CALIFORNIA CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://
californiacertifiednursingassistant.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. **For a COPD client needing constant oxygen therapy, what is an appropriate action?**

   A. Disconnecting the tubing for comfort

   B. Keeping the connecting tubing secure and free of kinks

   C. Limiting the patient's movement

   D. Reducing oxygen flow to conserve supply

2. **Microorganisms are known to thrive in which type of environment?**

   A. Dry areas

   B. Areas with high temperatures

   C. Moist conditions

   D. Direct sunlight

3. **If a client with Alzheimer's disease shouts angrily when asked to brush their teeth, what is the best response?**

   A. Ignore the outburst and repeat the request

   B. Give him step-by-step directions

   C. Change the subject to something pleasant

   D. Leave the room for a moment

4. **What type of documentation are CNAs required to complete?**

   A. Patient satisfaction surveys

   B. Clinical research notes

   C. Charting of patient care and observations

   D. Prescription logs

5. **What are the correct steps in the nursing process?**

   A. Diagnosis, Planning, Evaluation, Implementation, Assessment

   B. Assessment, Diagnosis, Planning, Implementation, Evaluation

   C. Planning, Assessment, Diagnosis, Implementation, Evaluation

   D. Evaluation, Planning, Implementation, Diagnosis, Assessment

SAMPLE

6. What should a CNA do if they observe a fall?

A. Assess the patient, call for help, and report the incident to the nurse

B. Ignore the incident and continue with other tasks

C. Immediately move the patient to a different location

D. Document the incident without notifying anyone

7. When a resident has left-sided weakness, which part of a sweater should be put on first?

A. Both sleeves

B. Left sleeve

C. Resident's choice

D. Right sleeve

8. What does the term 'infection control' refer to?

A. Practices to promote patient meals

B. Methods for reducing hospital stay

C. Procedures to prevent the spread of infections

D. Guidelines for employee health

9. What action should be taken during care planning for a client on suicide precautions?

A. Encourage the client to talk about their feelings

B. Staying with him at all times

C. Provide him with art supplies for distraction

D. Ensure he has access to leisure activities

10. Which of the following is a right of residents in long-term care facilities?

A. To receive treatment regardless of ability to pay

B. To choose their own physician without limitation

C. To participate in their care planning

D. To have their personal items securely stored by staff

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. For a COPD client needing constant oxygen therapy, what is an appropriate action?

A. Disconnecting the tubing for comfort

B. Keeping the connecting tubing secure and free of kinks

C. Limiting the patient's movement

D. Reducing oxygen flow to conserve supply

Keeping the connecting tubing secure and free of kinks is essential for a COPD client needing constant oxygen therapy because it ensures a consistent and uninterrupted flow of oxygen to the patient. Any kinks, obstructions, or looseness in the tubing can hinder oxygen delivery, potentially leading to hypoxia or other complications. In patients with chronic obstructive pulmonary disease, maintaining adequate oxygen levels is crucial for their well-being, as they can struggle with breathing and oxygen exchange. By keeping the tubing secure and free from kinks, the caregiver helps optimize the oxygen supply and supports the patient's respiratory needs efficiently. In the context of the other actions, disconnecting the tubing can lead to oxygen deprivation, limiting the patient's movement may be necessary but should be balanced with their comfort and mobility to prevent complications associated with immobility, and reducing oxygen flow could result in inadequate oxygenation for the patient. Therefore, securing the tubing is the most appropriate action to support a COPD client's need for oxygen therapy.

2. Microorganisms are known to thrive in which type of environment?

A. Dry areas

B. Areas with high temperatures

C. Moist conditions

D. Direct sunlight

Microorganisms, including bacteria, fungi, and viruses, tend to thrive in moist conditions. Water is essential for the growth and reproduction of these organisms, as it provides a medium for transporting nutrients and facilitates metabolic processes. Moist environments create ideal conditions for the survival and multiplication of microorganisms because they help to maintain cellular hydration and promote biological activity. While microorganisms can survive in various environments, dry areas generally inhibit their growth due to the lack of moisture. High temperatures can also limit the survival of certain microorganisms, particularly those that prefer moderate conditions. Lastly, direct sunlight can be detrimental to many types of microorganisms, as exposure to UV radiation can damage their cellular structures. Thus, moist conditions are the most conducive to the growth and survival of microorganisms.

