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CNA Knowledge Test — 2025 Edition

Practice Questions, Online Interactive Exams & Quick Reference

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SECTION 1: KNOWLEDGE TEST PRACTICE (Q&A)

What this section is:

This section gives you realistic CNA knowledge questions with four answer choices (A–D). The goal is to build content mastery and test-taking confidence before you move to the online, auto-scored practice exams.

What's covered:

Safety & Infection Control • Personal Care/ADLs • Communication & Documentation • Body Mechanics & Positioning • Vital Signs & Measurement • Elimination & I&O • Skin Integrity/Pressure Injury Prevention • Rehab/Restorative Care • Resident Rights/Ethics • Dementia & Mental Health basics • End-of-Life Care • Common Medical Terms & Abbreviations

1. What is the term for a device used to take the place of a missing body part?

- (A) Pronation
- (B) Abduction
- (C) External rotation
- (D) Prosthesis

Answer D: A **prosthesis** is an artificial device that replaces a missing body part such as a leg, arm, or eye.

2. When a client has left-sided weakness, which sleeve should be put on first when dressing?

- (A) Both sleeves together
- (B) Left sleeve
- (C) Client's choice
- (D) Right sleeve

Answer B: Always dress the **affected (weak)** side first to avoid unnecessary strain.

3. It is appropriate for a nurse aide to share information about a client's care with:

- (A) Anyone interested in the client's health
- (B) The client's family without permission
- (C) The client's roommate
- (D) The staff on the next shift

Answer D: Only share information with **authorized staff** directly involved in the client's care.

4. When helping a client recovering from a stroke to walk, the nurse aide should assist:

- (A) On the strong side
- (B) On the weak side
- (C) From behind
- (D) With a wheelchair only

Answer B: Stand and assist on the **weaker side** to provide better balance and stability.

5. The purpose of padding side rails on a bed is to:

- (A) Use them as restraints
- (B) Keep the client warm
- (C) Protect the client from injury during **seizures**
- (D) Attach call light cords

Answer C: Padding prevents **injury** in clients with seizure disorders.

6. Exercises that move each joint and muscle are called:

- (A) Adduction
- (B) Range of Motion (ROM)
- (C) Abduction
- (D) Rotation

Answer B: **Range of Motion** exercises help prevent stiffness and maintain flexibility.

7. The Heimlich maneuver is used for a client who:

- (A) Has fallen
- (B) Has a blocked airway
- (C) Has a nosebleed
- (D) Is vomiting

Answer B: The **Heimlich maneuver** dislodges an object from the airway during choking.

8. To BEST communicate with a totally deaf client, the nurse aide should:

- (A) Speak loudly
- (B) Smile and speak fast
- (C) Write out information
- (D) Avoid eye contact

Answer C: **Writing** or using gestures ensures clear communication.

9. To avoid pulling the catheter when turning a male client, the catheter should be taped to:

- (A) Bed sheet
- (B) Upper thigh
- (C) Bed frame
- (D) Hip

Answer B: Taping to the **upper thigh** prevents tension and injury to the urethra.

10. The purpose of a client's care plan is to:

- (A) Ensure everyone follows the same approach to care
- (B) Replace verbal instructions
- (C) Avoid communication
- (D) Allow nurses to work alone

Answer A: The **care plan** provides consistent, individualized care for each client.

11. When a client dies, the nurse aide should:

- (A) Remove all tubes before the nurse checks
- (B) Treat the body with **dignity and respect**
- (C) Leave the body uncovered
- (D) Rush postmortem care

Answer B: Respect and privacy must be maintained, even after death.

12. A sitting position with the head of the bed raised 45–60 degrees is called:

- (A) Prone
- (B) Supine
- (C) Lateral
- (D) **Fowler's position**

Answer D: **Fowler's position** promotes breathing and comfort during feeding or rest.

13. Wasting or decrease in muscle size is known as:

- (A) Edema
- (B) **Atrophy**
- (C) Impaction
- (D) Incontinence

Answer B: **Atrophy** occurs from lack of movement or exercise.

14. When a confused resident says there's a monster in the closet, the nurse aide should:

- (A) Laugh
- (B) Argue
- (C) Reassure and show the closet is safe
- (D) Leave the resident alone

Answer C: Calm reassurance reduces **fear and anxiety** in confused residents.

15. The best method to prevent infection spread is:

- (A) Wearing gloves only
- (B) Using disinfectants
- (C) **Proper handwashing**
- (D) Using hand sanitizer alone

Answer C: Hand hygiene is the single most effective way to prevent infections.

16. The thinning of the fatty layer under the skin in elderly clients can cause:

- (A) Loss of appetite
- (B) **Pressure sores**
- (C) Faster healing
- (D) Improved mobility

Answer B: Thin skin increases the risk of **pressure ulcers** and bruising.

17. When changing an unsterile dressing, the nurse aide should wash hands:

- (A) Before the procedure
- (B) After
- (C) Both before and after
- (D) Only before lunch

Answer C: Hand hygiene before and after prevents contamination.

18. A client in the Fowler's position is most likely:

- (A) Lying flat
- (B) Sitting upright for **respiratory support**
- (C) Turned on the side
- (D) Prone on the stomach

Answer B: Fowler's promotes lung expansion and easier breathing.

19. A sitting or semi-sitting position for feeding or breathing is known as:

- (A) Prone
- (B) **Semi-Fowler's**
- (C) Lateral
- (D) Supine

Answer B: Semi-Fowler's (30–45° elevation) is ideal for digestion and comfort.

20. The loss of control over urine or bowels is called:

- (A) Retention
- (B) Constipation
- (C) **Incontinence**
- (D) Diarrhea

Answer C: Incontinence means loss of voluntary control of elimination.

21. Edema refers to:

- (A) Swelling due to fluid retention
- (B) Loss of muscle
- (C) Poor appetite
- (D) Dehydration

Answer A: Edema results from fluid buildup in tissues, often in legs or feet.

22. When a client has impaction, it means:

- (A) Diarrhea
- (B) Hardened stool trapped in the rectum
- (C) Loss of appetite
- (D) Constipation relief

Answer B: Fecal impaction requires prompt attention to prevent bowel obstruction.

23. A contracture is caused by:

- (A) Overuse of muscles
- (B) Lack of exercise
- (C) Poor circulation
- (D) Weak bones

Answer B: Immobility causes **shortening of muscles**, leading to contractures.

24. A pressure sore is also called a:

- (A) Laceration
- (B) **Decubitus ulcer**
- (C) Rash
- (D) Infection

Answer B: Decubitus ulcers result from unrelieved pressure on the skin.

25. A client who has diabetes mellitus should have their feet checked frequently because:

- (A) They Walk more
- (B) They may not feel injuries due to **poor circulation**
- (C) They wear tight shoes
- (D) Their feet grow rapidly

Answer B: Neuropathy in diabetics can lead to unnoticed sores or infection.

26. A confused resident calls you by her daughter's name. You should:

- (A) Correct her immediately
- (B) **Talk kindly and redirect** the conversation
- (C) Ignore her
- (D) Laugh and leave

Answer B: Gentle redirection reduces confusion without embarrassment.

27. Atrophy of muscles is best prevented by:

- (A) Massage only
- (B) **Range of motion exercises**
- (C) Resting in bed
- (D) Using restraints

Answer B: Regular movement maintains muscle tone and strength.

28. The primary purpose of rehabilitation is to:

- (A) Punish bad behavior
- (B) **Restore the highest level of independence possible**
- (C) Prolong hospital stay
- (D) Keep residents still

Answer B: Rehabilitation helps regain skills and confidence after illness or injury.

29. The loss of calcium from bones can cause:

- (A) Fatigue
- (B) **Brittle bones and fractures**
- (C) Muscle gain
- (D) Appetite loss

Answer B: Osteoporosis weakens bones, increasing fracture risk.

30. Perineal care means cleaning:

- (A) The face and arms
- (B) The genital and anal area
- (C) The back and legs
- (D) The hands

Answer B: Peri-care prevents infection and maintains hygiene in private areas.

31. The purpose of ROM exercises is to:

- (A) Strengthen heart rate
- (B) Prevent stiffness and improve flexibility
- (C) Build muscles only
- (D) Increase fatigue

Answer B: Range of Motion maintains joint mobility and circulation.

32. The nurse aide should wear gloves when performing:

- (A) Oral care
- (B) Perineal care
- (C) Shaving
- (D) **All of the above**

Answer D: Gloves protect both aide and client from **body fluid exposure**.

