

CNA Practice Exam

70 Questions

Instructions: Choose the best answer for each question. Mark your answer clearly. This exam covers essential knowledge areas for Certified Nursing Assistants including infection control, safety, patient care, communication, and legal/ethical responsibilities.

Questions

1. Which is the main purpose of handwashing in healthcare?

- A) To prevent disease transmission
- B) To warm the hands
- C) To save soap
- D) To entertain patients

2. How often should resident linens be changed in a long-term care facility?

- A) Once a month
- B) Once a week
- C) When dirty or soiled
- D) Only after discharge

3. A resident is NPO for tests. The CNA should:

- A) Give fluids
- B) Allow only ice chips
- C) Remove the water pitcher and glass from the room
- D) Allow small sips of water

4. The exchange of oxygen and carbon dioxide happens in the:

- A) Kidneys
- B) Heart
- C) Lungs
- D) Liver

5. Which of the following is the best way to prevent the spread of infection?

- A) Wearing gowns
- B) Frequent handwashing

- C) Disinfecting all surfaces daily
- D) Wearing masks

6. When assisting a resident with a weak right arm to dress, the CNA should:

- A) Dress the weak arm last
- B) Dress the strong arm first
- C) Dress the weak arm first
- D) Let the resident dress independently

7. Oral care for an unconscious resident should be done:

- A) Once a day
- B) Every two hours
- C) Every shift
- D) Only when the mouth is dry

8. When shaving a resident, what should the CNA do if the resident is on blood thinners?

- A) Use an electric razor
- B) Use a straight razor
- C) Only use water
- D) Do not shave at all

9. A resident is incontinent of urine. The CNA should:

- A) Scold the resident
- B) Offer assistance to the bathroom at regular intervals
- C) Ignore the accidents
- D) Reduce fluid intake

10. When feeding a bedbound patient, how should the head of the bed be positioned?

- A) Flat
- B) 10 degrees
- C) 30 to 45 degrees
- D) Lowered

11. A CNA observes another aide handling soiled linens without gloves. What should the CNA do?

- A) Ignore it

- B) Report to the nurse
- C) Correct the aide immediately
- D) Put on gloves

12. If a fire breaks out, what is the first action for a CNA?

- A) Run for help
- B) Attempt to extinguish the fire
- C) Remove residents from danger
- D) Ignore it

13. An emergency code for cardiac arrest is called. The CNA should:

- A) Start chest compressions if trained
- B) Call the family
- C) Leave the area
- D) Only observe

14. What is the best way to prevent falls at night?

- A) Turn off all lights
- B) Ensure call lights are within reach
- C) Remove bed rails
- D) Place items far from the bed

15. If a resident is found lying on the floor, what should the CNA do first?

- A) Help them up right away
- B) Call for the nurse
- C) Get a wheelchair
- D) Ignore them

16. Which is the normal oral temperature range for adults?

- A) 94–95°F
- B) 95–96°F
- C) 97.6–99.6°F
- D) 100–103°F

17. Which of the following is NOT a sign of infection?

- A) Redness

- B) Swelling
- C) Fever
- D) Clear skin

18. A blood pressure of 140/90 mmHg is considered:

- A) Normal
- B) High
- C) Low
- D) Abnormal only in children

19. When counting respirations, the CNA should:

- A) Inform the resident
- B) Count after telling the resident
- C) Act as if taking pulse
- D) Ask the resident to count

20. Radial pulse is normally measured at the:

- A) Neck
- B) Wrist
- C) Chest
- D) Ankle

21. Why is range of motion (ROM) performed?

- A) To build muscle
- B) To prevent contractures
- C) To cool down
- D) To entertain

22. When making an occupied bed, the CNA should:

- A) Ask resident to get out of bed
- B) Roll resident side-to-side
- C) Work quickly without safety
- D) Leave side rails down

23. A resident's dentures should be stored:

- A) On a napkin

- B) In tissue
- C) In labeled denture cup with water
- D) In the resident's hand

24. If a resident starts to choke while eating but can cough, the CNA should:

- A) Do Heimlich maneuver
- B) Pat back sharply
- C) Encourage coughing
- D) Give water

25. The best time to weigh a resident is:

- A) After meals
- B) At different times
- C) At the same time each day
- D) Whenever convenient

