VIRGINIA STATE BOARD CERTIFIED NURSING ASSISTANT (CNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://vastateboardcna.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. What is the definition of paraplegia?

A. Paralysis in the arms and chest

B. Paralysis in the legs, lower trunk, and pelvic organs

C. Temporary paralysis due to injury

D. Paralysis affecting one limb

2. What defines an occupied bed?

A. Bed not in use

B. Bed with a person in it

C. Bed that is open for use

D. Bed recently cleaned

3. Which directional term describes being toward the front of the body?

A. Medial

B. Anterior

C. Lateral

D. Posterior

4. What is the responsibility of a CNA regarding professional boundaries?

A. To develop personal relationships with patients

B. To maintain a strictly professional rapport with clients

C. To prioritize friendship over treatment

D. To engage in discussions of their personal life with patients

5. What does a nursing assistant do when they observe a change in a resident's condition?

A. Administer medications

B. Ignore the change

C. Report it to the nurse

D. Diagnose the issue

6. What is the role of a Director of Nursing?

A. To provide direct patient care

B. To supervise the care of all patients

C. To manage financial budgets

D. To coordinate community outreach programs

SAMPLE

7. What characterizes a surgical bed?

A. Bed with multiple pillows

B. Bed made to transfer a person from stretcher to the bed

C. Bed used for patients recovering from surgery

D. Bed prepared for long-term care

8. What does FBAO stand for in medical terms?

A. Free Breathing Airway Obstruction

B. Foreign Body Airway Occlusion

C. Facilitated Breathing Assistance Option

D. Full Breathing Assessment Order

9. What does hemoptysis refer to?

A. Dehydration symptoms

B. Persistent coughing

C. Bloody sputum

D. Shortness of breath

10. What type of breathing is characterized by very deep and rapid breaths?

A. Kussmaul respirations

B. Cheyne-Stokes respirations

C. Ataxic respirations

D. Apneustic respirations

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the definition of paraplegia?

A. Paralysis in the arms and chest

B. Paralysis in the legs, lower trunk, and pelvic organs

C. Temporary paralysis due to injury

D. Paralysis affecting one limb

Paraplegia is specifically defined as paralysis that affects the legs, lower trunk, and pelvic organs. This condition typically results from damage to the spinal cord in the thoracic, lumbar, or sacral regions, which leads to the loss of function and sensation in the lower half of the body. Understanding this definition is important for caregivers and healthcare professionals, as it informs the approach to care, rehabilitation, and support for individuals with this condition. In contrast, other types of paralysis mentioned in the options, such as paralysis in the arms and chest, pertain more to conditions like quadriplegia. Temporary paralysis due to injury suggests a reversible condition rather than a permanent one like paraplegia. Paralysis affecting one limb indicates monoplegia, which differs significantly from the bilateral nature of paraplegia. Thus, recognizing the specific areas impacted by paraplegia helps clarify its classification and implications for patient care.

2. What defines an occupied bed?

A. Bed not in use

B. Bed with a person in it

C. Bed that is open for use

D. Bed recently cleaned

An occupied bed is defined as one that has a person in it. This means that the bed is currently being used by a patient or resident, and it requires specific considerations in terms of care and hygiene. For instance, when making an occupied bed, the nursing assistant must take special precautions to ensure the comfort and safety of the individual occupying the bed, such as avoiding unnecessary movement or disturbances. In contrast, the other choices represent different states of a bed's usage. A bed not in use would be considered unoccupied and does not involve any patient care or attention. An open bed may signify that it is ready for use, perhaps after cleaning or when a patient is about to be admitted, but it does not indicate that someone is currently using it. A bed that was recently cleaned does not address whether it is occupied or unoccupied, as it focuses on the state of cleanliness rather than its current use. Thus, the definition of an occupied bed is specifically tied to the presence of a person in it.

3. Which directional term describes being toward the front of the body?

A. Medial

B. Anterior

C. Lateral

D. Posterior

The term that accurately describes being toward the front of the body is "anterior." In anatomical terminology, anterior refers specifically to the front side of the body or a body part when in standard anatomical position. It is important for medical professionals and caretakers to understand this directional term, as it facilitates clear and accurate communication regarding the location of injuries, conditions, or the placement of care interventions. For example, when speaking about the chest in relation to the spine, the chest is anterior to the spine. This is crucial for understanding body orientation and ensuring proper care. The other terms carry different meanings; for instance, medial denotes being closer to the midline of the body, lateral indicates being farther from the midline, and posterior refers to the back side of the body. Understanding these directional terms helps create a solid foundation for anatomy and patient care.

SAMPLE

4. What is the responsibility of a CNA regarding professional boundaries?

A. To develop personal relationships with patients

B. To maintain a strictly professional rapport with clients

C. To prioritize friendship over treatment

D. To engage in discussions of their personal life with patients

Maintaining a strictly professional rapport with clients is essential for a CNA to ensure the well-being and comfort of patients while also upholding the integrity of the healthcare environment. This responsibility includes establishing a relationship based on trust, respect, and appropriate boundaries, which enables effective communication and care. By focusing on the professional rapport, CNAs can create a safe and supportive atmosphere for patients, where they feel secure discussing their needs and concerns related to their health. This professional relationship prevents the potential for conflicts of interest, emotional attachment, or dependency that could arise from developing personal relationships. In a healthcare setting, it is crucial to maintain these boundaries to ensure that care is provided impartially and without personal bias, which helps in delivering high-quality and objective patient care.