33. A Foley catheter is used to:

- (A) Feed the client
- (B) **Drain urine from the bladder**
- (C) Collect stool
- (D) Prevent infection

Answer B: Indwelling catheters continuously drain urine into a bag.

34. Fowler's position is most helpful for clients with:

- (A) Heart failure or **respiratory difficulty**
- (B) Diarrhea
- (C) Constipation
- (D) Skin rash

Answer A: Elevating the head of the bed helps **expand the lungs**.

35. Hypotension means:

- (A) High blood pressure
- (B) **Low blood pressure**
- (C) Irregular pulse
- (D) Fainting

Answer B: Hypotension can cause dizziness and fainting if blood flow is low.

36. Tachycardia refers to:

- (A) Slow pulse
- (B) **Fast heart rate (over 100 bpm)**
- (C) Irregular breathing
- (D) Low temperature

Answer B: Tachycardia may indicate stress, fever, or medical problems.

37. Bradycardia means:

- (A) Rapid pulse
- (B) Weakness
- (C) **Slow pulse rate (below 60 bpm)**
- (D) Irregular rhythm

Answer C: Bradycardia can be normal in athletes or a sign of heart issues.

38. The medical term for difficulty swallowing is:

- (A) Dysuria
- (B) Dyspnea
- (C) **Dysphagia**
- (D) Diaphoresis

Answer C: Dysphagia increases the risk of aspiration during eating.

39. Dyspnea means:

- (A) Difficulty breathing
- (B) Chest pain
- (C) Difficulty walking
- (D) Low blood sugar

Answer A: **Dyspnea** is shortness of breath, often from lung or heart disease.

40. Cyanosis refers to:

- (A) Redness of skin
- (B) **Bluish discoloration due to lack of oxygen**
- (C) Rash
- (D) Heat injury

Answer B: **Cyanosis** signals poor oxygen circulation, seen in lips or fingertips.

41. The medical term for urination is:

- (A) **Micturition**
- (B) Defecation
- (C) Elimination
- (D) Secretion

Answer A: **Micturition** is the process of releasing urine from the bladder.

42. Incontinence care should always focus on:

- (A) **Dignity, hygiene, and skin protection**
- (B) Restriction
- (C) Punishment
- (D) Isolation

Answer A: Respect and skin care prevent **infection and embarrassment**.

43. A decubitus ulcer is caused by:

- (A) Poor nutrition
- (B) **Unrelieved pressure on the skin**
- (C) Infection only
- (D) Allergic reaction

Answer B: Pressure reduces blood flow, causing **tissue death**.

44. Peristalsis refers to:

- (A) Muscle movement that pushes food through the digestive tract
- (B) Blood flow
- (C) Respiration
- (D) Brain activity

Answer A: Peristaltic waves move food through the intestines.

45. Diaphoresis means:

- (A) Sweating
- (B) Fainting
- (C) Shivering
- (D) Fever

Answer A: Diaphoresis is excessive sweating, often linked to illness or exertion.

46. Dysuria refers to:

- (A) Painful urination
- (B) Difficulty swallowing
- (C) Lack of appetite
- (D) Constipation

Answer A: Dysuria commonly results from urinary tract infections.

47. A stoma is:

- (A) A surgical opening on the body surface
- (B) A wound
- (C) A rash
- (D) An ulcer

Answer A: Stomas, like those for colostomies, allow waste elimination through the abdomen.

48. The term hypoglycemia means:

- (A) High blood sugar
- (B) **Low blood sugar**
- (C) Dehydration
- (D) High cholesterol

Answer B: Hypoglycemia can cause dizziness, sweating, and confusion.

49. The term apnea refers to:

- (A) Temporary cessation of breathing
- (B) Fast pulse
- (C) Excess urination
- (D) Vomiting

Answer A: Apnea often occurs during sleep and requires medical evaluation.

50. Diuresis means:

- (A) Excessive urination
- (B) Decreased urination
- (C) Vomiting
- (D) Constipation

Answer A: Diuresis is increased urine production, often due to medication or illness.

51. When assisting a resident to eat, the nurse aide should:

- (A) Stand while the resident sits
- (B) Feed quickly so food doesn't get cold
- (C) Sit at eye level and talk pleasantly
- (D) Ignore the resident if they refuse food

Answer C: Sitting at eye level encourages dignity and comfort while assisting with meals.

52. When a resident's call light is on, the nurse aide should:

- (A) Wait until all tasks are done before responding
- (B) Respond promptly and ask what the resident needs
- (C) Turn off the call light immediately without checking
- (D) Wait for another aide to respond

Answer B: Always respond quickly — call lights are the resident's main way to request help.

53. Before assisting a resident into a wheelchair, the nurse aide should first:

- (A) Lock the wheelchair brakes
- (B) Lower the footrests
- (C) Ask another aide to help
- (D) Raise the bed to the highest position

Answer A: Locking the brakes ensures the wheelchair will not move during transfer.

54. When caring for a resident who is upset, the nurse aide should:

- (A) Tell the resident to calm down
- (B) Listen and show understanding

- (C) Leave the room immediately
- (D) Change the subject

Answer B: Active listening helps reduce anxiety and build trust.

55. The nurse aide is walking with a resident, and the resident begins to fall. The nurse aide should:

- (A) Try to stop the fall completely
- (B) Hold the resident up by the shoulders
- (C) Ease the resident to the floor
- (D) Run to get help

Answer C: Easing the fall protects both the resident and the aide from injury.

56. Which of the following helps prevent pressure injuries?

- (A) Turning residents every two hours
- (B) Using rough linens for friction
- (C) Keeping skin moist
- (D) Ignoring small red areas

Answer A: Frequent repositioning promotes circulation and prevents skin breakdown.

57. A resident begins to choke while eating. The nurse aide should first:

- (A) Call the nurse immediately
- (B) Begin abdominal thrusts if unable to speak or cough
- (C) Give water
- (D) Pat the back forcefully

Answer B: Perform the Heimlich maneuver only if the airway is completely blocked.

58. When communicating with a resident who is hard of hearing, the nurse aide should:

- (A) Speak directly and clearly, facing the resident
- (B) Shout loudly
- (C) Talk while turning away
- (D) Use a high-pitched tone

Answer A: Face the resident and speak slowly in a normal tone for better understanding.

59. Residents have the right to:

- (A) Make decisions about their own care
- (B) Be restrained when staff decide

- (C) Refuse visitors at all times
- (D) Keep staff from entering their rooms

Answer A: Resident rights include participation in decisions regarding care.

60. A resident is very quiet and withdrawn after lunch. The nurse aide should:

- (A) Ignore the behavior
- (B) Ask kindly if the resident wants to talk
- (C) Tell the nurse immediately without asking
- (D) Leave the resident alone all day

Answer B: Showing concern and empathy supports the resident's emotional health.

61. When performing oral care for a resident, the nurse aide should:

- (A) Use cold water only
- (B) Check the mouth for sores or bleeding
- (C) Brush only the front teeth
- (D) Skip the tongue

Answer B: Always observe for mouth changes and report anything abnormal.

62. The nurse aide can best show respect for a resident's privacy by:

- (A) Closing the curtain during care
- (B) Leaving the door open
- (C) Discussing care in the hallway
- (D) Ignoring modesty concerns

Answer A: Privacy and dignity are essential in all personal care activities.

63. When providing perineal care, the nurse aide should always:

- (A) Wash from back to front
- (B) Use the same cloth for all areas
- (C) Wash from front to back
- (D) Skip rinsing

Answer C: Cleaning front to back prevents bacteria from spreading to the urinary tract.

64. If a resident complains of chest pain, the nurse aide should:

- (A) Have the resident walk it off
- (B) Stay with the resident and call the nurse immediately
- (C) Give water

(D) Massage the chest

Answer B: Chest pain may signal a heart problem — stay and report right away.

65. When a resident is on fall precautions, the nurse aide should:

(A) Keep the bed in the highest position

(B) Remove all call lights

(C) Keep personal items within reach

(D) Turn lights off at night

Answer C: Accessibility reduces fall risk by keeping necessities nearby.

66. Which action helps control the spread of infection?

(A) Reusing gloves between residents

(B) Washing hands before and after care

(C) Wearing jewelry during care

(D) Skipping glove use

Answer B: Hand hygiene is the most effective infection control measure.

67. To properly lift an object, the nurse aide should:

(A) Bend from the waist

(B) Keep feet close together

(C) Use leg muscles and keep back straight

(D) Twist the upper body

Answer C: Proper body mechanics prevent injury and promote balance.

68. A resident's dentures should be stored:

(A) In tissue paper

(B) In a labeled container with water

(C) On the bedside table

(D) Wrapped in a towel

Answer B: Dentures must stay moist in a labeled cup to prevent warping.