26. If a resident speaks a different language, the CNA should:

- A) Ignore the resident
- B) Use gestures and demonstrations
- C) Only speak in English
- D) Let others communicate

27. A resident refuses care. The CNA should:

- A) Force the care
- B) Respect the refusal and report to nurse
- C) Ignore the resident
- D) Leave resident untreated

28. When documenting a resident's care, the CNA should:

- A) Write after each shift
- B) Record only errors
- C) Only write when asked
- D) Record care immediately after provided

29. A resident shares a personal problem. Which action shows active listening?

- A) Ignore the story

- B) Nod and make eye contact
- C) Walk away
- D) Change the subject

30. When communicating with a hearing-impaired resident:

- A) Shout in their ear
- B) Speak clearly and face them
- C) Cover your mouth
- D) Use only written notes

31. Confidentiality means:

- A) Telling resident information to friends
- B) Not sharing resident information with unauthorized persons
- C) Speaking freely in public
- D) Only answering doctor's questions

32. Lying on a job application is an example of:

- A) Tort
- B) Malpractice
- C) Fraud
- D) Negligence

33. A CNA witnesses abuse of a resident. The first action is to:

- A) Tell friends
- B) Document
- C) Report immediately to the nurse
- D) Ignore it

34. How can a CNA ensure resident rights?

- A) Ignore requests
- B) Promote privacy and respect
- C) Share personal opinions
- D) Restrict visitors

35. If a resident's call light is not within reach, this is a violation of:

- A) Safety

- B) Resident rights
- C) CNA rights
- D) Policy

36. A resident's goal is to walk independently. The CNA should:

- A) Do everything for them
- B) Encourage self-care and assist as needed
- C) Discourage walking
- D) Ignore the plan

37. If a resident can do part of a task, the CNA should:

- A) Do it all
- B) Let them try alone
- C) Assist only as needed
- D) Refuse to help

38. Benefits of regular range of motion include:

- A) Increased weakness
- B) Maintained joint mobility
- C) Preventing weight gain
- D) Causing injury

39. The term "NPO" means:

- A) Nothing by mouth
- B) Clear liquids only
- C) Bathroom privileges
- D) Bed rest

40. Which restorative device can a CNA use safely?

- A) Restraints
- B) Mechanical lifts with training
- C) Scissors
- D) Surgical tools

41. A resident wishes to refuse a bath. The CNA should:

- A) Honor their choice and report to nurse

- B) Insist on a bath
- C) Bathe them anyway
- D) Ignore

42. Residents have a right to:

- A) Privacy
- B) No visitors
- C) No choices
- D) Withhold food

43. A resident wants to keep religious items. The CNA should:

- A) Remove them
- B) Ignore request
- C) Allow and respect
- D) Hide them

44. Who decides if a resident can refuse medication?

- A) Family
- B) Nurse
- C) Resident
- D) Physician

45. When documenting, the CNA should avoid:

- A) Exact facts
- B) Gossip
- C) Objective information
- D) Reporting to nurse

46. Depression in older adults can appear as:

- A) Sadness
- B) Withdrawal
- C) Changes in appetite
- D) All of the above

47. Appropriate response to a confused resident who wants to go home:

- A) Argue

- B) Reorient gently
- C) Ignore
- D) Send them outside

48. If a resident becomes agitated, the CNA should:

- A) Stay calm and maintain safety
- B) Restrain immediately
- C) Argue with them
- D) Ignore

49. A resident with Alzheimer's is found wandering. The CNA should:

- A) Return them to supervised area
- B) Leave them
- C) Yell at them
- D) Ignore

50. When caring for a resident with depression, it's important to:

- A) Listen and provide support
- B) Ignore feelings
- C) Scold them
- D) Avoid talking

51. When transferring a resident from bed to wheelchair:

- A) Place wheelchair at head
- B) Lock wheelchair brakes
- C) Ignore safety steps
- D) Move quickly

52. When giving perineal care, the CNA should wipe:

- A) Back to front
- B) Front to back
- C) Side to side
- D) In circles

53. If a CNA's uniform touches a sink while handwashing, they should:

- A) Do nothing

- B) Restart handwashing
- C) Ignore
- D) Dry with towel

54. If a resident is on oxygen, the CNA should:

- A) Remove nasal cannula for hours
- B) Check for skin breakdown around ears
- C) Allow smoking in room
- D) Increase flow whenever desired

