ALASKA CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (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.

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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!

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Questions

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1. What does coronary artery disease (CAD) primarily affect?

A. The arteries of the brain.

B. The arteries of the heart.

C. The veins of the limbs.

D. The aorta.

2. What condition can result from prolonged exposure to excessive pressure on bony areas?

A. Muscle strain

B. Pressure ulcers

C. Skin redness

D. Dermatitis

3. In which demographic is acute pericarditis most commonly seen?

A. Children

B. Middle-aged adults

C. Older adults

D. Teenagers

4. Which position would be most beneficial for a resident who needs to sit up to breathe more easily?

A. Prone position

B. Fowler's position

C. Lateral position

D. Semi-Fowler's position

5. Which professional is responsible for diagnosing a resident's condition?

A. Nurse

B. Respiratory Therapist

C. Doctor

D. Physical Therapist

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6. What is a characteristic of a latent infection?

A. It is always symptomatic

B. It may show symptoms after a long period

C. It occurs immediately after exposure

D. It is easily treatable

7. What can be a possible symptom of pericarditis?

A. Shortness of breath

B. Chest pain

C. Both shortness of breath and chest pain

D. Extreme fatigue

8. What defines pressure sore Stage 4?

A. It affects the epidermis only

B. Redness without skin loss

C. Deep tissue damage extending into muscle or bone

D. A partial thickness loss of skin

9. What is one benefit of having a clear chain of command in healthcare?

A. Increased workload for nursing staff

B. Faster resolution of issues

C. Higher levels of confusion among staff

D. Greater patient wait times

10. When performing passive Range of Motion, what should the caregiver focus on?

A. Encouraging the resident to move independently

B. Deliberately moving the joint through its range

C. Monitoring the resident's vital signs

D. Limiting movement to avoid pain

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Answers

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

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Explanations

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1. What does coronary artery disease (CAD) primarily affect?

A. The arteries of the brain.

B. The arteries of the heart.

C. The veins of the limbs.

D. The aorta.

Coronary artery disease (CAD) primarily affects the arteries of the heart. This condition involves the narrowing or blockage of the coronary arteries, which supply blood to the heart muscle itself. When these arteries become narrowed due to the buildup of cholesterol and other substances (known as plaque), they reduce blood flow to the heart. This diminished blood flow can lead to chest pain (angina) or more serious heart issues like heart attacks, as the heart muscle does not receive enough oxygen-rich blood. Understanding the specific focus of CAD on the coronary arteries is essential for recognizing how the disease impacts overall heart health, the symptoms it can cause, and the management strategies that may be necessary to treat or prevent complications related to the condition.

2. What condition can result from prolonged exposure to excessive pressure on bony areas?

A. Muscle strain

B. Pressure ulcers

C. Skin redness

D. Dermatitis

Prolonged exposure to excessive pressure on bony areas can lead to pressure ulcers, also known as bedsores or decubitus ulcers. These ulcers develop because the sustained pressure reduces blood flow to the area, leading to skin and underlying tissue damage. When tissues are compressed, the capillaries can become occluded, resulting in ischemia. If the pressure is not relieved, the affected skin can deteriorate, leading to ulceration and infection. Pressure ulcers are classified according to their severity, ranging from localized skin reddening (which is a symptom that may appear earlier) to more severe cases that involve full-thickness loss of skin and tissue. By understanding the mechanism by which pressure ulcers form, nursing assistants can take appropriate actions to prevent them, such as repositioning patients regularly and using specialized mattresses and cushions. While other conditions like muscle strain, skin redness, and dermatitis may be associated with various types of injury or irritation, they do not specifically arise from the sustained pressure on bony prominences in the way that pressure ulcers do.

3. In which demographic is acute pericarditis most commonly seen?

A. Children

B. Middle-aged adults

C. Older adults

D. Teenagers

Acute pericarditis is most commonly seen in middle-aged adults due to several underlying factors that contribute to the condition's prevalence in this demographic. This age group tends to experience a variety of autoimmune disorders, infectious diseases, and conditions such as myocardial infarction or heart surgery, which can lead to inflammation of the pericardium, the membrane surrounding the heart. Moreover, middle-aged adults are more likely to experience the risk factors associated with acute pericarditis, such as prior heart conditions, which can make this demographic more susceptible. While pericarditis can occur in individuals of any age, the incidence peaks in adults between the ages of 30 and 50, making middle-aged adults the most affected demographic for this condition.

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4. Which position would be most beneficial for a resident who needs to sit up to breathe more easily?

A. Prone position

B. Fowler's position

C. Lateral position

D. Semi-Fowler's position

Fowler's position is an elevated seating arrangement that helps residents who are experiencing difficulty breathing. By sitting up at an angle (usually between 45 to 60 degrees), this position allows for maximum expansion of the lungs, facilitating better airflow and oxygenation. It is particularly beneficial for individuals with respiratory issues, as the elevation reduces the weight of the chest and diaphragm on the lungs, making it easier to breathe. This position also aids in reducing the risk of aspiration and makes it easier for residents to communicate and participate in activities. It is often utilized in clinical settings for patients who require assistance with breathing or who have conditions such as chronic obstructive pulmonary disease (COPD) or heart conditions that compromise respiratory function. The other positions, while useful for other purposes, do not provide the same level of assistance in enhancing breathing. For example, the prone position, which involves lying flat on the stomach, can actually restrict lung expansion. Lateral position, where the resident lies on their side, can be comfortable for some, but it does not offer the same advantages for breathing as Fowler's position. Semi-Fowler's position, while still elevating the upper body, typically reclines at a lesser angle compared to Fowler's position, which may not