69. When communicating with a resident who speaks another language, the nurse aide should:

(A) Yell loudly

(B) Use gestures, facial expressions, and simple words

(C) Pretend to understand

(D) Avoid talking to them

Answer B: Non-verbal communication helps bridge language gaps.

70. The best time to measure a resident's weight is:

(A) After eating breakfast

(B) At different times of day

(C) At the same time each day

(D) After exercise

Answer C: Consistency ensures **accurate weight tracking**.

71. When cleaning up a spill that contains blood, the nurse aide should:

(A) Use only paper towels

(B) Wear gloves and follow facility policy

(C) Mop without gloves

(D) Ignore small spills

Answer B: Standard precautions must always be used when handling body fluids.

72. The nurse aide notices a change in a resident's behavior. The best action is to:

(A) Ignore it until the next shift

(B) Report observations to the nurse

(C) Ask another aide for advice

(D) Assume it's normal

Answer B: Observation and reporting are key responsibilities in resident care.

73. When assisting a resident with ambulation using a gait belt, the aide should:

(A) Place the belt loosely around the resident's waist

(B) Hold the belt firmly from the back

(C) Walk quickly to build confidence

(D) Pull the belt tightly

Answer B: Holding the gait belt from behind maintains balance and safety.

74. What should the nurse aide do if they see another staff member verbally abusing a resident?

(A) Wait to see if it continues

(B) Report the incident immediately

(C) Talk to the aide privately later

(D) Ignore it

Answer B: All **abuse or neglect** must be reported right away to protect residents.

75. The nurse aide should always encourage residents to:

- (A) Stay in bed all day
- (B) Be as independent as possible
- (C) Avoid talking to others
- (D) Depend on staff for everything

Answer B: Promoting independence builds confidence and dignity.

76. When a resident refuses care, the nurse aide should:

- (A) Force the resident to comply
- (B) Report refusal and respect the resident's right
- (C) Ignore the refusal
- (D) Argue with the resident

Answer B: Residents have the **right to refuse** treatment or care.

77. The main goal of restorative care is to:

- (A) Maintain the highest level of function possible
- (B) Replace physical therapy
- (C) Keep residents bedridden
- (D) Focus only on exercise

Answer A: Restorative programs help residents regain and maintain abilities.

78. The nurse aide finds a resident on the floor. The first action is to:

- (A) Help them stand immediately
- (B) Call for assistance and check for injury
- (C) Leave to find a nurse
- (D) Lift them alone

Answer B: Stay with the resident and **call for help** before moving them.

79. When residents attend activities, the nurse aide should:

- (A) Encourage participation but respect refusals
- (B) Force everyone to join
- (C) Leave them unattended

(D) Skip safety checks

Answer A: Social activities promote well-being but must remain voluntary.

80. The most accurate way to measure temperature is:

(A) Oral

(B) Axillary

(C) Rectal

(D) Tympanic

Answer C: Rectal temperatures give the most precise core readings.

81. Before serving a meal tray, the nurse aide should:

(A) Feed the resident quickly

(B) Check the name tag and diet card

(C) Taste the food for safety

(D) Let another aide deliver it

Answer B: Always verify the right resident and diet before serving.

82. If a resident is on oxygen therapy, the nurse aide should:

(A) Remove the tubing to clean it

(B) Keep flames away from the oxygen

(C) Use oil-based lotion on the face

(D) Smoke outside the room

Answer B: Oxygen supports combustion — no open flames or sparks nearby.

83. A resident who is depressed says, “I don’t want to live anymore.” The nurse aide should:

(A) Ignore the comment

(B) Stay and report it immediately

(C) Tell the resident not to be silly

(D) Change the subject

Answer B: Suicidal remarks must be taken seriously and reported to the nurse at once.

84. The nurse aide should report to the nurse if a resident:

(A) Sleeps quietly

(B) Has new swelling or redness

(C) Eats all meals

(D) Smiles often

Answer B: Changes in condition such as swelling or redness may indicate infection or injury.

85. To prevent burns when bathing a resident, the nurse aide should:

- (A) Use very hot water
- (B) Test water temperature with the wrist
- (C) Ask another aide to test
- (D) Let the resident guess

Answer B: Checking with your wrist ensures safe, comfortable bath water.

86. When residents use assistive devices like canes or walkers, the aide should:

- (A) Place the device on the resident's weak side
- (B) Place it on the strong side
- (C) Remove it for safety
- (D) Hold the device for them

Answer B: Devices go on the stronger side for better balance and control.

87. The nurse aide is assigned to feed a resident who is visually impaired. The best method is:

- (A) Tell them what is on the tray and where each item is
- (B) Feed silently
- (C) Move items randomly
- (D) Refuse to feed

Answer A: Describe food placement like a clock face to promote independence.

88. When leaving a resident's room, the nurse aide should always:

- (A) Leave the call light within reach
- (B) Turn off all lights
- (C) Close the curtains tightly
- (D) Lock the door

Answer A: Call lights must be accessible to ensure resident safety.

89. To help prevent infection when removing dirty linens:

- (A) Shake them in the air
- (B) Place them in the proper linen bag
- (C) Lay them on the floor

(D) Carry them close to your uniform

Answer B: Soiled linens go **directly into designated bags** to avoid contamination.

90. If a resident becomes angry and starts shouting, the aide should:

(A) Yell back

(B) Stay calm and listen

(C) Leave immediately without explanation

(D) Call family members

Answer B: Calm communication can de-escalate emotional behavior.

91. During a fire, the nurse aide should follow RACE. The first step “R” stands for:

(A) Rescue residents in danger

(B) Run and call for help

(C) Remove equipment

(D) Respond to all alarms

Answer A: R – Rescue, then **A – Alarm**, **C – Contain**, **E – Extinguish/Evacuate**.

92. If a resident complains of pain, the aide should:

(A) Tell them to rest

(B) Report it immediately to the nurse

(C) Wait to see if it goes away

(D) Offer medication from another resident

Answer B: Pain reports must be relayed promptly for evaluation.

93. When making an occupied bed, the aide should:

(A) Keep one side rail up while turning the resident

(B) Lower both rails for comfort

(C) Leave the bed high up

(D) Remove the call light

Answer A: One side rail up ensures safety while changing linens.

94. Residents who are restrained must be checked at least every:

(A) Hour

(B) Two hours

(C) Four hours

(D) Eight hours

Answer B: Restraints require frequent checks and repositioning every two hours.

95. A resident begins coughing violently while drinking. The aide should:

- (A) Stop feeding and report to the nurse
- (B) Pat their back forcefully
- (C) Give more liquid
- (D) Ignore it

Answer A: Coughing during meals may indicate aspiration risk and must be reported.

96. A resident's right to confidentiality means:

- (A) Staff can discuss care only with those involved
- (B) Family can access all information
- (C) Anyone can ask about conditions
- (D) The resident loses privacy in care

Answer A: Confidentiality protects personal health information.

97. When caring for residents with dementia, the aide should:

- (A) Argue to correct confusion
- (B) Speak calmly using short, clear phrases
- (C) Shout to get attention
- (D) Leave them alone

Answer B: Simple, calm communication reduces agitation.

98. Before assisting a resident to stand, the aide should:

- (A) Ensure non-skid footwear is on
- (B) Let the resident stand barefoot
- (C) Remove shoes to check feet
- (D) Ask them to jump up quickly

Answer A: Non-skid shoes prevent slips and falls during transfers.

99. When collecting a urine specimen, the aide should:

- (A) Label the container after sending
- (B) Label it immediately and deliver promptly
- (C) Leave it in the bathroom

(D) Use any unmarked cup

Answer B: Proper **labeling and timely delivery** ensure accurate testing.

100. The most important reason to keep accurate records is to:

- (A) Protect the facility legally
- (B) Provide clear communication for quality care
- (C) Keep staff busy
- (D) Meet inspection standards

Answer B: Documentation ensures safe, consistent care for all residents.

101. When a resident's family visits during care, the nurse aide should:

- (A) Stop care immediately and leave
- (B) Continue care without acknowledgment
- (C) Greet them politely and offer privacy
- (D) Ask them to leave the room right away

Answer C: Courtesy and privacy help families feel welcome and maintain dignity.

102. A resident's roommate asks about the resident's medical condition. The aide should:

- (A) Explain the condition briefly
- (B) Tell them to ask the nurse
- (C) Share general information
- (D) Ignore them

Answer B: Only **authorized staff** may share medical information — protect confidentiality.

