

WYOMING CNA PRACTICE TEST (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. What is one key aspect to consider when assisting residents with impaired vision?**
 - A. Always support them from the front
 - B. Use verbal cues frequently
 - C. Limit their mobility for safety
 - D. Provide them with a cane at all times
- 2. What does ADLs stand for in healthcare terminology?**
 - A. Adequate Daily Life Activities
 - B. Activities of Daily Living
 - C. Additional Daily Life Skills
 - D. Advanced Discipline of Living
- 3. What type of urinary catheter remains inside a person for an extended period?**
 - A. Intermittent catheter
 - B. Foley catheter
 - C. Indwelling catheter
 - D. External catheter
- 4. What is an important factor in maintaining resident confidentiality?**
 - A. Using the resident's full name in conversations
 - B. Discussing resident information with coworkers
 - C. Only sharing resident information when necessary for care
 - D. Keeping notes visible on desks
- 5. What is a sign of the onset of diabetic ketoacidosis?**
 - A. Breath that smells sour
 - B. Breath that smells sweet
 - C. Breath that smells like ammonia
 - D. Breath that smells of smoke

- 6. What condition may confuse a resident in a healthcare setting?**
- A. A Stroke
 - B. A UTI
 - C. Dementia
 - D. Anxiety
- 7. What is true regarding long-term care patients?**
- A. Most conditions are acute
 - B. Most conditions are chronic
 - C. Most conditions are transitory
 - D. Most conditions require surgical intervention
- 8. What should an NA do if a resident shows signs of distress?**
- A. Ignore the signs
 - B. Document the behavior but take no action
 - C. Report to the supervising nurse
 - D. Handle it personally without reporting
- 9. Which of the following is a typical task that a nursing assistant (NA) performs?**
- A. Administering medication
 - B. Helping residents with toileting needs
 - C. Scheduling doctor appointments
 - D. Conducting health assessments
- 10. Which of the following is a common symptom of dysphagia?**
- A. Frequent coughing during meals
 - B. Watery eyes during meals
 - C. Persistent throat clearing
 - D. Sudden weight gain

Answers

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

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Explanations

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1. What is one key aspect to consider when assisting residents with impaired vision?

- A. Always support them from the front
- B. Use verbal cues frequently**
- C. Limit their mobility for safety
- D. Provide them with a cane at all times

Using verbal cues frequently is crucial when assisting residents with impaired vision because it helps them understand their environment and navigate safely. Verbal cues can guide them as to where they are, what obstacles may be present, and how to move from one space to another. This form of communication allows residents to feel more secure and confident, empowering them to maintain a level of independence while being aware of their surroundings. Verbal cues, such as describing the layout of the room or announcing your presence, provide essential information that residents may not be able to perceive visually. This strategy enhances their ability to interact with caregivers and other residents, ultimately fostering a safer and more supportive environment. In contrast, options like limiting their mobility for safety can lead to feelings of restriction or frustration, while providing a cane at all times may not be necessary or appropriate for every individual depending on their needs. Supporting from the front, although helpful in some situations, can hinder the resident's ability to develop spatial awareness if used exclusively. Thus, utilizing verbal cues is a fundamental aspect of effectively assisting individuals with impaired vision.

2. What does ADLs stand for in healthcare terminology?

- A. Adequate Daily Life Activities
- B. Activities of Daily Living**
- C. Additional Daily Life Skills
- D. Advanced Discipline of Living

In healthcare terminology, ADLs stands for Activities of Daily Living. This term encompasses the essential tasks that individuals need to perform in order to live independently and maintain their health and well-being. Activities of Daily Living typically include basic self-care functions such as bathing, dressing, eating, toileting, and mobility. Understanding ADLs is crucial for healthcare providers, especially in fields such as nursing and rehabilitative care, as these activities are fundamental indicators of a person's ability to care for themselves and their need for assistance or support. The focus on ADLs helps caregivers assess a patient's level of independence and create appropriate care plans tailored to their needs.

3. What type of urinary catheter remains inside a person for an extended period?

- A. Intermittent catheter
- B. Foley catheter
- C. Indwelling catheter**
- D. External catheter

An indwelling catheter is specifically designed to remain inside a person for an extended period, often weeks or even months. This type of catheter is secured in place within the bladder, typically using a small balloon that is inflated once the catheter is inserted. This design allows for continuous drainage of urine, which is especially important for individuals who may be unable to urinate naturally or need prolonged catheterization due to medical conditions, surgery, or other health-related issues. Indwelling catheters are commonly used in various healthcare settings, such as acute care hospitals, long-term care facilities, and during surgical procedures. They differ from intermittent catheters, which are inserted as needed and removed after each use, and from external catheters, which are applied externally and do not enter the bladder. While the term "Foley catheter" is often used interchangeably with indwelling catheters, it is actually a type of indwelling catheter; thus, the broader term is more encompassing for the purposes of identifying the correct answer.

4. What is an important factor in maintaining resident confidentiality?

- A. Using the resident's full name in conversations
- B. Discussing resident information with coworkers
- C. Only sharing resident information when necessary for care**
- D. Keeping notes visible on desks

Maintaining resident confidentiality is essential in any healthcare setting, particularly for a CNA, because it protects the privacy and dignity of the individuals in care. Sharing resident information only when necessary for care ensures that sensitive details are disclosed solely to those who need them to provide effective treatment. This practice aligns with legal and ethical standards, such as HIPAA regulations, which are designed to safeguard personal health information. When information is shared responsibly—limited to what's necessary for caring for the resident—it enhances trust between residents and caregivers. This trust is vital for encouraging open communication, which can lead to better health outcomes and greater satisfaction for both the resident and the healthcare team. In contrast, discussing resident information unnecessarily or using their full name in casual conversation can lead to breaches of confidentiality and compromise the residents' privacy. Keeping notes visible on desks fails to protect sensitive information, placing resident details at risk of exposure. Therefore, sharing information only as needed for care is the best practice for maintaining confidentiality.

