

# Wyoming CNA Practice Test (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

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- 1. What is a typical symptom associated with Parkinson's disease?**
  - A. A stiff gait**
  - B. Shuffling gait**
  - C. Rapid movements**
  - D. High energy levels**
  
- 2. What is a common sign of clinical depression?**
  - A. Increased energy levels**
  - B. Extreme happiness**
  - C. Apathy**
  - D. Euphoria**
  
- 3. How far should a tympanic thermometer be inserted into the ear?**
  - A. 1/4 - 1/2 inch**
  - B. 1/2 - 1 inch**
  - C. 1 inch**
  - D. 1/8 - 1/4 inch**
  
- 4. Ombudsmen are present in care facilities to assist and support whom?**
  - A. Family members of the residents**
  - B. Staff members**
  - C. Residents**
  - D. Volunteers**
  
- 5. What type of information does HIPAA primarily protect?**
  - A. Employment records**
  - B. Financial information**
  - C. Health information**
  - D. Educational records**

- 6. What brain disorder affects a person's ability to think clearly and understand reality?**
- A. Depression**
  - B. Alzheimer's disease**
  - C. Anxiety disorder**
  - D. Schizophrenia**
- 7. How often should oral care be performed for residents?**
- A. Once a day**
  - B. Twice a day**
  - C. Three times a day**
  - D. Only when needed**
- 8. In infants, physical development progresses in which direction?**
- A. From the arms to the legs**
  - B. From the legs to the head**
  - C. From the head down**
  - D. From the torso to the limbs**
- 9. How should a nursing assistant assist a patient with one-sided weakness from a stroke?**
- A. Stand on the strong side**
  - B. Stand on the weaker side**
  - C. Encourage the patient to walk alone**
  - D. Always push the patient to the stronger side**
- 10. What does the term "dangling" refer to in patient care?**
- A. Sitting upright with legs over the side of the bed**
  - B. Standing with assistance**
  - C. Reclining in a chair**
  - D. Lying flat on the bed**



## Answers

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

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## **Explanations**

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## 1. What is a typical symptom associated with Parkinson's disease?

- A. A stiff gait
- B. Shuffling gait**
- C. Rapid movements
- D. High energy levels

A shuffling gait is a hallmark symptom of Parkinson's disease. This condition affects the nervous system and leads to a variety of motor and non-motor symptoms. The shuffling gait is characterized by a slow shuffling movement with small steps, often accompanied by difficulty in initiating movement and a reduced range of motion. This symptom arises due to a combination of muscle rigidity, postural instability, and bradykinesia (slowness of movement) caused by the disease. Parkinson's disease is often associated with other symptoms as well, such as tremors, stiffness, and balance issues. However, the shuffling gait is particularly distinctive and can be one of the first observable signs of the disease, making it significant for early diagnosis and intervention. Understanding this symptom can help caregivers and health professionals provide appropriate support and care for individuals living with Parkinson's disease.

## 2. What is a common sign of clinical depression?

- A. Increased energy levels
- B. Extreme happiness
- C. Apathy**
- D. Euphoria

Apathy is commonly recognized as a sign of clinical depression. This state of emotional numbness or lack of interest in activities that were once enjoyable is one of the hallmark symptoms of the condition. Individuals experiencing depression may find it difficult to engage with their surroundings, leading to reduced motivation and withdrawal from social interactions. This pervasive sense of disinterest can significantly impact their quality of life and functioning. In contrast, increased energy levels and extreme happiness do not align with the symptoms typically associated with clinical depression; instead, they suggest a state of well-being or mania, which is contrary to what one experiences during depressive episodes. Euphoria, similarly, is characterized by an intense state of happiness and is not representative of clinical depression, as it indicates a mood elevation rather than a depressive state. Understanding the nuances of these emotional responses helps recognize clinical depression more accurately.

**3. How far should a tympanic thermometer be inserted into the ear?**

- A. 1/4 - 1/2 inch**
- B. 1/2 - 1 inch**
- C. 1 inch**
- D. 1/8 - 1/4 inch**

Inserting a tympanic thermometer into the ear requires a careful approach to ensure accurate readings and the safety of the patient. The correct insertion range of 1/4 - 1/2 inch allows the thermometer to be positioned effectively in the ear canal without causing discomfort or injury to the delicate structures within the ear. This distance ensures that the device reaches the area where the infrared sensor can accurately measure the heat from the tympanic membrane, reflecting the body's core temperature. When the thermometer is inserted too far, beyond the specified range, there is a risk of damaging the tympanic membrane or other ear structures. Conversely, if it is inserted too shallowly, the temperature reading may not be accurate, as the thermometer may not detect the heat emanating properly from the tympanic membrane. Hence, the specified insertion range balances safety and accuracy, making it crucial for healthcare professionals to adhere to this guideline when using tympanic thermometers.

**4. Ombudsmen are present in care facilities to assist and support whom?**

- A. Family members of the residents**
- B. Staff members**
- C. Residents**
- D. Volunteers**

Ombudsmen play a crucial role in advocating for the rights and well-being of residents in care facilities. They serve as a resource for individuals living in these environments, ensuring that their concerns, complaints, and needs are addressed. Ombudsmen are trained to listen to residents, assist them in navigating the often complex systems of care, and help them understand their rights. This support is vital in promoting a more positive living situation and enhancing the quality of care that residents receive. Their primary focus is on the residents themselves, making it essential that they advocate for these individuals to ensure their voices are heard and that they receive respectful and necessary care.