103. When performing mouth care for an unconscious resident, the nurse aide should:

- (A) Turn the resident on the side
- (B) Place the resident flat on their back
- (C) Leave the mouth open
- (D) Use large amounts of water

Answer A: Turning the resident **sideways** prevents aspiration during oral care.

104. A resident with diabetes complains of dizziness and sweating. The nurse aide should:

- (A) Give candy if allowed and notify the nurse
- (B) Offer water
- (C) Have them lie down quietly
- (D) Ignore it

Answer A: These signs may indicate **low blood sugar (hypoglycemia)** — act quickly.

105. When the nurse aide notices a reddened area on a resident's lower back, they should:

- (A) Rub it firmly to restore color
- (B) Report it to the nurse immediately
- (C) Apply lotion without telling anyone
- (D) Ignore it if small

Answer B: Early reporting prevents **pressure ulcers** from worsening.

106. When using a transfer belt (gait belt), the nurse aide should:

- (A) Fasten it loosely for comfort
- (B) Place it over clothing, not bare skin
- (C) Hold it at the side, not the back
- (D) Avoid using it for heavy residents

Answer B: A **gait belt** must go over clothing for comfort and safety.

107. The nurse aide should use alcohol-based hand rub:

- (A) Only before lunch
- (B) When hands are not visibly soiled
- (C) After handling clean laundry
- (D) Only once a day

Answer B: Hand rub is used when **hands are not visibly dirty** to reduce germs quickly.

108. If a resident refuses a bath, the aide should:

- (A) Respect the choice and report it
- (B) Insist for hygiene reasons
- (C) Skip reporting
- (D) Leave soap in the bed

Answer A: **Resident autonomy** includes the right to refuse care.

109. A nurse aide is cleaning the dentures of a resident. The correct action is to:

- (A) Use hot water
- (B) Use cool water over a towel-lined sink
- (C) Use bleach water
- (D) Hold dentures tightly

Answer B: A **towel or basin** prevents damage if dentures are dropped.

110. When entering a resident's room, the aide should first:

- (A) Start care immediately
- (B) Knock and wait for permission
- (C) Call out loudly
- (D) Walk in quietly

Answer B: Knocking respects the resident's privacy and dignity.

111. When emptying a urinary drainage bag, the aide should:

- (A) Let it drain into any sink
- (B) Record the amount and empty into a clean container
- (C) Rinse it with soap
- (D) Leave it half-full

Answer B: Measure, empty, and record output to monitor kidney function.

112. When making an occupied bed, the nurse aide should:

- (A) Raise side rails on the far side
- (B) Remove all linens at once
- (C) Keep the bed high throughout
- (D) Work without assistance

Answer A: Side rail up ensures safety while turning the resident.

113. A resident with arthritis may need assistance with:

- (A) Breathing
- (B) **Joint movement and dressing**
- (C) Talking
- (D) Eating

Answer B: Arthritis limits mobility; patience and support are required during dressing.

114. To prevent residents from choking, food should be:

- (A) Cut into small pieces and served slowly
- (B) Eaten quickly
- (C) Given while lying flat
- (D) Dry without liquids

Answer A: Small bites and upright posture reduce aspiration risk.

115. A resident is crying during morning care. The nurse aide should:

- (A) Ignore and continue care
- (B) Stop and offer comfort
- (C) Scold the resident
- (D) Call another aide immediately

Answer B: Empathy and patience help meet emotional needs.

116. The safest way to identify a resident before care is:

- (A) Ask another staff member
- (B) Call them by name and check ID band or name plate
- (C) Ask family
- (D) Look at the bed number

Answer B: Always verify identity before giving care or medications.

117. When assisting with toileting, the nurse aide should:

- (A) Leave the call light out of reach
- (B) Provide privacy and safety
- (C) Rush the process
- (D) Keep the door open

Answer B: Privacy and dignity encourage comfort and cooperation.

118. When handling clean and dirty linens, the aide should:

- (A) Carry both at once
- (B) Keep them separate at all times
- (C) Lay dirty linens on a clean bed
- (D) Store both in one container

Answer B: Separation prevents cross-contamination.

119. The nurse aide observes a resident hoarding food. The best response is to:

- (A) Scold them
- (B) Report it to the nurse
- (C) Take the food away silently
- (D) Ignore it

Answer B: Hoarding may indicate fear or confusion — must be reported.

120. When a resident with dementia becomes combative, the aide should:

- (A) Leave the room and slam the door
- (B) Speak calmly and give space
- (C) Argue to correct behavior
- (D) Call family immediately

Answer B: Calm tone and distance prevent escalation.

121. When taking a rectal temperature, the aide should:

- (A) Insert the thermometer quickly
- (B) Lubricate and hold it in place carefully
- (C) Use the same thermometer for oral use
- (D) Leave the room

Answer B: Lubrication prevents injury to delicate rectal tissue.

122. The most important reason to keep accurate intake and output records is:

- (A) To monitor fluid balance
- (B) To help billing
- (C) For decoration
- (D) To fill out forms

Answer A: Intake/output helps detect dehydration or fluid overload.

123. When assisting with feeding, if a resident starts coughing continuously, the aide should:

- (A) Stop feeding and notify the nurse
- (B) Continue until finished
- (C) Give more liquids
- (D) Wait until later

Answer A: Coughing can signal choking or aspiration risk.

124. The nurse aide notices a bruise on a resident's arm. The aide should:

- (A) Ask the resident what happened and report to the nurse
- (B) Ignore it
- (C) Cover it up
- (D) Wait for family

Answer A: Unexplained bruises may indicate abuse and must be reported.

125. Which of the following promotes good communication?

- (A) Interrupting frequently
- (B) Maintaining eye contact and listening
- (C) Talking rapidly
- (D) Ignoring questions

Answer B: Active listening builds trust and understanding.

126. The nurse aide is helping a resident use the commode. What should they do after?

- (A) Rinse and store it properly
- (B) Leave it for the next shift
- (C) Dump it in the sink
- (D) Skip cleaning if no stool

Answer A: Proper sanitation prevents odor and infection.

127. When assisting with bathing, the nurse aide should:

- (A) Keep the resident covered for warmth and modesty
- (B) Leave the curtain open
- (C) Rush the procedure
- (D) Use only cold water

Answer A: Privacy and comfort are top priorities during personal care.

128. The main purpose of nail care is to:

- (A) Decorate nails
- (B) Prevent infection and promote comfort
- (C) Shorten nails only
- (D) Clean jewelry

Answer B: Clean nails help reduce germs and improve hygiene.

129. The first step when cleaning a resident's eyeglasses is to:

- (A) Rinse with cool water
- (B) Use hot water and soap
- (C) Dry them with tissue
- (D) Use an alcohol wipe

Answer A: Cool water rinse removes debris without scratching lenses.

130. When assisting a resident to stand after sitting for a long time, the aide should:

- (A) Pull them quickly
- (B) Let them dangle legs before standing
- (C) Lift alone immediately
- (D) Ask them to jump up

Answer B: Dangling legs prevents dizziness and falls.

131. The nurse aide finds a resident smoking in the bathroom. The aide should:

- (A) Take the cigarette and scold
- (B) Report it to the nurse immediately
- (C) Allow them to finish
- (D) Remove smoke detectors

Answer B: Smoking in restricted areas is a fire hazard — report at once.

132. When handling a resident's valuables, the aide should:

- (A) Keep them safe in the aide's locker
- (B) Document and hand them to the nurse
- (C) Leave them by the bed
- (D) Take them home for safekeeping

Answer B: Always document and secure valuables per facility policy.

133. A resident is worried about their upcoming surgery. The nurse aide should:

- (A) Change the subject
- (B) Listen and provide reassurance
- (C) Tell them not to worry
- (D) Give medical advice

Answer B: Empathetic listening helps reduce anxiety.

134. When changing a resident's position, proper body mechanics include:

- (A) Keeping back bent
- (B) Using legs, not back
- (C) Twisting the waist
- (D) Reaching far over the bed

Answer B: Leg muscles are stronger and prevent back injuries.

135. When assisting a resident to walk after surgery, the nurse aide should:

- (A) Walk behind using a gait belt
- (B) Hold their hand
- (C) Pull them forward
- (D) Push from behind

Answer A: Support from behind ensures balance and safety.

136. A resident reports hearing voices that others don't. The aide should:

- (A) Argue that it's not real
- (B) Stay calm, listen, and report
- (C) Leave them alone
- (D) Make fun of them

Answer B: Hallucinations require calm reassurance and prompt reporting.

137. During a fire drill, the aide should:

- (A) Panic and run
- (B) Follow the facility fire plan
- (C) Leave residents unattended
- (D) Wait outside the building

Answer B: Always follow **RACE and PASS** fire safety procedures.

