ALLIED HEALTH CERTIFIED NURSING ASSISTANT (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.

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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. Which statement best describes the benefit of a calm environment for residents?

A. It helps residents remember routines.

B. It has no effect on recovery.

C. It reduces stress, supports sleep, and contributes to healing and well-being.

D. It increases staff efficiency.

2. The branch of medicine dealing with the health and care of the elderly.

A. Constipation

B. Geriatrics

C. Elopement

D. Emesis

3. Which term is the inhalation of food or fluid into the lungs?

A. Ambulate

B. Aspiration

C. Atrophy

D. Colostomy

4. Which of the following are common signs of malnutrition in elderly residents?

A. Unexplained weight loss, wasting or muscle loss, fatigue

B. Changes in hair or skin

C. Poor wound healing

D. High blood pressure

5. What does ROM stand for in common nursing abbreviations?

A. Rate of Movement

B. Registered Office Minutes

C. Range of Motion

D. Residual Occupational Motion

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6. Sims Position is commonly used for which procedure?

A. Enema administration

B. Measuring blood pressure

C. Oral medication administration

D. CPR

7. Aphagia is defined as which of the following?

A. Inability to Speak

B. Difficulty swallowing

C. Nasal congestion

D. Loss of Gag reflex (inability to swallow)

8. Which term means to walk?

A. Ambulate

B. Apnea

C. Aspiration

D. Colostomy

9. Which safety step is essential when transporting a resident off the unit?

A. Remove safety restraints

B. Skip hand hygiene

C. Ignore proper body alignment

D. Lock wheels on mobility device

10. Which statement best describes independence vs assistance in activities of daily living?

A. Independent means the resident does not require any safety precautions.

B. Independence means the level of support should promote safety and dignity, with help provided as needed.

C. Assistance means you should always perform tasks for the resident, regardless of safety.

D. Independence means no safety concerns exist.

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Answers

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

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Explanations

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1. Which statement best describes the benefit of a calm environment for residents?

A. It helps residents remember routines.

B. It has no effect on recovery.

C. It reduces stress, supports sleep, and contributes to healing and well-being.

D. It increases staff efficiency.

A calm environment directly supports residents by lowering stress, promoting better sleep, and aiding healing and overall well being. When the surroundings are quiet, predictable, and free from constant disruption, the body's stress response stays calmer. That means lower levels of stress hormones, less agitation, and a more relaxed state suitable for rest and recovery. Sleep quality improves in this kind of setting, and good sleep is essential for physical repair, immune function, mood regulation, and cognitive functioning—all of which help a resident recover from illness or injury. A calm environment also helps residents with dementia or sensory sensitivity by reducing confusion and agitation, which further supports safety and comfort. While calm surroundings can indirectly support memory and overall functioning, the strongest, most direct benefit described here is the combination of reduced stress, better sleep, and enhanced healing. Saying there's no effect on recovery isn't accurate, and while a peaceful environment can improve staff efficiency, the primary focus for the resident's benefit is how stress reduction and sleep contribute to healing and well being.

2. The branch of medicine dealing with the health and care of the elderly.

A. Constipation

B. Geriatrics

C. Elopement

D. Emesis

Geriatrics is the branch of medicine that focuses on aging and the health care of older adults. It covers how aging affects the body, how to manage multiple chronic conditions together, safe use of medications, fall prevention, functional status, cognitive changes, and maintaining quality of life. The goal is to tailor care to each person's goals and overall well-being, helping seniors stay as independent and comfortable as possible. Other terms describe specific issues rather than a medical specialty. Constipation is a common symptom or problem seen in many people, including the elderly, but it isn't a field of medicine. Elopement refers to a safety concern where a resident leaves a care setting without supervision. Emesis means vomiting, which is a symptom or sign rather than a field of study.

3. Which term is the inhalation of food or fluid into the lungs?

A. Ambulate

B. Aspiration

C. Atrophy

D. Colostomy

Aspiration is the inhalation of food or liquid into the lungs. This occurs when swallowing and airway reflexes don't protect the airway, allowing material to enter the trachea and reach the lungs. It's important to recognize because it can cause coughing or choking during meals and, over time, lead to aspiration pneumonia, especially in people with swallowing problems, stroke, or reduced consciousness. The other terms don't apply here: ambulate means to move around, atrophy means wasting away of tissue, and colostomy is a surgical opening created to divert stool. In care settings, preventing aspiration involves proper feeding positions, small bites, and monitoring for coughing or choking during meals.

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4. Which of the following are common signs of malnutrition in elderly residents?

