# IVY TECH CNA PROGRAM EXAM 1 PRACTICE (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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

https://ivytechcnaprogram1.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.

SAMPLE

# 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!

SAMPLE

# Questions

SAMPLE

**1. Which task is commonly associated with toileting assistance in a CNA's daily duties?**

A. Shaving Someone

B. Taking someone to the Bathroom

C. Bathing

D. Feeding

**2. When a resident reports new or increased pain, what steps should you take?**

A. Record pain in the chart only.

B. Ignore the resident's complaint.

C. Notify the nurse, document pain level.

D. Notify the nurse, document pain level, and provide comfort measures per policy.

**3. What is the primary purpose of proper body mechanics in CNA tasks?**

A. They help prevent injury to both the caregiver and resident.

B. They speed up tasks.

C. They are optional.

D. They only protect the equipment.

**4. Which of the following is a symptom of a heart attack?**

A. Chest Pain

B. Headache

C. Rash

D. Dizziness

**5. Who sets the CNA scope of practice in Indiana?**

A. Standard 14

B. Board of Medicine

C. Federal Department of Health

D. Local hospital policy

SAMPLE

**6. Which type of facility provides acute care services?**

A. Hospital
B. Long-term care facility
C. Rehabilitation center
D. Nursing home

**7. Who is listed directly above QMA's / CNA's in the chain of command?**

A. DON
B. ADON
C. Nurse Managers
D. Charge/Staff Nurses

**8. Which factors can contribute to infection in a resident?**

A. Dehydration
B. Poor Hygiene
C. Both Dehydration and Poor Hygiene
D. None

**9. OBRA stands for which phrase?**

A. Omnibus Budget Reconciliation Act
B. Omnibus Budget Reform Act
C. Official Biomedical Research Act
D. Organization of Behavioral Research Act

**10. Which is NOT a recommended oxygen safety practice?**

A. No smoking or open flames near oxygen.
B. Keep unused ports capped.
C. Ensure oxygen equipment is securely connected.
D. Use petroleum-based products near oxygen.

SAMPLE

# Answers

SAMPLE

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

SAMPLE

# Explanations

SAMPLE

**1. Which task is commonly associated with toileting assistance in a CNA's daily duties?**

A. Shaving Someone

B. Taking someone to the Bathroom

C. Bathing

D. Feeding

*Toileting assistance focuses on helping residents meet elimination needs and access a toilet or appropriate facility safely. Taking someone to the bathroom directly supports that need by ensuring they can reach the toilet promptly, which helps prevent accidents, reduces fall risk during transfers, and preserves dignity through a supervised and private experience. This is a core part of a CNA's daily duties because it directly relates to elimination and safety during toileting moments, and it often involves coordinating privacy, proper clothing management, and use of aids like a commode or bedpan when needed. Shaving is a grooming task, bathing falls under hygiene and cleansing, and feeding concerns nutrition, so they are separate aspects of care.*

**2. When a resident reports new or increased pain, what steps should you take?**

A. Record pain in the chart only.

B. Ignore the resident's complaint.

C. Notify the nurse, document pain level.

D. Notify the nurse, document pain level, and provide comfort measures per policy.

*Prompt reporting and appropriate immediate care for new or increased pain means telling the nurse right away, documenting the pain level, and providing comfort measures that are approved by policy. Pain is treated as a vital sign that guides care, so the nurse needs to reassess and possibly adjust treatment. Documenting the level and location communicates severity and helps track changes over time, ensuring everyone on the care team is informed. Following policy for comfort measures ensures safety and consistency while the clinician determines the best course, which may include nonpharmacologic strategies such as repositioning, adjusting the environment, applying a permitted warmth or cooling method, gentle touch or back rub, and distraction or soothing activities. These steps together promote timely relief and proper evaluation rather than delaying care.*

**3. What is the primary purpose of proper body mechanics in CNA tasks?**

A. They help prevent injury to both the caregiver and resident.

B. They speed up tasks.

C. They are optional.

D. They only protect the equipment.

*Proper body mechanics focus on using safe posture and movement to reduce the strain on muscles and joints when lifting, transferring, or repositioning a resident. By keeping the spine in a neutral position, bending at the hips and knees rather than the back, widening the stance for stability, and using leg muscles to lift, you lower the risk of back injuries and other strains. Using assistive devices and asking for help when a task is too heavy or awkward further protects both you and the resident from harm and accidental falls. These safety-centric habits matter more than simply speeding up a task, and they aren't optional—they're essential to protect people, not just equipment.*

SAMPLE

## 4. Which of the following is a symptom of a heart attack?

A. Chest Pain

B. Headache

C. Rash

D. Dizziness

*Chest pain is the symptom most closely linked to a heart attack. It often feels like pressure, squeezing, fullness, or pain in the center of the chest that lasts for several minutes or comes and goes. This discomfort can also radiate to the arm, shoulder, jaw, or back and is frequently paired with other signs such as shortness of breath, sweating, nausea, or lightheadedness. The other options aren't typical indicators of a heart attack: headaches have many causes, a rash suggests a skin issue or infection, and dizziness can occur with various conditions but isn't the classic heart-attack sign. So chest pain best identifies a heart attack among these choices. If chest discomfort occurs, it's important to seek emergency care promptly.*

