SFCC CERTIFIED NURSE ASSISTANT (CNA) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://sfcccna.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. How long should the CNA soak a resident's feet during foot care?

A. 2-5 minutes

B. 5-10 minutes

C. 5-20 minutes

D. 20-30 minutes

2. What right did the LPN charge nurse violate when treating Mrs. Parker disrespectfully?

A. The right to receive adequate nutrition

B. The right to refuse treatment

C. The right to be treated with consideration and respect

D. The right to privacy

3. In what order does Maslow's Hierarchy of Needs arrange needs?

A. From complex to basic

B. From social to physical

C. From least to most essential

D. From basic to self-actualization

4. Failing to knock on the door before entering a resident's room violates which of the following rights?

A. Right to dignity

B. Right to privacy

C. Right to safety

D. Right to free movement

5. Which of the following traits is characteristic of a Certified Nurse Assistant?

A. Greets residents formally

B. Recognizing that the long-term-care facility is the resident's home

C. Focusing solely on medical tasks

D. Maintaining strict professional boundaries without interaction

SAMPLE

6. What should a CNA do if a resident refuses to eat or drink because of a religious belief?

A. Force the resident to comply

B. Respect the resident's wishes

C. Suggest alternatives not adhering to their beliefs

D. Document the refusal without further action

7. When assisting with denture care, what should the CNA ensure about the denture cup?

A. The cup is labeled with the resident's name

B. The cup is sterile

C. The cup is disposable

D. The cup is filled with mouthwash

8. Why is perineal care considered important for residents?

A. It helps in social interaction

B. It promotes healthy eating habits

C. It prevents infections by reducing bacteria growth

D. It ensures that residents sleep better

9. What is a critical aspect of positioning bed-bound residents?

A. Using a single blanket

B. Using supporting pillows and devices

C. Leaving residents unsupported

D. Restricting movement completely

10. What is a key objective of the care plan?

A. To take control of the resident's decisions

B. To empower the resident

C. To create a uniform approach for all residents

D. To minimize caregiver workload

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How long should the CNA soak a resident's feet during foot care?

A. 2-5 minutes

B. 5-10 minutes

C. 5-20 minutes

D. 20-30 minutes

The recommended duration for soaking a resident's feet during foot care is typically 5-20 minutes. This time frame is ideal as it allows the skin to soften adequately, which facilitates the cleaning and any necessary grooming of the feet, such as trimming toenails or removing dead skin. Soaking for this duration ensures that the resident's feet benefit from increased moisture, which is particularly important for preventing conditions such as dry skin or fungal infections. Soaking for a duration shorter than 5 minutes might not effectively soften the skin, while soaking for longer than 20 minutes could lead to skin maceration or irritation, especially in individuals with sensitive skin or specific medical conditions like diabetes. Therefore, the 5-20 minute range provides a balance that supports proper foot hygiene while minimizing the risk of adverse effects.

2. What right did the LPN charge nurse violate when treating Mrs. Parker disrespectfully?

A. The right to receive adequate nutrition

B. The right to refuse treatment

C. The right to be treated with consideration and respect

D. The right to privacy

The LPN charge nurse violating the right to be treated with consideration and respect emphasizes the fundamental principle of dignity in healthcare. Every patient deserves to be treated with kindness and respect, regardless of their condition or circumstances. Disrespectful treatment undermines a patient's self-worth and can have a significant impact on their overall experience and trust in healthcare providers. This right is essential for fostering a therapeutic environment where patients feel valued and heard, which can enhance their cooperation and satisfaction with care. In contrast, the other rights mentioned, such as the right to receive adequate nutrition, the right to refuse treatment, and the right to privacy, focus on specific aspects of patient care and autonomy. While these rights are undeniably important in their own contexts, the core violation in this scenario pertains to the treatment of Mrs. Parker, which directly relates to her dignity and respect as an individual. Respectful and compassionate interactions are foundational to the nurse-patient relationship.

