NORTH CAROLINA CNA WRITTEN 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 considered the normal range for adult human body temperature?

A. 95°F to 98.6°F

B. 96°F to 99°F

C. 97°F to 100.4°F

D. 98°F to 100°F

2. What should a CNA do if a resident falls?

A. Leave the resident and call for help

B. Stay with the resident, call for help, and assess for injuries

C. Immediately lift the resident back up

D. Contact the resident's family before taking any action

3. What is HIPAA and why is it important?

A. Health Insurance Portability and Accountability Act; it protects patient confidentiality

B. Health Information Privacy Act; it ensures lower healthcare costs

C. Health Insurance Protection Act; it assists in emergency situations

D. Health Information Protection Act; it limits patient access to records

4. What are signs of suspected abuse in residents?

A. Weight gain and increased appetite

B. Skin tears and personality changes

C. Improved mobility and social interaction

D. Daily smiles and caring gestures

5. What are standard precautions in healthcare?

A. Measures that only apply to patients with known infections

B. Infection control measures that assume all blood and bodily fluids are infectious

C. Guidelines for patient comfort

D. Procedures used for cleaning and disinfecting equipment

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6. In what way can infections spread?

A. Only through direct contact

B. By airborne microorganisms, contaminated surfaces, and personal contact

C. Only through water contamination

D. By insects and pests only

7. What is the purpose of applying special stockings as ordered?

A. To enhance circulation

B. To prevent blood clots

C. To reduce swelling

D. To provide comfort

8. What approach should a CNA take when assisting a disoriented patient?

A. Use complex medical terminology

B. Use simple words and offer reassurance

C. Ignore the patient to reduce anxiety

D. Use a firm tone to command attention

9. Describe proper body mechanics for lifting.

A. Bend at the waist and keep legs straight

B. Keep arms straight and lift with the back

C. Bend at the hips and knees, keep the back straight, and lift with the legs

D. Use only upper body strength to lift

10. What does a DNR order signify in medical practice?

A. It allows for all medical interventions to be performed

B. It indicates that a patient wishes to receive only palliative care

C. It instructs medical personnel not to perform cardiopulmonary resuscitation (CPR)

D. It requires the patient's family to be notified of any medical procedures

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Answers

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

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Explanations

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1. What is considered the normal range for adult human body temperature?

A. 95°F to 98.6°F

B. 96°F to 99°F

C. 97°F to 100.4°F

D. 98°F to 100°F

The normal range for adult human body temperature is typically recognized as 97°F to 100.4°F. This range emphasizes that a healthy adult can have a body temperature that fluctuates within these limits, with 98.6°F often cited as the average. Body temperature can vary slightly based on the time of day, activity level, and individual physiology, which is why the established range accommodates these variations. In choosing this range, it is also important to consider that slight deviations do not necessarily indicate illness; rather, they can occur due to environmental changes or metabolic activity. The option reflects an understanding of the variability present in healthy individuals, making it the correct choice.

2. What should a CNA do if a resident falls?

A. Leave the resident and call for help

B. Stay with the resident, call for help, and assess for injuries

C. Immediately lift the resident back up

D. Contact the resident's family before taking any action

When a resident falls, the appropriate response involves staying with the resident, calling for help, and assessing for injuries. This approach is crucial because it ensures the safety and well-being of the resident after a fall. By remaining with the resident, the CNA can provide reassurance and monitor their condition, reducing anxiety and helping to keep the resident calm while awaiting assistance. Assessing for injuries is vital since falls can lead to serious harm, including fractures, sprains, or head injuries, even if the resident appears unhurt. The immediate assessment helps determine the level of care needed and whether it is safe to move the resident. Calling for help ensures that appropriate medical personnel or other staff can respond quickly to provide further assistance and care. This method prioritizes the resident's health, safety, and comfort, which aligns with the fundamental responsibilities of a CNA in providing proper care and support to those they serve.

