NEW YORK CITY 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. Why is it important to reposition a resident every two hours?

A. To improve conversation

B. To prevent pressure ulcers and improve circulation

C. To allow them to rest comfortably

D. To change the bedding frequently

2. How do you care for a resident with limited mobility?

A. Reposition frequently, provide ROM exercises, and ensure a safe environment

B. Allow the resident to remain in one position for comfort

C. Limit movement to prevent discomfort

D. Encourage the resident to walk without assistance

3. What is the necessary action when observing signs of neglect in a resident?

A. Discuss it with other staff members casually

B. Document in the resident's chart and move on

C. Report it to a nurse or supervisor immediately

D. Talk to the resident about it later

4. What is important to do immediately after collecting a urine specimen?

A. Label the specimen

B. Keep it at room temperature

C. Send it to the nurse

D. Transport it to the lab promptly

5. How should you handle hazardous materials?

A. Ignore safety guidelines

B. Follow OSHA guidelines and use personal protective equipment (PPE)

C. Use personal judgment on safety measures

D. Only handle them if trained

6. How do you assist a resident with a prosthetic limb?

A. Ensure proper fit, assist with application, and monitor for signs of skin irritation

B. Let the resident put it on alone to promote independence

C. Use adhesive tape to secure the limb properly

D. Check if the limb is functioning properly before use

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7. What is the CNA's responsibility regarding a resident's pain management?

A. Administer pain medication as needed

B. Report pain to the nurse and assist with non-pharmacological interventions like repositioning

C. Ignore complaints of pain unless they are severe

D. Suggest over-the-counter medications to the resident

8. When transferring a resident, what is a crucial step to ensure their safety?

A. Keep the wheelchair unlocked

B. Use a gait belt

C. Instruct them to stand unaided

D. Rely on other residents for support

9. What is the normal range for an adult's temperature?

A. 95.0°F to 97.0°F orally

B. 97.6°F to 99.6°F orally

C. 98.6°F to 100.6°F orally

D. 99.0°F to 101.0°F orally

10. Which of the following actions is appropriate when providing care to maintain residents' privacy?

A. Discussing their cases in the hallway

B. Keeping the room door open during procedures

C. Using curtains and closing doors to provide privacy during care

D. Allowing visitors during personal care

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Answers

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

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Explanations

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1. Why is it important to reposition a resident every two hours?

A. To improve conversation

B. To prevent pressure ulcers and improve circulation

C. To allow them to rest comfortably

D. To change the bedding frequently

Repositioning a resident every two hours is essential primarily to prevent pressure ulcers and improve circulation. Pressure ulcers, also known as bedsores, occur when sustained pressure on the skin restricts blood flow to the area, particularly over bony prominences. By changing the resident's position regularly, caregivers can alleviate this pressure, thereby reducing the risk of skin breakdown and ulcer formation. Additionally, frequent repositioning helps improve circulation, which is vital for maintaining skin integrity and overall health. When a person remains in one position for too long, blood flow can become restricted, leading to various complications. By encouraging movement and changing positions, caregivers enhance blood flow to the tissues, which helps in delivering oxygen and nutrients that are crucial for tissue repair and health. While the other options may be relevant in certain contexts, they do not address the primary medical needs and preventative measures associated with prolonged immobility that is addressed by regular repositioning. For instance, while allowing residents to rest comfortably is important, it is not the primary reason for the two-hour repositioning schedule; rather, comfort may be a secondary benefit of providing proper care. Similarly, changing bedding frequently may ensure cleanliness, but it does not directly relate to the medical necessity of preventing pressure ulcers and ensuring adequate

2. How do you care for a resident with limited mobility?

A. Reposition frequently, provide ROM exercises, and ensure a safe environment

B. Allow the resident to remain in one position for comfort

C. Limit movement to prevent discomfort

D. Encourage the resident to walk without assistance

Caring for a resident with limited mobility involves taking proactive steps to enhance their comfort, safety, and overall well-being. Repositioning frequently helps to prevent bedsores and pressure ulcers that can result from prolonged sitting or lying in one position. By promoting proper alignment and reducing pressure on certain areas of the body, you can significantly improve the resident's comfort and health. Offering range of motion (ROM) exercises is crucial in maintaining muscle strength, flexibility, and circulation. These exercises can prevent stiffness and encourage mobility, which is essential for individuals with limited movement. Ensuring a safe environment is also a critical aspect of care. This includes removing potential hazards, providing assistive devices, and making sure the living space is organized to prevent falls. Creating a safe space encourages independence while reducing the risk of injury. This comprehensive approach not only addresses the physical needs of the resident but also supports their emotional well-being by promoting autonomy and dignity in their daily activities. Therefore, these practices collectively represent the most effective way to care for someone with limited mobility.

