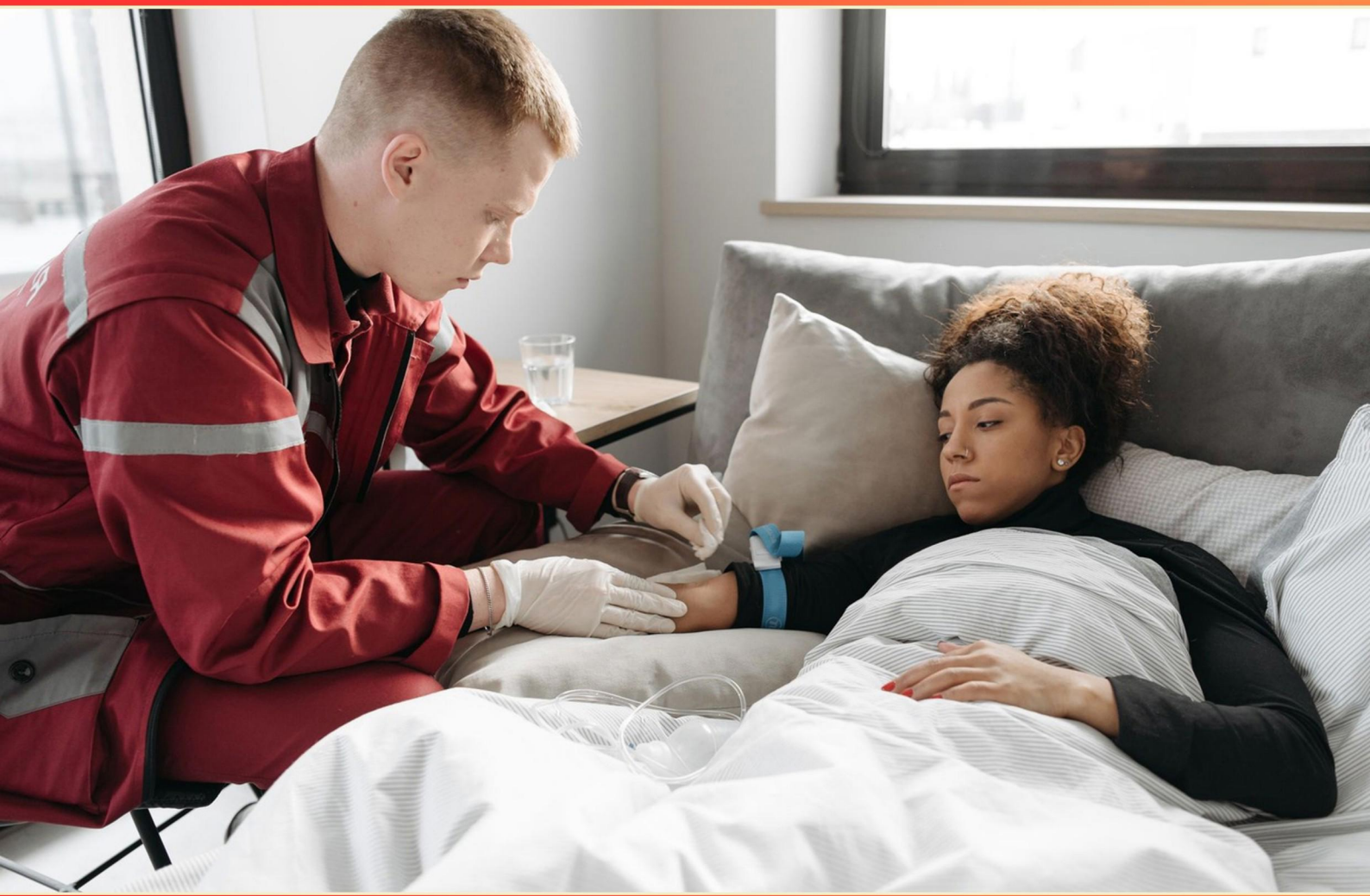
# KANSAS CNA STATE PRACTICE EXAM (SAMPLE)

## 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. What can be an effect of prolonged bed rest in the supine position?**

A. Pneumonia

B. Muscle atrophy

C. Bed sores

D. All of the above

**2. What is a fundamental requirement in nursing care regarding the placement of bedpans?**

A. They should be hidden from view

B. They should be accessible when needed

C. They should be placed wherever convenient for staff

D. They should only be used if the resident requests it

**3. Transmission-Based Precautions are used for patients who are?**

A. Recovering from surgery

B. Infected with certain infectious diseases

C. Undergoing routine check-ups

D. In need of physical therapy

**4. Which type of care emphasizes treating the whole individual rather than just symptoms or diseases?**

A. Allopathic care

B. Holistic care

C. Conventional care

D. Preventive care

**5. What is the correct order for putting on personal protective equipment?**

A. Mask, gown, goggles, gloves

B. Gown, mask, goggles, gloves

C. Gown, goggles, mask, gloves

D. Gown, mask, goggles, and gloves

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**6. What is an appropriate action for a nursing assistant if a resident starts to fall?**