3. What is HIPAA and why is it important?

A. Health Insurance Portability and Accountability Act; it protects patient confidentiality

B. Health Information Privacy Act; it ensures lower healthcare costs

C. Health Insurance Protection Act; it assists in emergency situations

D. Health Information Protection Act; it limits patient access to records

HIPAA stands for the Health Insurance Portability and Accountability Act, and its primary importance lies in its role in protecting patient confidentiality and ensuring the privacy of personal health information. This federal law was enacted to safeguard sensitive patient data from being disclosed without the patient's consent or knowledge. HIPAA sets national standards for electronic health care transactions and addresses the security and privacy of health data, making it a crucial aspect of healthcare practice. By guaranteeing that patients' medical records cannot be shared without their permission, HIPAA helps build trust between patients and healthcare providers, ensuring that individuals feel safe when seeking medical care. The misconceptions present in the other options relate to the identification and implications of HIPAA. While they suggest various aspects of healthcare, they do not accurately describe the main components and importance of HIPAA as focused on patient confidentiality and data protection.

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4. What are signs of suspected abuse in residents?

A. Weight gain and increased appetite

B. Skin tears and personality changes

C. Improved mobility and social interaction

D. Daily smiles and caring gestures

Identifying signs of suspected abuse in residents is critical for ensuring their safety and well-being. Skin tears can indicate physical abuse or neglect, as they may suggest that a resident is not being handled properly or is experiencing undue harm. Personality changes, such as increased withdrawal, fearfulness, or sudden changes in behavior, can also be significant indicators of emotional or psychological abuse. When individuals feel unsafe or threatened, it often manifests in their mental state, leading to changes that caregivers should be vigilant about. Contrastingly, signs like weight gain and increased appetite might indicate that a resident is receiving adequate care and nutrition, suggesting a positive environment rather than abuse. Improved mobility and social interaction as well as daily smiles and caring gestures reflect positive outcomes in a nurturing setting, signifying the presence of effective care rather than any form of abuse. Thus, recognizing skin tears and personality changes is vital for caregivers in assessing potential abuse scenarios.

5. What are standard precautions in healthcare?

A. Measures that only apply to patients with known infections

B. Infection control measures that assume all blood and bodily fluids are infectious

C. Guidelines for patient comfort

D. Procedures used for cleaning and disinfecting equipment

Standard precautions in healthcare are critical infection control measures that apply universally to all patients, regardless of their infection status. This approach is rooted in the recognition that blood and certain bodily fluids can be infectious, even if the patient is not known to have an infection. By assuming that all blood and bodily fluids are potentially infectious, healthcare workers are better equipped to protect themselves and their patients from the transmission of various pathogens, including bloodborne viruses like HIV and hepatitis B and C. These precautions include practices such as proper hand hygiene, the use of personal protective equipment (PPE) like gloves and masks, and safe handling of sharps. This comprehensive protocol enhances safety within healthcare settings and is foundational to preventing the spread of infections. Other potential choices do not capture the essence of standard precautions. The first option is too limited, as it only considers patients with known infections, which does not reflect the breadth of standard precautions. Guidelines for patient comfort, mentioned in the third option, are unrelated to infection prevention measures. The fourth option, while important in its own right, pertains specifically to cleaning and disinfecting equipment, which is part of a broader infection control strategy but does not define standard precautions directly.

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6. In what way can infections spread?

A. Only through direct contact

B. By airborne microorganisms, contaminated surfaces, and personal contact

C. Only through water contamination

D. By insects and pests only

Infections can spread through various pathways, making option B the most comprehensive and accurate answer. This option highlights three key methods of transmission: airborne microorganisms, contaminated surfaces, and personal contact. Airborne microorganisms refer to pathogens that can be inhaled via the air, which is particularly relevant for diseases such as the flu or COVID-19. Contaminated surfaces, often referred to as fomites, can harbor viruses and bacteria, allowing them to be transmitted when a person touches the surface and then touches their face or mouth. Personal contact encompasses a wide range of interactions, such as physical touch, which can facilitate the spread of infections easily from one person to another. Understanding that infections can spread through multiple vectors is crucial for implementing effective hygiene and infection control measures. This knowledge assists individuals and healthcare providers in taking appropriate precautions, such as regular handwashing, wearing masks, and ensuring clean environments to minimize the risk of spreading infections.

