SOUTH DAKOTA CNA LEVEL 3 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. If a patient has edema, what should you question about their treatment?

A. Encouraging fluids

B. Restricting salt intake

C. Increasing physical activity

D. Monitoring weight

2. What is a good approach to use with a resident on a bowel program who is having difficulty having a bowel movement?

A. Tug on a towel with the resident

B. Encourage the resident to drink more fluids

C. Provide a muscle relaxant medication

D. Increase dietary fat intake

3. Which requirement from the Centers for Medicare and Medicaid Services (CMS) relates to comfort and sleep?

A. Adequate ventilation and room humidity

B. Minimal noise levels at all times

C. Mandatory bedtime routines

D. Frequent physical activity sessions

4. Unconscious persons are supine for mouth care. True or False?

A. True

B. False

C. It depends on the situation

D. Only if instructed

5. Which of the following can be included in a clear-liquid diet?

A. Fruit juice with pulp

B. Water

C. Ice cream

D. Creamy coffee

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6. Why does the nurse check feeding tube placement?

A. To ensure patient comfort

B. To prevent aspiration

C. To measure the tube's length

D. To verify the feeding is at room temperature

7. When a client complains of pain and swelling at the IV site, what should the nursing assistant do?

A. Apply a cold compress

B. Tell the nurse at once

C. Remove the IV immediately

D. Reposition the IV site

8. What should be ensured before assisting a person at risk of falling to the commode?

A. They should walk independently

B. Comfortable clothing should be worn

C. A transfer belt should be applied

D. They should be left alone

9. What does TPN stand for in medical terms?

A. Total Peripheral Nutrition

B. Total Parenteral Nutrition

C. Transitional Parenteral Nutrition

D. Transfusion Peripheral Nutrition

10. After receiving pain medication, what is a potential reason a client may still feel severe discomfort?

A. Chemical imbalance

B. Drug tolerance

C. Increased anxiety

D. Overreaction

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Answers

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

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Explanations

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1. If a patient has edema, what should you question about their treatment?

A. Encouraging fluids

B. Restricting salt intake

C. Increasing physical activity

D. Monitoring weight

When a patient has edema, fluid accumulation in the body tissues can occur, leading to swelling. In managing edema, a common treatment approach is to restrict fluid intake as excessive fluid can worsen the condition. Encouraging fluids is generally not advisable because it could further exacerbate the edema rather than alleviate it. On the other hand, restricting salt intake is typically recommended because sodium can cause the body to retain more water, which can worsen edema. Increasing physical activity can help with circulation and may reduce swelling over time, while monitoring weight assists healthcare providers in tracking fluid retention and managing the patient's condition effectively. Thus, questioning the recommendation to encourage fluids is important in the context of effective treatment for edema.

2. What is a good approach to use with a resident on a bowel program who is having difficulty having a bowel movement?

A. Tug on a towel with the resident

B. Encourage the resident to drink more fluids

C. Provide a muscle relaxant medication

D. Increase dietary fat intake

The best approach for assisting a resident who is experiencing difficulty with a bowel movement involves encouraging them to drink more fluids. Adequate hydration is essential for promoting healthy bowel function, as fluids help soften the stool, making it easier to pass. When residents are well-hydrated, it can stimulate bowel movements and help prevent constipation. While other strategies may be considered in certain contexts, increasing fluid intake is a foundational component of maintaining a healthy bowel regimen. It is generally recommended to encourage residents to consume sufficient fluids throughout the day, which aids in digestion and bowel health.

3. Which requirement from the Centers for Medicare and Medicaid Services (CMS) relates to comfort and sleep?

A. Adequate ventilation and room humidity

B. Minimal noise levels at all times

C. Mandatory bedtime routines

D. Frequent physical activity sessions

The requirement from the Centers for Medicare and Medicaid Services (CMS) that relates to comfort and sleep focuses on ensuring that the living environment of residents in care facilities is conducive to rest and relaxation. Adequate ventilation and room humidity play a crucial role in maintaining a comfortable atmosphere. Proper ventilation helps to regulate air quality and temperature, which can impact a resident's ability to sleep well. Optimal humidity levels can prevent discomfort and reduce the risk of respiratory problems, further contributing to a restful environment. The other options do relate to aspects of comfort and care, but they do not directly address the specific requirements outlined by CMS concerning sleep and comfort. For instance, while minimal noise levels contribute to a better sleep environment, it is not as directly linked to the environmental conditions that CMS focuses on regarding comfort as ventilation and humidity. Similarly, mandatory bedtime routines and frequent physical activity sessions are not specified by CMS in relation to sleep requirements, although they can indirectly support better sleep quality.

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4. Unconscious persons are supine for mouth care. True or False?

A. True

B. False

C. It depends on the situation

D. Only if instructed

For providing mouth care to unconscious individuals, the correct practice is typically not to position them supine, as this can pose a risk of aspiration. When a person is unconscious, they lack the protective reflexes that prevent fluids from entering the airway, making it crucial to position them in a way that minimizes this risk. Usually, mouth care is performed with the individual turned on their side, which allows any fluids to drain out of the mouth rather than risk aspiration into the lungs. This position facilitates safe mouth care by utilizing gravity to help manage any secretions or fluids. Thus, the recommendation to avoid a supine position for unconscious persons during mouth care is in line with safety protocols designed to protect the airway and ensure proper hygiene.

