CERTIFIED NURSING ASSISTANT (CNA) PROMETRIC 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. **The nurse aide sees a newly admitted resident sitting alone in his room. What should the nurse aide do?**

   A. Leave him alone to rest

   B. Ask the resident if he would like to join the activity in the next room

   C. Inform the nurse about the resident's behavior

   D. Suggest reading a book

2. **What is the purpose of the 'C' in R.A.C.E?**

   A. Caution others about the fire

   B. Confine/contain the fire

   C. Call emergency services immediately

   D. Clear the building of all residents

3. **Which of the following is a sign that a resident may be in pain?**

   A. Increased appetite

   B. Sudden increase in energy

   C. Restlessness or increased agitation

   D. Contentment when interacting

4. **In which situation would you most likely perform oral care for an unconscious patient?**

   A. When they are medically stable

   B. Before administering medications

   C. Every 2 hours, to keep the mouth clean

   D. When the patient expresses discomfort

5. **What is the best method for a nurse aide to obtain the height of a resident who is unable to stand?**

   A. Measure the height while the resident sits in a chair

   B. Lay the resident down, mark their feet, and measure from the marks

   C. Estimate the height based on the bed's height

   D. Use a standard measuring tape from the bed

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6. Why should a nurse aide approach their concerns with a nurse before dressing a patient?

A. To assert their authority on the floor

B. To ensure patient safety and compliance with the care plan

C. To avoid discussion with other coworkers

D. To establish a conflict with the nursing staff

7. Which of the following is NOT considered a way to restrain a client?

A. Physical restraints

B. Chemical restraints

C. Environmental modifications

D. Pain management

8. Why is it important for the nurse aide to avoid telling the resident that their breathing is being counted?

A. To ensure the resident feels relaxed and not self-conscious

B. To prevent the resident from altering their breathing pattern

C. To maintain the confidentiality of the resident's health

D. To avoid causing panic in the resident

9. When using a manual bed, what should the nurse aide remember to do?

A. Keep the cranks in view

B. Fold the cranks under the bed

C. Adjust the bed height frequently

D. Leave the cranks extended for easy access

10. If a resident is about to strike, what should the nurse aide's initial reaction be?

A. Call for assistance

B. Move closer to the resident

C. Move away from the resident

D. Confront the resident calmly

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Answers

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

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Explanations

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1. The nurse aide sees a newly admitted resident sitting alone in his room. What should the nurse aide do?

A. Leave him alone to rest

B. Ask the resident if he would like to join the activity in the next room

C. Inform the nurse about the resident's behavior

D. Suggest reading a book

In this scenario, the most appropriate action is to ask the resident if he would like to join the activity in the next room. This approach promotes social interaction and encourages the resident to engage with others, which can be beneficial for their emotional well-being and overall comfort in their new environment. Socialization is an important aspect of life in a care facility, especially for newly admitted residents who may feel isolated or anxious about their new surroundings. By inviting the resident to participate in an activity, the nurse aide shows a willingness to include him and help him feel more connected and involved. This not only supports the resident's mental health but also fosters a sense of community in the facility. In contrast, leaving the resident alone to rest may not address potential feelings of loneliness or isolation. Informing the nurse about the resident's behavior might be appropriate if there were signs of distress or concerning actions, but in this case, a proactive approach to engaging the resident is preferable. Suggesting a book could provide a solitary activity, which may not effectively alleviate feelings of loneliness, especially for someone who may benefit more from social interaction at that moment.

2. What is the purpose of the 'C' in R.A.C.E?

A. Caution others about the fire

B. Confine/contain the fire

C. Call emergency services immediately

D. Clear the building of all residents

The 'C' in R.A.C.E stands for "Confine/contain the fire," which is crucial in fire safety procedures. This step is about preventing the fire from spreading and ensuring that it remains localized, which reduces the risk of injury and minimizes property damage. By containing the fire, you help maintain safety for those in the building and provide emergency services with a better situation to handle when they arrive. Taking appropriate actions to confine the fire until help arrives is vital in maintaining control of the situation. It involves closing doors and windows to limit the fire's oxygen supply and prevent it from spreading to other areas. Understanding this principle is integral for anyone working in healthcare settings where the potential for fire emergencies exists.

