

WISCONSIN CNA STATE EXAM VOCABULARY PRACTICE (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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 is a "Glass thermometer" typically composed of?**
 - A. A covering for the hand having separate sections for each of the fingers and the thumb
 - B. A glass bulb attached to a fine tube of glass with a numbered scale
 - C. The use of motions of the limbs or body as a means of expression
 - D. Convulsions resulting in loss of consciousness

- 2. What do we call the breathing process, consisting of one inspiration and one expiration?**
 - A. Responsibility
 - B. Resuscitation
 - C. Respiration
 - D. Resident's Bill of Rights

- 3. How are mistakes addressed in medical environments?**
 - A. Concerning, involving, or made up of both the muscles and the bone
 - B. Encouragement of movement therapy
 - C. Actions or judgments that are misguided or wrong
 - D. Learning from incorrect actions or decisions

- 4. What is involved in the cleansing and maintenance of dentures?**
 - A. Denture care
 - B. Dependability
 - C. Defense mechanism
 - D. Delegation

- 5. What is a behavioral care plan in healthcare?**
 - A. A plan for exercise routines
 - B. A plan for setting up social events
 - C. A plan for improving speaking skills
 - D. A plan that assists in building positive behaviors to replace challenging behaviors

- 6. What is defined as any device or system that can take over for a vital body organ or function that is failing or has failed?**
- A. Life Support
 - B. Lift/Draw Sheet
 - C. Living Will
 - D. Log Roll
- 7. What are supplemental feedings in a healthcare setting?**
- A. Any dietary additives provided to residents for taste enhancement
 - B. Additional meals offered as snacks to residents
 - C. Nutritional supplements provided to residents to improve their health
 - D. Any dietary additives provided to residents to enhance their nutritional status
- 8. What does "psychosocial" refer to?**
- A. The throbbing of the arteries caused by heart contractions
 - B. Relating social conditions to mental health
 - C. An artificial device that replaces a body part
 - D. Loss of function of legs, trunk, and arms
- 9. What is the significance of muscle spasms in clinical settings?**
- A. The practice of keeping the mouth clean and free of disease
 - B. Changing place or position
 - C. Encouragement for mobility exercises
 - D. An involuntary contraction of a muscle that can cause a great deal of pain
- 10. Which of the following involves coordinated contractions to pump blood through the circulatory system?**
- A. Cardiac arrest
 - B. Cardiac cycle
 - C. Cardiac impulse
 - D. Heart muscle

Answers

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

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Explanations

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1. What is a "Glass thermometer" typically composed of?

- A. A covering for the hand having separate sections for each of the fingers and the thumb
- B. A glass bulb attached to a fine tube of glass with a numbered scale**
- C. The use of motions of the limbs or body as a means of expression
- D. Convulsions resulting in loss of consciousness

The correct choice describes a glass thermometer accurately. A glass thermometer consists of a small glass bulb that contains a liquid, usually mercury or alcohol, which expands and rises up a narrow tube as the temperature increases. The numbered scale on the glass tube allows for precise measurement of temperature based on the level of the liquid. This design enables accurate readings, making it a traditional tool for temperature measurement in medical and scientific settings. The other options refer to unrelated concepts; one describes a type of glove, another relates to body language, and the last option refers to a medical condition. None of these pertain to the function or composition of a glass thermometer.

2. What do we call the breathing process, consisting of one inspiration and one expiration?

- A. Responsibility
- B. Resuscitation
- C. Respiration**
- D. Resident's Bill of Rights

The correct answer is "Respiration" because this term specifically refers to the complete cycle of inhaling (inspiration) and exhaling (expiration) air, which is crucial for the exchange of oxygen and carbon dioxide in the body. Understanding respiration is fundamental for a CNA, as it relates to monitoring a patient's breathing and ensuring they receive adequate oxygen. The other options, while related to healthcare or patient rights, do not define the breathing process: "Responsibility" pertains to obligations and duties, "Resuscitation" refers to actions taken to revive someone who is not breathing, and "Resident's Bill of Rights" outlines the rights of individuals living in care facilities but is unrelated to the mechanics of breathing.