55. Purpose of knowing a resident's code status:

- A) For billing
- B) To know what emergency interventions are allowed
- C) For entertainment
- D) It isn't necessary

56. The abbreviation "PRN" means:

- A) Every 4 hours
- B) As needed
- C) Before meals
- D) Always

57. Which organ is responsible for filtering waste from blood?

- A) Heart
- B) Kidney
- C) Liver
- D) Lungs

58. A diabetic resident should not have:

- A) Regular sugar intake
- B) Water
- C) Vegetables
- D) Protein

59. Before feeding a resident with dysphagia, the CNA should:

- A) Sit resident upright

- B) Feed lying down
- C) Rush feeding
- D) Skip thickened liquids

60. When writing documentation, which color ink is preferred?

- A) Pencil
- B) Blue or black
- C) Red
- D) Green

61. A resident starts to fall while ambulating. The CNA should:

- A) Hold them up at all costs
- B) Ease to the floor, protecting the head
- C) Run for help first
- D) Panic

62. An elderly patient is at risk for pressure injuries primarily due to:

- A) Poor hygiene
- B) Immobility
- C) Overeating
- D) Excessive activity

63. The CNA finds a callous on a diabetic resident's foot. What should the CNA do FIRST?

- A) Remove the callous themselves
- B) Report to the nurse
- C) Ignore it
- D) Cover with ointment

64. When transferring a resident with a weak side, the CNA should:

- A) Stand on the strong side
- B) Stand on the weak side
- C) Stand behind
- D) Stand in front

65. A resident wants information about their diagnosis. The CNA should:

- A) Explain everything

- B) Refer them to the nurse
- C) Tell them not to worry
- D) Make up answers

66. If you notice a bluish color on a resident's lips, the CNA should:

- A) Give water
- B) Call the nurse immediately
- C) Ignore
- D) Apply lotion

67. Which of the following actions helps promote dignity?

- A) Talking about residents in the hallway
- B) Knocking before entering
- C) Leaving doors open
- D) Ignoring preferences

68. When should a CNA wear gloves?

- A) Making an occupied bed
- B) Performing oral care
- C) Emptying a urinary drainage bag
- D) All of the above

69. Best way to address a resident:

- A) By their first name, if preferred
- B) By a nickname
- C) By calling out "Hey!"
- D) By room number

70. The normal range for adult pulse rate is:

- A) 40–60 bpm
- B) 60–100 bpm
- C) 100–140 bpm
- D) 120–160 bpm

END OF EXAM

Instructions for scoring: Check your answers against the answer key below. Each correct answer is worth 1 point. A passing score is typically 70% or higher (49 out of 70 questions correct).

ANSWER KEY WITH EXPLANATIONS

INFECTION CONTROL & SAFETY (Questions 1-15)

1. **A** - To prevent disease transmission (Primary purpose of handwashing)
2. **C** - When dirty or soiled (Change linens as needed for hygiene)
3. **C** - Remove the water pitcher and glass from the room (NPO = nothing by mouth)
4. **C** - Lungs (Gas exchange occurs in alveoli)
5. **B** - Frequent handwashing (Most effective infection prevention method)
6. **C** - Dress the weak arm first (Easier to manage weak limb first)
7. **B** - Every two hours (Prevents oral complications in unconscious patients)
8. **A** - Use an electric razor (Safer for patients on blood thinners)
9. **B** - Offer assistance to the bathroom at regular intervals (Promotes dignity and prevents accidents)
10. **C** - 30 to 45 degrees (Prevents aspiration during feeding)
11. **C** - Correct the aide immediately (Direct intervention for safety violation)
12. **C** - Remove residents from danger (RACE protocol: Remove, Alarm, Contain, Extinguish)
13. **A** - Start chest compressions if trained (Immediate life-saving intervention)
14. **B** - Ensure call lights are within reach (Enables residents to call for help)
15. **B** - Call for the nurse (Assess for injury before moving)

VITAL SIGNS & HEALTH MONITORING (Questions 16-25)