7. What is the purpose of applying special stockings as ordered?

A. To enhance circulation

B. To prevent blood clots

C. To reduce swelling

D. To provide comfort

Applying special stockings, commonly known as compression stockings, serves the critical purpose of preventing blood clots. These stockings are designed to provide graduated compression, which helps maintain healthy blood flow and reduces the risk of blood pooling in the veins. By applying pressure to the lower extremities, they encourage venous return to the heart, which is particularly important for individuals who may be immobile or at risk for venous thromboembolism. While enhancing circulation, reducing swelling, and providing comfort are also important benefits of compression stockings, the primary goal when they are specifically ordered is often focused on clot prevention. This makes it essential for caregivers to understand their role in a patient's overall health management, especially in post-surgical or bedridden contexts where the risk of venous clots is heightened.

8. What approach should a CNA take when assisting a disoriented patient?

A. Use complex medical terminology

B. Use simple words and offer reassurance

C. Ignore the patient to reduce anxiety

D. Use a firm tone to command attention

When assisting a disoriented patient, using simple words and offering reassurance is essential for effective communication and care. Disoriented patients may have difficulty understanding complex language or medical jargon, which can increase their confusion and anxiety. By simplifying the language, a CNA can help the patient grasp essential information more easily. Offering reassurance is equally important, as it helps to create a calming environment. Disorientation can be distressing, and providing emotional support can alleviate fear or anxiety the patient may be experiencing. This approach fosters trust and encourages the patient to engage more positively with the caregiver. In contrast, complex medical terminology can overwhelm or confuse the patient further, and speaking in a firm tone might intimidate them, making them more anxious. Ignoring the patient would not only fail to address their needs but could also exacerbate feelings of isolation and worry. Therefore, using simple words and reassurance is vital in promoting understanding and safety for a disoriented patient.

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9. Describe proper body mechanics for lifting.

A. Bend at the waist and keep legs straight

B. Keep arms straight and lift with the back

C. Bend at the hips and knees, keep the back straight, and lift with the legs

D. Use only upper body strength to lift

The correct answer emphasizes the importance of using proper body mechanics to prevent injury while lifting. By bending at the hips and knees, the individual lowers their center of gravity, which provides better stability. Keeping the back straight is crucial because it helps maintain proper spinal alignment, reducing the risk of strain or injury to the back muscles. Lifting with the legs engages the stronger muscles of the legs and glutes, allowing for a safer and more effective lift. This technique distributes the weight properly and minimizes the strain on the back, which is essential for caregivers and anyone involved in lifting tasks regularly. Utilizing proper body mechanics not only protects the individual doing the lifting but also ensures the safety of the person being lifted or moved. It is a fundamental skill in the healthcare field and is essential for maintaining health and preventing injuries over time.

10. What does a DNR order signify in medical practice?

A. It allows for all medical interventions to be performed

B. It indicates that a patient wishes to receive only palliative care

C. It instructs medical personnel not to perform cardiopulmonary resuscitation (CPR)

D. It requires the patient's family to be notified of any medical procedures

A Do Not Resuscitate (DNR) order is a medical directive that specifically instructs healthcare providers not to perform cardiopulmonary resuscitation (CPR) in the event of a cardiac arrest. This order is important for respecting a patient's wishes regarding end-of-life care and aligns with their desires to avoid aggressive life-saving measures that may not contribute to a quality of life they wish to maintain. Patients may choose a DNR order due to various reasons, such as a terminal illness, advanced age, or a personal preference for a natural death without the potential trauma and complications associated with resuscitative efforts. Understanding this aspect of patient care emphasizes the importance of communication and documentation in the context of medical decision-making, so that patient autonomy is honored and upheld in critical situations.

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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://northcarolinacna.examzify.com

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

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