3. How are mistakes addressed in medical environments?

- A. Concerning, involving, or made up of both the muscles and the bone
- B. Encouragement of movement therapy
- C. Actions or judgments that are misguided or wrong
- D. Learning from incorrect actions or decisions**

In medical environments, mistakes are handled through a focus on learning from incorrect actions or decisions. This approach promotes a culture of safety and continuous improvement. When healthcare professionals acknowledge and analyze errors, they can discover the underlying causes and prevent similar incidents in the future. This learning mindset is pivotal in fostering better practices, enhancing patient care, and ensuring high-quality standards within the medical field. The other options do not accurately capture the essential approach to mistake management in healthcare settings. While misguided actions can occur, simply identifying them without a learning component does not lead to improvements. Movement therapy can be a valuable part of patient care, but it does not pertain to how mistakes are specifically addressed. Additionally, the concept of muscles and bones relates to anatomy rather than the procedural handling of mistakes in a medical context.

4. What is involved in the cleansing and maintenance of dentures?

- A. Denture care
- B. Dependability
- C. Defense mechanism
- D. Delegation

The process of cleansing and maintaining dentures involves what is commonly referred to as denture care. This includes several important practices such as gently brushing the dentures to remove food particles and plaque, rinsing them after meals, soaking them in a proper solution to keep them sanitized, and regularly visiting a dentist for adjustments as needed. Proper denture care helps prevent gum irritation, bad odors, and potential infections, ensuring that the dentures fit well and function appropriately. The other options, while relevant in different contexts, do not pertain specifically to the direct cleaning and upkeep of dentures. Dependability refers to reliability in performing tasks, which is important in healthcare but is not directly related to denture maintenance. A defense mechanism describes psychological operations to protect the ego, which is unrelated to dental hygiene. Delegation is the act of assigning tasks to others, which can be relevant in a healthcare setting, but it does not directly address the specific actions involved in caring for dentures.

5. What is a behavioral care plan in healthcare?

- A. A plan for exercise routines
- B. A plan for setting up social events
- C. A plan for improving speaking skills
- D. A plan that assists in building positive behaviors to replace challenging behaviors

A behavioral care plan in healthcare is designed to assist individuals in developing positive behaviors while addressing and replacing challenging or negative behaviors. This type of plan is crucial in various settings, such as mental health facilities or rehabilitation centers, where it is essential to modify undesirable behaviors that may hinder recovery or social interaction. The focus of a behavioral care plan is on specific strategies and interventions tailored to the individual's needs, which could involve reinforcement techniques, structured routines, and skill-building activities that promote better behavioral outcomes. Such plans are comprehensive, often involving assessments, goal-setting, and regular monitoring to ensure progress. The other options relate to specific areas but do not encompass the broader goal of addressing behavioral challenges through a structured approach. A plan for exercise routines, social events, or speaking skills does not specifically target the modification of behavior in a way that is designed to manage or replace problematic behaviors. Thus, the distinction lies in the targeted purpose of the behavioral care plan, which is to foster positive change in behavior through supportive measures.

6. What is defined as any device or system that can take over for a vital body organ or function that is failing or has failed?

- A. Life Support**
- B. Lift/Draw Sheet
- C. Living Will
- D. Log Roll

The correct answer is life support, which refers to a range of medical interventions and devices designed to sustain vital bodily functions when a person's organs are unable to perform adequately on their own. This may include mechanical ventilators that support breathing, dialysis machines that assist kidney function, or other technologies that monitor and maintain critical bodily processes. Life support systems are crucial in emergencies or severe medical conditions where organ failure occurs. In contrast, a lift/draw sheet is a tool used for safely moving or repositioning patients rather than supporting life-sustaining functions. A living will is a legal document that outlines a person's preferences for medical treatment in situations where they may be unable to communicate their wishes, but it does not refer to any specific device or system. A log roll is a technique used to turn a patient while maintaining spinal alignment, often used in situations involving a back injury, rather than referring to a life-sustaining intervention. Understanding the distinct roles and definitions of these terms is important in the medical field, particularly in nursing assistance.

