OKLAHOMA CERTIFIED NURSING ASSISTANT (CNA) STATE 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 are the things a resident tells you about, which you cannot observe through your senses, called?**

   A. Objective data

   B. Subjective data

   C. Assumed data

   D. Analog data

2. **What characterizes anorexia as a disease?**

   A. A person overeats to cope with stress

   B. A person only eats vegetables

   C. A person does not eat or drink but exercises excessively

   D. A person avoids carbohydrates

3. **Who has the authority to diagnose and prescribe treatments?**

   A. Nursing assistants

   B. Physicians

   C. Licensed practical nurses

   D. Medical students

4. **What is the appropriate water temperature for a tub bath?**

   A. 95 degrees-105 degrees

   B. 100 degrees-110 degrees

   C. 105 degrees-115 degrees

   D. 110 degrees-120 degrees

5. **Which of the following practices helps keep a patient safe and prevents falls?**

   A. Keeping the bed in a high position

   B. Ensuring the call light is out of reach

   C. Using shoes when the patient is out of bed and ensuring wheelchair locks are on

   D. Allowing the patient to stand without assistance

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6. When assisting residents, what is a key aspect to maintain their comfort?

A. Adjusting the room temperature

B. Ensuring they are in a good mood

C. Making them laugh

D. Providing music

7. What is the primary purpose of maintaining a bowel and bladder schedule for a patient?

A. To enhance comfort

B. To promote continence

C. To reduce staff workload

D. To minimize bathroom breaks

8. When cleaning dentures, how should they be held?

A. In one hand

B. Over a basin of water lined with a towel

C. Directly under running water

D. In a dry towel

9. What is the primary reason for documenting a resident's care?

A. To inform family members

B. To ensure continuity of care

C. To fulfill legal requirements

D. To prepare for audits

10. When transferring a resident from bed to chair, they should get out of bed on:

A. The weak side

B. The strong side

C. Either side

D. The side closest to the window

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Answers

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

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Explanations

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1. What are the things a resident tells you about, which you cannot observe through your senses, called?

A. Objective data

B. Subjective data

C. Assumed data

D. Analog data

The correct answer is subjective data. This type of data refers to information that comes directly from the resident's personal experiences or feelings and cannot be measured or observed through physical senses. For example, if a resident reports feeling pain or expresses feeling anxious, this information is subjective because it is based on their personal interpretation and feelings rather than observable behavior or physical signs. Subjective data plays an important role in healthcare, as it provides insights into the resident's condition from their perspective. It helps healthcare professionals understand issues related to their emotional, psychological, and comfort levels, which may not be apparent through objective assessments such as vital signs or physical exams. In nursing practice, accurately gathering and documenting subjective data is essential for providing holistic care and developing effective care plans tailored to individual needs.

2. What characterizes anorexia as a disease?

A. A person overeats to cope with stress

B. A person only eats vegetables

C. A person does not eat or drink but exercises excessively

D. A person avoids carbohydrates

Anorexia is characterized by a severe restriction of food intake and an intense fear of gaining weight, often accompanied by excessive exercise. The correct response highlights that individuals with this disease may stop consuming food and beverages entirely, leading to significant weight loss and potential health risks. This behavior is driven by a distorted body image and extreme concerns about weight and self-perception. In contrast, the other options do not accurately reflect the defining features of anorexia. Overeating as a coping mechanism is more indicative of binge-eating disorders, while eating only vegetables or avoiding carbohydrates may represent different dietary choices or trends, but they do not encapsulate the extreme behaviors and psychological elements inherent in anorexia. Therefore, the option correctly illustrates the severe nature of anorexia, emphasizing both nutritional restriction and excessive physical activity.

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3. Who has the authority to diagnose and prescribe treatments?

A. Nursing assistants

B. Physicians

C. Licensed practical nurses

D. Medical students

The authority to diagnose and prescribe treatments primarily lies with physicians. This is because physicians undergo extensive education and training, including medical school and residency, which equips them with the knowledge and skills necessary to evaluate a patient's condition, make an accurate diagnosis, and determine appropriate treatment plans. Physicians must also adhere to state and federal regulations governing medical practice, which include the legal authority to prescribe medications and treatments based on their medical assessments. In contrast, nursing assistants do not have the training or legal authority needed to diagnose or prescribe treatment; their role is more focused on providing basic care and assisting patients with activities of daily living under the supervision of licensed staff. Licensed practical nurses, while trained to provide nursing care and may have some level of decision-making capability, are still not authorized to make diagnoses or prescribe treatments independently. Medical students, though they are in training and gaining clinical experience, do not have the legal authority to diagnose or prescribe treatments until they have completed their medical education and obtained licensure as physicians.

4. What is the appropriate water temperature for a tub bath?

A. 95 degrees-105 degrees

B. 100 degrees-110 degrees

C. 105 degrees-115 degrees

D. 110 degrees-120 degrees

The appropriate water temperature for a tub bath should typically be within the range of 100 degrees to 110 degrees Fahrenheit. This range is considered safe and comfortable for most individuals, including seniors and those with sensitive skin. Bathwater that is too hot can pose risks such as burns or overheating, which is particularly important to consider for patients with certain health conditions or vulnerabilities. The chosen temperature range reflects the balance between providing a warm, soothing bath experience while ensuring safety. Options that suggest higher temperatures exceed the generally recommended safe threshold, increasing the likelihood of potential harm. Conversely, temperatures below the recommended level may not provide the desired comfort and relaxation effect that a warm bath is typically intended to facilitate.

