

CREDENTIALIA CALIFORNIA CNA PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://credentialiacaliforniacna.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	15

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.

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!

Questions

SAMPLE

- 1. Which gas is colorless and odorless and essential for life?**
 - A. Oxygen
 - B. Carbon Dioxide
 - C. Nitrogen
 - D. Hydrogen
- 2. Temperature taken at the armpit.**
 - A. Rectal Temperature
 - B. Oral Temperature
 - C. Axillary Temperature
 - D. Tympanic Temperature
- 3. Which term means the inability to eliminate stool, or the infrequent, difficult, and often painful elimination of a hard, dry stool?**
 - A. Constipation
 - B. Confused residents
 - C. Constrict
 - D. Conduct
- 4. Which term describes the process of releasing a resident from care to their home?**
 - A. Disease
 - B. Dirty linen
 - C. Discharging residents
 - D. Dysphagia
- 5. What term refers to items that the person owns?**
 - A. Personal belonging
 - B. Personal property
 - C. Belongings
 - D. Possessions

6. Which term refers to a body's relative mass?

- A. Weighing
- B. Well-Being
- C. Weight
- D. Water Faucets

7. CPR stands for?

- A. Cardiopulmonary resuscitation
- B. Cardiac pulmonary response
- C. Circulatory protective relief
- D. Cardiovascular repair

8. What is the movement of substances within the body in body fluids called?

- A. Permeation
- B. Circulation
- C. Perfusion
- D. Diffusion

9. Which item of personal protective equipment protects the wearer's hands?

- A. Gowns
- B. Masks
- C. Gloves
- D. Goggles

10. What term describes a combination of strategies, techniques, and methods intended to reduce a patient's agitation or aggression?

- A. De-escalation
- B. Death and dying
- C. Defense mechanism
- D. Denture care

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which gas is colorless and odorless and essential for life?

- A. Oxygen
- B. Carbon Dioxide
- C. Nitrogen
- D. Hydrogen

Oxygen powers how cells make energy. In aerobic respiration, cells use oxygen in the mitochondria to convert nutrients into ATP, the energy currency of the cell. That ability to produce energy efficiently is what makes oxygen essential for most life forms. It's a colorless, odorless gas and makes up about 21% of the air we breathe, so we take it in without noticing it. Carbon dioxide is also colorless and odorless, but it's mainly a waste product of metabolism and isn't used to generate energy for the organism. Nitrogen is abundant in air but is largely inert and not used for energy by most life. Hydrogen plays a crucial role in water and organic molecules, but free hydrogen gas isn't the energy source living beings rely on in respiration.

2. Temperature taken at the armpit.

- A. Rectal Temperature
- B. Oral Temperature
- C. Axillary Temperature
- D. Tympanic Temperature

Axillary temperature is the reading taken in the armpit. This method is safe, noninvasive, and commonly used by CNAs when other routes aren't practical (such as with children or residents who can't cooperate or when the mouth or rectum isn't accessible). It tends to be slightly less accurate than rectal or oral measurements because it reflects skin temperature influenced by the environment and sweating. For a reliable axillary reading, ensure the armpit is dry, place the thermometer in the center of the armpit, and keep the arm pressed snugly against the body for the full measurement time. Use this method consistently to track temperature trends over time.

3. Which term means the inability to eliminate stool, or the infrequent, difficult, and often painful elimination of a hard, dry stool?

- A. Constipation
- B. Confused residents
- C. Constrict
- D. Conduct

Constipation is the term for having trouble passing stool: infrequent, difficult, and often painful elimination of a hard, dry stool. This is common in residents, especially older adults, because the gut slows with age and factors like dehydration, low fiber, certain medications, and reduced activity can contribute. Signs to watch for include fewer bowel movements than usual, stools that are hard and dry, and straining during elimination. In a CNA role, respond by promoting hydration and fiber as ordered, supporting a regular toileting routine, and reporting ongoing or worsening symptoms to the nurse. Do not force a stool or administer laxatives unless a nurse orders it. Constipation can lead to complications such as fecal impaction if not addressed. The other terms do not describe bowel elimination: confused residents is about mental state, constrict means to squeeze, and conduct relates to behavior.