SAMPLE

3. If a client with Alzheimer's disease shouts angrily when asked to brush their teeth, what is the best response?

A. Ignore the outburst and repeat the request

B. Give him step-by-step directions

C. Change the subject to something pleasant

D. Leave the room for a moment

The best response is to give the individual step-by-step directions. People with Alzheimer's disease often experience confusion and frustration, which can lead to outbursts. By providing clear, straightforward instructions, the caregiver helps reduce anxiety and creates a sense of structure, which can be comforting. Breaking down tasks into manageable steps makes it easier for the person to understand what is expected and may lessen feelings of overwhelm, allowing them to engage in the activity without feeling frustrated or angry. Other responses might not address the underlying issue effectively; for instance, ignoring the outburst does not validate the individual's feelings or help them understand the request. Changing the subject may redirect attention but does not facilitate the task at hand, while leaving the room could exacerbate feelings of abandonment or confusion. Providing step-by-step directions is a practical approach that fosters communication and supports the client's ability to engage in self-care.

4. What type of documentation are CNAs required to complete?

A. Patient satisfaction surveys

B. Clinical research notes

C. Charting of patient care and observations

D. Prescription logs

CNAs are required to complete charting of patient care and observations as it serves as a critical component of patient documentation in healthcare settings. This documentation includes recording vital signs, changes in patients' conditions, assistance with daily activities, and any significant observations related to patient health. Accurate charting ensures that there is a clear and concise record that other healthcare providers can refer to, which is essential for continuity of care and for legal purposes. The other options do not reflect the standard documentation responsibilities of a CNA. Patient satisfaction surveys are typically managed by administrative staff or quality assurance departments, while clinical research notes pertain to research protocols and are not part of routine CNA duties. Prescription logs are primarily maintained by pharmacists or nursing staff who are directly involved with medication management, rather than by CNAs who focus more on patient care and support activities.

SAMPLE

5. What are the correct steps in the nursing process?

A. Diagnosis, Planning, Evaluation, Implementation, Assessment

B. Assessment, Diagnosis, Planning, Implementation, Evaluation

C. Planning, Assessment, Diagnosis, Implementation, Evaluation

D. Evaluation, Planning, Implementation, Diagnosis, Assessment

The nursing process is a systematic, patient-centered approach used by nurses to ensure high-quality care. It consists of five key steps that are essential for providing effective nursing care: Assessment, Diagnosis, Planning, Implementation, and Evaluation. Starting with Assessment, this step involves gathering comprehensive information about the patient's health status, which may include medical history, physical examinations, and vital signs. This foundational step informs the subsequent ones by providing the necessary data. The second step, Diagnosis, involves analyzing the data collected during the assessment to identify actual or potential health problems. This is crucial as it allows nurses to determine the most appropriate interventions for the patient. Next is the Planning step, which focuses on setting measurable and achievable goals for the patient's care based on the identified diagnoses. This step is vital for outlining how to address the patient's needs and what outcomes are expected. Implementation follows, where the planned interventions are carried out. This involves actively working to achieve the patient's health care goals and applying the nursing skills and knowledge necessary for successful care. Finally, Evaluation is the step where the effectiveness of the implemented interventions is assessed. Nurses review the patient's progress toward the established goals and determine whether further adjustments or changes to the care plan are necessary. This logical sequence—Assessment, Diagnosis

6. What should a CNA do if they observe a fall?

A. Assess the patient, call for help, and report the incident to the nurse

B. Ignore the incident and continue with other tasks

C. Immediately move the patient to a different location

D. Document the incident without notifying anyone

When a CNA observes a fall, the priority is to ensure the safety and well-being of the patient. Assessing the patient after a fall allows the CNA to identify any injuries or changes in the patient's condition that may require immediate attention. Calling for help is crucial because it ensures that qualified medical personnel can assist the patient appropriately. Reporting the incident to the nurse is essential for several reasons: it enables the healthcare team to evaluate the situation thoroughly, document it properly, and implement any necessary interventions to prevent future falls. This response encapsulates the vital steps needed to ensure patient safety and maintain proper protocol in healthcare settings. Each component of the correct choice aligns with professional standards of care, emphasizing swift action, communication, and documentation following an incident like a fall.

