ARKANSAS 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 should the nursing assistant prioritize when a resident expresses feelings of confusion or anxiety?**

   A. Redirect their thoughts

   B. Ensure their physical safety

   C. Reassure them verbally

   D. Leave them alone

2. **On which side of the bed should the catheter bag be placed?**

   A. The left side of the bed

   B. The right side of the bed

   C. On the same side the resident is lying on

   D. At the foot of the bed

3. **What should a nursing assistant do if they overhear a colleague making inappropriate comments to a resident?**

   A. Ignore it to avoid conflict

   B. Defend the colleague

   C. Confront the other assistant and take over the resident's care

   D. Report it to a supervisor and keep distance

4. **According to fire safety guidelines, where should items not be stored?**

   A. Within 12 inches of a water sprinkler

   B. Within 18 inches of a water sprinkler

   C. Above the fire extinguisher

   D. In a hallway

5. **What does restorative care aim to achieve?**

   A. Healing injuries from operations

   B. A planned approach to keep the resident at the level achieved by formal rehabilitation

   C. To enhance the resident's ability to perform daily activities without assistance

   D. A focus on end-of-life care and comfort

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6. For residents with mobility issues, what intervention is commonly recommended?

A. Regular physical therapy

B. Complete bed rest

C. Encouraging weight lifting

D. Isolation from activities

7. What is a delusion?

A. A sudden change in mood

B. Persistent false belief

C. A temporary state of confusion

D. A physical sensation without cause

8. What area of the body does diplegia primarily affect in patients with cerebral palsy?

A. The arms

B. The torso

C. The legs

D. The head

9. Which device is recommended to prevent shearing when repositioning a resident in bed?

A. Pillow

B. Draw sheet

C. Bed rail

D. Chair lift

10. What must a nurse assistant check for when caring for a resident in traction?

A. Check under weight belts for areas of pressure

B. Ensure the resident is eating properly

C. Monitor the resident's emotional state

D. Assess the sleeping patterns of the resident

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Answers

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

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Explanations

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1. What should the nursing assistant prioritize when a resident expresses feelings of confusion or anxiety?

A. Redirect their thoughts

B. Ensure their physical safety

C. Reassure them verbally

D. Leave them alone

When a resident expresses feelings of confusion or anxiety, ensuring their physical safety takes precedence. In such situations, the individual may be in a vulnerable state, both emotionally and physically, which can lead to potential hazards such as falling or injuring themselves. The responsibility of the nursing assistant is to create a safe environment where the resident feels secure. This involves assessing the surroundings for any risks and making necessary adjustments to prevent incidents, as well as closely monitoring the individual to ensure they remain safe while they process their feelings. While other actions like redirecting thoughts or providing verbal reassurance can be beneficial in addressing a resident's emotional state, they do not take priority over physical safety. Leaving someone alone during a time of confusion or anxiety can also be detrimental, as it may exacerbate feelings of isolation or fear. Therefore, focusing on safety first allows the nursing assistant to effectively manage the situation and provide support as needed.

2. On which side of the bed should the catheter bag be placed?

A. The left side of the bed

B. The right side of the bed

C. On the same side the resident is lying on

D. At the foot of the bed

Placing the catheter bag on the same side as the resident is lying on is important for a few reasons. This practice helps to ensure that the bag remains lower than the level of the bladder, which is essential for preventing backflow and reducing the risk of urinary tract infections. Keeping the bag positioned correctly also minimizes the chances of kinks or pressure on the tubing that could obstruct urine flow. Additionally, positioning the catheter bag on the same side as the resident provides ease of access for monitoring and emptying the bag when necessary, which is crucial for maintaining proper hygiene and care. This approach promotes the comfort and safety of the resident while ensuring that all catheter-related protocols are followed appropriately. Other placements, such as the left or right side of the bed, or at the foot of the bed, can potentially create complications. If the bag is placed too far away from the resident's side, it may lead to issues with drainage and increase the risk of infection due to improper positioning.