5. What is a sign of the onset of diabetic ketoacidosis?

- A. Breath that smells sour
- B. Breath that smells sweet**
- C. Breath that smells like ammonia
- D. Breath that smells of smoke

Diabetic ketoacidosis (DKA) is a serious complication of diabetes that occurs when the body starts breaking down fats at an excessive rate, leading to the production of ketones. These ketones can accumulate in the blood, causing a state of acidosis. One of the hallmark signs of DKA is the presence of sweet-smelling breath, often described as fruity or similar to the smell of acetone (the substance found in nail polish remover). The reason the breath smells sweet is due to the accumulation of acetone, a type of ketone that is produced during fat breakdown. This distinctive odor is a key clinical indicator that healthcare providers look for when diagnosing DKA, alongside other symptoms such as excessive thirst, frequent urination, nausea, and abdominal pain. Recognizing this sign is crucial for timely intervention, as DKA can quickly become life-threatening if not addressed. Other options describe different types of breath odors that are not typically associated with diabetic ketoacidosis and may indicate other health issues, but they do not reflect the metabolic changes that occur during DKA as accurately as the sweet-smelling breath does.

6. 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.

7. What is true regarding long-term care patients?

- A. Most conditions are acute
- B. Most conditions are chronic**
- C. Most conditions are transitory
- D. Most conditions require surgical intervention

Long-term care patients typically have conditions that are chronic in nature. Chronic conditions are those that last for an extended period, often for the rest of an individual's life, and they require ongoing management and care. This includes health issues such as diabetes, heart disease, and arthritis, which often necessitate continuous treatment, lifestyle changes, and regular monitoring. In the context of long-term care, the focus is on providing supportive services and assistance to manage these enduring conditions effectively, recognizing that the goal is often to maintain the best possible quality of life for patients who may not be able to return to a baseline level of health. Chronic conditions can also lead to complications and require frequent interventions, although they do not generally resolve on their own as acute conditions might. This distinction is important for caregivers and healthcare practitioners, as it informs the type of care, resources, and support systems that will be necessary for these patients. Understanding that most long-term care patients have chronic conditions helps in planning appropriate care strategies and anticipating potential health challenges over time.

8. What should an NA do if a resident shows signs of distress?

- A. Ignore the signs
- B. Document the behavior but take no action
- C. Report to the supervising nurse**
- D. Handle it personally without reporting

When a resident shows signs of distress, the appropriate response is to report the situation to the supervising nurse. This action is crucial because a nurse has the training and authority to assess the situation further and determine the appropriate interventions needed to address the resident's needs. Responding promptly by notifying a supervising nurse ensures that the resident receives the care and attention necessary to alleviate their distress. Nurses are equipped to evaluate symptoms, implement care plans, and involve other healthcare professionals if needed, thereby ensuring the safety and well-being of the resident. Taking no action or ignoring signs of distress could lead to a worsening situation for the resident, while documenting behavior without action lacks proactive care. Additionally, handling the situation personally without informing a nurse may lead to inappropriate or ineffective responses, increasing the risk of harm to the resident. Reporting to the supervising nurse is the best practice in maintaining the health and safety of those in your care.

9. Which of the following is a typical task that a nursing assistant (NA) performs?

- A. Administering medication
- B. Helping residents with toileting needs**
- C. Scheduling doctor appointments
- D. Conducting health assessments

Helping residents with toileting needs is a typical task that a nursing assistant (NA) performs because it is one of the key responsibilities of NAs in supporting patients with their daily living activities. This task involves assisting residents with getting to the bathroom, providing privacy, and ensuring their comfort and dignity during the process. Additionally, NAs often help with personal hygiene, which is closely related to toileting assistance. In contrast, administering medication and conducting health assessments are duties that require specific training and are typically performed by licensed nurses or other qualified medical professionals. Scheduling doctor appointments also generally falls outside the responsibilities of a nursing assistant, as this task is more administrative and is often handled by office staff or management in a healthcare setting. Thus, supporting residents with toileting needs aligns well with the foundational role of nursing assistants in providing direct, hands-on care.

10. Which of the following is a common symptom of dysphagia?

- A. Frequent coughing during meals
- B. Watery eyes during meals**
- C. Persistent throat clearing
- D. Sudden weight gain

The correct answer highlights that frequent coughing during meals is a commonly observed symptom of dysphagia, which refers to difficulty swallowing. When a person with dysphagia tries to eat or drink, food or liquid may enter the airway (aspiration), causing them to cough as a reflex action to clear the airway. This symptom serves as an important signal indicating that the person might be struggling with their swallowing ability and may require further assessment or intervention. While other symptoms such as persistent throat clearing can also occur, they are less commonly associated with dysphagia itself compared to coughing. Watery eyes during meals are typically unrelated to the swallowing process, and sudden weight gain is usually not a symptom of dysphagia; in fact, it could indicate quite the opposite, as individuals with swallowing difficulties may face challenges in maintaining adequate nutrition and hydration, potentially leading to weight loss.

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://wyomingcna.examzify.com>

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

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