CNA TRAINING 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. For resident falls, which statement is true?

A. An incident report will need to be completed for all falls.

B. If the resident can get up after the fall, the NA should not notify the nurse.

C. A fall does not need to be reported unless the resident complains of pain.

D. The resident can decide if the NA needs to report the fall.

2. To protect staff and residents from infection by using protective equipment and hygiene, including handwashing is an example of which concept?

A. Standard Precautions guidance

B. Religious counseling guidelines

C. Infection control distraction

D. Administrative housekeeping policies

3. Which is the most common cause of dementia in older adults?

A. Mental health disorders

B. Being neglected by family members

C. Alzheimer's disease

D. Exposure to radiation

4. What are the sex glands called that produce reproductive cells?

A. Gonads

B. Ova

C. Urethra

D. Walls

5. When assisting a resident with dementia to eat, the NA should

A. Guide the resident through the meal

B. Feed the resident quickly before her attention is lost

C. Switch the resident to a liquid diet if the resident is not on a liquid diet

D. Leave the resident alone with her meal to promote independence

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6. What should a nursing assistant do when a resident with dementia uses verbally abusive language?

A. Remind the resident that this type of language is disrespectful to others.

B. Request an apology from the resident.

C. Complete an incident report.

D. The NA should ignore the language and continue the activity.

7. Which statement best describes palliative care?

A. It cures the disease

B. It is primarily for end-of-life care

C. It focuses on relief from pain and comfort

D. It is not used in chronic illness

8. Which temperature site is used to measure a rectal temperature?

A. Oral

B. Rectal

C. Tympanic

D. Axillary

9. What does the term scope of practice refer to?

A. The order in which tasks are performed.

B. The range of tasks healthcare providers are legally allowed to perform.

C. The number of times a skill must be practiced.

D. The level of patient satisfaction.

10. Which statement is an example of objective data about a resident's condition?

A. There are no observable signs of rash

B. There are raised, red marks the size of pinpricks on the torso

C. The rash is itchy

D. The patient needs lotion

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Answers

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

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Explanations

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1. For resident falls, which statement is true?

A. An incident report will need to be completed for all falls.

B. If the resident can get up after the fall, the NA should not notify the nurse.

C. A fall does not need to be reported unless the resident complains of pain.

D. The resident can decide if the NA needs to report the fall.

Safety and care involve honoring the resident's role in decisions about their information and care actions. The statement that the resident can decide if the NA needs to report the fall centers on this idea of resident involvement in what is shared and who is informed. In practice, this means you should discuss the situation with the resident, respect their preferences about information sharing, and include them in the reporting conversation while still following facility policies that require notifying the nurse and completing the incident report. After a fall, focus first on safety: stay with the resident, check for injuries if you're trained to do so, call for help as needed, and prevent further harm. The nurse should be informed promptly and an incident report documented as part of safety and accountability.

2. To protect staff and residents from infection by using protective equipment and hygiene, including handwashing is an example of which concept?

A. Standard Precautions guidance

B. Religious counseling guidelines

C. Infection control distraction

D. Administrative housekeeping policies

Standard precautions in infection control are the baseline practices used to prevent the spread of infections. They require protective equipment such as gloves, gowns, masks when indicated, and meticulous hand hygiene. The scenario—protecting staff and residents by using protective equipment and consistent handwashing—illustrates these precautions in action, since they are designed to reduce transmission from any patient or environmental exposure. Other choices relate to areas not about preventing infection: religious counseling focuses on spiritual support; infection control distraction isn't a recognized concept; administrative housekeeping policies deal with facility maintenance rather than direct infection prevention.

3. Which is the most common cause of dementia in older adults?

A. Mental health disorders

B. Being neglected by family members

C. Alzheimer's disease

D. Exposure to radiation

Alzheimer's disease is the most common cause of dementia in older adults. It's a progressive brain disorder where nerve cells deteriorate and die, leading to steadily worsening memory, thinking, and daily functioning. Because it accounts for the largest share of dementia cases among the elderly, it's identified as the primary cause. Other options don't fit as the leading cause: mental health disorders can affect mood and cognition but don't produce the characteristic gradual brain changes of dementia; neglect by family members doesn't cause dementia; exposure to radiation isn't the typical cause of dementia in aging, though severe brain injuries or toxins can cause separate cognitive problems. Understanding that Alzheimer's is the predominant cause helps guide monitoring for memory changes, safety planning, and appropriate care strategies.

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4. What are the sex glands called that produce reproductive cells?

A. Gonads

B. Ova

C. Urethra

D. Walls

Gonads are the sex glands responsible for producing reproductive cells. In humans, the gonads are the testes and ovaries, which manufacture sperm and ova (eggs), respectively, and also secrete hormones that regulate sexual development and function. The other terms don't fit because ova are the reproductive cells themselves, not glands; the urethra is a tube for urine and semen, not a gland; and walls have no role in producing reproductive cells.