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3. What should a nursing assistant do if they overhear a colleague making inappropriate comments to a resident?

A. Ignore it to avoid conflict

B. Defend the colleague

C. Confront the other assistant and take over the resident's care

D. Report it to a supervisor and keep distance

The most appropriate action for a nursing assistant who overhears a colleague making inappropriate comments to a resident is to report it to a supervisor and maintain distance. This approach ensures the safety and dignity of the resident are upheld while allowing the situation to be addressed by someone in a position of authority. Reporting inappropriate behavior helps to protect the resident and uphold the standards of care that are integral to the healthcare environment. Confronting a colleague directly, while it may seem like a proactive step, can potentially escalate the situation and put the nursing assistant in a difficult position, especially if it involves a fellow employee. It might also distract from providing proper care to the resident. Instead, focusing on the wellbeing of the resident and allowing management to handle the issue is a more prudent approach.

4. According to fire safety guidelines, where should items not be stored?

A. Within 12 inches of a water sprinkler

B. Within 18 inches of a water sprinkler

C. Above the fire extinguisher

D. In a hallway

Items should not be stored within 18 inches of a water sprinkler as this distance is crucial for ensuring that the sprinkler system can function effectively in the event of a fire. If items are too close, they could obstruct the spray pattern of the water, reducing the effectiveness of the sprinkler's ability to suppress flames and control fire spread. Maintaining the specified clearance allows the sprinkler system to work as designed, maximizing safety for building occupants. The recommended distance is based on fire safety regulations which aim to promote the efficacy of fire suppression systems. Storing items within this distance could not only hinder the sprinkler's operation but also increase the risk of fire-related damage. Proper storage practices are essential in maintaining safety standards in any facility.

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5. What does restorative care aim to achieve?

A. Healing injuries from operations

B. A planned approach to keep the resident at the level achieved by formal rehabilitation

C. To enhance the resident's ability to perform daily activities without assistance

D. A focus on end-of-life care and comfort

Restorative care is designed to maintain or improve an individual's functional abilities after undergoing rehabilitation. The primary goal is to help residents maximize their independence and maintain the level of functionality they have achieved during their formal rehabilitation process. This type of care emphasizes a planned approach, ensuring that residents continue to build on the skills they learned during rehabilitation therapy. It focuses on daily living activities, encouraging patients to actively participate in their care, which can lead to improved confidence and self-sufficiency. In this context, the other options do not accurately represent the essence of restorative care. While healing injuries from operations is important, it falls under medical and rehabilitative interventions rather than the ongoing support provided by restorative care. Enhancing a resident's ability to perform daily activities without assistance aligns closely with restorative care, but the emphasis on maintaining the level achieved through rehabilitation is central, making the planned approach crucial. Lastly, focusing on end-of-life care and comfort pertains to palliative care, which is distinct from the objectives of restorative care that prioritize functionality and independence.

6. For residents with mobility issues, what intervention is commonly recommended?

A. Regular physical therapy

B. Complete bed rest

C. Encouraging weight lifting

D. Isolation from activities

Regular physical therapy is commonly recommended for residents with mobility issues because it helps improve physical function, strength, and mobility. This intervention is tailored to the individual's needs and can include exercises that enhance flexibility, balance, and coordination, all of which are crucial for maintaining independence and preventing deterioration of mobility. Physical therapy can also address specific conditions or injuries that contribute to mobility challenges, allowing for a more personalized approach to rehabilitation. It often involves a range of activities, from supervised exercises to strategies for safely moving within one's living environment. Such interventions are essential in promoting an active lifestyle and can significantly impact the overall quality of life for those experiencing mobility limitations. In contrast, options like complete bed rest, encouraging weight lifting without proper guidance, and isolating individuals from activities are generally counterproductive. These approaches can lead to further physical decline, increased weakness, and a lack of social engagement, which are detrimental to health and well-being. Thus, physical therapy stands out as the most beneficial and supportive strategy for individuals with mobility issues.