3. Which of the following is a sign that a resident may be in pain?

A. Increased appetite

B. Sudden increase in energy

C. Restlessness or increased agitation

D. Contentment when interacting

Restlessness or increased agitation is a common indicator that a resident may be experiencing pain. When individuals are in discomfort, they often exhibit behaviors such as pacing, fidgeting, or displaying a heightened level of anxiety. This response can stem from their inability to communicate their distress verbally, leading to physical signs of agitation as a way to express their discomfort. It is essential for nursing assistants to recognize these behaviors as potential indicators of pain, prompting further assessment and appropriate intervention. In contrast, an increased appetite, a sudden increase in energy, or contentment during interactions are typically not associated with pain. These behaviors can suggest well-being or comfort, which further highlights the significance of recognizing restlessness as a possible warning sign of pain. Being attentive to such cues can help healthcare providers ensure that residents receive the necessary care and pain management.

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4. In which situation would you most likely perform oral care for an unconscious patient?

A. When they are medically stable

B. Before administering medications

C. Every 2 hours, to keep the mouth clean

D. When the patient expresses discomfort

Performing oral care for an unconscious patient every 2 hours is essential for maintaining oral hygiene and preventing complications such as infections and aspiration. Unconscious patients are unable to perform oral hygiene themselves, which increases the risk of bacteria building up in the mouth. Regular oral care helps to remove accumulated plaque, food particles, and secretions, thus reducing the potential for oral infections and minimizing the risk of respiratory complications that can arise if oral secretions are aspirated into the lungs. Keeping the mouth clean is particularly crucial for unconscious patients because they often require support to maintain their overall health. Maintaining oral hygiene can also enhance comfort, promote dignity, and decrease the likelihood of more serious health issues related to poor oral hygiene management. This practice aligns with infection control measures and the standard of care in nursing protocols. Other considerations, like the patient's medical stability, medication administration, and expression of discomfort, may influence the timing of oral care but do not necessarily establish the routine and preventative approach typically taken with unconscious patients. The emphasis on scheduled oral care helps ensure their needs are consistently met.

5. What is the best method for a nurse aide to obtain the height of a resident who is unable to stand?

A. Measure the height while the resident sits in a chair

B. Lay the resident down, mark their feet, and measure from the marks

C. Estimate the height based on the bed's height

D. Use a standard measuring tape from the bed

When a resident is unable to stand, the most accurate method to obtain their height is to lay them down and mark their feet, then measure from those marks. This approach ensures that the measurement accounts for the entire length of the body without the inaccuracies that can arise from other methods. Measuring while seated may not provide an accurate reflection of the person's true height, as seated height typically is less than standing height due to the bending of the knees and the overall position of the body. If estimating height based on the bed's height, it could lead to significant inaccuracies, as it does not consider the individual's actual body length. Using a standard measuring tape from the bed would also be unreliable for similar reasons, as it would not provide a clear measurement of the individual's height. Thus, marking the feet while the resident is lying down is the best practice for obtaining an accurate height measurement in such situations.

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6. Why should a nurse aide approach their concerns with a nurse before dressing a patient?

