# IOWA CERTIFIED NURSING ASSISTANT (CNA) 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. What does congestive heart failure prevent?**

A. Efficient blood flow
B. Memory retention
C. Social skills development
D. Body fat reduction

**2. What is the most common symptom of cystitis?**

A. Back pain
B. Frequent urination
C. Severe abdominal pain
D. Blood in urine

**3. What term describes excessive body hair?**

A. Shearing
B. Hirsutism
C. Alopecia
D. Pediculosis

**4. What is the overall emotional sequence of accepting terminal illness?**

A. Anger, bargaining, depression, acceptance, denial
B. Denial, anger, bargaining, depression, acceptance
C. Depression, denial, anger, acceptance, bargaining
D. Bargaining, acceptance, anger, denial, depression

**5. Which condition involves painful urination?**

A. Cystitis
B. Dysuria
C. Diuresis
D. Pyuria

**6. What is a heart attack also known as?**

A. Myocardial infarct
B. Dementia
C. Colostomy
D. Edema

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**7. Within the five steps of accepting terminal illness, which step focuses on feelings of sadness and despair?**

A. Bargaining

B. Depression

C. Denial

D. Acceptance

**8. Which step reflects the realization of the situation and coming to terms with it?**

A. Acceptance

B. Bargaining

C. Depression

D. Anger

**9. What medical term describes the inflammation of the liver?**

A. Hepatitis

B. Cirrhosis

C. Cholecystitis

D. Hepatic encephalopathy

**10. What does post mortem refer to?**

A. Care before birth

B. Care after death

C. Examinations during life

D. Treatment of terminal patients

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# Answers

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

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# Explanations

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## 1. What does congestive heart failure prevent?

A. Efficient blood flow

B. Memory retention

C. Social skills development

D. Body fat reduction

*Congestive heart failure primarily affects the heart's ability to pump blood effectively throughout the body. This condition occurs when the heart cannot fill with enough blood or cannot pump blood with enough force, leading to inadequate circulation. As a result, vital organs may not receive sufficient oxygen and nutrients, which compromises efficient blood flow. The other options address different aspects of health and wellness that are not directly impacted by congestive heart failure. While memory retention, social skills development, and body fat reduction may be influenced by a variety of factors, including overall physical health, they are not the primary concerns related to the heart's function in cases of congestive heart failure. Understanding that this condition specifically hinders the heart's pumping capability clarifies why efficient blood flow is directly prevented by congestive heart failure.*

## 2. What is the most common symptom of cystitis?

A. Back pain

B. Frequent urination

C. Severe abdominal pain

D. Blood in urine

*Frequent urination is the most common symptom of cystitis, which is an inflammation of the bladder often caused by infection. Individuals with cystitis typically experience an increased urge to urinate, which may occur more frequently than normal and can often be accompanied by a sense of urgency and discomfort. This symptom arises due to the irritation of the bladder lining caused by inflammation, making the bladder more sensitive and prompting the need to empty it more often. In the context of cystitis, while symptoms like back pain, severe abdominal pain, or blood in urine can also occur, they are not as universal as frequent urination. Back pain may suggest complications or other conditions, severe abdominal pain can indicate a more serious underlying issue, and blood in the urine may not occur with every case of cystitis. This highlights why frequent urination is recognized as the hallmark symptom associated with this condition.*

## 3. What term describes excessive body hair?

A. Shearing

B. Hirsutism

C. Alopecia

D. Pediculosis

*The term that accurately describes excessive body hair is hirsutism. This condition is characterized by an abnormal growth of hair in women in areas where men usually grow hair, such as the face, chest, and back. Hirsutism can be linked to hormonal imbalances, particularly involving androgens, and may indicate underlying health issues such as polycystic ovary syndrome (PCOS). In contrast to hirsutism, shearing refers to the process of cutting or trimming hair, which does not imply excessive hair growth. Alopecia specifically refers to hair loss, which is the complete or partial absence of hair in areas of the body where it normally grows. Pediculosis is a condition caused by infestation of lice, resulting in itching and discomfort, but it is unrelated to the growth of body hair. Thus, hirsutism is the most appropriate term in this context to denote excessive body hair.*

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## 4. What is the overall emotional sequence of accepting terminal illness?

A. Anger, bargaining, depression, acceptance, denial

B. Denial, anger, bargaining, depression, acceptance

C. Depression, denial, anger, acceptance, bargaining

D. Bargaining, acceptance, anger, denial, depression

*The correct sequence of emotional responses to accepting a terminal illness aligns with the well-known model proposed by Elisabeth Kübler-Ross, which outlines the stages people typically go through when facing death or significant loss. Beginning with denial, individuals often initially struggle to accept the reality of their diagnosis, which allows them to process the information slowly. This stage acts as a buffer against the shock of the situation. Following denial, many experience anger, where they may direct their frustration toward themselves, healthcare providers, or even fate, questioning why this is happening to them. This is often accompanied by a sense of injustice. The third stage is bargaining, where a person may attempt to negotiate a way out of their terminal condition, often turning to religion or spirituality in hopes of extending their life or reversing their situation. Subsequently, depression sets in as they come to terms with the potential loss, leading to feelings of sadness and grief about the life they may not get to live. Finally, acceptance marks the stage where individuals begin to come to peace with their situation. They start to work through their emotions and can often focus on making the most of the time they have left, seeking comfort for themselves and their loved ones. This sequence represents a natural progression of feelings and isn't linear*