5. Which professional is responsible for diagnosing a resident's condition?

A. Nurse

B. Respiratory Therapist

C. Doctor

D. Physical Therapist

The role of diagnosing a resident's condition is primarily the responsibility of a doctor. Physicians have the medical training and expertise necessary to evaluate a patient's symptoms, perform diagnostic tests, and interpret the results to determine a medical condition. They are qualified to make medical judgments about health issues, prescribe medications, and develop treatment plans based on their diagnoses. While nurses, respiratory therapists, and physical therapists provide essential care and support within the healthcare system, they work under the guidance of a physician when it comes to diagnosing illnesses. Nurses often perform assessments and monitor patients' conditions, but they do not officially diagnose. Respiratory therapists focus on managing patients with respiratory issues, and physical therapists work on rehabilitation and improving mobility without making medical diagnoses. Each of these professionals plays a crucial role in patient care, but the responsibility for establishing a diagnosis lies with the doctor.

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6. What is a characteristic of a latent infection?

A. It is always symptomatic

B. It may show symptoms after a long period

C. It occurs immediately after exposure

D. It is easily treatable

A latent infection is characterized by the potential to remain dormant in the body for an extended period of time before it may reactivate and cause symptoms. This aligns with the chosen answer, which highlights that symptoms may not appear until much later, even years after the initial infection. Conditions such as herpes simplex virus or tuberculosis can illustrate this concept well, as individuals may not show any signs of illness for a long time, yet the pathogens remain in the body. This delayed manifestation is a fundamental aspect of latent infections, distinguishing them from acute infections that present symptoms shortly after exposure. Other characteristics of latent infections include the fact that they are typically not immediately symptomatic or easily treatable; treatment may be necessary when symptoms occur or during episodes of reactivation, but this does not imply that they are easily managed at all times. Therefore, the correct option captures the essence of what it means for an infection to be classified as latent.

7. What can be a possible symptom of pericarditis?

A. Shortness of breath

B. Chest pain

C. Both shortness of breath and chest pain

D. Extreme fatigue

Pericarditis is an inflammation of the pericardium, which is the fibrous sac surrounding the heart. One of the hallmark symptoms of this condition is chest pain, which typically arises from the irritation of the pericardial layers. This pain often worsens when lying down or taking deep breaths and may improve when sitting up or leaning forward. Shortness of breath can also occur in cases of pericarditis, particularly if the inflammation leads to fluid accumulation in the pericardial space, a condition known as pericardial effusion. This fluid can restrict the heart's movement and affect its ability to pump effectively, leading to pulmonary congestion and resulting in feelings of breathlessness. Therefore, the presence of both shortness of breath and chest pain highlights the complex nature of pericarditis symptoms, showcasing how inflammation can affect various bodily functions and systems. This multifaceted symptomatology makes option C a comprehensive choice in identifying potential symptoms of pericarditis.

8. What defines pressure sore Stage 4?

A. It affects the epidermis only

B. Redness without skin loss

C. Deep tissue damage extending into muscle or bone

D. A partial thickness loss of skin

Pressure sore Stage 4 is characterized by deep tissue damage that extends beyond the skin and involves muscle, tendons, or even bone. This stage represents the most severe level of pressure ulcer, where the wound has progressed significantly, showing extensive destruction and tissue necrosis. In this stage, the wound may be full-thickness, and slough or eschar may be present, which can obscure the depth of the injury. Understanding the specific characteristics of each stage of pressure sores is crucial for proper assessment and management. Stage 4 pressure sores require immediate and comprehensive treatment interventions to prevent further complications and promote healing.

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9. What is one benefit of having a clear chain of command in healthcare?

A. Increased workload for nursing staff

B. Faster resolution of issues

C. Higher levels of confusion among staff

D. Greater patient wait times

Having a clear chain of command in healthcare facilitates a faster resolution of issues by establishing defined roles and responsibilities among staff members. When each team member knows who to report to and who is responsible for making decisions, it streamlines communication and decision-making processes. This clarity helps in effectively addressing patient needs, coordinating care, and responding to emergencies quickly. When staff members are aware of their specific roles within the chain of command, they can confidently escalate concerns or problems without unnecessary delays, which ultimately leads to improved patient care and outcomes.

10. When performing passive Range of Motion, what should the caregiver focus on?

A. Encouraging the resident to move independently

B. Deliberately moving the joint through its range

C. Monitoring the resident's vital signs

D. Limiting movement to avoid pain

In passive Range of Motion (ROM) exercises, the caregiver's primary focus is to deliberately move the joints through their full range of motion. This is done to maintain joint flexibility, prevent stiffness, and enhance circulation. The caregiver is responsible for gently guiding the resident's limbs through the exercises, ensuring that movements are smooth and within a comfortable range for the resident. Emphasizing controlled movement helps to stimulate joint function and facilitates better mobility for the resident, which is crucial for their overall health and wellbeing. It is important for the caregiver to be attentive to the resident's comfort level and any resistance they might feel during the motion, but the core objective is exerting proper movement without relying on the resident's active participation. The other options represent different aspects of patient care or exercise that are not applicable in the context of passive ROM. Encouraging independent movement pertains more to active ROM techniques, monitoring vital signs is essential for overall patient safety but not the focus of ROM exercises, and limiting movement to avoid pain can be the opposite of what is intended in passive ROM, where the goal is to aid movement rather than restrict it.

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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://alaskacna.examzify.com

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

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