TEXAS CERTIFIED NURSING ASSISTANT (CNA) 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 signs and symptoms of a stroke?

A. Sudden numbness, confusion, trouble speaking, and severe headache

B. Persistent cough and shortness of breath

C. Fatigue and increased thirst

D. Regular headaches and back pain

2. How should a nursing assistant control bleeding from a wound?

A. Apply ice to the wound

B. Hold a thick pad against the wound and press down hard

C. Wash the wound with soap and water

D. Keep the wound exposed to air

3. Which statement is true about preventing falls?

A. Encourage residents to rush to the bathroom

B. Clear walkways of clutter

C. Use bright lighting only at night

D. Provide residents with unstable footwear

4. Why is proper hand washing important in a healthcare setting?

A. It improves personal hygiene

B. It prevents the spread of infection

C. It helps residents feel more comfortable

D. It saves time during care routines

5. How often are nursing assistants required to receive in-service education for compliance?

A. Every month

B. Every quarter

C. Every year

D. Every two years

6. Which of the following actions is considered physical abuse?

A. Yelling at a resident

B. Shoving a resident

C. Refusing to assist with personal care

D. Ignoring a resident's requests for help

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7. How can a nursing assistant provide emotional support to a dying resident?

A. By giving unsolicited advice

B. By avoiding eye contact

C. By listening more

D. By encouraging distractions

8. What is one way a nursing assistant can respect the rights of a resident who is dying?

A. Promote privacy for the resident

B. Encourage frequent visitors

C. Discourage any personal conversations

D. Minimize the resident's preferences

9. Which of the following is a common method for assessing cognitive development in children?

A. Using physical tests

B. Observing learning skills

C. Measuring height and weight

D. Conducting personality assessments

10. What is a key purpose of providing emotional support to patients?

A. To avoid dealing with complex issues

B. To enhance their mental well-being and help cope with illness

C. To distract them from their condition

D. To control their behavior

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Answers

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

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Explanations

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1. What are the signs and symptoms of a stroke?

A. Sudden numbness, confusion, trouble speaking, and severe headache

B. Persistent cough and shortness of breath

C. Fatigue and increased thirst

D. Regular headaches and back pain

The signs and symptoms of a stroke primarily revolve around sudden changes in bodily functions, as these changes indicate a disruption in the blood supply to the brain. In particular, sudden numbness, confusion, trouble speaking, and severe headache are hallmark indicators of a stroke. Numbness typically occurs on one side of the body, which is a direct result of the brain's inability to communicate effectively with that area due to diminished blood flow. Confusion and trouble with speech signal that the region of the brain responsible for cognition and language is affected. Additionally, a severe headache, often described as the worst that someone has ever experienced, may indicate bleeding in the brain, such as in the case of a hemorrhagic stroke. Recognizing these symptoms can lead to immediate medical intervention, which is crucial for improving outcomes following a stroke. Early treatment can help minimize long-term damage and improve chances of recovery. Therefore, the presence of these symptoms is critical to identify a stroke promptly and respond appropriately.

2. How should a nursing assistant control bleeding from a wound?

A. Apply ice to the wound

B. Hold a thick pad against the wound and press down hard

C. Wash the wound with soap and water

D. Keep the wound exposed to air

To effectively control bleeding from a wound, applying a thick pad against the wound and pressing down hard is the most appropriate action. This method works by applying direct pressure, which helps to slow down or stop the flow of blood. It is crucial in managing bleeding because it encourages the formation of a blood clot at the site of injury, effectively minimizing blood loss until further medical assistance can be obtained. In wound care, direct pressure is an established technique recommended by healthcare professionals. It is especially important to maintain firm pressure for an adequate amount of time, typically around 10 minutes, to help ensure that any bleeding is controlled. Other methods, such as applying ice, washing the wound, or exposing it to air, do not effectively address the immediate need to stop bleeding. Ice may help reduce swelling but does not directly control bleeding. Washing the wound is more appropriate for cleaning it after bleeding has stopped, and exposing it to air can actually increase the risk of further bleeding and infection. Therefore, using direct pressure with a pad is the best practice for a nursing assistant when managing a bleeding wound.

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3. Which statement is true about preventing falls?

A. Encourage residents to rush to the bathroom

B. Clear walkways of clutter

C. Use bright lighting only at night

D. Provide residents with unstable footwear

Clearing walkways of clutter is a crucial practice in preventing falls. This action reduces the risk of tripping hazards that can lead to injuries among residents, especially those who may have mobility issues, be using assistive devices, or have impaired vision. A clean and organized environment allows residents to move freely and safely within their living space, significantly decreasing the likelihood of accidents. In contrast, the other statements present practices that would generally lead to an increased risk of falls. Encouraging residents to rush to the bathroom can lead to hurried movements, which raises the risk of losing balance and falling. Using bright lighting only at night may not adequately illuminate areas during the day when residents are active, potentially resulting in falls due to poor visibility. Finally, providing unstable footwear undermines safety, as proper shoes should offer support and traction to help prevent slips and falls. All these factors highlight the importance of maintaining a safe environment for residents to promote their health and well-being.

4. Why is proper hand washing important in a healthcare setting?

A. It improves personal hygiene

B. It prevents the spread of infection

C. It helps residents feel more comfortable

D. It saves time during care routines

Proper hand washing is crucial in a healthcare setting primarily because it prevents the spread of infection. In environments where patients are often vulnerable to infections, the transmission of pathogens can occur easily through contact, surfaces, and healthcare workers' hands. Effective hand hygiene, including hand washing with soap and water or using hand sanitizer, can significantly reduce the presence of harmful microorganisms and break the chain of infection transmission. Infection control is a fundamental aspect of patient safety and quality care. By maintaining rigorous hand hygiene protocols, healthcare workers can protect not only their health but also the health of patients, reducing the incidence of healthcare-associated infections. This practice is aligned with standard infection control measures and policy guidelines that emphasize the importance of hand hygiene in preventing outbreaks and managing overall patient care effectively.