**5. What type of information does HIPAA primarily protect?**

- A. Employment records
- B. Financial information
- C. Health information**
- D. Educational records

HIPAA, which stands for the Health Insurance Portability and Accountability Act, primarily protects health information. This legislation is designed to ensure that individuals' medical records and personal health information are kept private and secure. It mandates strict standards for the handling and sharing of such information by healthcare providers, insurers, and their business associates. The focus of HIPAA is specifically on the confidentiality, integrity, and security of health data, which includes anything related to an individual's past, present, or future physical or mental health condition, the provision of healthcare to an individual, and the payment for the provision of healthcare. This protection is critical in maintaining patient trust and safeguarding sensitive health information from unauthorized access and breaches. In contrast, while employment records, financial information, and educational records may be protected under other regulations or specific privacy acts, they do not fall under the jurisdiction of HIPAA, which is exclusively concerned with health information privacy.

**6. What brain disorder affects a person's ability to think clearly and understand reality?**

- A. Depression
- B. Alzheimer's disease
- C. Anxiety disorder
- D. Schizophrenia**

Schizophrenia is a serious brain disorder that significantly impacts a person's thought processes, perceptions, and ability to comprehend reality. Individuals with schizophrenia may experience delusions, hallucinations, and disorganized thinking, all of which can impair their clarity of thought and understanding of their environment. These symptoms can severely disrupt daily functioning and social interactions, making it challenging for those affected to maintain a grasp on reality. In contrast, depression primarily affects mood and emotional well-being, rather than directly impacting cognitive clarity or perception of reality. Alzheimer's disease, while it does involve cognitive decline, particularly with memory and reasoning, does not typically cause the same level of distortion of reality as seen in schizophrenia. Similarly, anxiety disorders involve excessive worry or fear, which can influence thinking but do not fundamentally alter one's understanding of reality in the way schizophrenia does.

**7. How often should oral care be performed for residents?**

- A. Once a day
- B. Twice a day**
- C. Three times a day
- D. Only when needed

Performing oral care twice a day for residents is considered a best practice in nursing care. This frequency helps to maintain oral hygiene, minimize the risk of dental issues, and prevent infections such as pneumonia in individuals who may have difficulties with swallowing or managing their oral health independently. Regular oral care not only contributes to the overall health and comfort of residents but also fosters better communication and quality of life. While some situations may warrant more frequent care, such as when a resident has a specific dental condition or is unable to care for their mouth adequately, a routine of twice daily cleaning is recommended to ensure consistent hygiene and care. This practice is particularly important for residents who are at higher risk for oral health issues, including those who are elderly or have chronic illnesses.

**8. In infants, physical development progresses in which direction?**

- A. From the arms to the legs
- B. From the legs to the head
- C. From the head down**
- D. From the torso to the limbs

In infants, physical development progresses from the head down, a principle known as cephalocaudal development. This means that growth and motor skills initially develop in the areas closest to the head before spreading downward towards the feet. For example, infants first gain control over their head and neck before they can sit up, crawl, or walk. This pattern is crucial as it reflects how the nervous system matures and influences physical abilities. The concept of cephalocaudal development also illustrates why children will often demonstrate control over upper body movements before lower body movements. The progression is essential for ensuring that an infant can effectively interact with their environment as they grow, learning to control their movements in a way that supports further development.

**9. How should a nursing assistant assist a patient with one-sided weakness from a stroke?**

- A. Stand on the strong side**
- B. Stand on the weaker side**
- C. Encourage the patient to walk alone**
- D. Always push the patient to the stronger side**

Standing on the weaker side when assisting a patient with one-sided weakness from a stroke is the appropriate approach because it provides the necessary support for the patient. By positioning yourself on the weaker side, you can offer physical stability and counterbalance to the patient, which is essential for their safety and confidence while moving. This allows you to help guide them and prevent falls, as patients often have less control and strength on the side affected by the stroke. When standing on the strong side, the assistant would be less able to provide effective support and might inadvertently encourage the patient to lean towards the weaker side, increasing the risk of a fall. Encouraging the patient to walk alone or pushing them to the stronger side can lead to further instability and potential accidents, as these actions do not address the specific needs of a person with one-sided weakness. Therefore, providing assistance from the weaker side is the best option to ensure the patient's safety and promote their independence in a controlled manner.

**10. What does the term "dangling" refer to in patient care?**

- A. Sitting upright with legs over the side of the bed**
- B. Standing with assistance**
- C. Reclining in a chair**
- D. Lying flat on the bed**

The term "dangling" in patient care specifically refers to the position where a patient is sitting upright on the edge of the bed with their legs hanging over the side. This position is important as it allows the patient to gradually acclimate to being upright, which can benefit their circulation and prevent sudden drops in blood pressure. Dangling is often a preparatory step before a patient gets up to walk or perform more strenuous activities, helping them regain their balance and assess their functional status. This technique is particularly useful in post-operative care or for individuals who may have been sedentary for an extended period, ensuring their safety and comfort.



## 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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