## 5. Which condition involves painful urination?

A. Cystitis

B. Dysuria

C. Diuresis

D. Pyuria

*Dysuria is the term used to describe painful or difficult urination. This condition can be caused by various issues, including urinary tract infections, inflammation, or irritation in the urinary tract. When a person experiences dysuria, they often feel a burning sensation or discomfort while urinating, which is a key characteristic of the condition. While cystitis refers to inflammation of the bladder, which can indeed result in dysuria among other symptoms, it does not specifically denote the painful urination itself. Diuresis relates to increased urine production, which does not imply pain, and pyuria refers to the presence of pus in the urine, typically indicating infection or inflammation, but again, it does not directly point to the experience of pain during urination. Therefore, dysuria is the most accurate term to define the condition of having painful urination.*

## 6. What is a heart attack also known as?

A. Myocardial infarct

B. Dementia

C. Colostomy

D. Edema

*A heart attack is medically referred to as a myocardial infarction. This term specifically describes the event where blood flow to a part of the heart is blocked, leading to damage or death of heart muscle tissue due to lack of oxygen. The word "myocardial" pertains to the heart muscle, and "infarction" indicates a region of tissue that has died due to insufficient blood supply. Understanding this terminology is critical, as it can help in recognizing symptoms and understanding treatment options related to cardiovascular health. The other terms listed do not relate to heart attacks; dementia refers to a decline in cognitive function, colostomy is a surgical procedure related to the digestive system, and edema describes swelling caused by fluid retention.*

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## 7. Within the five steps of accepting terminal illness, which step focuses on feelings of sadness and despair?

A. Bargaining

B. Depression

C. Denial

D. Acceptance

*The focus of the step that involves feelings of sadness and despair is accurately identified as depression. In the context of the five stages of grief associated with terminal illness, depression signifies a deep emotional response to the realization of a terminal diagnosis. This stage often encompasses feelings of loss not only related to the individual's own life but can also extend to concerns about leaving loved ones behind and unfulfilled plans. During this phase, individuals may withdraw socially, feel overwhelmed by feelings of hopelessness, and experience a profound sense of sadness. Unlike other stages—such as denial, where a person may refuse to accept the situation, or bargaining, where an individual might try to negotiate for more time—depression is characterized by acceptance of the reality of the illness and the associated grief. Also, acceptance, while a crucial part of the grieving process, represents a resolution and understanding of the situation rather than the turmoil seen in the depression stage. This distinction is vital for understanding the emotional landscape individuals navigate when facing a terminal illness.*

## 8. Which step reflects the realization of the situation and coming to terms with it?

A. Acceptance

B. Bargaining

C. Depression

D. Anger

*The chosen answer, acceptance, is the step that signifies the recognition and acknowledgment of a situation, allowing individuals to come to terms with it. Acceptance is part of the emotional response process often discussed in the context of loss or change, where a person understands the reality of their circumstances and finds a way to move forward. This step is crucial as it enables individuals to cope more effectively with their situation, reducing feelings of denial, anger, or despair. Acceptance does not mean being happy about the situation; rather, it indicates an understanding of the new reality and often leads to a more peaceful state of mind. By accepting reality, individuals can begin to adapt and make necessary changes in their lives, moving toward healing or adjustment.*

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## 9. What medical term describes the inflammation of the liver?

A. Hepatitis

B. Cirrhosis

C. Cholecystitis

D. Hepatic encephalopathy

*The term "hepatitis" specifically refers to the inflammation of the liver and is derived from the Greek word "hepar," which means liver, combined with "itis," which denotes inflammation. This condition can be caused by various factors, including viral infections, alcohol consumption, certain medications, and autoimmune diseases. Understanding this term is essential for CNAs as they may encounter patients with liver-related issues and should be familiar with the terminology to communicate effectively with healthcare teams. Cirrhosis refers to the scarring of the liver tissue, often resulting from prolonged liver damage, rather than inflammation itself. Cholecystitis is the inflammation of the gallbladder, and hepatic encephalopathy is a decline in brain function as a result of severe liver disease. These terms, while related to liver conditions, do not accurately describe the specific process of liver inflammation, making hepatitis the correct choice for this question.*

## 10. What does post mortem refer to?

A. Care before birth

B. Care after death

C. Examinations during life

D. Treatment of terminal patients

*Post mortem specifically refers to care and procedures that occur after a person's death. This can include various activities, such as preparing the body for burial, conducting an autopsy, or providing support for grieving families. The term is derived from Latin, meaning "after death," and is commonly used in medical and legal contexts to discuss what happens following the loss of life. The other options focus on different periods of life or circumstances—care before birth refers to prenatal care, examinations during life relate to assessments done while a person is alive, and treatment of terminal patients pertains to managing the care of individuals who are close to the end of life. However, these concepts do not align with the definition of post mortem, reinforcing that the correct understanding of the term is in relation to actions taken after death.*

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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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