CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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https://certifiednursingassistant.examzify.com

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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 of the following are risk factors for cardiovascular disease?

A. Regular exercise and balanced diet

B. Increased water intake

C. Poorly controlled hypertension, lifestyle, and heredity

D. Stress management techniques

2. Which is an example of negative body language?

A. aphasia

B. Crossing your arms across your chest

C. Empathy

D. The patient or resident

3. It is important to notify your employer verbally when you want to resign from your job.

A. True

B. False

C. Sometimes

D. Case-by-case

4. Mr. Jefferson has poorly controlled diabetes and an infected toe. What is the likely treatment for his toe?

A. Massage therapy

B. Splinting the toe

C. Amputation of the toe

D. Applying hot packs

5. What term describes the everyday tasks that most nursing home residents need assistance with?

A. Emergency procedures

B. Specialized treatments

C. Medical assessments

D. Activities of daily living

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6. When involved in conflict, the best way to express why you are upset is to use "I" rather than "you" messages.

A. Hand

B. Subjective

C. True

D. Standard

7. If you were Mr. Underwood's nursing assistant and he has developed a white, shiny area on his left hip about the size of a quarter, what would be your biggest concern?

A. The area was red and hot to the touch yesterday

B. Mr. Underwood's discomfort

C. Possible infection

D. The size of the area

8. What can happen if you forget to pull the foreskin back up over the head of the penis of a male patient who has NOT been circumcised?

A. The foreskin can create a band around the penis causing pain, and possible tissue damage.

B. The penis may become more sensitive.

C. The foreskin may retract naturally over time.

D. The penis may elongate due to reduced blood flow.

9. What is the appropriate way for a nursing assistant to communicate with a resident with hearing impairment?

A. Speak softly and slowly to enhance understanding

B. Shout to ensure the resident hears clearly

C. Use gestures and facial expressions consistently

D. Speak directly into the resident's unaffected ear

10. What is the purpose of the opening at the toes of a TEDS stockings?

A. To allow for inspection of the persons toes for color and oxygenation.

B. To prevent slipping of the stockings.

C. To improve blood circulation in the toes.

D. To provide space for toe exercises.

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Answers

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

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Explanations

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1. Which of the following are risk factors for cardiovascular disease?

A. Regular exercise and balanced diet

B. Increased water intake

C. Poorly controlled hypertension, lifestyle, and heredity

D. Stress management techniques

Correct! Poorly controlled hypertension, lifestyle choices, and heredity are indeed significant risk factors for cardiovascular disease. Uncontrolled hypertension can lead to increased pressure on the heart and blood vessels, making them work harder and leading to damage over time. Lifestyle factors, such as smoking, lack of physical activity, poor diet, and excessive alcohol consumption, further contribute to the risk of developing cardiovascular problems. Additionally, hereditary factors can predispose individuals to heart disease, reflecting the influence of family history on cardiovascular health. The other options focus on positive practices or factors that contribute to overall health rather than increased risks. Regular exercise and a balanced diet are protective against cardiovascular disease, as they help maintain a healthy weight, lower blood pressure, and improve heart health. Increased water intake is also beneficial but does not directly relate to cardiovascular disease risk. Stress management techniques can support heart health by reducing overall stress levels, but they do not fall under the category of risk factors.

2. Which is an example of negative body language?

A. aphasia

B. Crossing your arms across your chest

C. Empathy

D. The patient or resident

Crossing your arms across your chest is a clear example of negative body language. This gesture often conveys defensiveness, discomfort, or resistance. It can signal to others that a person is not open to communication or may be feeling closed off or unapproachable. In a healthcare setting, such body language can impact the rapport between a caregiver and a patient, potentially affecting the quality of care and communication. On the other hand, the other options do not exemplify negative body language. For instance, aphasia refers to a communication disorder that affects a person's ability to speak or understand language but does not relate to body language itself. Empathy involves understanding and sharing the feelings of others, which is typically communicated through positive, open body language. The patient or resident as a choice does not provide a clear example of body language at all. Thus, crossing your arms is the correct representation of negative body language within the context provided.

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3. It is important to notify your employer verbally when you want to resign from your job.

A. True

B. False

C. Sometimes

D. Case-by-case

The most appropriate understanding is that when planning to resign from a job, it is indeed important to notify your employer verbally, in addition to providing a written notice. This approach allows for a professional conversation regarding your departure, clarifying any immediate concerns or questions, and signifies respect for the workplace and the employer. Verbal notice provides a chance for you and your employer to discuss your reasons for leaving, address any potential transitions, and ensure that both parties are clear on the next steps. While some circumstances might allow for a less formal announcement, the norm in most professional settings favors clear communication through both verbal and written means. Therefore, the notion that it's important to notify your employer verbally aligns with the standard professional etiquette expected during the resignation process.

4. Mr. Jefferson has poorly controlled diabetes and an infected toe. What is the likely treatment for his toe?

A. Massage therapy

B. Splinting the toe

C. Amputation of the toe

D. Applying hot packs

The likely treatment for Mr. Jefferson's infected toe, given his poorly controlled diabetes, is amputation of the toe. In patients with diabetes, infections can escalate quickly due to impaired circulation and delayed wound healing, particularly in the extremities. When an infection becomes severe or if the tissue is necrotic, preservation of the surrounding health may necessitate surgical intervention, which can include amputation. This approach aims to prevent the spread of infection and to protect overall limb health. In contrast, other options such as massage therapy or applying hot packs would not be appropriate as they could exacerbate the infection or damage the area further. Splinting the toe does not address the underlying issue of infection and could also lead to complications if the toe is already affected. In cases like Mr. Jefferson's, priority is given to controlling infection and protecting the patient's overall health.