5. When assisting a resident with dementia to eat, the NA should

A. Guide the resident through the meal

B. Feed the resident quickly before her attention is lost

C. Switch the resident to a liquid diet if the resident is not on a liquid diet

D. Leave the resident alone with her meal to promote independence

Assisting a resident with dementia during meals should focus on providing structure, support, and safety so they can participate while reducing confusion and risk. Guiding through the meal means staying with the resident, offering calm prompts, and delivering the food in small, manageable steps. Sit beside them, use simple directions, and pace the meal so they can process what's happening, attend to swallowing, and feel secure. This approach helps protect against choking, ensures they receive nourishment, and preserves dignity by involving them in the process rather than rushing or abandoning them. Rushing meals is unsafe because it can lead to choking and increased anxiety. Changing a diet without a clinician's order isn't appropriate, as diet modifications should be medically prescribed. Leaving the resident alone to promote independence can remove essential safety checks and support, increasing the risk of choking or withdrawal during the meal.

6. What should a nursing assistant do when a resident with dementia uses verbally abusive language?

A. Remind the resident that this type of language is disrespectful to others.

B. Request an apology from the resident.

C. Complete an incident report.

D. The NA should ignore the language and continue the activity.

When a resident with dementia uses verbally abusive language, the priority is to respond calmly, reduce the risk of escalation, and document the event for follow-up. Approach with a soft, steady tone, acknowledge that the resident may be upset, and use redirection to guide them back to the activity. This helps maintain safety and reduces confrontation, which is especially important as dementia can heighten frustration and misinterpretations. At the same time, complete an incident report and notify the supervising nurse so patterns, triggers, and safety needs can be addressed in the care plan. This ensures the team can review what happened and plan appropriate supports. Reminding the resident that the language is disrespectful or asking for an apology can fuel a confrontation and may not be effective for someone with dementia, and ignoring the language can allow unsafe behavior to continue. The combination of calm de-escalation and proper documentation is the most appropriate approach.

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7. Which statement best describes palliative care?

A. It cures the disease

B. It is primarily for end-of-life care

C. It focuses on relief from pain and comfort

D. It is not used in chronic illness

Palliative care is an approach that centers on relieving suffering and improving quality of life for people with serious illnesses. It aims to control pain and other distressing symptoms, and to support the patient and family emotionally, socially, and spiritually. This care can be started early in a disease course and may be provided alongside treatments meant to treat or cure the illness, rather than waiting until no further options exist. It is not limited to end-of-life situations, and it is used in chronic illnesses to help manage ongoing symptoms and burdens. That focus on relief from pain and comfort best captures what palliative care is about.

8. Which temperature site is used to measure a rectal temperature?

A. Oral

B. Rectal

C. Tympanic

D. Axillary

Rectal temperature is measured at the rectum, using a lubricated probe inserted gently into the anus. This site provides the most accurate reflection of core body temperature and is often used when precision is essential or when other routes are unreliable, such as with infants, uncooperative patients, or certain medical conditions. The other common sites—oral (mouth), tympanic (ear), and axillary (armpit)—offer easier and less invasive readings but can be influenced by recent intake, breathing, or ambient temperature, making them less consistent in some situations.

9. What does the term scope of practice refer to?

A. The order in which tasks are performed.

B. The range of tasks healthcare providers are legally allowed to perform.

C. The number of times a skill must be practiced.

D. The level of patient satisfaction.

Scope of practice refers to the legal boundaries that define what a healthcare professional is allowed to do based on their training, licensure, and regulatory rules. It outlines which tasks can be performed, under what supervision, and under what conditions, helping to protect patient safety and ensure consistent care. For a CNA, this typically includes assisting with daily living activities, taking and reporting vital signs, and other basic care tasks within approved guidelines, while more advanced procedures (like administering medications) are outside the scope unless the person has additional credentials. The concept is not about the order of tasks (workflow), how many times a skill must be practiced (practice standards), or patient satisfaction (an outcome).

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10. Which statement is an example of objective data about a resident's condition?

A. There are no observable signs of rash

B. There are raised, red marks the size of pinpricks on the torso

C. The rash is itchy

D. The patient needs lotion

Objective data are observable, measurable facts about a resident's condition. The statement describing raised, red marks the size of pinpricks on the torso fits this because it records visible skin changes that anyone can observe and describe with specifics. It provides concrete characteristics (appearance, size, location) rather than an interpretation or a report of how the resident feels. In contrast, saying the rash is itchy relies on the resident's sensation (subjective data), and noting that the patient needs lotion is a care plan or intervention rather than a factual finding. Describing actual signs present offers verifiable information that can be confirmed by others, making it the best example of objective data.

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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://cnatraining.examzify.com

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

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