5. What does a nursing assistant do when they observe a change in a resident's condition?

A. Administer medications

B. Ignore the change

C. Report it to the nurse

D. Diagnose the issue

When a nursing assistant observes a change in a resident's condition, the appropriate action is to report it to the nurse. This is crucial because nursing assistants are trained to monitor and identify changes in residents' health status, but they are not licensed to diagnose conditions or administer medication. Nurses possess the necessary training and expertise to assess the situation further, determine the appropriate course of action, and make any necessary adjustments to the resident's care plan. By reporting the change, the nursing assistant ensures that the resident receives timely and appropriate care. This action helps to promote patient safety, supports effective communication within the healthcare team, and allows for proper management of the resident's health needs. Observing and reporting changes in condition is a vital responsibility of a nursing assistant, allowing for early intervention and better health outcomes for the resident.

SAMPLE

6. What is the role of a Director of Nursing?

A. To provide direct patient care

B. To supervise the care of all patients

C. To manage financial budgets

D. To coordinate community outreach programs

The role of a Director of Nursing primarily involves overseeing and managing the nursing staff and ensuring the quality of care provided to all patients within a healthcare facility. This responsibility includes supervision of nursing practices, compliance with regulations, staff training, and maintaining safe, effective care standards. By supervising the care of all patients, the Director of Nursing ensures that best practices are followed and that patient outcomes are optimized based on the established care standards. This role is crucial in facilitating communication between nursing staff, administration, and other departments, thereby promoting a cohesive healthcare environment that prioritizes patient safety and quality care. While providing direct patient care is important, that task typically falls within the responsibilities of the nursing staff, rather than the Director. Similarly, managing financial budgets and coordinating community outreach programs are significant functions but are not the primary duties of the Director of Nursing within a healthcare facility. Their focus is centered on the management and supervision of nursing care, making sure that patient needs are effectively met through skilled and compassionate nursing practices.

7. What characterizes a surgical bed?

A. Bed with multiple pillows

B. Bed made to transfer a person from stretcher to the bed

C. Bed used for patients recovering from surgery

D. Bed prepared for long-term care

A surgical bed is specifically designed to facilitate the safe and efficient transfer of patients, particularly those coming from a stretcher post-surgery. This type of bed is typically positioned flat and may have its side rails lowered to make it easier for healthcare staff to assist patients onto the bed without causing discomfort or distress. While you might find beds that serve different purposes in a healthcare setting, a surgical bed stands out for its particular focus on accommodating patients immediately after surgical procedures. The other characteristics, like using multiple pillows or preparing for long-term care, do not align with the defined function of a surgical bed, which prioritizes the immediate needs of a patient in transition from surgical intervention to recovery.

8. What does FBAO stand for in medical terms?

A. Free Breathing Airway Obstruction

B. Foreign Body Airway Occlusion

C. Facilitated Breathing Assistance Option

D. Full Breathing Assessment Order

FBAO stands for Foreign Body Airway Occlusion, which refers to a situation where an object obstructs the airway and prevents normal breathing. This terminology is crucial in emergency medical scenarios, as it helps healthcare providers quickly identify the nature of the obstruction and the necessary response. Recognizing that such an obstruction can lead to significant complications, including asphyxiation, is vital for prompt and effective intervention, such as performing the Heimlich maneuver or other first aid techniques. The importance of understanding this acronym is emphasized in nursing assistant training, where responding to emergencies promptly can save lives. Additionally, other options do not align with standard medical terminology, as they either describe different concepts or do not accurately reflect the situation where an object blocks the airway.

SAMPLE

9. What does hemoptysis refer to?

A. Dehydration symptoms

B. Persistent coughing

C. Bloody sputum

D. Shortness of breath

Hemoptysis specifically refers to the expectoration of blood from the respiratory tract, often presenting as bloody sputum. This can be an indication of various underlying health issues such as respiratory infections, lung cancer, or tuberculosis. It is crucial for healthcare providers to recognize this symptom, as the presence of blood in sputum can warrant immediate medical evaluation and intervention. The other options relate to different health concerns. Dehydration symptoms encompass a range of signs indicating insufficient fluid intake, such as dry mouth and dizziness. Persistent coughing refers to a lasting cough that may or may not produce sputum but does not imply the presence of blood. Shortness of breath is a symptom related to various conditions affecting the lungs or heart, but it does not indicate the presence of blood, which is the defining feature of hemoptysis.

10. What type of breathing is characterized by very deep and rapid breaths?

A. Kussmaul respirations

B. Cheyne-Stokes respirations

C. Ataxic respirations

D. Apneustic respirations

Kussmaul respirations are characterized by very deep and rapid breaths, typically seen in conditions like diabetic ketoacidosis or severe metabolic acidosis. This type of breathing is the body's response to decrease acidity in the blood by expelling carbon dioxide through increased respiratory rate and depth. The deep inhalations help to create a more significant exchange of gases, allowing more oxygen to enter the lungs while facilitating the removal of carbon dioxide. These breathing patterns are protective mechanisms activated in response to metabolic imbalances, making them essential to recognize in clinical settings. In contrast, Cheyne-Stokes respirations involve a cyclical pattern of breathing where periods of deep breathing alternate with periods of shallow breathing or apneas. Ataxic respirations are characterized by irregular, unpredictable breathing patterns and can be indicative of brain injury. Apneustic respirations feature prolonged periods of inhalation with a pause before exhalation, often seen in specific neurological conditions. Understanding these differences helps healthcare providers assess patient conditions accurately, making Kussmaul respirations an important recognition in clinical practice.

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://vastateboardcna.examzify.com

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

SAMPLE