5. Which of the following can be included in a clear-liquid diet?

A. Fruit juice with pulp

B. Water

C. Ice cream

D. Creamy coffee

A clear-liquid diet consists of fluids that are clear and free of any solid particles or pulp. This type of diet is often prescribed for patients who are preparing for surgery, have digestive issues, or are recovering from certain medical procedures. Water is a fundamental component of a clear-liquid diet because it is essential for hydration and is completely transparent, fitting the criteria of a clear liquid. Other acceptable options typically include broth, clear juices without pulp, and clear gelatin. In contrast, options like fruit juice with pulp and creamy coffee contain solids or particles, which disqualify them from being clear liquids. Ice cream, while it might seem soft, has a creamy texture and is not transparent, making it inappropriate for this diet. These characteristics illustrate why water is suitable and essential for supporting the dietary goals of clarity and ease of digestion.

6. Why does the nurse check feeding tube placement?

A. To ensure patient comfort

B. To prevent aspiration

C. To measure the tube's length

D. To verify the feeding is at room temperature

The nurse checks feeding tube placement primarily to prevent aspiration. Aspiration occurs when food, liquid, or other substances enter the airway instead of the stomach, which can lead to serious complications such as choking, pneumonia, or respiratory distress. Ensuring that the feeding tube is correctly placed in the stomach or intestine is crucial for safe feeding practices. If the tube is not in the right position, delivering nutrition could lead to the contents being directed into the lungs rather than the digestive system. Therefore, verifying the placement before administering feedings is a critical nursing responsibility that safeguards the patient's health and well-being. Other options, while they touch on aspects of patient care, do not directly address the primary concern of aspiration prevention. For example, checking for comfort may be important in the overall care of the patient, but it does not specifically relate to the safety of the feeding process. Similarly, measuring the tube's length and verifying the temperature of the feeding can be important procedures, yet they do not focus on the critical issue of ensuring the tube is placed correctly to avoid aspiration risks.

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7. When a client complains of pain and swelling at the IV site, what should the nursing assistant do?

A. Apply a cold compress

B. Tell the nurse at once

C. Remove the IV immediately

D. Reposition the IV site

When a client complains of pain and swelling at the IV site, the appropriate action is to notify the nurse immediately. This is important because it allows the nurse to assess the situation comprehensively and determine the best course of action. Pain and swelling can indicate complications such as infiltration, phlebitis, or infection, which may require urgent intervention. By communicating this issue to the nurse without delay, the nursing assistant ensures that the client receives the necessary care and that complications are addressed promptly. The nurse has the training and authority to evaluate the IV site, decide whether to discontinue it, and implement any needed interventions to prevent further complications and ensure the client's safety. Other actions, while potentially helpful in managing symptoms, may not address the underlying problem effectively. For instance, applying a cold compress might provide temporary relief from swelling but does not resolve the cause of the pain or prevent further issues. Similarly, removing the IV immediately or repositioning it should not be done without first consulting the nurse, as these actions could lead to additional complications or fail to address the patient's needs appropriately.

8. What should be ensured before assisting a person at risk of falling to the commode?

A. They should walk independently

B. Comfortable clothing should be worn

C. A transfer belt should be applied

D. They should be left alone

Before assisting a person at risk of falling to the commode, applying a transfer belt is crucial for ensuring safety and stability during the transfer process. A transfer belt provides a secure hold for the caregiver, allowing them to assist the individual with balance and mobility. This type of support reduces the chance of a fall, which is particularly important for those who may have difficulty walking or maintaining their stability. Using a transfer belt allows the caregiver to guide the individual in a way that minimizes strain on both the caregiver and the person being assisted. It helps instill confidence in the individual by providing the necessary support, promoting safer and more effective movement from one location to another, such as from a bed or wheelchair to the commode.

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9. What does TPN stand for in medical terms?

A. Total Peripheral Nutrition

B. Total Parenteral Nutrition

C. Transitional Parenteral Nutrition

D. Transfusion Peripheral Nutrition

Total Parenteral Nutrition (TPN) is a medical technique used to supply all of a patient's nutritional needs intravenously. This method is particularly useful for patients who cannot ingest food by mouth due to various medical conditions, such as gastrointestinal tract disorders, severe malnutrition, or after certain surgeries. In TPN, a sterile solution containing essential nutrients like carbohydrates, proteins, fats, vitamins, and minerals is infused directly into the bloodstream, allowing the body to receive nutrition safely and effectively. It bypasses the digestive system entirely, which is why it is classified under "parenteral" nutrition—meaning that it does not utilize the gastrointestinal tract. Understanding TPN is crucial for healthcare providers, particularly in settings where patients may have compromised nutrient absorption or require complete nutritional support for their recovery and health maintenance.

10. After receiving pain medication, what is a potential reason a client may still feel severe discomfort?

A. Chemical imbalance

B. Drug tolerance

C. Increased anxiety

D. Overreaction

A potential reason a client may still feel severe discomfort after receiving pain medication is drug tolerance. Over time, with regular use of certain pain medications, the body can become accustomed to the drug, requiring higher doses to achieve the same level of pain relief that was initially experienced. This adaptation can diminish the drug's effectiveness, leading to persistent pain despite administration of the medication. Understanding drug tolerance is important for healthcare providers when managing pain in patients, as it emphasizes the need for regular assessment and possible adjustments in medication or techniques to ensure effective pain management. Recognizing this phenomenon can also prompt further evaluation to explore alternative pain relief methods or adjunct therapies to enhance comfort.

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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://sdcnalevel3.examzify.com

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

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