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3. What is the necessary action when observing signs of neglect in a resident?

A. Discuss it with other staff members casually

B. Document in the resident's chart and move on

C. Report it to a nurse or supervisor immediately

D. Talk to the resident about it later

Reporting signs of neglect to a nurse or supervisor immediately is crucial in ensuring the safety and well-being of the resident. Neglect can lead to serious health complications and a decline in the quality of life for those affected. By promptly communicating your observations to a qualified health professional, you provide the opportunity for an appropriate investigation and intervention, which may include enhancing care plans or addressing gaps in the healthcare provider's services. This action not only protects the resident but also aligns with the ethical and legal responsibilities of a Certified Nursing Assistant (CNA). It is essential for CNAs to recognize that they are part of a larger care team and that their observations are vital to maintaining the standard of care within the facility. Timely reporting ensures that the issues are handled through the proper channels, optimizing the resident's care and safeguarding their rights and safety. Other options, while seemingly simple responses, either downplay the seriousness of the situation or delay necessary intervention. Casual discussions and talking to the resident later could risk the resident's immediate welfare and may not lead to any actionable outcomes. Documenting the signs in the resident's chart without further action can also be inadequate, as it may leave the problem unresolved, potentially allowing neglect to continue.

4. What is important to do immediately after collecting a urine specimen?

A. Label the specimen

B. Keep it at room temperature

C. Send it to the nurse

D. Transport it to the lab promptly

Transporting the urine specimen to the lab promptly is crucial because urine samples are often analyzed within a specific time frame to ensure accurate results. Delays in transportation can lead to changes in the urine composition, such as bacterial growth, changes in pH, or degradation of certain substances, which can potentially compromise the integrity of the sample. Timely transport helps maintain the sample's viability for testing and ensures that accurate diagnostic information is available for the patient's care. While labeling the specimen is also important to prevent any mix-ups, the priority immediately after collection is ensuring that the sample is handled quickly and efficiently to maintain its quality for subsequent analysis.

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5. How should you handle hazardous materials?

A. Ignore safety guidelines

B. Follow OSHA guidelines and use personal protective equipment (PPE)

C. Use personal judgment on safety measures

D. Only handle them if trained

Handling hazardous materials safely is paramount in ensuring the well-being of both the worker and the environment. Following OSHA guidelines and utilizing personal protective equipment (PPE) is essential for preventing exposure to harmful substances. OSHA (Occupational Safety and Health Administration) provides comprehensive regulations that detail appropriate practices for managing hazardous materials, including the proper use of PPE. Using PPE such as gloves, masks, goggles, and protective clothing minimizes the risk of injury or illness that could result from chemical exposure. Thus, adhering to established safety protocols not only complies with legal requirements but also promotes a culture of safety in the workplace. In contrast to the correct approach, ignoring safety guidelines would significantly increase the risk of accidents or health issues. Relying on personal judgment without proper training or guidelines can lead to inconsistencies in safety practices, potentially jeopardizing personal safety and the safety of others. While training is crucial for handling hazardous materials, it should always be coupled with established safety measures to ensure comprehensive protection.

6. How do you assist a resident with a prosthetic limb?

A. Ensure proper fit, assist with application, and monitor for signs of skin irritation

B. Let the resident put it on alone to promote independence

C. Use adhesive tape to secure the limb properly

D. Check if the limb is functioning properly before use

Assisting a resident with a prosthetic limb involves several key considerations to ensure both the effectiveness of the limb and the comfort of the user. The correct approach focuses on ensuring proper fit, assisting with application, and monitoring for signs of skin irritation. When providing assistance, verifying that the prosthetic limb fits correctly is crucial. A well-fitted prosthetic helps prevent discomfort and skin issues, which can arise if the device is too loose or too tight. During the application process, it is important to guide the resident while allowing them to be involved to whatever extent they are comfortable, ensuring that they are supported yet encouraged to maintain their independence. Monitoring for signs of skin irritation is also an essential part of this process. Prosthetic limbs can cause friction or pressure sores if not monitored properly. Regular checks can help catch any issues early, allowing for timely interventions. While encouraging residents to put on their prosthetic limbs alone can promote independence, it may not always be practical or safe, especially if they require assistance for proper application. The option of using adhesive tape for securing the limb could pose a risk of skin irritation and may not be an appropriate method for securing a prosthetic. Additionally, checking if the limb is functioning properly is important, but it should ideally take

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7. What is the CNA's responsibility regarding a resident's pain management?