3. In what order does Maslow's Hierarchy of Needs arrange needs?

A. From complex to basic

B. From social to physical

C. From least to most essential

D. From basic to self-actualization

Maslow's Hierarchy of Needs is structured in a way that it starts with basic physical needs and progresses towards higher-level psychological needs, ultimately culminating in self-actualization. The hierarchy is typically depicted as a pyramid, with the most fundamental needs, such as physiological requirements (like food, water, and shelter), located at the base. As individuals fulfill these basic needs, they can then move on to safety needs, followed by social (love and belonging) needs, esteem needs, and finally, at the top of the hierarchy, self-actualization, which represents personal growth and the fulfillment of one's potential. This arrangement reflects the idea that basic needs must be met before individuals can focus on more complex, higher-level needs, effectively illustrating the progression from simple survival to achieving one's fullest potential. Each step in this hierarchy represents a vital stage in the overall development and motivation of an individual, making it essential to understand this order to appreciate how it influences behavior and personal growth.

EXAMPLE

4. Failing to knock on the door before entering a resident's room violates which of the following rights?

A. Right to dignity

B. Right to privacy

C. Right to safety

D. Right to free movement

The correct choice emphasizes the resident's right to privacy. When a caregiver or any staff member fails to knock before entering a resident's room, it demonstrates a lack of respect for that individual's personal space and boundaries. Privacy is a fundamental aspect of healthcare that allows residents to feel safe and respected in their environment. By knocking, a caregiver gives the resident the opportunity to prepare for the interaction, which helps uphold their dignity and personal autonomy. In the context of the options available, while the right to dignity and the right to safety are also important, they are not as directly related to the act of entering a private space without permission. The right to free movement pertains more to a resident's ability to move freely within the facility rather than issues of access to their personal living space. Therefore, the best answer reflects the specific violation of the resident's expectation of privacy in their personal area.

5. Which of the following traits is characteristic of a Certified Nurse Assistant?

A. Greets residents formally

B. Recognizing that the long-term-care facility is the resident's home

C. Focusing solely on medical tasks

D. Maintaining strict professional boundaries without interaction

A Certified Nurse Assistant (CNA) plays a crucial role in the caregiving environment, particularly within long-term care facilities. Recognizing that the long-term care facility is the resident's home is vital because it shapes the approach a CNA takes toward resident care. This understanding fosters a compassionate and respectful environment, allowing CNAs to interact with residents in a way that acknowledges their autonomy and dignity. By viewing the facility as a home, CNAs are encouraged to build relationships, engage socially and emotionally with residents, and support their individual preferences and needs. This contributes not only to the residents' comfort and satisfaction but also promotes their overall well-being. The other options do not align with the core philosophy of care that CNAs are trained to embody. While greeting residents is important, doing so formally may not reflect the warmth and personal connection that is generally preferred in caregiving scenarios. Focusing solely on medical tasks overlooks the holistic care aspect that includes emotional and social support. Additionally, maintaining strict professional boundaries without interaction can hinder the development of trust and rapport between the caregiver and the resident, which are essential for effective care. By recognizing the facility as residents' home, CNAs can provide a supportive and person-centered environment that enhances the quality of life for those

SAMPLE

6. What should a CNA do if a resident refuses to eat or drink because of a religious belief?

A. Force the resident to comply

B. Respect the resident's wishes

C. Suggest alternatives not adhering to their beliefs

D. Document the refusal without further action

Respecting a resident's wishes is crucial in a healthcare setting, especially when it comes to their dietary choices influenced by religious beliefs. A Certified Nurse Assistant (CNA) is trained to uphold the rights and dignity of residents, which includes honoring their personal beliefs and preferences regarding food and drink. When a resident refuses to eat or drink due to their religious convictions, it is essential to acknowledge and respect their decision. This approach not only promotes a trusting relationship between the resident and the caregiver but also aligns with the ethical principles of patient autonomy and informed consent. By respecting the resident's choices, the CNA supports their right to make decisions about their own body and health. In this context, forcing a resident to comply or suggesting alternatives that do not adhere to their beliefs would violate their autonomy and potentially jeopardize their emotional well-being. Documenting the refusal without taking further action may overlook the importance of communicating with the resident about their needs while still respecting their choices. Therefore, the action of honoring the resident's wishes reflects a fundamental aspect of person-centered care.