## 5. Who sets the CNA scope of practice in Indiana?

A. Standard 14

B. Board of Medicine

C. Federal Department of Health

D. Local hospital policy

*Understanding scope of practice means knowing who defines what tasks a CNA can perform. In Indiana, the official boundaries are described in Standard 14, a statewide standard that outlines the duties, supervision requirements, and limits for certified nurse aides. This is the authoritative source for what CNAs May do, ensuring consistent patient safety across settings. The Board of Medicine governs physicians, not CNAs; there isn't a federal department that sets Indiana's CNA scope—federal guidance is general and not state-specific. Local hospital policies may guide daily routines, but they cannot override the state-defined scope. So Standard 14 is the source that sets Indiana's CNA scope of practice.*

## 6. Which type of facility provides acute care services?

A. Hospital

B. Long-term care facility

C. Rehabilitation center

D. Nursing home

*Acute care means rapid, short-term medical treatment for a recent illness, injury, or after surgery. Hospitals are equipped to deliver this level of care with round-the-clock staff, physicians, nurses, diagnostic testing, emergency departments, and inpatient units that stabilize and treat acute conditions. This includes emergencies like chest pain, severe infections, trauma, or post operative recovery where close monitoring and quick interventions are needed. Long-term care facilities focus on ongoing help with daily activities and chronic conditions, not immediate medical crises. Rehabilitation centers provide therapy to help regain function after an acute event, but their primary aim is restoration over a defined period rather than continuous acute medical management. Nursing homes offer custodial or personal care and assistance with daily living, not acute medical treatment. Therefore, the facility designed to provide acute care services is the hospital.*

SAMPLE

## 7. Who is listed directly above QMA's / CNA's in the chain of command?

A. DON

B. ADON

C. Nurse Managers

D. Charge/Staff Nurses

*The immediate supervisor for front-line care staff on a unit is the charge nurse. This role directly oversees CNAs and QMAs on the shift, assigns their tasks, monitors daily care, and ensures safety and quality of care. Higher-level roles like the Director of Nursing or Assistant Director of Nursing set policy and oversee multiple units, while a Nurse Manager may supervise a broader scope, but not the day-to-day direction of each aide on the floor. That direct, on-the-ground supervision is the charge/staff nurse, making this the best answer.*

## 8. Which factors can contribute to infection in a resident?

A. Dehydration

B. Poor Hygiene

C. Both Dehydration and Poor Hygiene

D. None

*Infection happens when pathogens get a chance to invade and multiply, and both hydration and cleanliness affect that risk. Poor hygiene increases exposure to germs and can transfer bacteria to skin, wounds, or urinary tracts, making infection more likely. Dehydration dries mucous membranes and reduces saliva and urine flow, which normally help flush out bacteria and keep surfaces protective; this weakening of natural defenses can also raise infection risk. When both factors are present, the resident's barriers are further compromised, so infection is more likely than with either factor alone. That's why both dehydration and poor hygiene contribute to infection.*

## 9. OBRA stands for which phrase?

A. Omnibus Budget Reconciliation Act

B. Omnibus Budget Reform Act

C. Official Biomedical Research Act

D. Organization of Behavioral Research Act

*The phrase OBRA stands for Omnibus Budget Reconciliation Act. This federal law, enacted to improve quality of care in long-term care facilities, establishes minimum standards for the training and certification of nursing assistants, as well as resident rights and overall quality of care. It created the Nurse Aide Training and Competency Evaluation Program, ensuring CNAs receive proper training and must demonstrate competency. It also requires ongoing in-service education and state oversight to ensure facilities comply. The other options don't match the actual act associated with CNA standards.*

SAMPLE

**10. Which is NOT a recommended oxygen safety practice?**

A. No smoking or open flames near oxygen.

B. Keep unused ports capped.

C. Ensure oxygen equipment is securely connected.

D. Use petroleum-based products near oxygen.

*Oxygen safety hinges on preventing ignition sources and keeping the environment free of fuels. In an oxygen-rich setting, petroleum-based products act as fuels, so they can ignite much more easily and burn vigorously if a spark, heat, or even a small leak is present. That's why using petroleum-based products near oxygen is not a recommended practice. By comparison, avoiding smoking or open flames eliminates a common ignition source, keeping unused ports capped helps prevent contamination and leaks, and ensuring oxygen equipment is securely connected reduces the chance of leaks and accidental disconnections. Together, these measures minimize fire risk and keep oxygen therapy safe.*

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://ivytechcnaprogram1.examzify.com

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

SAMPLE