

# Wyoming CNA Practice Test (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. During the physical development phase, which ability is developing in infants?**

- A. Language skills**
- B. Gross motor skills**
- C. Social interactions**
- D. Problem-solving abilities**

**2. What characteristic is typical of Alzheimer's disease?**

- A. Improved memory recall**
- B. Disorientation**
- C. Enhanced cognitive function**
- D. Rapid weight gain**

**3. What can be done to assist a resident who has Gastroesophageal Reflux Disease (GERD)?**

- A. Encourage them to drink more water**
- B. Ask resident not to lie down for at least 2-3 hours after eating**
- C. Advise them to eat larger meals**
- D. Suggest they lie down after meals to aid digestion**

**4. What can be an indicator of proper hand hygiene practice?**

- A. Visible dirt on hands**
- B. Frequent skin infections**
- C. No spread of infections**
- D. Presence of soap residue**

**5. In the context of physical and psychosocial needs, which of the following is an example?**

- A. Exercise // love and acceptance**
- B. Water // the need for acceptance**
- C. Food // social gatherings**
- D. Shelter // companionship**

**6. What device prevents bed covers from resting on a resident's legs and feet?**

- A. Bed cradle**
- B. Bed rail**
- C. Footstool**
- D. Pillow**

**7. Where should a nursing assistant stand when helping a resident who is recovering from a stroke with ambulation?**

- A. On the resident's stronger side**
- B. In front of the resident**
- C. On the resident's weaker side**
- D. Behind the resident**

**8. Where is the axillary temperature measured?**

- A. In the mouth**
- B. In the rectum**
- C. In the armpit**
- D. In the ear**

**9. What condition may confuse a resident in a healthcare setting?**

- A. A Stroke**
- B. A UTI**
- C. Dementia**
- D. Anxiety**

**10. What must a nursing assistant do if they suspect a resident is being abused?**

- A. Talk to the resident privately**
- B. Report it immediately to the charge nurse**
- C. Confront the suspected abuser**
- D. Ignore the suspicion unless confirmed**

## **Answers**

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

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## **Explanations**

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**1. During the physical development phase, which ability is developing in infants?**

- A. Language skills**
- B. Gross motor skills**
- C. Social interactions**
- D. Problem-solving abilities**

During the physical development phase, infants are primarily focused on developing gross motor skills. This encompasses the large movements that involve the coordination of arms, legs, and whole-body motions. Key milestones in this area include actions like rolling over, sitting up, crawling, and eventually walking. The development of gross motor skills is critical as it lays the foundation for more complex physical activities and ultimately contributes to a child's overall growth and independence. While the other options may be important aspects of overall child development, they are not the primary focus during the initial physical development stage. Language skills, social interactions, and problem-solving abilities tend to emerge later as children grow and begin to engage more with their environment and peers. Thus, the emphasis during this early stage is primarily on those gross motor skills that enable infants to explore their surroundings and gain mobility.

**2. What characteristic is typical of Alzheimer's disease?**

- A. Improved memory recall**
- B. Disorientation**
- C. Enhanced cognitive function**
- D. Rapid weight gain**

Disorientation is a hallmark characteristic of Alzheimer's disease, which is a progressive neurological disorder that primarily affects memory, thinking, and behavior. Individuals with Alzheimer's often experience confusion about time, place, and even the identity of people around them. This disorientation can manifest in various ways, such as difficulty recognizing familiar environments, getting lost in familiar settings, or struggling to keep track of dates and appointments. Over time, the cognitive decline associated with Alzheimer's severely hinders the individual's ability to navigate their surroundings effectively, making disorientation a key symptom of the disease. This aspect of Alzheimer's typically progresses as the disease advances, further impeding daily functioning and quality of life for the affected individuals.

### 3. What can be done to assist a resident who has Gastroesophageal Reflux Disease (GERD)?

- A. Encourage them to drink more water
- B. Ask resident not to lie down for at least 2-3 hours after eating**
- C. Advise them to eat larger meals
- D. Suggest they lie down after meals to aid digestion

To assist a resident with Gastroesophageal Reflux Disease (GERD), advising them not to lie down for at least 2-3 hours after eating is essential. This recommendation is effective because lying down after a meal can increase the risk of acid reflux. When a person is horizontal, it becomes easier for stomach acid to rise up into the esophagus, leading to discomfort and other symptoms of GERD. Staying upright allows gravity to help keep the contents of the stomach down and minimizes reflux occurrences. In contrast, encouraging increased water intake may not specifically address the symptoms of GERD, as hydration doesn't directly influence the prevention of reflux. Eating larger meals can exacerbate GERD symptoms because it increases the volume of food in the stomach, which can put more pressure on the lower esophageal sphincter and lead to reflux. Suggesting to lie down after meals contradicts the principles of managing GERD; it can worsen the condition by facilitating acid movement back into the esophagus. Thus, the rationale for suggesting that the resident maintain an upright position for a few hours post-meal is a key strategy in managing and alleviating the symptoms associated with GERD.

### 4. What can be an indicator of proper hand hygiene practice?

- A. Visible dirt on hands
- B. Frequent skin infections
- C. No spread of infections**
- D. Presence of soap residue

The indication that proper hand hygiene practices are being followed is demonstrated by the absence of infection spread. This implies that when individuals consistently practice effective handwashing techniques—using soap and water or hand sanitizers—they significantly reduce the transmission of pathogens and germs that cause infections. Proper hand hygiene is essential in healthcare settings and everyday life to prevent the spread of illnesses. A lack of infection spread is a clear marker of effective hygiene practices, as it shows that appropriate measures are taken to eliminate or reduce harmful microorganisms from the hands. This is especially critical for healthcare workers, as they are in direct contact with patients, and maintaining hygiene helps protect both the caregiver and those being cared for. The other options provided do not reflect appropriate hand hygiene practices. Visible dirt or soap residue on hands suggests inadequate cleaning, and frequent skin infections indicate that germs are not being effectively eliminated, which can be a result of poor hand hygiene practices.