A. Administer pain medication as needed

B. Report pain to the nurse and assist with non-pharmacological interventions like repositioning

C. Ignore complaints of pain unless they are severe

D. Suggest over-the-counter medications to the resident

The responsibility of a Certified Nursing Assistant (CNA) in relation to a resident's pain management includes reporting pain to the nurse and assisting with non-pharmacological interventions such as repositioning. This approach aligns with the CNA's role, which focuses on providing basic care and support under the supervision of a nurse. CNA's observe and document a resident's condition, which includes monitoring their pain levels. If a resident reports pain, it is critical for the CNA to communicate this to the nursing staff so that appropriate medical interventions can be considered. In addition to reporting, assisting with non-pharmacological pain relief methods—such as repositioning, applying heat or cold, or facilitating relaxation techniques—can help alleviate discomfort while waiting for medical staff to address the situation with medications or further interventions. CNA's do not have the authority to administer medications or suggest over-the-counter remedies, as this falls outside their scope of practice. By focusing on these responsibilities, CNAs play a vital role in the comprehensive pain management plan for residents, ensuring their comfort and well-being.

8. When transferring a resident, what is a crucial step to ensure their safety?

A. Keep the wheelchair unlocked

B. Use a gait belt

C. Instruct them to stand unaided

D. Rely on other residents for support

Using a gait belt is crucial when transferring a resident because it provides a secure way to support and stabilize the individual during the process. The gait belt allows the caregiver to grasp the belt firmly, giving them better control and ensuring the resident remains safe and secure as they are moved. This safety measure minimizes the risk of falls and injury for both the resident and the caregiver during the transfer. The other options lack the safety measures that a gait belt provides. Keeping the wheelchair unlocked can lead to the wheelchair rolling away during a transfer, posing a serious risk of falls. Instructing the resident to stand unaided disregards their physical limitations and can result in falls or injuries. Relying on other residents for support is unreliable, as they may not be trained or able to assist safely. Thus, utilizing a gait belt is the most effective and safe approach in this situation.

9. What is the normal range for an adult's temperature?

A. 95.0°F to 97.0°F orally

B. 97.6°F to 99.6°F orally

C. 98.6°F to 100.6°F orally

D. 99.0°F to 101.0°F orally

The normal range for an adult's temperature orally is generally considered to be between 97.6°F to 99.6°F. This range accounts for variations in individual temperature readings due to factors like the time of day, activity level, and individual physiology. A temperature reading within this range indicates a healthy body temperature, which is essential for proper physiological functioning. It is often considered that 98.6°F is the average normal body temperature, but normal variations can occur, thus establishing a broader range. This understanding helps nursing assistants to monitor and assess patients accurately, ensuring they can identify when a temperature may indicate a fever or hypothermia, prompting appropriate responses based on deviations outside this normal range.

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10. Which of the following actions is appropriate when providing care to maintain residents' privacy?

A. Discussing their cases in the hallway

B. Keeping the room door open during procedures

C. Using curtains and closing doors to provide privacy during care

D. Allowing visitors during personal care

Maintaining residents' privacy is a fundamental responsibility in healthcare, particularly in settings like nursing homes or assisted living facilities. Using curtains and closing doors during care helps create a private environment where residents can feel safe and secure while receiving assistance. This practice ensures that personal information and intimate care situations are protected from unauthorized view, thus respecting the dignity and confidentiality of each resident. The use of curtains and closed doors serves to shield residents from the eyes of others, including staff and visitors, helping to prevent potential embarrassment or discomfort during personal care activities. This is crucial in fostering trust between the caregiver and the resident, as well as ensuring compliance with privacy regulations and standards. In contrast, discussing residents' cases in public areas, keeping room doors open during procedures, and allowing visitors during personal care can all compromise privacy. These actions may expose sensitive information and lead to feelings of vulnerability for the residents, which is why they are not considered appropriate practices for maintaining privacy in care settings.

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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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