OREGON CERTIFIED NURSING ASSISTANT STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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https://oregoncertifiednursingassistant.examzify.com

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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. How would you categorize threatening to harm a resident to prevent them from speaking up?

A. Physical abuse

B. Psychological abuse

C. Financial abuse

D. Substance abuse

2. A sitz bath is used to?

A. Relax the resident

B. Clean perineal wounds

C. Reduce swelling in the upper body

D. Encourage slow, deep breathing

3. Why are the elderly at a higher risk of infection?

A. They have strong immune systems

B. They are rarely hospitalized

C. They are always well-nourished

D. They may have limited mobility

4. How should a resident with chronic obstructive pulmonary disease (COPD) be positioned for optimal breathing?

A. Flat on his back

B. Sitting upright

C. Lying on his stomach

D. Lying on his side

5. What is a risk factor to monitor in residents post-amputation?

A. Increased activity levels

B. Phantom sensations

C. Skin breakdown

D. Emotional stability

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6. Which of the following is a core value associated with culture change in caregiving?

A. Doing everything for residents

B. Treating all residents the same way

C. Promoting self-determination and personal choice

D. Making sure all residents participate in the same activities

7. To serve hot liquids to residents, a nursing assistant should:

A. Pour hot drinks away from residents

B. Place hot drinks on the edges of tables

C. Take the lids off of hot drinks just before serving them

D. Make sure residents are standing up before serving hot drinks

8. A resident with AIDS who has an infection of the mouth may need to eat food that is?

A. Spicy

B. Soft

C. Dry

D. Hot

9. What is one responsibility of a nurse in the care team?

A. To clean the facility

B. To assist residents with personal hygiene

C. To supervise nursing assistants and delegate tasks

D. To manage the resident's social activities

10. Which of the following is a key principle of safe patient handling?

A. Always lift patients manually

B. Utilize transfer devices whenever possible

C. Hold patients across the body for better balance

D. Encourage patients to move independently

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Answers

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

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Explanations

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1. How would you categorize threatening to harm a resident to prevent them from speaking up?

A. Physical abuse

B. Psychological abuse

C. Financial abuse

D. Substance abuse

Threatening to harm a resident to prevent them from speaking up is categorized as psychological abuse. This form of abuse involves tactics that undermine an individual's mental well-being, including fear tactics, intimidation, and manipulation. Such actions can lead to feelings of anxiety, helplessness, and a loss of autonomy, significantly impacting the mental health of the victim. In this situation, the threat is made to suppress the individual's voice and discourage them from expressing their needs or concerns, which is a clear violation of their emotional and psychological safety. Psychological abuse often manifests through coercion, verbal threats, or emotional manipulation, which can leave lasting scars even in the absence of physical harm. Understanding the nuances of psychological abuse is crucial in a caregiving setting, as it emphasizes the importance of maintaining a supportive and safe environment for residents, where they feel empowered to communicate freely without fear of intimidation or harm.

2. A sitz bath is used to?

A. Relax the resident

B. Clean perineal wounds

C. Reduce swelling in the upper body

D. Encourage slow, deep breathing

A sitz bath is specifically designed for therapeutic bathing of the perineal area. This procedure involves sitting in warm water, which can help to clean perineal wounds effectively by promoting hygiene in that sensitive area. The warmth of the water also aids in soothing discomfort and can promote healing, making it particularly beneficial for patients recovering from surgeries or suffering from conditions affecting that region. While relaxing the resident can occur as a secondary benefit of the warm water, that is not the main purpose of a sitz bath. Reducing swelling in the upper body does not relate to its intended use, as a sitz bath primarily targets the lower body. Additionally, encouraging slow, deep breathing is unrelated to the physical therapy aspect of a sitz bath, making that option not applicable in this context. Thus, the correct answer focuses on the sitz bath's primary function of cleaning and aiding recovery in the perineal area.

3. Why are the elderly at a higher risk of infection?

A. They have strong immune systems

B. They are rarely hospitalized

C. They are always well-nourished

D. They may have limited mobility

The elderly are at a higher risk of infection primarily due to factors associated with aging, including limited mobility. As people age, they may experience physical limitations that hinder their ability to perform daily activities, including maintaining personal hygiene and getting adequate exercise. Limited mobility can lead to prolonged periods of inactivity and increased vulnerability to health issues, including infections. In addition to mobility issues, other physiological changes that occur with age, such as a decline in immune function, can also contribute to a higher susceptibility to infections. Consequently, individuals who are less active may not only find it challenging to stay healthy but also may develop complications that can predispose them to infections, such as pressure sores, which can become gateways for bacteria. Thus, recognizing the link between limited mobility and increased infection risk is crucial in caring for the elderly and implementing preventive measures to help mitigate this risk.

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4. How should a resident with chronic obstructive pulmonary disease (COPD) be positioned for optimal breathing?

A. Flat on his back

B. Sitting upright

C. Lying on his stomach

D. Lying on his side

A resident with chronic obstructive pulmonary disease (COPD) should be positioned sitting upright to promote optimal breathing. This position allows for maximum lung expansion and helps facilitate better airflow. When sitting upright, the diaphragm has more space to move down during inhalation, which aids in improving oxygenation and reduces the work of breathing. In contrast, lying flat on the back can place pressure on the lungs and diaphragm, making it more challenging for individuals with COPD to breathe effectively. Lying on the stomach is typically not an option for individuals with respiratory issues since it can hinder airflow and make breathing more laborious. While lying on the side may provide some comfort and relief for certain patients, it does not provide the same level of lung expansion and ease of breath that an upright position does. Therefore, sitting upright is the most beneficial position for someone with COPD.