A. Call for help immediately

B. Widen their stance and break the fall

C. Let them fall to prevent injury

D. Try to catch them as they fall

**7. When assisting a resident with communication challenges, what is an important practice?**

A. Using medical jargon to explain situations

B. Speaking as loudly as possible

C. Alert for words the resident understands

D. Providing written instructions

**8. If a resident speaks a different language than the nursing assistant, which strategy should the assistant use?**

A. Speak quickly and use complex vocabulary

B. Keep messages short and simple

C. Use humor to connect

D. Ignore the language barrier

**9. What is an essential function of an ombudsman in long-term care facilities?**

A. To advocate for patient rights

B. To provide medical care

C. To administer therapy sessions

D. To take administrative roles

**10. If a resident's temperature is taken rectally, what is the normal range?**

A. 96.6 - 98.6 °F

B. 98.2 - 100 °F

C. 98.6 - 100.6 °F

D. 97.6 - 99.6 °F

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# Answers

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

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# Explanations

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## 1. What can be an effect of prolonged bed rest in the supine position?

A. Pneumonia

B. Muscle atrophy

C. Bed sores

D. All of the above

*Prolonged bed rest, especially in the supine position, can lead to a variety of health complications, which is why the answer encompasses all of the given options. Pneumonia can develop due to decreased lung expansion and clearance of secretions when a person is immobile. The respiratory muscles may weaken, and gravity can hinder effective coughing, making it easier for infections to take hold. Muscle atrophy is another significant concern. Extended periods of inactivity lead to muscle disuse, resulting in decreased muscle strength and size. This can affect overall mobility and strength when the individual eventually tries to resume normal activities. Bed sores, or pressure ulcers, occur due to sustained pressure on specific areas of the skin, which can restrict blood flow and damage the skin and underlying tissues. Immobility increases the risk for these injuries, particularly in bony areas such as heels, sacrum, and elbows. Understanding that these consequences are interconnected reinforces the importance of mobilization and proper care techniques for individuals on prolonged bed rest to mitigate these risks effectively.*

## 2. What is a fundamental requirement in nursing care regarding the placement of bedpans?

A. They should be hidden from view

B. They should be accessible when needed

C. They should be placed wherever convenient for staff

D. They should only be used if the resident requests it

*In nursing care, ensuring that bedpans are accessible when needed is a fundamental requirement because it directly impacts the comfort and dignity of the patient. Patients may require immediate access to a bedpan due to various reasons, such as mobility limitations or medical conditions. Having the bedpan readily available allows for timely assistance, which is essential for preventing discomfort and potential complications, such as incontinence or related skin issues. Moreover, accessibility emphasizes the importance of patient-centered care, where the needs and preferences of residents are prioritized. By placing bedpans within easy reach, healthcare providers can facilitate a more responsive and respectful care environment, allowing patients to maintain their dignity during their time of need. This focus on accessibility is essential in upholding the overall quality of care in a healthcare setting.*

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## 3. Transmission-Based Precautions are used for patients who are?

A. Recovering from surgery

B. Infected with certain infectious diseases

C. Undergoing routine check-ups

D. In need of physical therapy

*Transmission-Based Precautions are specifically designed to prevent the spread of infectious diseases from patients who are known or suspected to be infected. These precautions are implemented in addition to standard precautions and are tailored to the way an infection is transmitted, such as contact, droplet, or airborne routes. Patients infected with certain infectious diseases can pose significant risks to others, making it essential for healthcare providers to use these precautions to protect themselves, other patients, and visitors. This includes specific procedures like wearing gloves, masks, gowns, or using specialized room ventilation for airborne precautions, which are essential for limiting exposure to pathogens in a healthcare environment. In contrast, patients recovering from surgery, undergoing routine check-ups, or in need of physical therapy do not necessarily require these specialized precautions unless they are also identified to have a transmissible infectious condition. Thus, the focus of Transmission-Based Precautions is solely on preventing the spread of specific infectious diseases.*

## 4. Which type of care emphasizes treating the whole individual rather than just symptoms or diseases?

A. Allopathic care

B. Holistic care

C. Conventional care

D. Preventive care

*Holistic care emphasizes treating the whole individual, which encompasses not only the physical aspects of a person's health but also their emotional, social, and spiritual well-being. This approach recognizes that various factors in a person's life can influence their health and overall quality of life. Holistic care seeks to understand the person in the context of their environment and personal experiences, aiming to establish a connection and promote healing in a comprehensive manner. This contrasts with care that may focus solely on alleviating symptoms or addressing specific diseases without considering the broader impact of lifestyle, emotional health, and support systems. In holistic care, practitioners often incorporate various health practices that might include physical, mental, and alternative methods, ensuring that all dimensions of a person's health are addressed collaboratively.*

## 5. What is the correct order for putting on personal protective equipment?

A. Mask, gown, goggles, gloves

B. Gown, mask, goggles, gloves

C. Gown, goggles, mask, gloves

D. Gown, mask, goggles, and gloves

*Putting on personal protective equipment (PPE) in the correct order is crucial for ensuring safety and reducing the risk of infection. The correct sequence is designed to protect you effectively while minimizing contamination. Starting with the gown provides a barrier to your clothing and skin, which is vital to prevent the transmission of pathogens. After securing the gown, putting on the mask helps to safeguard your respiratory system and keep you protected from airborne particles. Following the mask, goggles are donned to shield your eyes from splashes or droplets that may be present in the environment, adding another layer of protection. Finally, gloves are applied last to ensure that you do not touch any surfaces or items that may be contaminated after putting on your other protective gear. This order is essential in maintaining a safe practice environment when dealing with potentially infectious materials.*

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## 6. What is an appropriate action for a nursing assistant if a resident starts to fall?

