NEVADA 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. Which emergency technique is used to clear a person's airway?

A. Abdominal thrust

B. Heimlich maneuver

C. Cpr

D. Finger sweep

2. What are common signs and symptoms of a urinary tract infection (UTI)?

A. Frequent urination and weight loss

B. Burning sensation during urination and fever

C. Frequent urination and burning sensation during urination

D. Darkened urine and blood in stool

3. Which condition is characterized by a grand loss of cerebral functioning and is common in elderly patients?

A. Parkinson's disease

B. Alzheimer's

C. Dementia

D. Stroke

4. Which of the following refers to a very serious condition where food or materials enter the trachea and lungs?

A. Embolism

B. Aspiration

C. Bronchospasm

D. Regurgitation

5. What is the primary purpose of adaptive equipment?

A. To enhance mobility

B. To prevent accidents

C. To assist with daily living tasks

D. To monitor health parameters

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6. When is it particularly important to check a patient's skin condition?

A. After administering medication

B. During bathing and after any movement

C. After consulting with family members

D. While taking vital signs

7. What is the purpose of using gait belts during patient transfers?

A. To restrict the patient's movement during transfers

B. To assist with the patient's support and stability, preventing falls

C. To provide a means of securing the patient to the bed

D. To allow the patient to pull themselves up independently

8. What term describes a period of no respiration?

A. Bradycardia

B. Apnea

C. Dyspnea

D. Hyperventilation

9. In what situations should a CNA wear gloves while providing care?

A. When handling food

B. When coming into contact with blood or bodily fluids

C. When assisting with hygiene tasks

D. When performing basic assessments

10. What condition is defined as having too few red blood cells, resulting in reduced oxygen-carrying capacity?

A. Anemia

B. Leukemia

C. Thrombocytopenia

D. Hemophilia

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Answers

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

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Explanations

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1. Which emergency technique is used to clear a person's airway?

A. Abdominal thrust

B. Heimlich maneuver

C. Cpr

D. Finger sweep

The abdominal thrust maneuver, commonly known as the Heimlich maneuver (choice B), is an emergency technique specifically designed to clear a person's airway when they are choking. When a person is unable to breathe due to a blockage in their airway, the abdominal thrust technique involves a series of quick inward and upward thrusts, applied just above the navel, to create pressure and forcefully expel the obstruction from the airway. Although "abdominal thrust" and the "Heimlich maneuver" often refer to similar actions, both terms can be conflated or used interchangeably in many contexts. The introduction of the abdominal thrust technique provided a formal name for a method that has been widely recognized in emergency response training. Therefore, while referring to the technique, it may be more precise to call it by its widely understood name, the Heimlich maneuver, which is why some may see this answer as more commonly accepted. In life-threatening situations where airway obstruction occurs, this technique is essential for the responder to recognize and apply effectively, emphasizing its importance in emergency care protocols.

2. What are common signs and symptoms of a urinary tract infection (UTI)?

A. Frequent urination and weight loss

B. Burning sensation during urination and fever

C. Frequent urination and burning sensation during urination

D. Darkened urine and blood in stool

Frequent urination and a burning sensation during urination are two hallmark signs of a urinary tract infection (UTI). When the urinary tract is infected, it often results in an increased urge to urinate due to irritation and inflammation of the bladder or urethra. This frequent need to urinate is commonly accompanied by a painful or burning sensation, indicating that the infection is causing discomfort during the elimination of urine. These symptoms effectively describe the body's response to a UTI, where irritation in the urinary tract leads to discomfort. While burning during urination is indeed mentioned in another option, it also includes fever, which is more commonly associated with systemic infections or more advanced cases of UTIs, rather than a typical presentation of the condition. Frequent urination is a more direct and consistent indicator of a UTI. In addition, other options mention symptoms that do not accurately represent a UTI presentation or include symptoms relevant to different medical conditions, such as weight loss or gastrointestinal symptoms like blood in stool, which do not align with UTI indicators.

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3. Which condition is characterized by a grand loss of cerebral functioning and is common in elderly patients?

A. Parkinson's disease

B. Alzheimer's

C. Dementia

D. Stroke

The correct answer is Alzheimer's disease, which is characterized by a significant decline in cognitive functions due to the degeneration and death of brain cells. It primarily affects memory, thinking, and behavior, leading to difficulties in performing daily activities. Alzheimer's is most prevalent among elderly patients, making it a leading cause of dementia in older adults. As the disease progresses, individuals may experience confusion, changes in personality, and challenges in communicating. In contrast, while Parkinson's disease does affect cognitive functioning, it is primarily a movement disorder that can eventually lead to cognitive decline but is not defined by extensive cognitive impairment at its onset. Dementia is a broader term that encompasses various types of cognitive decline, including Alzheimer's, but it does not specify the specific disease process. A stroke may lead to cognitive impairment and functional loss but is an acute event, whereas Alzheimer's and the cognitive decline associated with it develop gradually over time. Therefore, Alzheimer's is the specific condition among the choices linked distinctly to a significant and progressive loss of cerebral functioning in the elderly.

4. Which of the following refers to a very serious condition where food or materials enter the trachea and lungs?

A. Embolism

B. Aspiration

C. Bronchospasm

D. Regurgitation

Aspiration refers to the process of food, liquids, or other materials entering the trachea and subsequently the lungs, which can lead to serious complications such as aspiration pneumonia. This condition occurs when the normal swallowing mechanism fails, allowing foreign materials to bypass the esophagus and enter the airway. Aspiration can cause significant respiratory distress and infection, making it a critical concern in healthcare settings, especially for individuals with swallowing difficulties or impaired consciousness. Embolism refers to the obstruction of a blood vessel by a foreign substance or clot, which is not related to the ingestion of food or liquids. Bronchospasm involves the tightening of the muscles around the airways, leading to difficulty breathing, but again does not involve aspiration. Regurgitation is the process of bringing swallowed food back up, typically from the stomach, which is distinct from the entry of materials into the lungs. Understanding these definitions helps clarify why aspiration is the appropriate term for this serious condition.