A. Unexplained weight loss, wasting or muscle loss, fatigue

B. Changes in hair or skin

C. Poor wound healing

D. High blood pressure

Common signs to watch for with malnutrition in older adults are unexplained weight loss, loss of muscle mass (wasting), and fatigue. When intake of calories and protein is insufficient, the body uses its protein stores and muscle for energy, leading to weight and muscle loss and a feeling of tiredness. These together are typical early indicators in elderly residents and often reflect inadequate nutrition from factors like poor appetite, dental issues, or chronic illnesses. Changes in hair or skin and poor wound healing can occur with nutritional deficits, but they're not as consistent or early indicators. High blood pressure is not a direct sign of malnutrition and is influenced by many other factors.

5. What does ROM stand for in common nursing abbreviations?

A. Rate of Movement

B. Registered Office Minutes

C. Range of Motion

D. Residual Occupational Motion

Range of Motion is the meaning of ROM in nursing abbreviations. It refers to how far a joint can move in its normal directions, and is used to assess a patient's mobility, track recovery, and guide rehabilitation or ROM exercises. You might see it noted as active ROM, where the patient moves the joint themselves, or passive ROM, where a caregiver or therapist moves it for the patient. Documenting ROM helps identify stiffness, limited movement, or risk of contractures and is essential for planning safe mobility and exercise routines. The other phrases aren't standard terms for joint movement in nursing notes.

6. Sims Position is commonly used for which procedure?

A. Enema administration

B. Measuring blood pressure

C. Oral medication administration

D. CPR

Sims position is used for rectal procedures because lying on the left side with the lower arm extended and the upper knee flexed aligns the rectum in a way that makes insertion of a rectal device and the flow of enema solution into the sigmoid colon easier. Gravity helps the liquid move downward, and the position provides easy access to the rectal area while reducing discomfort and the risk of injury. This same posture is commonly used when giving enemas or rectal medications. It isn't used for CPR, which requires the person to be on their back for chest compressions, and it isn't the typical position for measuring blood pressure or giving oral medications, which are done with the patient seated or comfortably lying with proper arm support and swallowing posture.

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7. Aphagia is defined as which of the following?

A. Inability to Speak

B. Difficulty swallowing

C. Nasal congestion

D. Loss of Gag reflex (inability to swallow)

Aphagia is the inability to swallow. This occurs when the muscles or nerves involved in swallowing aren't working properly, which can happen after a stroke, brain injury, or other neurological issues. The gag reflex is a protective response that helps coordinate swallowing and prevent choking; when this reflex is lost or impaired, swallowing becomes unsafe or impossible. That connection is why the option noting inability to swallow, with loss of the gag reflex, best matches what aphagia describes. The other options describe speaking problems (not swallowing), nasal congestion, or a reflex issue that doesn't by itself define aphagia.

8. Which term means to walk?

A. Ambulate

B. Apnea

C. Aspiration

D. Colostomy

Ambulate means to walk. In clinical settings, it's used to describe a patient's ability to move about on foot, often noting whether they can ambulate independently or with assistance or devices. The noun form is ambulation, used when talking about a patient's overall ability to walk or their walking status. The other terms refer to different concepts: apnea is a period where breathing stops, typically discussed in sleep studies or respiratory care; aspiration is the inhalation of food, liquid, or saliva into the airway, which can cause choking or pneumonia; colostomy is a surgical opening created from the colon to the abdomen to allow waste to leave the body.

9. Which safety step is essential when transporting a resident off the unit?

A. Remove safety restraints

B. Skip hand hygiene

C. Ignore proper body alignment

D. Lock wheels on mobility device

Locking the wheels on the mobility device is essential during transport because it prevents the device from rolling, reducing the risk of falls and injuries as you move the resident off the unit. With the wheels secured, you can safely position the resident, complete the transfer, and navigate corridors without unexpected movement. Other safety steps matter too: removing or loosening restraints can allow a resident to shift and fall; skipping hand hygiene increases infection risk for both resident and provider; ignoring proper body alignment can cause discomfort or injury to the resident and strain to the caregiver. The wheels locked safeguard stops movement and is the most critical single step to ensure safe transport.

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10. Which statement best describes independence vs assistance in activities of daily living?

A. Independent means the resident does not require any safety precautions.

B. Independence means the level of support should promote safety and dignity, with help provided as needed.

C. Assistance means you should always perform tasks for the resident, regardless of safety.

D. Independence means no safety concerns exist.

Promoting independence in activities of daily living means encouraging a resident to do tasks themselves while keeping safety and dignity in mind. The best statement reflects that the level of support should promote safety and dignity, with help provided as needed. This approach supports autonomy and self-esteem, offering assistance or supervision only when necessary to prevent harm or to help complete tasks the resident cannot do safely alone. It's not that independence eliminates safety needs—safety precautions can and should be used even for independent individuals, such as ensuring proper body mechanics, adaptive devices, or fall precautions. It's also not about always doing tasks for the resident; providing help as needed preserves choice and skill, rather than taking over. And independence does not mean there are no safety concerns; risks can still exist even when a person is managing tasks independently.

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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://alliedcna.examzify.com

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

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