7. When assisting with denture care, what should the CNA ensure about the denture cup?

A. The cup is labeled with the resident's name

B. The cup is sterile

C. The cup is disposable

D. The cup is filled with mouthwash

Ensuring that the denture cup is labeled with the resident's name is crucial for safety and proper care. This practice helps to avoid mix-ups between residents, particularly in settings like nursing homes or assisted living facilities where multiple individuals may require denture care. Having a clearly labeled cup ensures that the correct dentures are returned to the appropriate resident after cleaning, thus promoting hygiene and minimizing the risk of infection or discomfort. While sterility may seem important, the primary concern is usually cleanliness rather than complete sterility in daily caregiving settings. Denture cups do not typically need to be disposable; many facilities use reusable cups that can be cleaned. Filling the cup with mouthwash is unnecessary, as the primary purpose of the cup is to hold the dentures safely and securely when not in use.

SAMPLE

8. Why is perineal care considered important for residents?

A. It helps in social interaction

B. It promotes healthy eating habits

C. It prevents infections by reducing bacteria growth

D. It ensures that residents sleep better

Perineal care is crucial for maintaining the hygiene and health of residents, particularly those with limited mobility or those who may be incontinent. By thoroughly cleaning the perineal area, caregivers help minimize the presence of bacteria that can lead to urinary tract infections and skin irritations. This preventive measure is particularly significant in settings such as nursing homes or long-term care facilities, where residents may be more susceptible to infections due to compromised immune systems or chronic health conditions. Moreover, good perineal care contributes to overall comfort and dignity for residents, fostering a sense of well-being. Although social interaction, healthy eating habits, and quality of sleep are important aspects of care, they are not directly linked to the primary purpose and benefit of perineal care, which is specifically aimed at preventing infections and promoting skin integrity.

9. What is a critical aspect of positioning bed-bound residents?

A. Using a single blanket

B. Using supporting pillows and devices

C. Leaving residents unsupported

D. Restricting movement completely

Using supporting pillows and devices is crucial for positioning bed-bound residents because it helps maintain their comfort, prevent pressure ulcers, and support proper body alignment. When residents are positioned correctly, it reduces the risk of skin breakdown, enhances circulation, and promotes overall well-being. Supporting pillows and devices can also help with stability and provide comfort, allowing residents to maintain a better quality of life while in bed. Other options, such as using a single blanket, leaving residents unsupported, or completely restricting movement, do not provide the necessary support or safety that bed-bound residents require. A single blanket may not offer adequate support or pressure relief, while leaving residents unsupported can lead to serious complications, such as falls or skin injuries. Completely restricting movement is also harmful, as it can lead to stiffness, contractures, and a decline in overall physical health and mobility.

10. What is a key objective of the care plan?

A. To take control of the resident's decisions

B. To empower the resident

C. To create a uniform approach for all residents

D. To minimize caregiver workload

A key objective of the care plan is to empower the resident. This means that the care plan should focus on the individual needs, preferences, and goals of the resident, promoting their autonomy and involvement in their own care. Empowering residents allows them to make choices about their health and daily activities, which can lead to improved outcomes and satisfaction. The care plan is designed to respect the resident's dignity and personal choices, ensuring they have a voice in the care they receive. By fostering independence and participation, caregivers can support the resident's physical, emotional, and social well-being. In contrast, the other choices do not align with the primary goal of a care plan. Taking control of the resident's decisions undermines their autonomy, creating a paternalistic approach to care that can negatively affect the resident's self-esteem and agency. While a uniform approach can be beneficial for consistency, it should not overshadow the need for tailored interventions that honor each resident's unique situation. Lastly, minimizing caregiver workload is not a central objective of the care plan; rather, it emphasizes the importance of quality care that meets the individual needs of each resident.

SAMPLE

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://sfcccna.examzify.com

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

SAMPLE