SAMPLE

7. When a resident has left-sided weakness, which part of a sweater should be put on first?

A. Both sleeves

B. Left sleeve

C. Resident's choice

D. Right sleeve

When a resident has left-sided weakness, it is important to dress the weak side first to facilitate the process and ensure the resident remains comfortable. In this context, putting the left sleeve on first allows for easier management of the weaker side, as it can be more challenging to dress that side later when the stronger side is already in place. This approach supports the resident's independence and dignity, encouraging them to maintain as much control over their dressing as possible while also being mindful of their physical limitations. Dressing the weak side first also helps in preventing potential discomfort or injury, as forcing clothing onto a weakened limb can lead to frustration or possibly harm. This method aligns with best practice recommendations in nursing care, promoting safety and comfort for residents with specific physical challenges.

8. What does the term 'infection control' refer to?

A. Practices to promote patient meals

B. Methods for reducing hospital stay

C. Procedures to prevent the spread of infections

D. Guidelines for employee health

The term 'infection control' specifically refers to procedures that are implemented to prevent the spread of infections within healthcare settings. This encompasses a range of practices designed to reduce the risk of transmission of infectious agents among patients, healthcare workers, and visitors. Infection control involves various strategies such as hand hygiene, use of personal protective equipment (PPE), proper cleaning and disinfection of surfaces and medical equipment, and isolation precautions for contagious patients. The goal of these practices is to minimize the occurrence of healthcare-associated infections (HAIs) by controlling the environment and the interactions between individuals. Other choices like promoting patient meals or methods for reducing hospital stays do not directly relate to infection control principles. While guidelines for employee health may touch on aspects of infection prevention, they are not solely focused on controlling infections within a healthcare setting. Thus, the emphasis on procedures to prevent the spread of infections clearly aligns with the definition of infection control.

9. What action should be taken during care planning for a client on suicide precautions?

A. Encourage the client to talk about their feelings

B. Staying with him at all times

C. Provide him with art supplies for distraction

D. Ensure he has access to leisure activities

During care planning for a client on suicide precautions, staying with the client at all times is crucial because it directly addresses safety concerns. This action allows staff to monitor the client closely, providing immediate support and intervention if the client exhibits signs of distress or potential self-harm. Continuous supervision can help create a safe environment and may deter impulsive actions that could lead to harm. Other considerations may support the overall wellbeing of the client, such as encouraging them to express their feelings and providing distraction through activities. However, these actions should complement the primary goal of maintaining safety, which is why having consistent supervision takes precedence in this scenario.

SAMPLE

10. Which of the following is a right of residents in long-term care facilities?

A. To receive treatment regardless of ability to pay

B. To choose their own physician without limitation

C. To participate in their care planning

D. To have their personal items securely stored by staff

Residents in long-term care facilities have a fundamental right to participate in their care planning, which empowers them to have a say in their own health and wellness. This involves being involved in decisions regarding their medical treatment, daily activities, and preferences related to their care. It acknowledges the residents' autonomy and ensures that their individual needs and wishes are taken into account, promoting a sense of dignity and respect for their personal choices. Participating in care planning is crucial as it fosters communication between staff and residents, allowing for personalized care approaches that enhance the quality of life. Moreover, involving residents in their care can lead to better health outcomes, as they are more likely to adhere to a plan they have helped create and agree with. While it might be beneficial for residents to have other rights, such as choosing their own physician or having their personal items securely stored, those rights can have certain limitations based on the facility's policies or regulations. The primary focus is on the active role residents should have in determining their own care, which is central to their rights within the context of long-term care facilities.

SAMPLE

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://californiacertifiednursingassistant.examzify.com

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

SAMPLE