138. The nurse aide is documenting care. Documentation should be:

- (A) Completed promptly and accurately
- (B) Done at the end of the month
- (C) Guess-based
- (D) Written in pencil

Answer A: Timely and factual documentation ensures care continuity.

139. Which of the following is a sign of infection?

- (A) Pale skin and sleepiness
- (B) **Fever, redness, or swelling**
- (C) Shivering only
- (D) Low heart rate

Answer B: Classic signs of **infection** include heat, redness, and fever.

140. If a resident accidentally soils the floor, the aide should:

- (A) Leave it for housekeeping
- (B) Clean and disinfect immediately
- (C) Cover it and ignore
- (D) Blame the resident

Answer B: Immediate cleaning prevents falls and infection.

141. When transferring a resident from bed to chair:

- (A) Position the chair on the resident's strong side
- (B) Always pull on the arms
- (C) Keep bed at the highest level
- (D) Skip the gait belt

Answer A: Placing the chair on the **strong side** makes transfers easier.

142. A confused resident tries to leave the facility. The aide should:

- (A) Lock them in the room
- (B) Stay calm and redirect
- (C) Call the police
- (D) Shout for help

Answer B: Gentle redirection protects safety without confrontation.

143. When serving hot liquids to a resident:

- (A) Fill cups to the top
- (B) Test temperature first
- (C) Serve quickly without checking
- (D) Use metal cups

Answer B: Always **check temperature** to prevent burns.

144. A resident is crying after a phone call. The nurse aide should:

- (A) Offer comfort and a listening ear
- (B) Leave quietly
- (C) Tell them to stop crying
- (D) Close the door and walk out

Answer A: Emotional support is part of holistic care.

145. A nurse aide overhears another aide calling a resident names. The aide should:

- (A) Report it immediately to the nurse
- (B) Ignore it
- (C) Join in
- (D) Warn the aide privately only

Answer A: Verbal abuse is reportable and must be stopped immediately.

146. The aide should report a pulse rate of:

- (A) 76
- (B) 88
- (C) 42
- (D) 72

Answer C: A pulse below 60 (**bradycardia**) should be reported.

147. The safest temperature for bath water is about:

- (A) 90°F
- (B) **105°F (comfortable warm)**
- (C) 120°F
- (D) 70°F

Answer B: Water that's **comfortably warm** prevents burns or chills.

148. Before feeding a resident, the aide should:

- (A) Wash hands and check meal card
- (B) Sit resident upright
- (C) Provide dentures if needed
- (D) **All of the above**

Answer D: Safe feeding requires **hygiene, positioning, and preparation**.

149. The nurse aide can help promote sleep by:

- (A) Offering caffeine
- (B) Keeping the environment quiet and dim
- (C) Talking loudly
- (D) Leaving bright lights on

Answer B: **Calm and quiet** surroundings encourage rest.

150. The first thing to do if a resident shows sign of stroke is:

- (A) Give food
- (B) Notify the nurse immediately
- (C) Massage their limbs
- (D) Wait and observe longer

Answer B: **Stroke symptoms** (slurred speech, drooping face) are emergencies — report instantly.

151. The nurse aide should wash their hands for at least:

- (A) 5 seconds
- (B) 10 seconds
- (C) **20 seconds**
- (D) 40 seconds

Answer C: Scrubbing for **at least 20 seconds** removes germs effectively.

152. Before moving a resident up in bed, the aide should:

- (A) Ask the resident to hold the side rails
- (B) Lower the head of the bed
- (C) Raise the bed to a comfortable height
- (D) **All of the above**

Answer D: Adjusting the bed and using teamwork prevents injury.

153. When a resident is on a special fluid restriction, the aide should:

- (A) Offer extra water
- (B) **Record all fluids given and refused**
- (C) Allow them to drink as desired
- (D) Encourage juices

Answer B: Monitoring **intake** helps prevent overhydration and heart strain.

154. When leaving a resident in bed after care, the aide should always:

- (A) Lower the bed to its lowest position
- (B) Remove the call light
- (C) Raise all rails
- (D) Leave clutter nearby

Answer A: Lowering the bed reduces **fall risk**.

155. When positioning a resident on their side, the aide should:

- (A) Keep the lower arm under the body

- (B) Place pillows for support between knees and behind back
- (C) Pull the resident quickly
- (D) Keep head flat

Answer B: Proper **body alignment** prevents pressure and promotes comfort.

156. During mealtime, a resident says they dislike their food. The aide should:

- (A) Insist they eat anyway
- (B) Report the comment to the nurse or dietary staff
- (C) Throw it away
- (D) Tell them not to complain

Answer B: Reporting **preferences or refusals** supports individualized care.

157. If a resident is having a seizure, the aide should:

- (A) Restrain the resident
- (B) Place something in the mouth
- (C) Protect the head and clear the area
- (D) Leave to find a nurse

Answer C: Safety first — prevent injury and stay until seizure ends.

158. The nurse aide's role in an emergency includes:

- (A) Starting treatment independently
- (B) **Staying calm and notifying the nurse immediately**
- (C) Calling family first
- (D) Documenting later only

Answer B: Quick **communication** saves lives.

159. When taking vital signs, the aide should:

- (A) Estimate the numbers
- (B) Record immediately after measuring
- (C) Report only abnormal ones
- (D) Wait until shift end

Answer B: Document **immediately** to ensure accuracy.

160. When caring for a resident who is dying, the nurse aide should:

- (A) Avoid the resident
- (B) Offer comfort and dignity

- (C) Pretend nothing is happening
- (D) Speak loudly

Answer B: Compassionate presence provides emotional peace.

161. The best way to prevent the spread of infection is to:

- (A) Use the same gloves for all residents
- (B) **Wash hands before and after each contact**
- (C) Wear perfume
- (D) Change uniforms weekly

Answer B: Hand hygiene is the foundation of infection control.

162. When providing care, the aide notices a change in the resident's breathing. The aide should:

- (A) Ignore it
- (B) **Report it immediately**
- (C) Wait to see if it improves
- (D) Ask another aide

Answer B: Any change in **breathing pattern** may indicate a serious condition.

163. To help a resident who is unsteady while walking:

- (A) Hold them by one arm
- (B) Walk beside and slightly behind with a gait belt
- (C) Push from behind
- (D) Pull them forward

Answer B: Support and balance are safest from the side and slightly behind.

164. The best way to communicate with a confused resident is to:

- (A) Speak loudly
- (B) Give short, simple directions
- (C) Use complex medical terms
- (D) Argue to correct confusion

Answer B: Clear, calm language reduces anxiety and confusion.

165. To protect residents from injury during transfers:

- (A) Use proper body mechanics
- (B) Move quickly

- (C) Avoid using gait belts
- (D) Twist while lifting

Answer A: Good posture and controlled movement protect both aide and resident.

166. The nurse aide is responsible for reporting:

- (A) Only major changes
- (B) **Any change from normal behavior or condition**
- (C) What family says only
- (D) Nothing unless asked

Answer B: Accurate reporting helps detect problems early.

167. When a resident complains of thirst but has a fluid restriction order:

- (A) Give small sips secretly
- (B) **Explain gently and report request to nurse**
- (C) Ignore the request
- (D) Offer any fluid desired

Answer B: Respectful communication preserves trust and safety.

168. When caring for a resident with Alzheimer's disease:

- (A) Provide calm routines and patience
- (B) Scold them for mistakes
- (C) Give multiple directions at once
- (D) Change schedules daily

Answer A: Consistency helps reduce confusion and agitation.

169. If a resident starts to fall while walking, the aide should:

- (A) Try to catch them upright
- (B) **Ease them down to the floor**
- (C) Leave them standing
- (D) Shout for help only

Answer B: Controlled lowering prevents injury.

170. When a resident's clothes are soiled, the aide should:

- (A) Hide the stain
- (B) Change clothing promptly and ensure comfort
- (C) Wait until family visits

(D) Discard the outfit without permission

Answer B: Clean, dry clothing prevents skin problems and preserves dignity.

171. If a resident's tray includes food prohibited by their diet, the aide should:

(A) Remove the food and notify the nurse

(B) Let them eat it

(C) Replace it silently

(D) Ignore it

Answer A: Ensuring diet accuracy prevents medical complications.

172. When collecting a stool specimen, the aide should:

(A) Use a clean, dry container

(B) Mix with urine

(C) Flush it first

(D) Use tissue to handle it

Answer A: A dry, clean container ensures test accuracy.

