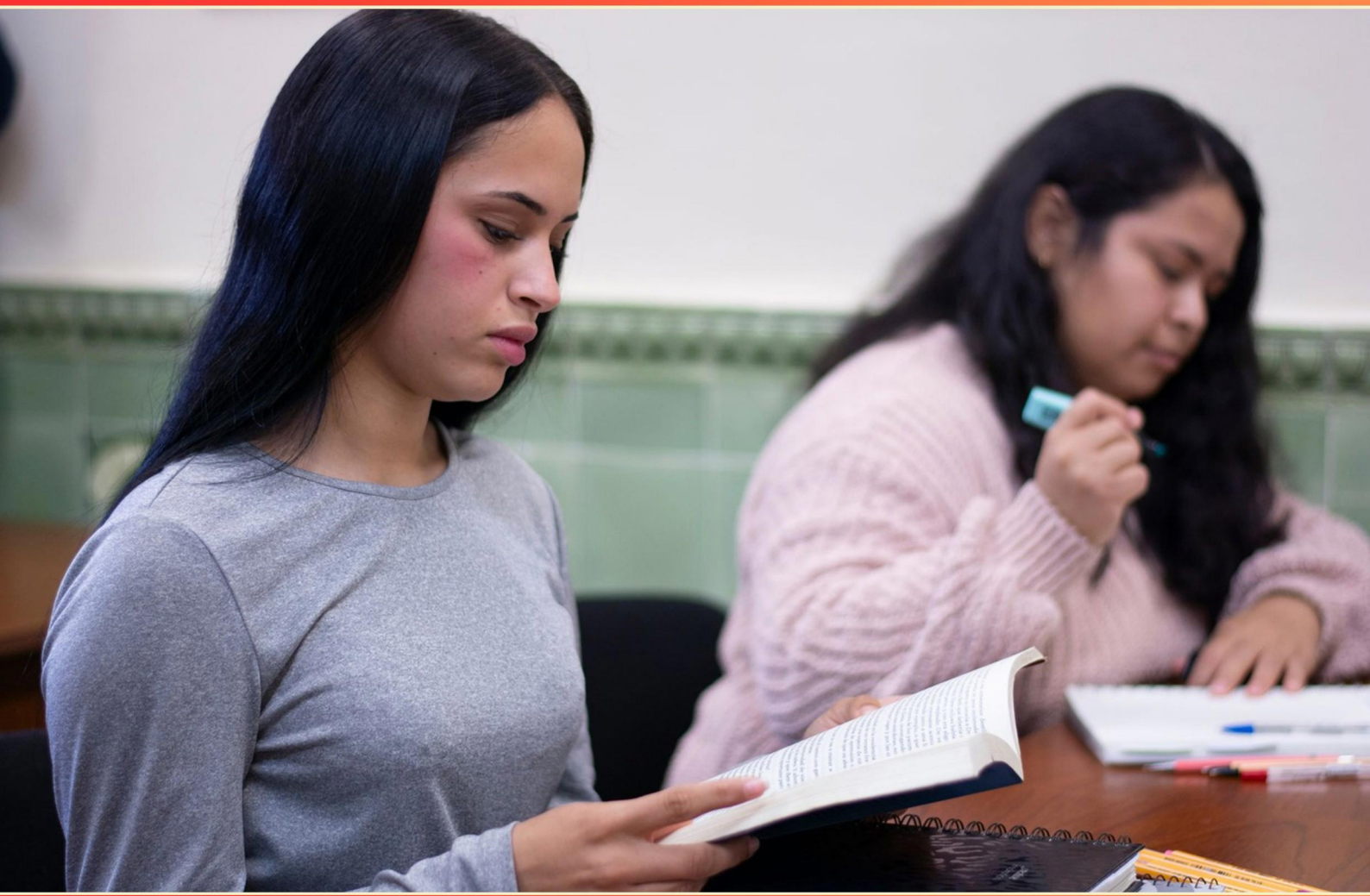
CNA WORKBOOK PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

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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 item is NOT listed as a patient right in the California regulations?

A. Informed by a physician of health status

B. Consent to or refuse treatment

C. Have your phone in his room

D. Have daily visiting hours established

2. Which phrases should CNAs avoid when documenting or communicating about residents?

A. Medical jargon or slang

B. Objective, respectful language

C. Clear descriptions

D. Documentation that uses resident quotes and precise measurements

3. When you notice a coworker is upset at work and says things aren't going well at home, what is the recommended resource?