16. **C** - 97.6–99.6°F (Normal adult oral temperature range)
17. **D** - Clear skin (Healthy skin appearance, not a sign of infection)
18. **B** - High (140/90 is considered hypertensive)
19. **C** - Act as if taking pulse (Prevents conscious control of breathing)
20. **B** - Wrist (Radial artery location for pulse measurement)
21. **B** - To prevent contractures (Maintains joint flexibility)
22. **B** - Roll resident side-to-side (Safe method for occupied bed making)
23. **C** - In labeled denture cup with water (Prevents damage and loss)
24. **C** - Encourage coughing (If they can cough, airway is partially clear)
25. **C** - At the same time each day (Ensures accurate weight tracking)

COMMUNICATION & INTERPERSONAL SKILLS (Questions 26-35)

- 26. **B** - Use gestures and demonstrations (Non-verbal communication methods)
- 27. **B** - Respect the refusal and report to nurse (Honor patient autonomy)
- 28. **D** - Record care immediately after provided (Ensures accurate documentation)
- 29. **B** - Nod and make eye contact (Shows active listening and engagement)
- 30. **B** - Speak clearly and face them (Enables lip reading and clear communication)
- 31. **B** - Not sharing resident information with unauthorized persons (HIPAA compliance)
- 32. **C** - Fraud (Intentional deception on official documents)
- 33. **C** - Report immediately to the nurse (Mandatory reporting of suspected abuse)
- 34. **B** - Promote privacy and respect (Fundamental patient rights)
- 35. **B** - Resident rights (Right to assistance and safety)

RESTORATIVE CARE & PATIENT RIGHTS (Questions 36-50)

- 36. **B** - Encourage self-care and assist as needed (Promotes independence)
- 37. **C** - Assist only as needed (Maintains resident's abilities)
- 38. **B** - Maintained joint mobility (Key benefit of ROM exercises)
- 39. **A** - Nothing by mouth (Medical abbreviation NPO)
- 40. **B** - Mechanical lifts with training (Safe assistive device when properly trained)
- 41. **A** - Honor their choice and report to nurse (Respect patient autonomy)
- 42. **A** - Privacy (Fundamental patient right)
- 43. **C** - Allow and respect (Religious freedom and cultural sensitivity)
- 44. **C** - Resident (Patient has right to refuse treatment)
- 45. **B** - Gossip (Unprofessional and violates confidentiality)
- 46. **D** - All of the above (Depression has multiple manifestations)
- 47. **B** - Reorient gently (Therapeutic communication technique)
- 48. **A** - Stay calm and maintain safety (De-escalation approach)
- 49. **A** - Return them to supervised area (Safety intervention for confused residents)
- 50. **A** - Listen and provide support (Therapeutic communication for mental health)

CLINICAL PROCEDURES & SAFETY (Questions 51-70)

- 51. **B** - Lock wheelchair brakes (Essential safety step for transfers)
- 52. **B** - Front to back (Prevents urinary tract infections)
- 53. **B** - Restart handwashing (Contamination requires starting over)
- 54. **B** - Check for skin breakdown around ears (Monitor for pressure sores from equipment)
- 55. **B** - To know what emergency interventions are allowed (Guides appropriate care)

56. **B** - As needed (PRN = pro re nata, as circumstances require)
57. **B** - Kidney (Filters waste products from blood)
58. **A** - Regular sugar intake (Diabetics need controlled sugar intake)
59. **A** - Sit resident upright (Prevents aspiration in swallowing disorders)
60. **B** - Blue or black (Professional documentation standards)
61. **B** - Ease to the floor, protecting the head (Prevent injury during fall)
62. **B** - Immobility (Primary risk factor for pressure ulcers)
63. **B** - Report to the nurse (Diabetic foot problems require medical attention)
64. **B** - Stand on the weak side (Support the weaker side during transfer)
65. **B** - Refer them to the nurse (Medical information outside CNA scope)
66. **B** - Call the nurse immediately (Cyanosis indicates oxygen deficiency)
67. **B** - Knocking before entering (Respects privacy and dignity)
68. **D** - All of the above (Standard precautions require gloves for all these activities)
69. **A** - By their first name, if preferred (Respectful, person-centered approach)
70. **B** - 60–100 bpm (Normal adult resting heart rate range)
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SCORING GUIDE:

- 70-70 correct (100%): Excellent
- 63-69 correct (90-98%): Very Good
- 56-62 correct (80-89%): Good
- 49-55 correct (70-79%): Passing
- Below 49 correct (Below 70%): Needs Review