173. The nurse aide's role in care planning is to:

(A) Write the care plan

(B) Follow and report changes to help update the plan

(C) Approve the physician's notes

(D) Ignore the plan

Answer B: Aides provide daily observations essential for care plan updates.

174. A resident tells the aide that a staff member took their money. The aide should:

(A) Promise to get it back

(B) **Report the allegation immediately**

(C) Wait until proof is found

(D) Ask other residents

Answer B: Abuse or theft reports must be made immediately.

175. When lifting heavy objects, the aide should:

(A) Keep legs straight

(B) **Bend knees and keep back straight**

(C) Use arms only

(D) Twist the waist

Answer B: Leg muscles provide safe, stable lifting power.

176. If a resident becomes unconscious while eating, the aide should:

- (A) Leave to find the nurse
- (B) Start CPR if trained and call for help
- (C) Try to pour water down the throat
- (D) Sit them upright

Answer B: Follow **emergency protocol** — call for help and start CPR if certified.

177. The best way to encourage a resident's independence is to:

- (A) Do everything for them
- (B) **Allow them to do as much as safely possible**
- (C) Rush through tasks
- (D) Avoid teaching

Answer B: Promoting **independence** boosts confidence and skill.

178. When cleaning the perineal area for a female resident, always:

- (A) Wipe back to front
- (B) **Wipe front to back**
- (C) Use one cloth for all areas
- (D) Skip rinsing

Answer B: Prevents infection by avoiding contamination.

179. When recording output, the aide should include:

- (A) Vomit and urine
- (B) Perspiration only
- (C) Food intake
- (D) Medications

Answer A: **Urine, vomit, or drainage** are counted as output.

180. A resident says, "I feel useless." The aide should:

- (A) Agree
- (B) **Listen and reassure the resident of their value**
- (C) Change subject

(D) Laugh to lighten the mood

Answer B: Emotional support strengthens mental well-being.

181. The nurse aide's responsibility in postmortem care includes:

(A) Preparing the body respectfully

(B) Removing all tubes

(C) Calling the family

(D) Making funeral arrangements

Answer A: Dignified postmortem care honors the resident.

182. The nurse aide can reduce odors in a resident's room by:

(A) Using strong perfume

(B) Opening windows and removing soiled items promptly

(C) Spraying air freshener only

(D) Ignoring it

Answer B: Clean, ventilated environments maintain **comfort and hygiene**.

183. A resident asks to see their medical record. The aide should:

(A) Refuse

(B) **Refer to the nurse or charge nurse**

(C) Hand it over immediately

(D) Ignore the request

Answer B: Residents have a right to access records through proper channels.

184. To promote dignity during toileting, the aide should:

(A) Close doors and curtains

(B) Talk about the resident to others

(C) Rush the process

(D) Leave the door open

Answer A: Privacy and respect promote dignity.

185. If a resident starts crying suddenly during care:

(A) Stop, listen, and ask what's wrong

(B) Tell them to cheer up

(C) Ignore it

(D) Leave quietly

Answer A: Active listening shows care and compassion.

186. When preparing to shave a male resident:

(A) Use the same razor for all residents

(B) Soften beard with warm water

(C) Shave against hair growth

(D) Skip rinsing

Answer B: Softening prevents cuts and irritation.

187. A resident says they don't want breakfast. The aide should:

(A) Force-feed

(B) Respect the choice and report

(C) Insist

(D) Threaten loss of privileges

Answer B: Residents have the right to refuse meals.

188. The aide should report which of the following immediately?

(A) Resident watching TV

(B) **Resident has new difficulty breathing**

(C) Resident sleeping quietly

(D) Resident talking to visitors

Answer B: Breathing difficulty is a medical emergency.

189. When handling a resident's personal items:

(A) Mix with others' belongings

(B) **Handle gently and respect ownership**

(C) Throw away extras

(D) Use them for another resident

Answer B: Respecting property maintains trust and dignity.

190. The nurse aide's first duty in an emergency is to:

(A) Stay calm and ensure resident safety

(B) Run for the nurse

(C) Shout for help first

(D) Leave the area

Answer A: Calm, safe action ensures control in emergencies.

191. If a resident complains that another staff member was rough during care, the aide should:

(A) Ignore it

(B) **Report it immediately to the nurse**

(C) Ask other staff to confirm

(D) Confront the staff member

Answer B: All complaints of abuse must be reported promptly.

192. To prevent infection during catheter care, the aide should:

(A) Wipe toward the body

(B) **Wipe away from the urethra**

(C) Use cold water

(D) Skip cleaning

Answer B: Cleaning away from the body prevents bacteria entry.

193. When transferring a resident with one-sided weakness:

(A) Lead with the weak side

(B) **Support the weak side and encourage movement of the strong side**

(C) Use no support

(D) Pull quickly

Answer B: Supporting weak side maintains balance and safety.

194. The aide should report if a resident with diabetes:

(A) Eats a snack

(B) **Refuses to eat meals**

(C) Drinks water

(D) Sleeps after lunch

Answer B: Missed meals can cause dangerous blood sugar drops.

195. Which statement about residents' rights is true?

(A) They can refuse treatment

(B) They cannot make their own choices

(C) Only family decides

(D) Staff decide everything

Answer A: Autonomy allows residents to make personal decisions.

196. The nurse aide finds a resident crying softly. The aide should:

(A) Ask gently if they'd like to talk

(B) Ignore it

(C) Leave immediately

(D) Tell them to stop crying

Answer A: Compassionate listening promotes emotional comfort.

197. If a resident reports pain while walking, the aide should:

(A) Encourage them to continue

(B) **Stop and report the pain**

(C) Wait until later

(D) Rub the area without permission

Answer B: Pain may indicate injury or strain — always report.

198. When a resident complains of being cold, the aide should:

(A) Ignore it

(B) Offer a blanket and adjust temperature

(C) Tell them it's warm enough

(D) Open a window

Answer B: Comfort measures like blankets maintain resident well-being.

199. When a resident has poor vision, the aide should:

(A) Leave obstacles on the floor

(B) **Keep pathways clear and items in familiar places**

(C) Rearrange furniture often

(D) Turn off lights

Answer B: Safe, consistent layout supports independence and safety.

200. At the end of the shift, the aide must:

(A) Leave without saying anything

(B) **Report all observations and completed care to the nurse**

(C) Wait for the next shift to find out

(D) Skip documentation

Answer B: **End-of-shift reporting** ensures continuity and quality of care.

201. Which body part is used to measure a radial pulse?

(A) Neck

(B) Wrist

(C) Groin

(D) Chest

Answer B: The **radial pulse** is found on the **thumb side of the wrist** and is commonly used to measure **pulse rate**.

202. The best way to check a resident's temperature using an electronic thermometer is to:

(A) Hold under the armpit for 5 seconds

(B) Place under the tongue until it beeps

(C) Hold near the forehead

(D) Place in ear for 3 minutes

Answer B: **Oral thermometers** are placed **under the tongue** and **beep** when the reading is complete.

203. What should a CNA do first when finding a resident lying on the floor?

(A) Move them to bed

(B) Call for help

(C) Check pulse

(D) Apply a warm compress

Answer B: Always **call for help immediately** to ensure proper **assistance and safety**.

204. When washing hands, the aide should rub for at least:

(A) 5 seconds

(B) 10 seconds

(C) 20 seconds

(D) 60 seconds

Answer C: Scrubbing for at least **20 seconds** effectively removes **germs** and prevents **infection**.

205. Blood pressure is measured in:

(A) Pounds

(B) Inches

(C) Millimeters of mercury (mmHg)

(D) Degrees

Answer **C**: **Blood pressure** readings are measured in **millimeters of mercury (mmHg)**.

206. The normal range for oral temperature is:

(A) 96.0°F–97.0°F

(B) 97.6°F–99.6°F

(C) 100°F–101°F

(D) 99.0°F–100.9°F

Answer **B**: A **normal oral temperature** ranges from **97.6°F to 99.6°F**.

207. A CNA records output of urine in:

(A) Grams

(B) Cups

(C) Milliliters (mL)

(D) Ounces

Answer **C**: **Fluid output** is measured in **milliliters (mL)** for **accuracy and consistency**.

208. When transferring a resident from bed to wheelchair:

(A) Keep the bed raised

(B) Lock the wheelchair

(C) Pull the resident quickly

(D) Use one hand only

Answer **B**: Always **lock the wheelchair** before transfer to ensure **safety**.

209. Pressure ulcers are most likely to develop:

(A) On the arms

(B) Over bony areas

(C) On the forehead

(D) Behind the knees

Answer **B**: **Pressure sores** form where **bones press against the skin**, such as **heels or hips**.