7. What are supplemental feedings in a healthcare setting?

- A. Any dietary additives provided to residents for taste enhancement
- B. Additional meals offered as snacks to residents
- C. Nutritional supplements provided to residents to improve their health
- D. Any dietary additives provided to residents to enhance their nutritional status**

Supplemental feedings in a healthcare setting refer to any dietary additives provided to residents to enhance their nutritional status. This includes items such as vitamins, minerals, and protein supplements. Option A is incorrect because the additives are not specifically for taste enhancement, but for improved nutrition. Option B is incorrect because supplemental feedings are not necessarily offered as snacks, but can be given at any time throughout the day. Option C is incorrect because while supplements are a form of supplemental feedings, it does not encompass all types of additives that can be provided in a healthcare setting.

8. What does "psychosocial" refer to?

- A. The throbbing of the arteries caused by heart contractions
- B. Relating social conditions to mental health**
- C. An artificial device that replaces a body part
- D. Loss of function of legs, trunk, and arms

"Psychosocial" refers to the interrelationship between social conditions and mental health. This term emphasizes how an individual's psychological state is affected by their social environment and circumstances. Understanding psychosocial factors is crucial in healthcare, especially in fields like nursing, where a patient's mental and emotional well-being can significantly impact their recovery and overall health. In the context of patient care, recognizing psychosocial elements helps caregivers provide holistic support, addressing not just the physical aspects of illness but also the social aspects that might contribute to a patient's psychological distress. This understanding can lead to more effective interventions and improved outcomes in patient care. The other options do not relate to the concept of psychosocial. One discusses a physiological process, another describes a medical device, and the last relates to loss of physical function, none of which capture the relationship between social factors and mental health.

9. What is the significance of muscle spasms in clinical settings?

- A. The practice of keeping the mouth clean and free of disease
- B. Changing place or position
- C. Encouragement for mobility exercises
- D. An involuntary contraction of a muscle that can cause a great deal of pain**

Muscle spasms, also known as muscle cramps, are an involuntary contraction of a muscle that can cause a great deal of pain. This can be significant in clinical settings as it can indicate an underlying medical condition such as electrolyte imbalances, nerve damage, or poor blood circulation. Treatment for muscle spasms may involve addressing these underlying causes, as well as providing pain relief. The other options, such as keeping the mouth clean and free of disease, changing position, and encouraging mobility exercises, are important practices in healthcare but do not directly relate to muscle spasms. Therefore, they are incorrect choices for the significance of muscle spasms in clinical settings.

10. Which of the following involves coordinated contractions to pump blood through the circulatory system?

- A. Cardiac arrest
- B. Cardiac cycle
- C. Cardiac impulse
- D. Heart muscle**

The correct answer, heart muscle, refers to the specialized muscle tissue known as cardiac muscle that is responsible for the coordinated contractions of the heart. These contractions are crucial for pumping blood throughout the circulatory system. The heart muscle functions rhythmically to ensure that blood is effectively circulated to deliver oxygen and nutrients to various parts of the body while also facilitating the removal of waste products. In contrast, cardiac arrest refers to a condition where the heart stops beating effectively, leading to a halt in blood circulation. The cardiac cycle encompasses the series of events that occur during one heartbeat, including contraction and relaxation, but it is the heart muscle itself that physically performs the action of pumping. Cardiac impulse pertains to the electrical signals that initiate heart contractions and regulate the heart rhythm but does not refer to the physical structures responsible for pumping blood. Therefore, understanding the role of heart muscle clarifies its essential function in the circulatory system.

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.cna.examzify.com>

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

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