**5. In the context of physical and psychosocial needs, which of the following is an example?**

- A. Exercise // love and acceptance**
- B. Water // the need for acceptance**
- C. Food // social gatherings**
- D. Shelter // companionship**

The selection of water paired with the need for acceptance demonstrates a clear connection between a basic physical need and a fundamental psychosocial requirement. Water is essential for physical survival, as it sustains bodily functions and maintains overall health. Meanwhile, the need for acceptance is pivotal in developing self-esteem and forming healthy relationships within social contexts. This combination highlights the interdependence of physical and psychosocial needs—individuals require basic sustenance for their physical well-being, while also thriving on emotional support and social connections. In contrast, while exercise and love, food and social gatherings, or shelter and companionship may have their own relevance, they do not capture the duality of a fundamental physiological necessity alongside an equally important psychological need as clearly as water and acceptance do.

**6. What device prevents bed covers from resting on a resident's legs and feet?**

- A. Bed cradle**
- B. Bed rail**
- C. Footstool**
- D. Pillow**

A bed cradle is designed specifically to keep bed linens off a resident's legs and feet. This device provides a gentle elevation, ensuring that the covers do not apply pressure or cause discomfort, which is particularly important for residents with sensitive skin, wounds, or conditions such as arthritis. The use of a bed cradle can significantly improve comfort and promote healing by minimizing friction and pressure on the lower extremities. The other options, while having their own purposes, do not serve this specific function. Bed rails are used for safety, helping to prevent falls by providing support when the resident needs to get in or out of bed. A footstool is primarily used to elevate the feet or provide support for getting into or out of bed but does not prevent covers from resting on the legs. A pillow would typically be used for head or neck support, and while it could potentially elevate legs when placed under them, it is not designed for the specific purpose of keeping bedcovers off the legs and feet.

**7. Where should a nursing assistant stand when helping a resident who is recovering from a stroke with ambulation?**

- A. On the resident's stronger side**
- B. In front of the resident**
- C. On the resident's weaker side**
- D. Behind the resident**

When assisting a resident who is recovering from a stroke with ambulation, it is essential for the nursing assistant to position themselves on the resident's weaker side. This positioning allows the assistant to provide both physical support and reassurance to the resident. The weaker side is typically associated with reduced strength and coordination, which makes it crucial for the assistant to be close enough to offer help if the resident begins to lose balance or needs support while walking. By standing on the weaker side, the nursing assistant can more effectively stabilize or guide the resident, helping them to feel more secure as they ambulate. This approach promotes safety and encourages independence as the resident gains strength and confidence in their mobility. It is an essential aspect of rehabilitation for stroke patients, who often need additional support during movement due to their condition.

**8. Where is the axillary temperature measured?**

- A. In the mouth**
- B. In the rectum**
- C. In the armpit**
- D. In the ear**

The axillary temperature is measured in the armpit, which is the anatomical location referred to as "axillary." This method involves placing a thermometer in the fold of the armpit to obtain a reading of the body's temperature. Measuring temperature in this area is less invasive compared to other methods, such as oral or rectal measurements, and can be more comfortable for patients who may be sensitive to those approaches. Axillary temperatures tend to be slightly lower than oral temperatures, so it's important to understand this when interpreting results. The armpit provides a quick and easy way to monitor body temperature, especially in situations where other methods may not be feasible.

**9. What condition may confuse a resident in a healthcare setting?**

- A. A Stroke**
- B. A UTI**
- C. Dementia**
- D. Anxiety**

A urinary tract infection (UTI) can indeed cause confusion in a resident in a healthcare setting, particularly in older adults. UTIs are known to trigger cognitive changes, such as confusion, agitation, or delirium, even in individuals who may have previously been cognitively intact. The presence of infection can lead to a systemic response that negatively impacts mental status, which can be mistaken for a neurological disorder or exacerbation of pre-existing cognitive issues. In contrast, while stroke and dementia can also lead to confusion, they are typically associated with more persistent and stable changes in cognitive function. Additionally, anxiety can cause distress but does not usually produce confusion in the same way that a UTI does. Thus, recognizing and addressing a UTI is critical in healthcare settings since prompt treatment can significantly improve the resident's condition and mental clarity.

**10. What must a nursing assistant do if they suspect a resident is being abused?**

- A. Talk to the resident privately**
- B. Report it immediately to the charge nurse**
- C. Confront the suspected abuser**
- D. Ignore the suspicion unless confirmed**

When a nursing assistant suspects that a resident is being abused, it is crucial to report the suspicion immediately to the charge nurse. This action is grounded in the responsibility to protect the well-being of residents, who may be vulnerable and unable to advocate for themselves. Reporting to the charge nurse ensures that the concern is addressed appropriately and in accordance with established protocols. The charge nurse is equipped to handle such situations, including investigating the claims further and taking necessary actions to ensure the safety of the resident. This step aligns with the legal and ethical obligations of healthcare providers to report suspected abuse and to safeguard the rights of the residents in their care. Taking immediate action through proper reporting channels is essential in these scenarios, as it initiates a more formal process that can involve additional authorities or protective services if needed. This approach not only helps to protect the potential victim but also maintains the integrity of the care facility by addressing potential issues in a structured manner.

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

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

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