, usually over bony areas, which impairs blood flow and causes skin and underlying tissue damage. This situation is often a concern in healthcare settings, particularly for individuals who are immobile or have compromised circulation. The identification of a pressure ulcer emphasizes the need for thorough skin assessments, effective repositioning of patients, and appropriate skin care to prevent further deterioration and promote healing. Understanding the implications of such a wound is crucial for any healthcare worker, as it reflects not only the patient's current health condition but also the potential gaps in care that need to be addressed.

## 7. What does it mean to be oriented?

- A. Concealed.
- B. Unconscious.
- C. Disoriented.
- D. Aware/Awareness.**

Being oriented refers to an individual's awareness of themselves and their surroundings. It involves having a clear understanding of personal identity, the time, and the location they are in. When a person is described as oriented, it indicates that they can accurately articulate who they are, where they are, and what is happening around them, demonstrating cognitive functioning and psychological stability. In a healthcare setting, orientation is crucial for assessing a patient's mental status and ability to engage with their care effectively. This awareness is essential for their safety and for making informed decisions about their health and treatment.

## 8. What is the term for matter from the stomach that has come up into and may be ejected beyond the mouth?

- A. A. Walker
- B. B. Water temperature
- C. C. Weakness
- D. D. Vomitus**

The term "vomitus" refers specifically to the matter that has been expelled from the stomach through the mouth. This can include food, liquid, and digestive fluids that have been regurgitated. Understanding this term is crucial for the role of a CNA, as recognizing and properly addressing instances of vomiting are essential in patient care. Monitoring vomitus can provide important information about a patient's condition and help healthcare providers assess issues such as nausea, infection, or other gastrointestinal problems. Thus, it is important for caregivers to be familiar with this terminology to communicate effectively and ensure proper treatment and management of patients' health needs.

## 9. What do adaptive activities involve?

- A. Physical sports**
- B. Intellectual challenges**
- C. Activities for the elderly**
- D. Engagement by disabled with adapted equipment**

Adaptive activities refer to modifications made to standard activities to ensure they are accessible and engaging for individuals with disabilities. The correct focus of these activities is on enabling participation through the use of specialized equipment or adjustments that accommodate various physical or cognitive needs. This approach ensures inclusivity and promotes a sense of accomplishment and engagement for those involved. Physical sports and intellectual challenges can be parts of broader programming but do not encapsulate the essence of adaptive activities, which specifically cater to the needs of those with disabilities. While activities for the elderly can include adaptations, not all adaptive activities are limited to this demographic; rather, they aim to include a wide range of individuals with diverse abilities. Thus, the emphasis on engagement by individuals with disabilities through adapted equipment captures the true nature of what adaptive activities constitute.

## 10. Which condition leads to bone loss and increased fracture risk?

- A. Burns.**
- B. Body mechanics dysfunction.**
- C. Bowel program irregularities.**
- D. Osteoporosis.**

The correct answer addresses osteoporosis, a condition characterized by weakened bones due to a decrease in bone density. This reduction in density makes bones more fragile and susceptible to fractures, even with minor falls or injuries. Osteoporosis is particularly prevalent in older adults and can result from a variety of factors, including hormonal changes, nutritional deficiencies (such as lack of calcium or vitamin D), and sedentary lifestyles. Understanding osteoporosis is crucial for caregivers as they work to identify risk factors in patients and implement measures to prevent falls and promote bone health. The other options, while they may relate to health conditions that impact well-being, do not specifically lead to the same type of bone loss associated with osteoporosis. For instance, burns may cause a range of physical and psychological problems, but they do not directly relate to bone density issues. Body mechanics dysfunction can lead to injuries and musculoskeletal issues but does not inherently cause bone loss. Similarly, bowel program irregularities can affect gastrointestinal health without influencing bone density directly.

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

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

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