5. How often are nursing assistants required to receive in-service education for compliance?

A. Every month

B. Every quarter

C. Every year

D. Every two years

Nursing assistants are required to receive in-service education every year to maintain compliance with regulations and to ensure they are updated on skills, techniques, and protocols that may change over time. This annual requirement helps ensure that nursing assistants continue to provide quality care and stay informed about best practices, safety standards, and any changes in health care policies. The emphasis on regular education underscores the importance of ongoing professional development in the healthcare field, which is essential for delivering high-quality patient care. Regular training helps nursing assistants refresh their knowledge, learn about new technologies, and adapt to evolving healthcare environments, all of which are crucial for effective patient support.

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6. Which of the following actions is considered physical abuse?

A. Yelling at a resident

B. Shoving a resident

C. Refusing to assist with personal care

D. Ignoring a resident's requests for help

Shoving a resident is considered physical abuse because it involves using force or violence that can cause physical harm or injury. Physical abuse encompasses any non-accidental act that causes bodily injury, pain, or impairment. In this case, shoving directly impacts the individual's physical well-being and safety, which is a critical aspect of the definition of physical abuse. While other actions like yelling or refusing to assist with personal care can be harmful and may contribute to emotional or psychological abuse, they do not involve a physical component in the same way that shoving does. Ignoring requests for help may lead to feelings of neglect or abandonment, but it does not involve any physical action that could harm the resident's body. Thus, when identifying physical abuse specifically, shoving stands out as the most clear example.

7. How can a nursing assistant provide emotional support to a dying resident?

A. By giving unsolicited advice

B. By avoiding eye contact

C. By listening more

D. By encouraging distractions

Providing emotional support to a dying resident is crucial in a healthcare setting, and listening more is an effective way to show that you care. When a nursing assistant actively listens, they create a safe space for the resident to express their feelings, thoughts, and fears. This approach acknowledges the resident's emotions, making them feel valued and understood. Active listening involves not just hearing what the resident says, but also paying attention to their body language and emotions, which can help in building trust and rapport. In contrast, the other options do not foster emotional support. Unsolicited advice can come off as dismissive, potentially invalidating the resident's feelings rather than supporting them. Avoiding eye contact can create a barrier, making the resident feel isolated or unimportant at a time when connection is vital. Encouraging distractions may also divert attention from the feelings that need to be addressed, rather than providing the support needed for emotional expression and acceptance. Thus, actively listening enriches the emotional support provided during such a crucial time.

8. What is one way a nursing assistant can respect the rights of a resident who is dying?

A. Promote privacy for the resident

B. Encourage frequent visitors

C. Discourage any personal conversations

D. Minimize the resident's preferences

Promoting privacy for a resident who is dying is a vital way for a nursing assistant to respect their rights and dignity during this sensitive time. Dying is an intimate process, and maintaining privacy allows the resident to experience their final moments with a sense of control and comfort. This can include limiting the number of individuals in the room, providing private spaces for family conversations, and ensuring adequate time alone if that is the resident's preference. The other options do not align with the fundamental respect and dignity that should be afforded to a dying resident. While encouraging visitors may seem supportive, it is crucial to ensure that the resident's desire for privacy and personal space is prioritized at this stage. Discouraging personal conversations can undermine the emotional support that residents may need from loved ones, and minimizing the resident's preferences completely disregards their autonomy during a time when their choices should be honored above all else.

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9. Which of the following is a common method for assessing cognitive development in children?

A. Using physical tests

B. Observing learning skills

C. Measuring height and weight

D. Conducting personality assessments

Observing learning skills is a key method for assessing cognitive development in children because it allows caregivers and educators to evaluate how children process information, solve problems, and develop critical thinking abilities. By focusing on learning skills, such as language usage, ability to follow instructions, memory retention, and problem-solving strategies, professionals can gauge a child's cognitive growth in relation to developmental milestones. This observational approach provides insight into a child's understanding of concepts and their ability to interact with their environment, which are critical aspects of cognitive development. This assessment method is dynamic and can be applied in various settings, making it an effective way to understand a child's progress and needs in learning. In contrast, using physical tests primarily assesses motor skills or physical health rather than cognitive capabilities. Measuring height and weight is important for general health assessments but does not provide information about cognitive skills. Conducting personality assessments focuses on emotional and social aspects rather than directly evaluating cognitive processes and learning abilities.

10. What is a key purpose of providing emotional support to patients?

A. To avoid dealing with complex issues

B. To enhance their mental well-being and help cope with illness

C. To distract them from their condition

D. To control their behavior

Providing emotional support to patients primarily aims to enhance their mental well-being and help them cope with illness. When patients receive emotional support, it acknowledges their feelings, reduces anxiety, and fosters a sense of security and trust. This support can significantly improve their overall experience during treatment, as emotional well-being is closely linked to physical health outcomes. By offering a listening ear, empathy, and encouragement, healthcare providers can help patients feel more understood and less isolated in their experiences. This holistic approach recognizes that healing involves not just the physical aspect of care but also addressing emotional and psychological needs, which are crucial for recovery and managing chronic conditions. The focus on supporting mental health through emotional connection ultimately contributes to better coping mechanisms and resilience, helping patients navigate their health challenges more effectively.

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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://texascertifiednursingassistant.examzify.com

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

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