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7. What is a delusion?

A. A sudden change in mood

B. Persistent false belief

C. A temporary state of confusion

D. A physical sensation without cause

A delusion is defined as a persistent false belief that is firmly held despite evidence to the contrary. This means that an individual with a delusion is convinced of something that is not true and will not be swayed by rational argument or evidence. This characteristic sets delusions apart from other mental states; they are not just fleeting thoughts or misinterpretations. Instead, they can significantly impact a person's perception of reality and their behavior. Understanding delusions is crucial in the field of mental health and care, as it involves recognizing how these beliefs can influence a person's actions and interactions. The other options refer to different mental states or experiences that do not fit the clinical definition of a delusion. Sudden mood changes, temporary confusion, and physical sensations without cause resemble different psychological or physical conditions but lack the steadfastness of a delusion. Recognizing the specific nature of delusions helps caregivers provide better support and address the unique needs of individuals experiencing such beliefs.

8. What area of the body does diplegia primarily affect in patients with cerebral palsy?

A. The arms

B. The torso

C. The legs

D. The head

Diplegia primarily affects the legs in patients with cerebral palsy. This condition results in muscle weakness or paralysis in the lower half of the body, which can lead to challenges with mobility and coordination. In many cases, individuals with diplegia may have stronger or less affected skill in the upper body, but their legs are primarily compromised, making movement difficult. Understanding diplegia is crucial for caregivers and healthcare providers, as it directly influences the type of support and interventions that may be the most beneficial for patients. Emphasis on mobility aids, physical therapy, and exercises focused on strengthening the legs are often essential in the management of this condition.

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9. Which device is recommended to prevent shearing when repositioning a resident in bed?

A. Pillow

B. Draw sheet

C. Bed rail

D. Chair lift

Using a draw sheet is recommended to prevent shearing when repositioning a resident in bed due to its design and purpose. A draw sheet is a flat piece of fabric that is placed under the resident, allowing caregivers to reposition them with ease while minimizing friction against the skin. By lifting and moving the draw sheet rather than the resident directly, the risk of skin tears and shearing force is significantly reduced. Shearing occurs when the skin is moved in one direction while the underlying tissues, such as muscles, are pushed in another. This can lead to injuries, particularly in individuals with fragile skin or those who are less mobile. The draw sheet not only aids in safe positioning but also supports the resident's weight distribution, further protecting the skin. Other options, while useful in their own ways, do not specifically address the prevention of shearing. Pillows might be used to support or cushion a resident, but they do not provide the necessary framework to move someone safely. Bed rails may assist in keeping a resident secure in bed but may not help with repositioning effectively. A chair lift is designed for transferring individuals to and from seated positions and does not apply to the context of repositioning in bed. Thus, the draw sheet is the best choice for this purpose

10. What must a nurse assistant check for when caring for a resident in traction?

A. Check under weight belts for areas of pressure

B. Ensure the resident is eating properly

C. Monitor the resident's emotional state

D. Assess the sleeping patterns of the resident

When caring for a resident in traction, checking under weight belts for areas of pressure is crucial. Pressure ulcers can develop in areas where there is prolonged pressure on the skin, especially under devices like weight belts that are used in traction to stabilize broken bones or align limbs. Nurse assistants play a vital role in monitoring these areas to prevent skin breakdown and ensure the comfort and safety of the resident. Regularly inspecting for pressure points helps in the early identification of potential skin issues, allowing for timely intervention, such as repositioning the resident or utilizing protective padding. This proactive approach is essential in maintaining the overall health of the resident and preventing complications associated with immobility and traction. While the other options pertain to aspects of resident care, such as nutrition, emotional well-being, and sleep, they do not directly relate to the specific needs of a resident in traction concerning pressure management.

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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:

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

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