A. Report to the director of nursing

B. Contact authorities

C. Refer to the Employee Assistance Plan

D. Ask for more information before deciding what action to take

4. What is the correct response if asked to perform a task beyond a CNA's scope?

A. Do it anyway

B. Refuse to do it

C. Seek guidance from the nurse

D. Delegate to family

5. What are typical signs that a resident is in pain and requires assessment?

A. No signs of distress

B. Facial grimacing, body tensing, agitation, guarding, or verbal expressions of pain; use a pain scale to assess.

C. Pain is always obvious to staff; do not use a pain scale.

D. Pain should only be assessed if the resident states it verbally.

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6. Wearing shoes that are comfortable and have good arch support helps prevent injury to the NA by

A. Reducing the risk of trips and falls

B. Reducing back strain

C. Maintaining the back in good alignment

D. All of the above

7. When a resident believes online information says she will die, what is the best response?

A. Call her family and report her comments

B. Inform her that she should only read medical websites

C. Suggest she contact her healthcare provider to further discuss any concerns

D. Help the resident search online for healthcare services

8. A resident going home with a home health agency asks what to expect. The appropriate statement from a CNA is to:

A. That you need to get your supervisor, who will give her more information about what to expect from her home health provider

B. That nursing home care is much better than home health care

C. Not to worry and that everything will be fine

D. You know other residents who have been very happy with home health services

9. To place a resident in a semi-Fowler's position, the head of the bed should be

A. raised 35-40 degrees

B. raised 45-60 degrees

C. left flat

D. raised 80-90 degrees

10. Which approach best reflects respectful care when a resident's beliefs differ from your own?

A. Try to convince the resident that he is wrong

B. Care for the resident without regard to background or lifestyle or put in your personal opinion side

C. Ask the nurse to instruct the resident to change his ways

D. Ask a co-worker to care for the resident to avoid conflict

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Answers

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

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Explanations

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1. Which item is NOT listed as a patient right in the California regulations?

A. Informed by a physician of health status

B. Consent to or refuse treatment

C. Have your phone in his room

D. Have daily visiting hours established

Understanding patient rights in California: the regulations require that patients be informed about their health status and have the opportunity to consent to or refuse treatment. The item about having a phone in the room isn't listed as a patient right in those regulations. While patients often may use a personal phone and facilities may permit phones, that specific entitlement isn't a codified right. The other options align with established rights—being informed about health status and deciding about treatment, and having access to visitors under reasonable policies—whereas the phone in the room reflects more of a practical or facility policy than a guaranteed right.

2. Which phrases should CNAs avoid when documenting or communicating about residents?

A. Medical jargon or slang

B. Objective, respectful language

C. Clear descriptions

D. Documentation that uses resident quotes and precise measurements

Clear, professional communication uses plain language that everyone on the care team can understand. Medical jargon or slang can create confusion, lead to misinterpretation, or appear unprofessional, which can impact resident safety and the accuracy of records. When documentation is written in straightforward, objective terms, it's easier for nurses, physicians, aides, and family members to grasp the resident's status and needs. That's why avoiding jargon and slang is the best choice. In contrast, using objective, respectful language and providing clear descriptions helps convey exactly what's happening. Including resident quotes and precise measurements, when relevant and accurate, can enhance understanding and track changes over time.

3. When you notice a coworker is upset at work and says things aren't going well at home, what is the recommended resource?

A. Report to the director of nursing

B. Contact authorities

C. Refer to the Employee Assistance Plan

D. Ask for more information before deciding what action to take

The main idea is guiding a coworker to a confidential support resource that handles personal and work-related stress. An Employee Assistance Plan provides short-term, confidential counseling and referrals for issues like relationship problems, home-life stress, and other personal challenges that could affect work. It's designed to be voluntary and private, so offering this resource respects the coworker's privacy while giving them professional support. This makes it the best first step because it directly addresses the coworker's disclosure and offers help without exposing them or overstepping boundaries. It also helps reduce potential impact on performance or safety at work by connecting them with appropriate support. Referencing the director, contacting authorities, or asking for more information before acting don't offer the same immediate access to confidential counseling and resources tailored for personal stress. If you're unsure, you can gently suggest the EAP and offer to share the contact information or help them take the next step, while keeping their autonomy and privacy in mind. If there's any immediate risk to safety, involve a supervisor or HR per policy.

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4. What is the correct response if asked to perform a task beyond a CNA's scope?

A. Do it anyway

B. Refuse to do it

C. Seek guidance from the nurse

D. Delegate to family

Understanding your scope of practice is essential for safe and effective care. When asked to perform something beyond what a CNA is trained and authorized to do, the appropriate step is to seek guidance from the nurse. The nurse can confirm whether the task is within the care plan, authorize another staff member to handle it, or adjust the plan as needed. This approach protects the patient and keeps care aligned with policy and supervision requirements. Delegating to family isn't appropriate because they aren't trained to perform clinical tasks or oversee care. Doing the task without guidance could put the patient at risk and create safety and legal issues, while asking the nurse helps ensure the right actions are taken within the care team.

5. What are typical signs that a resident is in pain and requires assessment?

A. No signs of distress

B. Facial grimacing, body tensing, agitation, guarding, or verbal expressions of pain; use a pain scale to assess.

C. Pain is always obvious to staff; do not use a pain scale.

D. Pain should only be assessed if the resident states it verbally.

Recognizing pain in residents relies on noticing nonverbal signals and using a structured way to measure it. Typical signs include facial grimacing, tense or guarding posture, agitation, and verbal expressions of pain. These cues can show up even when the resident cannot clearly state they hurt, so paying attention to changes in behavior, movements, or routine can reveal distress that needs assessment. To quantify how much pain is present, use a standardized pain scale appropriate for the resident—this gives a consistent way to rate intensity and to monitor whether interventions help. After assessing, report findings to the nurse and document them, then re-check after treatment to ensure relief. If someone can't communicate verbally, these signs and the scale remain essential tools to guide care. Noticing that pain isn't always obvious and should be assessed even without a verbal statement is why this approach is preferred over waiting for explicit verbal reports.

