# NEBRASKA SSC 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 is the primary role of a Certified Nursing Assistant (CNA)?**

A. To provide emotional support to patients
B. To administer medications to patients
C. To provide care and assistance to patients in healthcare settings
D. To direct healthcare teams in patient care

**2. How can a CNA promote hydration among patients effectively?**

A. By limiting fluid intake to meal times
B. By offering only water throughout the day
C. By encouraging regular fluid intake and offering a variety of fluids
D. By focusing solely on caffeinated beverages

**3. What should a CNA do if a patient is choking?**

A. Encourage them to drink water
B. Perform the Heimlich maneuver if needed and call for help
C. Leave to find a doctor immediately
D. Give the patient food to help them swallow

**4. Why is it important to identify the correct bedpan type for a resident?**

A. To ensure the patient feels comfortable
B. To follow care plan requirements
C. To prevent accidents
D. To save time during the procedure

**5. What is a key benefit of effective communication between CNAs and patients?**

A. It decreases the amount of paperwork
B. It enhances the overall well-being and care of patients
C. It allows CNAs to complete their tasks more quickly
D. It minimizes the need for teamwork

**6. What is the correct way to identify a patient before providing care?**

A. Ask the patient if they are ready
B. Use one identifier, such as the room number
C. Use two identifiers, such as the patient's name and date of birth
D. Check the patient's identification bracelet only

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**7. What type of footwear is recommended for a resident during ambulation?**

A. Soft slippers

B. Sturdy, non-skid shoes with fasteners

C. Flip-flops

D. High-heeled shoes

**8. What is one important consideration when maintaining skin integrity?**

A. Using only natural products

B. Regularly applying moisturizers regardless of the skin type

C. Monitoring skin for any signs of breakdown or infection

D. Limiting skin along pressure points

**9. What is the significance of maintaining a sterile field during procedures?**

A. To make the procedure faster.

B. To enhance comfort for the patient.

C. To prevent infections during procedures.

D. To ensure all tools are easily accessible.

**10. What should be done with used disposable wipes after assisting a patient?**

A. Throw them on the floor

B. Place them in a trash bag

C. Reuse them

D. Flush them down the toilet

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# Answers

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

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# Explanations

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## 1. What is the primary role of a Certified Nursing Assistant (CNA)?

A. To provide emotional support to patients

B. To administer medications to patients

C. To provide care and assistance to patients in healthcare settings

D. To direct healthcare teams in patient care

*The primary role of a Certified Nursing Assistant (CNA) is to provide care and assistance to patients in healthcare settings. This encompasses a wide range of responsibilities, including helping patients with daily activities such as bathing, dressing, eating, and mobility. CNAs play a vital part in ensuring the comfort and well-being of patients, as they often spend the most time with them. Their role is crucial in assisting nurses and other healthcare professionals by maintaining patient hygiene, monitoring vital signs, and communicating patients' needs and concerns. While providing emotional support to patients is certainly a valuable aspect of the job, it is not the primary function of a CNA. Administering medications is typically the responsibility of licensed nurses, not CNAs, as it requires more extensive training and certification. Directing healthcare teams in patient care falls under the responsibilities of nurses and other advanced healthcare providers who have the training necessary to lead and manage patient care effectively. Therefore, the correct answer reflects the fundamental duties that define the CNA's role in providing hands-on patient care.*

## 2. How can a CNA promote hydration among patients effectively?

A. By limiting fluid intake to meal times

B. By offering only water throughout the day

C. By encouraging regular fluid intake and offering a variety of fluids

D. By focusing solely on caffeinated beverages

*Encouraging regular fluid intake and offering a variety of fluids is an essential strategy for promoting hydration among patients. This approach addresses the diverse preferences and needs of individuals, which can significantly impact their overall fluid consumption. By providing various options, including water, juices, herbal teas, and broths, the CNA can not only cater to different tastes but also ensure that patients receive different nutrients and flavors, making it easier for them to stay hydrated throughout the day. The effectiveness of promoting hydration is often tied to making fluids readily available and appealing, thus reducing the likelihood of dehydration. This method also recognizes that some patients may prefer specific types of beverages over others, leading to better compliance and fluid intake overall. Providing only water throughout the day, while beneficial to some extent, may not engage patients who desire variety or have particular dietary restrictions. Limiting fluid intake to meal times overlooks the need for continuous hydration and could inadvertently lead to inadequate fluid consumption. Focusing solely on caffeinated beverages can also present risks, as excessive caffeine may have a diuretic effect, leading to further dehydration rather than supporting hydration needs. Thus, the strategy of encouraging regular fluid intake with a range of options is a holistic and patient-centered approach to ensure adequate hydration.*

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## 3. What should a CNA do if a patient is choking?