4. Which term describes the process of releasing a resident from care to their home?

- A. Disease
- B. Dirty linen
- C. Discharging residents**
- D. Dysphagia

Discharging residents is the process of releasing a resident from care at a facility to go home or to another setting. This involves planning with the care team, ensuring the resident is stable, arranging transportation, and providing home-care instructions, medications, follow-up appointments, and any safety checks for the home. As a CNA, you help by preparing the resident's belongings, making sure they're dressed and safe, communicating updates to the nurse, and ensuring the family understands what to do after discharge. This is different from disease (an illness), dirty linen (laundry), or dysphagia (swallowing difficulty), none of which describe leaving the facility.

5. What term refers to items that the person owns?

- A. Personal belonging**
- B. Personal property
- C. Belongings
- D. Possessions

Ownership of items means naming the specific things that belong to someone. A personal belonging directly points to an item that belongs to that person, highlighting the ownership of that particular object. Personal property, while related, is a broader term used in legal or formal contexts to describe all movable property someone owns, not necessarily focusing on individual items. Belongings and possessions are common everyday terms for the items a person owns, but they usually refer to the whole set rather than a single item. So, when describing items that belong to the person in a singular sense, personal belonging fits best. In everyday language you'd often hear personal belongings to refer to all such items together.

6. Which term refers to a body's relative mass?

- A. Weighing
- B. Well-Being
- C. Weight**
- D. Water Faucets

The idea being tested is how we refer to how heavy a person is. In healthcare, the weight of a person is the measure used to describe their body mass as it's recorded on a scale; it represents the gravitational force acting on the body's matter and is the value clinicians track. The act of determining that value is weighing, not the value itself. Well-being is about overall health, and water faucets have nothing to do with body mass. So weight is the best term to describe a body's relative mass.

7. CPR stands for?

- A. Cardiopulmonary resuscitation
- B. Cardiac pulmonary response
- C. Circulatory protective relief
- D. Cardiovascular repair

CPR stands for Cardiopulmonary resuscitation, a lifesaving procedure used in cardiac arrest. It combines chest compressions to push blood through the body and rescue breaths to provide oxygen to the lungs, helping to maintain circulation and oxygen delivery to vital organs like the brain while help is on the way. The terms cardio and pulmonary point to the heart and lungs, and resuscitation means reviving someone who isn't breathing or whose heart has stopped. The other phrases aren't the standard name for this procedure, so they don't describe what CPR actually is or does.

8. What is the movement of substances within the body in body fluids called?

- A. Permeation
- B. Circulation
- C. Perfusion
- D. Diffusion

Circulation is the movement of substances through the body via the bloodstream, delivering oxygen and nutrients to cells and carrying away wastes. This system-wide transport is driven by the heart and vessels, moving fluids through the entire body rather than just within a tiny area. Permeation means crossing a barrier, diffusion is the spreading of particles from higher to lower concentration at the cellular level, and perfusion refers to blood flow to a specific tissue. Because the question describes the broad, body-wide transport of substances in body fluids, circulation best fits. For example, blood carries oxygen from the lungs to tissues and returns carbon dioxide to be exhaled.

9. Which item of personal protective equipment protects the wearer's hands?

- A. Gowns
- B. Masks
- C. Gloves
- D. Goggles

Gloves provide a barrier for the hands, protecting the skin from exposure to blood, body fluids, and contaminants during resident care. They help prevent the spread of infection by stopping germs from moving between you and the resident and from touching contaminated surfaces. In most CNA tasks, disposable gloves are worn whenever there's direct contact with a resident or with potentially dirty items, and they should be changed between residents and tasks, followed by proper hand hygiene after removal. Other PPE protects other areas—masks cover the mouth and nose, goggles shield the eyes, and gowns protect the body and clothing—so they don't directly protect the hands.

10. What term describes a combination of strategies, techniques, and methods intended to reduce a patient's agitation or aggression?

A. De-escalation

B. Death and dying

C. Defense mechanism

D. Denture care

De-escalation is a set of strategies, techniques, and methods aimed at reducing a patient's agitation or aggression. It centers on calming, respectful communication, non-threatening body language, giving the person space, and using listening and problem-solving to prevent escalation, with safety steps and help from others when needed. This approach protects both patient and caregiver and is a common skill in CNA practice. The other terms don't fit because death and dying relates to end-of-life care; a defense mechanism is an internal coping pattern rather than a structured approach to in-the-moment safety; denture care is about cleaning and maintaining dentures.

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://credentialcaliforniacna.examzify.com>

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

SAMPLE