6. Wearing shoes that are comfortable and have good arch support helps prevent injury to the NA by

A. Reducing the risk of trips and falls

B. Reducing back strain

C. Maintaining the back in good alignment

D. All of the above

Footwear that fits well, is comfortable, and provides arch support helps control how you move and how force is absorbed when you stand and walk. When the arches are well supported, the foot stays more neutral during activity, which keeps the ankles, knees, hips, and pelvis in better alignment. This stability reduces the tendency to roll inward or outward, lowers fatigue, and makes balance more secure, so the risk of trips and falls goes down. At the same time, proper arch support cushions impact and minimizes compensatory movements that can contribute to back strain. With a stable base and smoother mechanics, the spine can stay in a more natural alignment, reducing strain on the back. All of these effects occur together, so wearing comfortable shoes with good arch support helps prevent injury by reducing trips and falls, reducing back strain, and helping keep the back properly aligned.

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7. When a resident believes online information says she will die, what is the best response?

A. Call her family and report her comments

B. Inform her that she should only read medical websites

C. Suggest she contact her healthcare provider to further discuss any concerns

D. Help the resident search online for healthcare services

When a resident is distressed by what she reads online, the best approach is to connect her with a healthcare professional to discuss her concerns. This validates her feelings while ensuring she receives accurate, personalized information and any necessary evaluation. A nurse or doctor can explain prognosis, address misconceptions, and determine if reassurance, further testing, or treatment is needed. As a CNA, you'd listen empathetically, acknowledge the fear, and offer to help arrange a conversation with the resident's provider, while avoiding giving medical opinions beyond your scope or sharing unverified information. Posting to family or reporting comments isn't appropriate for routine, private concerns and could violate privacy. Telling her to stick to medical websites is dismissive and doesn't address the specific worry. Encouraging more online searching for services can worsen misinformation and anxiety. The focus should be on professional guidance and supportive communication.

8. A resident going home with a home health agency asks what to expect. The appropriate statement from a CNA is to:

A. That you need to get your supervisor, who will give her more information about what to expect from her home health provider

B. That nursing home care is much better than home health care

C. Not to worry and that everything will be fine

D. You know other residents who have been very happy with home health services

Starting home health care involves getting accurate, plan-specific information about what services will be provided, when, and by whom. The best response from a CNA is to acknowledge the resident's question and guide them to the supervisor, who can give detailed, agency-specific information about what to expect from their home health provider. This ensures the resident receives current, correct details about the plan of care, visit schedules, services available, and how to reach the care team. Other responses mix in general reassurance, unfounded comparisons to other care settings, or anecdotes. Those don't provide the direct, reliable information the resident needs and can lead to confusion or false expectations. The supervisor is the appropriate person to coordinate and convey the specifics of the home health arrangement.

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9. To place a resident in a semi-Fowler's position, the head of the bed should be

A. raised 35-40 degrees

B. raised 45-60 degrees

C. left flat

D. raised 80-90 degrees

Semi-Fowler's position means elevating the head of the bed to a partial upright angle to support breathing and comfort. Elevating to about 35-40 degrees provides enough elevation to improve chest expansion and reduce the risk of aspiration during eating or after anesthesia, without going fully upright. A higher angle (45-60 degrees or more) is high Fowler's and serves different needs, while leaving the bed flat eliminates the benefit for breathing and aspiration prevention. The very upright position (80-90 degrees) is used for specific procedures or rapid assessments and is not semi-Fowler's.

10. Which approach best reflects respectful care when a resident's beliefs differ from your own?

A. Try to convince the resident that he is wrong

B. Care for the resident without regard to background or lifestyle or put in your personal opinion side

C. Ask the nurse to instruct the resident to change his ways

D. Ask a co-worker to care for the resident to avoid conflict

Respectful care means honoring the resident's beliefs, background, and lifestyle while delivering care that is safe and professional. The best approach is to care for the resident without regard to personal differences and set aside your own opinions, focusing on the resident's needs and rights. This keeps the care patient-centered, preserves dignity, and avoids coercion or judgment. Why this fits: it shows professionalism and respect for autonomy. It also keeps the focus on delivering competent care, even when beliefs differ. If a belief affects care, you'd discuss with the nurse and seek appropriate accommodations that don't compromise safety or standards. Why the other approaches aren't appropriate: trying to convince the resident you're right is disrespectful and coercive; disregarding the resident's background is culturally insensitive; asking the nurse to instruct the resident to change beliefs is paternalistic; asking a coworker to care for the resident to avoid conflict is avoidance and can undermine consistent, respectful care.

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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://cnaworkbook.examzify.com

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

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