A. Encourage them to drink water

B. Perform the Heimlich maneuver if needed and call for help

C. Leave to find a doctor immediately

D. Give the patient food to help them swallow

*The appropriate response for a CNA when a patient is choking is to perform the Heimlich maneuver if necessary and call for help. This action is crucial because choking can quickly become a life-threatening situation. The Heimlich maneuver is an emergency technique designed to dislodge any obstruction from a person's airway, allowing them to breathe again. Calling for help ensures that additional medical support is on the way, providing a higher level of care. Encouraging a choking patient to drink water is not advisable, as it could exacerbate the situation by introducing more fluid into the airway or causing further obstruction. Leaving to find a doctor can waste vital moments, as immediate interventions can often prevent severe harm or even death. Giving food to a patient who is already choking is also contraindicated since this can worsen the obstruction and increase the risk of serious complications. Therefore, the correct action prioritizes quick, effective maneuvers to clear the airway while simultaneously seeking further help.*

## 4. Why is it important to identify the correct bedpan type for a resident?

A. To ensure the patient feels comfortable

B. To follow care plan requirements

C. To prevent accidents

D. To save time during the procedure

*Identifying the correct bedpan type for a resident is crucial because it directly aligns with following the care plan requirements. Each resident's care plan is tailored to their specific needs, conditions, and preferences, which may dictate the type of equipment used during personal care. For example, some patients may have mobility issues or specific medical conditions that require a certain type of bedpan for safe and effective use. Adhering to the care plan ensures that caregivers provide the appropriate level of care, promote the resident's dignity, and respect their individual health requirements. While ensuring patient comfort, preventing accidents, and saving time are important factors in patient care, the primary focus of using the correct bedpan type must stem from the prescribed care plan, as it is designed to optimize the safety and well-being of the resident.*

## 5. What is a key benefit of effective communication between CNAs and patients?

A. It decreases the amount of paperwork

B. It enhances the overall well-being and care of patients

C. It allows CNAs to complete their tasks more quickly

D. It minimizes the need for teamwork

*Effective communication between CNAs and patients is crucial for enhancing the overall well-being and care of patients. When CNAs communicate clearly and empathetically with patients, it fosters trust and rapport, which are essential for providing high-quality care. Good communication ensures that patients feel heard and respected, allowing them to express their needs, concerns, and preferences. This interaction helps CNAs to understand the patients' individual circumstances, which can lead to personalized care plans that address specific health needs and improve patient outcomes. Additionally, effective communication can help identify changes in a patient's condition more quickly, allowing for timely interventions and reducing the likelihood of complications. Furthermore, it is essential for educating patients about their care, empowering them to take an active role in their health management. This ultimately leads to better adherence to treatment plans and a greater sense of satisfaction with the care they receive.*

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## 6. What is the correct way to identify a patient before providing care?

A. Ask the patient if they are ready

B. Use one identifier, such as the room number

C. Use two identifiers, such as the patient's name and date of birth

D. Check the patient's identification bracelet only

*Using two identifiers, such as the patient's name and date of birth, is the recommended practice for identifying a patient before providing care. This method aligns with safety protocols aimed at preventing errors in patient care, such as medication administration or procedures. By confirming both identifiers, healthcare providers can significantly reduce the risk of misidentifying patients, which could lead to serious safety issues including administering the wrong treatment or medication. The use of two identifiers is crucial in environments where multiple patients may have similar names or when a patient may not be able to communicate effectively. This practice ensures accuracy and promotes patient safety by confirming critical information directly relevant to the individual receiving care. Other methods, such as relying only on a single identifier like a room number or solely checking an ID bracelet, can be less reliable. A room number alone may not uniquely identify a patient, as it could be shared, and an ID bracelet may sometimes be lost or not accurately reflect the patient's current status. Therefore, the combination of name and date of birth provides a more comprehensive and reliable approach to patient identification.*