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5. Which of the following practices helps keep a patient safe and prevents falls?

A. Keeping the bed in a high position

B. Ensuring the call light is out of reach

C. Using shoes when the patient is out of bed and ensuring wheelchair locks are on

D. Allowing the patient to stand without assistance

The choice that emphasizes using shoes when the patient is out of bed and ensuring wheelchair locks are on is considered the best practice for keeping a patient safe and preventing falls. Proper footwear provides stability and traction, reducing the risk of slipping or tripping when the patient is ambulating. Moreover, ensuring that wheelchair locks are engaged prevents the wheelchair from moving unexpectedly while the patient is attempting to sit down or stand up, which can lead to falls or injuries. Both elements—appropriate footwear and secured wheelchair locks—are significant in creating a safe environment for patients, particularly those who may be at increased risk of falls due to factors such as age, medication side effects, or underlying medical conditions. By fostering a secure setting, caregivers can significantly reduce the risk of incidents that could harm the patient. The other options presented would not contribute positively to fall prevention. For instance, keeping the bed in a high position can increase the risk of falls when the patient attempts to get in or out of bed. Similarly, placing the call light out of reach would hinder the patient from calling for assistance when needed, further elevating the risk of falls. Finally, allowing a patient to stand without assistance fails to address the need for support, particularly if that patient has mobility issues or dizziness,

6. When assisting residents, what is a key aspect to maintain their comfort?

A. Adjusting the room temperature

B. Ensuring they are in a good mood

C. Making them laugh

D. Providing music

Maintaining resident comfort involves several factors, but adjusting the room temperature is a crucial aspect that directly influences their physical well-being. Comfort levels can be significantly affected by environmental conditions, including how warm or cool a room is. If a room is too hot or too cold, it can lead to discomfort, irritability, or even health issues for residents, particularly for those who may have specific medical conditions or mobility challenges. When the temperature is conducive to comfort, residents are more likely to feel relaxed, which is essential for their overall health and well-being. This aspect can often be overlooked, but being aware of and responsive to the preferences of residents regarding room temperature is a fundamental responsibility of a nursing assistant. The other choices, while contributing to a pleasant environment, focus on emotional aspects and entertainment rather than the physical comfort that temperature control directly addresses. Ensuring a comfortable room temperature lays the foundation for further efforts to enhance a resident's mood and enjoyment.

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7. What is the primary purpose of maintaining a bowel and bladder schedule for a patient?

A. To enhance comfort

B. To promote continence

C. To reduce staff workload

D. To minimize bathroom breaks

Maintaining a bowel and bladder schedule for a patient primarily serves to promote continence. This practice is fundamental in helping patients establish a regular pattern for elimination, which can significantly reduce incidents of incontinence. A scheduled approach can aid in strengthening the patient's awareness of their body's cues and support their ability to control their bowel and bladder functions. In addition, having a routine can help to alleviate anxiety regarding unexpected urges and accidents, fostering greater confidence and dignity for the patient. Regular toileting times can also encourage the optimal functioning of the gastrointestinal and urinary systems, contributing to overall health and well-being. Therefore, promoting continence is not only about physical health but also enhances psychological comfort by supporting the patient's independence and self-esteem.

8. When cleaning dentures, how should they be held?

A. In one hand

B. Over a basin of water lined with a towel

C. Directly under running water

D. In a dry towel

When cleaning dentures, they should be held over a basin of water lined with a towel to ensure safety and prevent damage. This method is important because dentures can be fragile and easily broken if dropped on a hard surface. The towel provides a cushioned surface to protect the dentures if they slip. Additionally, the water in the basin helps to catch any debris or particles that may be washed off during cleaning, while minimizing the risk of the dentures falling and breaking. This approach demonstrates careful handling and promotes hygiene while ensuring the longevity of the dentures.

9. What is the primary reason for documenting a resident's care?

A. To inform family members

B. To ensure continuity of care

C. To fulfill legal requirements

D. To prepare for audits

The primary reason for documenting a resident's care is to ensure continuity of care. Thorough documentation provides a detailed record of the resident's health status, interventions performed, and responses to those interventions. This information is vital for any healthcare providers who may care for the resident in the future, as it allows them to understand what care has already been administered and what further actions may be needed. Continuity of care ensures that there is a seamless transition between different caregivers, whether it's during shift changes, transfers to new facilities, or referrals to specialists. When accurate and comprehensive records are maintained, all healthcare team members can access pertinent information, which reduces the risk of errors and enhances patient safety. While fulfilling legal requirements, preparing for audits, and informing family members are also important aspects of care documentation, the foremost purpose relates to the ongoing management of the resident's health care. Effective communication and documentation among caregivers are essential to achieve the best outcomes for residents.

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10. When transferring a resident from bed to chair, they should get out of bed on:

A. The weak side

B. The strong side

C. Either side

D. The side closest to the window

When transferring a resident from bed to chair, it is standard practice for the resident to get out of bed on the strong side. This method ensures maximum stability and safety during the transfer process. Using the strong side for the transfer allows the resident to support themselves better and reduces the risk of falling or losing balance. The caregiver can assist from the weak side, providing additional support and guidance, which further enhances the resident's safety and confidence during the transfer. The idea of using the weak side would not be beneficial because it could lead to increased difficulty in standing and maintaining balance. Transferring onto the side closest to the window or choosing either side could potentially create hazards or additional strain during the process. Therefore, utilizing the strong side is the most effective and safest practice when moving a resident from a bed to a chair.

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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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