A. Call for help immediately

B. Widen their stance and break the fall

C. Let them fall to prevent injury

D. Try to catch them as they fall

*If a resident starts to fall, the appropriate action is to widen your stance and break the fall. This approach helps to stabilize your own body and provides support to the resident during the fall. By widening your stance, you can lower your center of gravity, which helps maintain balance. Additionally, breaking the fall means using your body to control how the resident lands, thus reducing the impact and minimizing the chance of injury. Focusing on the natural motion of the fall allows you to manage situations better, potentially guiding the resident to the ground in a safer manner rather than just letting them fall without any support or trying to catch them, which could increase the risk of injury for both parties. Maintaining a calm and controlled response during such an incident is critical, as it can impact the outcome significantly.*

## 7. When assisting a resident with communication challenges, what is an important practice?

A. Using medical jargon to explain situations

B. Speaking as loudly as possible

C. Alert for words the resident understands

D. Providing written instructions

*When assisting a resident with communication challenges, being alert for words that the resident understands is crucial for effective interaction. This practice ensures that the caregiver tailors their communication approach to the individual's comprehension level. By paying attention to which words or phrases the resident responds to, the caregiver can adjust their language and confirm understanding, enhancing the overall communication experience. This approach fosters a supportive environment where the resident feels more at ease to express themselves. It also encourages participation in conversations, allowing the resident to engage meaningfully and reduce feelings of frustration that can accompany communication difficulties. Being sensitive to the resident's unique communication needs ultimately aids in providing better care and improving the resident's quality of life. In contrast, using medical jargon would likely complicate communication, making it harder for the resident to understand. Speaking loudly may not address the root of the communication issue and could be perceived as condescending. Providing written instructions can be helpful but may not address immediate verbal communication needs, particularly if the resident struggles with literacy or reading comprehension. Thus, focusing on recognizable words effectively bridges communication gaps.*

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## 8. If a resident speaks a different language than the nursing assistant, which strategy should the assistant use?

A. Speak quickly and use complex vocabulary

B. Keep messages short and simple

C. Use humor to connect

D. Ignore the language barrier

*When a resident speaks a different language than the nursing assistant, using short and simple messages is the most effective strategy. This approach reduces the complexity of the communication, making it easier for the resident to understand key information or instructions. Clear and concise wording minimizes confusion, which is especially important when conveying essential information related to care or daily activities. Moreover, when messages are kept simple, it opens the possibility for the use of non-verbal cues or gestures, which can further enhance understanding. Ensuring that the resident comprehends the basic points helps establish trust and a rapport between the nursing assistant and the resident. In contrast, speaking quickly or using complex vocabulary can lead to miscommunication and frustration for both parties. Humor may be subjective and could create further misunderstandings rather than foster connection. Ignoring the language barrier entirely would disregard the resident's needs and hinder effective communication, which is crucial in a caregiving environment.*

## 9. What is an essential function of an ombudsman in long-term care facilities?

A. To advocate for patient rights

B. To provide medical care

C. To administer therapy sessions

D. To take administrative roles

*An essential function of an ombudsman in long-term care facilities is to advocate for patient rights. This role is crucial because ombudsmen act as a bridge between residents and facility management, ensuring that the rights and needs of residents are respected and addressed. They listen to the concerns of patients or their families, investigate complaints, and help resolve issues related to care, treatment, quality of life, and dignity. Through advocacy, ombudsmen promote awareness of residents' rights and empower them to express their needs and preferences. This support is particularly important in long-term care settings, where residents may be vulnerable and may not always have the means to voice their dissatisfaction or advocate for themselves effectively. The ombudsman's presence helps to ensure accountability within the facility and fosters an environment that prioritizes the well-being and rights of all residents.*

## 10. If a resident's temperature is taken rectally, what is the normal range?

A. 96.6 - 98.6 °F

B. 98.2 - 100 °F

C. 98.6 - 100.6 °F

D. 97.6 - 99.6 °F

*The normal range for a rectal temperature is considered to be 98.6°F to 100.6°F. Rectal temperatures are generally higher than oral temperatures and are often used in clinical settings to provide the most accurate measurement of a person's core body temperature. This accuracy is particularly important in assessing the health of residents in a care facility, as it can help in detecting fever or other conditions that require medical attention. The range provided in the correct answer reflects the physiological norms for rectal readings, which are typically accepted in the healthcare community.*

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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://kansascnastate.examzify.com

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

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