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5. What term describes the everyday tasks that most nursing home residents need assistance with?

A. Emergency procedures

B. Specialized treatments

C. Medical assessments

D. Activities of daily living

The term that describes the everyday tasks that most nursing home residents need assistance with is "Activities of daily living." This refers to the basic self-care tasks that are essential for an individual's daily functioning and well-being, such as bathing, dressing, eating, toileting, and mobility. These activities are fundamental for maintaining personal hygiene and overall quality of life. In the context of a nursing home, residents may require varying degrees of assistance with these activities due to age, disability, or health conditions. Understanding and supporting residents in their activities of daily living is a crucial aspect of the role of a Certified Nursing Assistant, as it promotes independence and dignity among residents. The other options—emergency procedures, specialized treatments, and medical assessments—do not refer to the everyday tasks that individuals perform. Emergency procedures are actions taken during an urgent situation, specialized treatments refer to specific medical interventions or therapies for particular conditions, and medical assessments involve evaluating a patient's health status rather than assisting with routine self-care tasks.

6. When involved in conflict, the best way to express why you are upset is to use "I" rather than "you" messages.

A. Hand

B. Subjective

C. True

D. Standard

Your answer is correct. Using "I" messages allows individuals to express their feelings and perspectives in a way that promotes understanding and reduces defensiveness. For example, saying "I feel upset when..." focuses on your feelings and experiences, rather than placing blame or making accusations with "you" messages, which can escalate conflict. This approach encourages open communication and helps to resolve issues more collaboratively. The concept of "I" versus "you" messages is foundational in conflict resolution and interpersonal communication, especially in caregiving roles, where maintaining a positive environment is crucial. By expressing feelings through "I" messages, you foster a more constructive dialogue and encourage empathy from others.

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7. If you were Mr. Underwood's nursing assistant and he has developed a white, shiny area on his left hip about the size of a quarter, what would be your biggest concern?

A. The area was red and hot to the touch yesterday

B. Mr. Underwood's discomfort

C. Possible infection

D. The size of the area

The biggest concern in this scenario is the possibility of infection. The description of a white, shiny area can suggest several issues, including a developing pressure ulcer or a fungal infection, both of which may pose serious health risks if not addressed promptly. An infection can lead to complications such as systemic illness or sepsis if the underlying condition worsens. The previous day's condition, noted as being red and hot to the touch, indicates a potential progression in the skin's condition. Discomfort is important to consider for Mr. Underwood's overall well-being but addressing a possible infection takes precedence, as it can significantly affect his health if left untreated. The size of the area is a factor in assessment, but potential infection is typically a more critical concern because it can lead to severe complications, highlighting the need for careful monitoring and communication with the healthcare team.

8. What can happen if you forget to pull the foreskin back up over the head of the penis of a male patient who has NOT been circumcised?

A. The foreskin can create a band around the penis causing pain, and possible tissue damage.

B. The penis may become more sensitive.

C. The foreskin may retract naturally over time.

D. The penis may elongate due to reduced blood flow.

The correct answer identifies a significant health concern associated with neglecting to pull the foreskin back up over the penis of an uncircumcised male patient. If the foreskin is left retracted, it can lead to a condition known as paraphimosis. In this situation, the foreskin becomes trapped behind the head of the penis, which can constrict blood flow and create pressure. This, in turn, may cause significant pain and potentially result in tissue damage or necrosis if not addressed promptly. While the other options address potential changes in sensitivity or anatomical conditions, they do not adequately reflect the immediate medical risks involved with failing to properly care for the foreskin. Understanding this condition emphasizes the importance of ensuring that any patient care practices concerning the genital area are performed with thoroughness to avoid complications.

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9. What is the appropriate way for a nursing assistant to communicate with a resident with hearing impairment?

A. Speak softly and slowly to enhance understanding

B. Shout to ensure the resident hears clearly

C. Use gestures and facial expressions consistently

D. Speak directly into the resident's unaffected ear

Using gestures and facial expressions consistently is an appropriate way for a nursing assistant to communicate with a resident with hearing impairment because visual cues can significantly enhance understanding. Many individuals who have difficulty hearing rely on lip-reading, body language, and facial expressions to grasp the context of a conversation. By incorporating these visual elements, the assistant makes the interaction clearer and more effective, fostering a more inclusive environment for the resident. Employing gestures can help convey messages that might not be fully understood through verbal communication alone. This approach also encourages the resident to engage actively in the conversation, improving the overall communication experience.

10. What is the purpose of the opening at the toes of a TEDS stockings?

A. To allow for inspection of the persons toes for color and oxygenation.

B. To prevent slipping of the stockings.

C. To improve blood circulation in the toes.

D. To provide space for toe exercises.

The correct answer is focused on the primary purpose of the opening at the toes of TEDS stockings, which is to allow for inspection of the person's toes for color and oxygenation. This feature is crucial for healthcare providers, as it enables them to monitor the condition of the toes easily. By being able to visually assess the toes, caregivers can detect any signs of inadequate blood flow, discoloration, or other complications that may arise while the stockings are being used. Regular inspection helps in ensuring that the patient is not experiencing any adverse effects from the compression of the stockings. The other options, while they may seem logical, do not align with the main function of the toe opening in TEDS stockings. For instance, the idea that the opening helps to prevent slipping does not directly relate to its intended purpose, nor does it contribute to the primary goal of monitoring toe health. Additionally, improving blood circulation in the toes is not a direct function of the openings, as TEDS stockings work by providing graduated compression; the focus is on the legs. Finally, providing space for toe exercises is not a recognized purpose of TEDS stockings, as their design primarily centers on compression rather than movement facilitation. Thus, recognizing the need for toe inspection underscores the essential aspect of

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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://certifiednursingassistant.examzify.com

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

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