210. A CNA should record 1200 mL of output as:

(A) 1.2 L

(B) 120 L

(C) 12 L

(D) 0.12 L

Answer **A**: **1000 milliliters** equal **1 liter**, so **1200 mL = 1.2 liters**.

211. When communicating with a resident who is hard of hearing, the aide should:

- (A) Speak loudly
- (B) Face the resident and speak clearly
- (C) Whisper slowly
- (D) Shout from a distance

Answer **B**: **Facing the resident** and speaking **clearly** improves **understanding** and **comfort**.

212. When a resident refuses a bath, the aide should:

- (A) Insist
- (B) Report immediately
- (C) Ask why and offer alternatives
- (D) Ignore the refusal

Answer **C**: Respecting **resident choice** and offering **alternatives** maintains **dignity**.

213. To clarify an instruction from the nurse, the aide should:

- (A) Do what seems right
- (B) Ask for repetition
- (C) Call another aide
- (D) Skip the task

Answer **B**: Asking for **clarification** avoids **mistakes** and ensures **safe care**.

214. A resident with dementia becomes agitated. The best response is to:

- (A) Argue
- (B) Calmly redirect
- (C) Leave the room
- (D) Restrain

Answer **B**: **Redirection** helps **calm agitation** and prevent **escalation**.

215. Confidential information should be shared only with:

- (A) Family members
- (B) Friends
- (C) Authorized staff
- (D) Visitors

Answer **C**: Sharing only with **authorized staff** protects **resident privacy**.

216. Active listening includes:

- (A) Interrupting
- (B) Nodding and repeating key points
- (C) Changing the topic
- (D) Avoiding eye contact

Answer **B**: **Active listening** shows **understanding** and builds **trust**.

217. When documenting care, the aide should:

- (A) Record before the task
- (B) Record after completion
- (C) Guess if unsure
- (D) Leave blanks

Answer **B**: Documentation should be done **after tasks** to ensure **accuracy**.

218. Nonverbal communication includes:

- (A) Writing
- (B) Gestures and facial expressions
- (C) Speaking
- (D) Telephone calls

Answer **B**: **Body language** and **facial expressions** convey **feelings** and **intent**.

219. A CNA should not discuss a resident's care in:

- (A) The nurse's office
- (B) The hallway
- (C) The report room
- (D) During handoff

Answer **B**: Discussing care in **public areas** violates **confidentiality**.

220. When talking to a blind resident, the aide should:

- (A) Yell loudly
- (B) Identify themselves and explain each step
- (C) Stay silent
- (D) Hold their hand without warning

Answer **B**: **Identifying oneself** and **explaining actions** helps reduce **fear** and **confusion**.

221. Standard precautions mean:

- (A) Treating all body fluids as infectious
- (B) Wearing gloves only for HIV patients
- (C) Avoiding all contact
- (D) Using masks only during flu season

Answer **A**: **Standard precautions** assume **all body fluids** may carry **infection**.

222. Proper handwashing includes:

- (A) Using fingertips downward
- (B) Keeping hands upright
- (C) Using cold water only
- (D) Avoiding soap

Answer **A**: Keeping **fingertips downward** prevents contaminated water from reaching the arms.

223. The safest way to prevent falls is to:

- (A) Keep walkways cluttered
- (B) Encourage non-slip footwear
- (C) Raise bed rails always
- (D) Avoid assisting residents

Answer **B**: **Non-slip shoes** and **clear pathways** help prevent **falls**.

224. When handling sharps, CNAs should:

- (A) Recap needles
- (B) Dispose in puncture-resistant containers
- (C) Place in trash bin
- (D) Wash and reuse

Answer **B**: Use **sharps containers** to prevent **needlestick injuries**.

225. When giving a bed bath, always:

- (A) Leave the resident uncovered
- (B) Wash from clean to dirty areas
- (C) Use cold water
- (D) Skip the face

Answer **B**: Washing from **clean to dirty areas** prevents spreading **germs** and promotes **hygiene**.

226. Perineal care should be done:

- (A) From back to front
- (B) From front to back
- (C) Circular motions
- (D) Dry only

Answer **B**: Cleaning **front to back** prevents **urinary tract infections (UTIs)**.

227. Nail care should not be done for:

- (A) Ambulatory residents
- (B) Diabetic residents
- (C) Long-term residents
- (D) Female residents

Answer **B**: **Diabetic residents** have **poor circulation**, increasing the **risk of injury**.

228. Hair care promotes:

- (A) Sleep
- (B) Self-esteem and hygiene
- (C) Pain relief
- (D) Immunity

Answer **B**: **Clean, well-groomed hair** improves **comfort** and **confidence**.

229. A resident crying after family visit may need:

- (A) Ignoring
- (B) Emotional support
- (C) Medication
- (D) Solitude only

Answer **B**: Providing **comfort** and **emotional support** helps **relieve distress**.

230. Residents with dementia need:

- (A) Simple, routine schedules
- (B) Changing routines often
- (C) Complicated instructions
- (D) No activities

Answer **A**: **Routine** and **consistency** provide **comfort** and **reduce confusion**.

231. A CNA works under:

- (A) The doctor
- (B) The nurse

- (C) The director
- (D) Family member

Answer **B**: CNAs report to **licensed nurses** and assist with **direct care**.

232. When a CNA suspects abuse:

- (A) Keep quiet
- (B) Report to nurse immediately
- (C) Wait for proof
- (D) Confront abuser

Answer **B**: CNAs are **mandated reporters** and must **report suspected abuse** immediately.

233. When asked to perform a task not trained for, the aide should:

- (A) Try anyway
- (B) Refuse and report
- (C) Ask another CNA
- (D) Guess

Answer **B**: Performing **untrained tasks** violates **scope of practice** and **safety policies**.

234. The resident's chart is:

- (A) A legal document
- (B) For decoration
- (C) Trash after discharge
- (D) Public record

Answer **A**: The **resident's chart** is a **legal document** that records **all care and observations**.

235. Ethical behavior means:

- (A) Doing what is right
- (B) Hiding mistakes
- (C) Following friends
- (D) Ignoring laws

Answer **A**: **Ethical behavior** reflects **honesty, professionalism, and integrity** in care.

236. A CNA should attend in-service training to:

- (A) Get promoted
- (B) Stay competent
- (C) Replace nurses

(D) Earn bonuses

Answer **B**: **In-service training** helps CNAs **maintain skills** and **certification requirements**.

237. Abuse can be:

- (A) Physical, emotional, or verbal
- (B) Only physical
- (C) Always intentional
- (D) Never verbal

Answer **A**: **Abuse** includes **physical, emotional, sexual, or verbal** harm to a resident.

238. Before leaving a resident's room, the aide should always:

- (A) Leave bed high
- (B) Ensure call light is within reach
- (C) Turn off lights
- (D) Remove side rails

Answer **B**: Ensuring the **call light** is **within reach** promotes **safety** and **independence**.

239. The best site for taking an apical pulse is the:

- (A) Neck
- (B) Left chest, over the heart
- (C) Wrist
- (D) Groin

Answer **B**: The **apical pulse** is taken using a **stethoscope** placed over the **apex of the heart**.

240. A normal adult respiration rate per minute is:

- (A) 10–12
- (B) 12–20
- (C) 20–25
- (D) 25–30

Answer **B**: A normal **respiration rate** for adults is **12–20 breaths per minute**.

241. Cyanosis means:

- (A) Red skin
- (B) Bluish discoloration due to lack of oxygen
- (C) Pale skin

(D) Sweating

Answer **B: Cyanosis** is a **bluish discoloration** of the skin caused by **low oxygen levels**.

242. Tachycardia means:

(A) Rapid heart rate

(B) Slow pulse

(C) Irregular heartbeat

(D) No pulse

Answer **A: Tachycardia** means a **fast heart rate** above **100 beats per minute**.

243. Dyspnea is:

(A) Normal breathing

(B) Difficulty breathing

(C) No breathing

(D) Shallow breathing

Answer **B: Dyspnea** means **labored or difficult breathing**, often linked to **lung problems**.

244. Bradycardia is defined as:

(A) Slow heart rate below 60 bpm

(B) Fast heartbeat

(C) Chest pain

(D) Irregular pulse

Answer **A: Bradycardia** means a **slow heart rate** below **60 beats per minute**.

245. The medical term for fever is:

(A) Fatigue

(B) Coldness

(C) Pyrexia

(D) Tachypnea

Answer **C: Pyrexia** indicates a **body temperature higher than normal**, or **fever**.