A. To assert their authority on the floor

B. To ensure patient safety and compliance with the care plan

C. To avoid discussion with other coworkers

D. To establish a conflict with the nursing staff

When a nurse aide approaches their concerns with a nurse before dressing a patient, it is essential to ensure patient safety and compliance with the care plan. The nurse is responsible for coordinating patient care, and this includes understanding any specific needs or conditions that may affect how a patient should be dressed. For instance, certain medical conditions may require specific types of clothing or specialized dressing techniques. Discussing these concerns with a nurse allows the aide to confirm that they are following the established care plan and taking the appropriate precautions to protect the patient's well-being. This collaboration is vital as it fosters a team environment in healthcare, ensuring that everyone is on the same page regarding a patient's needs and conditions. The nurse aide's proactive approach helps to mitigate any risks that could arise from potential misunderstandings or lack of information about the patient's current status, thereby promoting effective and safe patient care.

7. Which of the following is NOT considered a way to restrain a client?

A. Physical restraints

B. Chemical restraints

C. Environmental modifications

D. Pain management

Pain management is not considered a way to restrain a client because it focuses on alleviating discomfort rather than restricting movement or behaviors. Restraints, whether physical or chemical, are used to limit a client's freedom of motion to ensure their safety or the safety of others. In contrast, pain management aims to address and soothe physical discomfort, typically through medication or other therapeutic interventions. Physical restraints involve the use of devices or methods that physically restrict a person's ability to move, while chemical restraints refer to the use of medications to sedate or control a client's behavior. Environmental modifications might pertain to changes in the living space to enhance safety, but these strategies do not intend to restrict a person's movements directly. Therefore, pain management stands apart as it does not fit the definition or purpose of restraint methods.

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8. Why is it important for the nurse aide to avoid telling the resident that their breathing is being counted?

A. To ensure the resident feels relaxed and not self-conscious

B. To prevent the resident from altering their breathing pattern

C. To maintain the confidentiality of the resident's health

D. To avoid causing panic in the resident

The importance of avoiding telling the resident that their breathing is being counted primarily rests on the fact that informing them can lead to alterations in their natural breathing pattern. When people become aware that their breaths are being monitored, they may subconsciously change how they breathe either by taking deeper breaths, holding their breath, or becoming anxious about the process. This alteration can compromise the accuracy of the assessment being conducted by the nurse aide. Maintaining an objective measure of a resident's respiratory rate is crucial for assessing their health status accurately. Any change from the resident's normal breathing pattern can skew the results and mislead healthcare providers regarding potential medical issues. Hence, keeping the observation discreet allows for a more accurate and truthful representation of the resident's respiratory condition.

9. When using a manual bed, what should the nurse aide remember to do?

A. Keep the cranks in view

B. Fold the cranks under the bed

C. Adjust the bed height frequently

D. Leave the cranks extended for easy access

When managing a manual bed, it's essential to ensure the cranks are folded under the bed. This practice promotes safety in the patient care environment by reducing the risk of tripping hazards and preventing potential injury to both patients and staff. Keeping the cranks neatly tucked away helps maintain a clean, organized appearance in the patient area and allows for easy mobility around the bed, essential for effective caregiving. Folding the cranks under the bed eliminates obstacles that could impede patient transfer or healthcare provider workflow, ensuring that care can be provided efficiently and safely. Keeping the manual cranks accessible can lead to entanglement or becoming a clearance issue when moving around the bed, which is why this is recognized as the best practice in a clinical setting.

10. If a resident is about to strike, what should the nurse aide's initial reaction be?

A. Call for assistance

B. Move closer to the resident

C. Move away from the resident

D. Confront the resident calmly

In the scenario where a resident is about to strike, the most appropriate initial reaction is to move away from the resident. This response prioritizes safety for both the nurse aide and the resident. By creating distance, the nurse aide reduces the immediate risk of physical harm. Moving away helps de-escalate the situation and allows the nurse aide time to assess the environment and decide on the best course of action without placing themselves in potential danger. Maintaining a safe distance can also provide the resident with space, which may help alleviate their frustration or agitation. It's crucial for nurse aides to ensure their own safety first to effectively manage challenging behaviors and to respond appropriately afterward, whether that involves calming the resident verbally, seeking assistance, or evaluating the situation further.

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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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