5. What is a risk factor to monitor in residents post-amputation?

A. Increased activity levels

B. Phantom sensations

C. Skin breakdown

D. Emotional stability

Monitoring skin breakdown is crucial in residents post-amputation due to several reasons. After an amputation, particularly in the area where the limb was removed, the skin is often under increased stress as it adapts to the change. It is vital to observe the surgical site and surrounding areas for signs of skin integrity issues, such as redness, swelling, or sores. Residents may have altered mobility or may not be able to adequately care for the stump themselves, increasing the risk of skin breakdown. Additionally, if a prosthesis is being used, the contact with skin can lead to friction and pressure sores. Regular assessment and proper care can help prevent infections, promote healing, and ensure better overall recovery. While phantom sensations, emotional stability, and changes in activity levels are also important to monitor, they do not directly pose as immediate physical risks as skin breakdown does in the context of post-amputation care. The skin's integrity is paramount in promoting healing and preventing complications, making skin breakdown a key focus in monitoring these residents.

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6. Which of the following is a core value associated with culture change in caregiving?

A. Doing everything for residents

B. Treating all residents the same way

C. Promoting self-determination and personal choice

D. Making sure all residents participate in the same activities

Promoting self-determination and personal choice is a core value associated with culture change in caregiving because it empowers residents to make choices about their own lives and care. This approach fosters a sense of independence and respect for individual preferences, which is a fundamental aspect of person-centered care. In a culture change environment, caregivers focus on what is important to each resident and support them in achieving their desired outcomes. This emphasis on autonomy helps enhance the quality of life for residents, as it honors their unique identities and desires, leading to more meaningful and satisfying experiences in the care setting. In contrast, doing everything for residents can undermine their independence and self-esteem. Treating all residents the same disregards their individual needs and preferences, while making sure all residents participate in the same activities does not recognize the diversity of interests and abilities among them. Each resident's unique voice and choice is crucial to a supportive and respectful care environment.

7. To serve hot liquids to residents, a nursing assistant should:

A. Pour hot drinks away from residents

B. Place hot drinks on the edges of tables

C. Take the lids off of hot drinks just before serving them

D. Make sure residents are standing up before serving hot drinks

Serving hot liquids to residents requires careful attention to safety to prevent burns and spills. Pouring hot drinks away from residents is a critical practice because it minimizes the risk of scalding. By directing the pouring motion away from the individual, the nursing assistant reduces the chance of accidentally spilling hot liquid onto the resident, which could lead to serious injury. In carefully handling hot liquids, it is essential to ensure that both the resident's safety and comfort are prioritized. For instance, placing hot drinks on the edges of tables can create a hazard, as the drinks may easily be knocked over, increasing the risk of spills. Similarly, removing lids just before serving can lead to unexpected steam release that might cause burns. Additionally, serving hot drinks while residents are standing is not advisable, as it can be difficult to manage both the drink and posture, again increasing the risk of spills and accidents. Therefore, pouring hot drinks away from residents is the most effective method for ensuring safety during service.

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8. A resident with AIDS who has an infection of the mouth may need to eat food that is?

A. Spicy

B. Soft

C. Dry

D. Hot

Individuals living with AIDS can experience various complications, including infections in the mouth such as oral thrush or lesions that can make swallowing and the overall eating experience painful. In such cases, soft foods are recommended. Soft foods are easier to chew and swallow, which can alleviate discomfort during meals. They are less likely to irritate sensitive tissues in the mouth, helping the resident maintain adequate nutrition without exacerbating pain or discomfort. Choosing soft foods also allows for better digestion and can be soothing. This choice can include items such as mashed potatoes, yogurt, smoothies, and puddings. It is important to provide options that not only meet dietary needs but also consider the comfort of the individual, making soft foods a prudent option for someone dealing with oral infections related to AIDS.

9. What is one responsibility of a nurse in the care team?

A. To clean the facility

B. To assist residents with personal hygiene

C. To supervise nursing assistants and delegate tasks

D. To manage the resident's social activities

One responsibility of a nurse in the care team is to supervise nursing assistants and delegate tasks. This role is crucial as nurses have the training and expertise to assess patient needs, prioritize care, and ensure that nursing assistants are performing their duties effectively and safely. By delegating tasks, nurses can ensure that care is provided efficiently and that all team members are working within their scope of practice, promoting a structured and collaborative environment in delivering patient care. Effective delegation also helps in optimizing the workflow and ensuring that residents receive comprehensive care tailored to their needs.

10. Which of the following is a key principle of safe patient handling?

A. Always lift patients manually

B. Utilize transfer devices whenever possible

C. Hold patients across the body for better balance

D. Encourage patients to move independently

Utilizing transfer devices whenever possible is a key principle of safe patient handling because these devices are specifically designed to reduce the physical strain on caregivers and promote the safety and comfort of patients during movements. Transfer devices, such as hoyer lifts, slide sheets, or transfer boards, help to ensure that patients are moved in a way that minimizes the risk of injury for both the patient and the caregiver. When transfer devices are used, the likelihood of musculoskeletal injuries can be significantly reduced, leading to safer caregiving environments. Proper use of these devices also fosters better patient outcomes by ensuring that movements are smooth and controlled. It can help to prevent falls and accidental injuries, contributing to a more secure healthcare setting. The adoption of this practice reflects a commitment to ergonomic principles, which prioritize the well-being of both patients and healthcare workers. Using manual lifting methods without assistance, holding patients in an awkward position, or solely encouraging independent movement, on the other hand, does not consistently prioritize safety in the same way that utilizing transfer devices does.

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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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