## 7. What type of footwear is recommended for a resident during ambulation?

A. Soft slippers

B. Sturdy, non-skid shoes with fasteners

C. Flip-flops

D. High-heeled shoes

*Sturdy, non-skid shoes with fasteners are highly recommended for residents during ambulation for several important reasons. These types of shoes provide essential support and stability, which are critical for preventing falls—a significant concern in healthcare settings. Fasteners, like laces or Velcro, help secure the shoe to the foot, reducing the risk of the shoe slipping off while walking. Additionally, non-skid soles enhance traction on a variety of surfaces, further minimizing the likelihood of slips and falls. The design of such shoes typically offers better coverage and ankle support compared to other footwear options, making them more suitable for individuals who may have limited mobility or balance issues. Proper footwear is vital in maintaining safety and independence for residents during ambulation, ensuring they can move around in a controlled and secure manner.*

## 8. What is one important consideration when maintaining skin integrity?

A. Using only natural products

B. Regularly applying moisturizers regardless of the skin type

C. Monitoring skin for any signs of breakdown or infection

D. Limiting skin along pressure points

*Monitoring skin for any signs of breakdown or infection is crucial for maintaining skin integrity. This practice helps in the early identification of potential issues, such as pressure ulcers or infections, which can develop if the skin is not regularly assessed. By observing the skin for changes, healthcare providers can implement interventions promptly, reducing the risk of further complications and promoting overall skin health. Regular monitoring can also inform care strategies tailored to the individual's skin condition and needs. Other considerations mentioned, such as using only natural products or applying moisturizers indiscriminately, may not be suitable for every individual, particularly if specific skin types require different types of care. Additionally, while limiting skin exposure along pressure points is important, it is equally critical to ensure that the skin is monitored consistently to catch any issues before they escalate.*

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## 9. What is the significance of maintaining a sterile field during procedures?

A. To make the procedure faster.

B. To enhance comfort for the patient.

C. To prevent infections during procedures.

D. To ensure all tools are easily accessible.

*Maintaining a sterile field during procedures is essential primarily to prevent infections. A sterile field is created to ensure that no microorganisms can enter the area where surgical or invasive procedures are taking place. This is critical because when the skin or mucous membranes are breached, there is an increased risk of bacteria entering the body and causing infection. By adhering to strict sterile techniques, healthcare professionals can minimize contamination risk, protect the patient's health, and promote better outcomes. This principle is especially important in medical settings such as operating rooms or during procedures that involve penetrating the skin or mucous membranes, where any introduction of pathogens can lead to serious complications. While efficiency and patient comfort might be beneficial outcomes of a well-organized procedure, they do not take precedence over the critical importance of infection control. Thus, the primary significance of maintaining a sterile field lies in safeguarding patients from potential infections and ensuring their safety during medical interventions.*

## 10. What should be done with used disposable wipes after assisting a patient?

A. Throw them on the floor

B. Place them in a trash bag

C. Reuse them

D. Flush them down the toilet

*After assisting a patient, the proper protocol for handling used disposable wipes is to place them in a trash bag. This is crucial for maintaining cleanliness and preventing contamination in the healthcare environment. Used wipes can harbor bacteria and other pathogens, so discarding them in a designated trash receptacle ensures that they do not contribute to the spread of infections. Selecting a trash bag also aligns with standard infection control practices, which emphasize the importance of safely handling waste materials. By disposing of them properly, you help maintain a safe environment for both patients and healthcare providers. In contrast, throwing wipes on the floor is unsanitary and poses a tripping hazard as well as an increased risk of spreading germs. Reusing disposable wipes undermines their intended single-use design and can lead to cross-contamination. Flushing them down the toilet is not recommended since many wipes do not break down like toilet paper and can cause plumbing issues and environmental harm.*

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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://nebraskassccna.examzify.com

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

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