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5. What is the primary purpose of adaptive equipment?

A. To enhance mobility

B. To prevent accidents

C. To assist with daily living tasks

D. To monitor health parameters

The primary purpose of adaptive equipment is to assist individuals with daily living tasks. This type of equipment is specifically designed to help those who may have limitations in their physical abilities, enabling them to perform activities such as bathing, dressing, eating, and other essential functions more independently and safely. By utilizing adaptive equipment, individuals can improve their quality of life, maintain dignity, and foster a sense of autonomy, which is crucial in a caregiving context. While enhancing mobility, preventing accidents, and monitoring health parameters are important aspects of care, they are not the central focus of adaptive equipment. Instead, adaptive equipment directly targets everyday tasks to assist individuals in managing their routines and promoting independence.

6. When is it particularly important to check a patient's skin condition?

A. After administering medication

B. During bathing and after any movement

C. After consulting with family members

D. While taking vital signs

Monitoring a patient's skin condition during bathing and after any movement is crucial due to several reasons. Bathing provides an opportunity to visually assess the skin for any abnormalities, such as rashes, pressure ulcers, or other signs of skin irritation that may not be noticeable otherwise. Additionally, after movements, particularly for patients who are immobile or at high risk for skin breakdown, it is important to check for any signs of friction or shear that could lead to skin injuries. Regular assessments during these times allow for timely interventions that can prevent complications and ensure the patient's well-being. While there are other moments in a patient's care, like after medication administration or taking vital signs, those moments are not specifically focused on skin integrity and do not necessitate a thorough skin check in the same way that bathing and post-movement do. Hence, this answer highlights the proactive approach needed to promote skin health and prevent potential issues.

7. What is the purpose of using gait belts during patient transfers?

A. To restrict the patient's movement during transfers

B. To assist with the patient's support and stability, preventing falls

C. To provide a means of securing the patient to the bed

D. To allow the patient to pull themselves up independently

Using gait belts during patient transfers is primarily aimed at enhancing the support and stability of the patient, effectively minimizing the risk of falls. The belt gives caregivers a secure hold while helping patients move safely from one location to another, whether it's from a bed to a wheelchair or during ambulation. The design of gait belts allows for proper body mechanics to be utilized, distributing weight and making it easier for the caregiver to assist the patient without straining themselves. By offering a point of stability, gait belts encourage better posture and alignment during movement, which is essential for patient safety. This is particularly important for individuals who may have difficulty maintaining balance or who are at risk for falling due to mobility issues. In contrast to other purposes suggested by the incorrect options, gait belts are not intended to restrict movement, secure patients to their beds, or enable patients to pull themselves up without assistance. These other uses do not align with the fundamental objectives of maintaining safety and support during transfers.

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8. What term describes a period of no respiration?

A. Bradycardia

B. Apnea

C. Dyspnea

D. Hyperventilation

The term that describes a period of no respiration is apnea. Apnea indicates a temporary cessation of breathing, which can occur during sleep or as a result of certain medical conditions. Understanding this term is crucial for healthcare providers, as recognizing apnea can be vital in assessing a patient's respiratory status, especially in emergencies or during monitoring in clinical settings. Bradycardia refers specifically to a slower than normal heart rate and is unrelated to respiration. Dyspnea is the term for difficulty or discomfort in breathing, not an absence of breath. Hyperventilation refers to rapid or deep breathing, which also does not relate to cessation of breathing. Therefore, apnea is the correct term for a period of no respiration, highlighting its significance in medical assessments.

9. In what situations should a CNA wear gloves while providing care?

A. When handling food

B. When coming into contact with blood or bodily fluids

C. When assisting with hygiene tasks

D. When performing basic assessments

Wearing gloves is essential for preventing the transmission of infections and maintaining both patient and staff safety. In situations involving blood or bodily fluids, gloves act as a barrier to protect the CNA from exposure to potentially infectious materials. This is particularly important in healthcare settings where the risk of contamination is high, and it helps to prevent the spread of pathogens between patients and caregivers. In scenarios like handling food, hygiene tasks, or basic assessments, gloves may not always be necessary. While gloves can be used in these situations to ensure hygiene, especially if there is a risk of contamination, the requirement to wear them is more critical in instances where blood or bodily fluids are involved, making the use of gloves in those scenarios a standard precaution. This practice aligns with infection control protocols and enhances safety for everyone involved in the care process.

10. What condition is defined as having too few red blood cells, resulting in reduced oxygen-carrying capacity?

A. Anemia

B. Leukemia

C. Thrombocytopenia

D. Hemophilia

Anemia is characterized by a decrease in the number of red blood cells or a deficiency in hemoglobin, leading to a reduced capacity to transport oxygen throughout the body. This condition can result from various factors, including iron deficiency, chronic diseases, or genetic disorders. Symptoms often include fatigue, weakness, and pallor, as the body struggles to deliver sufficient oxygen to tissues and organs. In contrast, leukemia is a type of cancer that affects blood cells, primarily resulting in an overproduction of abnormal white blood cells. Thrombocytopenia refers to a low platelet count, which affects blood clotting rather than oxygen transport. Hemophilia is a genetic disorder that impairs the blood's ability to clot, which is unrelated to the number of red blood cells. Each of these conditions has distinct implications for the body's function and health, making anemia the correct choice in this context.

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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://nevadacna.examzify.com

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

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