246. Incontinence refers to:

(A) Inability to control bladder or bowel

(B) Excessive sweating

(C) Fainting

(D) Chest pain

Answer **A: Incontinence** means loss of **voluntary control** over **urination or defecation**.

247. Hypotension means:

(A) High blood pressure

(B) Low blood pressure

(C) Rapid pulse

(D) Irregular rhythm

Answer **B: Hypotension** is an **abnormally low blood pressure** that can cause **dizziness or fainting**.

248. The medical term for vomiting is:

(A) Emesis

(B) Dysphagia

(C) Flatus

(D) Nausea

Answer **A: Emesis** refers to the **act of vomiting** or expelling stomach contents.

249. The term edema refers to:

(A) Fever

(B) Swelling caused by fluid retention

(C) Muscle pain

(D) Dry skin

Answer **B: Edema** is **fluid accumulation** in body tissues causing **swelling**.

250. Orthopnea means:

(A) Difficulty breathing unless sitting upright

(B) Difficulty swallowing

(C) Irregular heart rate

(D) Chest pain

Answer **A: Orthopnea** occurs when a person can **breathe comfortably only while upright**.

251. The CNA's scope of practice includes:

(A) Giving medications

(B) Assisting with ADLs

(C) Diagnosing

(D) Prescribing care

Answer **B**: CNAs provide **basic care** and assist with **activities of daily living (ADLs)**.

252. Confidentiality means:

(A) Sharing with others

(B) Keeping resident information private

(C) Telling family

(D) Posting on social media

Answer **B**: **Confidentiality** ensures **resident information** is not shared without **consent**.

253. The resident's chart is:

(A) A legal document

(B) For decoration

(C) Trash after discharge

(D) Public record

Answer **A**: The **resident's chart** is a **legal document** recording all **care and treatment**.

254. The correct position for giving an enema is:

(A) Supine

(B) Left Sims' position

(C) Prone

(D) Fowler's

Answer **B**: **Left Sims' position** allows gravity to help **fluid flow** into the **colon** safely.

255. Fowler's position means the resident is:

(A) Lying flat on the back

(B) Sitting up at 45–60 degrees

(C) Lying on the left side

(D) Kneeling forward

Answer **B**: **Fowler's position** promotes **breathing** and **comfort** during eating or care.

256. The term dysphagia means:

(A) Difficulty breathing

(B) Difficulty swallowing

(C) Difficulty walking

(D) Difficulty urinating

Answer **B**: **Dysphagia** means **trouble swallowing**, which increases the risk of **choking**.

257. The medical term for bed sore is:

(A) Cyst

(B) Decubitus ulcer

(C) Hematoma

(D) Abrasion

Answer **B**: A **decubitus ulcer** is a **pressure sore** caused by prolonged **skin pressure**.

258. The safest way to identify a resident before giving care is to:

(A) Ask another CNA

(B) Check the ID wristband and confirm name

(C) Ask the roommate

(D) Call them by nickname

Answer **B**: Always verify the **ID wristband** to prevent **care errors** and **misidentification**.

259. The medical term for urination is:

(A) Defecation

(B) Micturition

(C) Flatulence

(D) Diuresis

Answer **B**: **Micturition** refers to the process of **passing urine** from the bladder.

260. A pulse oximeter measures:

(A) Temperature

(B) Heart rhythm

(C) Oxygen saturation in the blood

(D) Blood pressure

Answer **C**: A **pulse oximeter** measures **oxygen level (SpO₂)** and **pulse rate**.

261. When assisting with ambulation using a gait belt, the aide should:

(A) Hold under the resident's arms

(B) Grasp the gait belt firmly at the back

(C) Pull the belt upward

(D) Walk ahead of the resident

Answer **B**: Grasping the **gait belt from behind** provides **balance** and **control** while walking.

262. A resident is placed in Trendelenburg position when:

(A) Head is elevated

(B) Feet are elevated above the head

(C) Lying flat

(D) Sitting up

Answer **B**: **Trendelenburg position** raises the **legs above the head** to improve **circulation**.

263. When collecting a urine specimen, the CNA should:

(A) Use the same container for all residents

(B) Label the container with resident name and date

(C) Fill the container to the top

(D) Store it on a meal tray

Answer **B**: The specimen must be **labeled with the resident's name, date, and time** to ensure proper **identification and accuracy**.

264. The best time to measure a resident's weight is:

(A) After meals

(B) Before breakfast, at the same time each day

(C) After exercise

(D) Before bedtime

Answer **B**: Weighing **before breakfast at the same time each day** ensures **consistent and accurate results**.

265. If a fire breaks out in a resident's room, the CNA should FIRST:

(A) Try to put out the fire

(B) Rescue the resident from immediate danger

(C) Sound the alarm and then leave

(D) Open the windows

Answer **B**: **Rescue anyone in immediate danger first**, then **activate the alarm** following the **RACE procedure** (Rescue, Alarm, Contain, Extinguish).

266. When a resident is having a seizure, the CNA should:

(A) Hold them down to prevent injury

(B) Place something hard in their mouth

(C) Move objects away and protect the head

(D) Give them water immediately

Answer **C**: **Clear the area and protect the head** to prevent injury — **never restrain or insert objects** in the mouth.

267. If a resident starts choking and cannot speak, the CNA should:

(A) Call for help and perform the Heimlich maneuver

(B) Give them water

(C) Pat them on the back

(D) Leave to find the nurse

Answer **A**: Perform the **Heimlich maneuver** immediately to relieve **airway obstruction** and restore breathing.

268. A resident complains of sudden severe chest pain. The CNA should:

(A) Leave to finish other tasks

(B) Report it to the nurse immediately

(C) Give them a drink of water

(D) Tell them to rest and wait

Answer **B**: **Chest pain** may indicate a **heart attack** — report **immediately** to the nurse for emergency action.

269. Proper body mechanics means:

(A) Using back muscles for lifting

(B) Keeping the load close to your body and bending at the knees

(C) Twisting while lifting

(D) Reaching out far when carrying objects

Answer **B**: **Good body mechanics** prevent injury by **keeping the back straight, knees bent, and load close** to the body.

270. When providing oral care to an unconscious resident, the CNA should:

(A) Use mouthwash only

(B) Avoid using water or swabs

(C) Turn the resident to the side and use a sponge swab

(D) Brush teeth with a standard toothbrush

Answer **C**: **Turn the resident to one side** and use a **sponge swab** to prevent **aspiration** and keep the mouth clean and moist.

SECTION 2: INTERACTIVE PRACTICE EXAMS

Use these full-length practice exams to simulate the real CNA test.

How to Use These Practice Exams

What you need

- A phone, tablet, or computer with internet
- A modern browser (Chrome, Safari, Edge, Firefox)

Quick Start

1. Click a practice exam link below (or the “All Practice Exams” link).
2. On the quiz page, click **Start**.
3. Select an answer by clicking the option **letter (A/B/C/D)**
4. After answering all questions, click **Submit** to see your **Score**.
 - The **correct answer** shows a **green ✓**.
 - If you chose an incorrect option, your choice shows a **red X**.
5. Click **Reset** to **reshuffle** and try again.

Tips

- You can change the “**Questions this attempt**” number at the top to practice a smaller random set.
- The quizzes are **self-paced** (no timer).
- Your latest score may be saved in your browser on the same device.

Troubleshooting

- **Nothing happens when I click a link:**
Copy the full link and paste it into your browser’s address bar.
- **Page not found (404) or blank page:**
Check your internet connection and try again. If it persists, open the **All Practice Exams** link and choose a test from the list.
- **On iPhone/iPad (Safari):**
If a link doesn’t open, press and hold the link, then choose **Open in New Tab**.

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Quick Reference

Normal Adult Vitals (typical ranges)

- Temperature (oral): ~97.6–99.6°F (36.4–37.6°C)
- Pulse: 60–100 beats/min
- Respirations: 12–20 breaths/min
- Blood Pressure: around 120/80 mmHg (varies by person); follow facility parameters

Common Positions & Angles

- Fowler's: 45–60°
- Semi-Fowler's: 30–45°
- High Fowler's: 60–90°
- Sims' (left side-lying), Lateral, Prone, Supine

Infection-Control Essentials

- Hand hygiene: before/after resident contact, after glove removal, before clean/aseptic tasks, after body fluid exposure, after touching surroundings
- PPE donning: gown → mask/respirator → goggles/face shield → gloves
- PPE doffing: gloves → goggles/face shield → gown → mask (hand hygiene between steps)

Abbreviations & Terms (mini-glossary)

- ADLs: Activities of Daily Living (eating, bathing, dressing, toileting, transferring)
- PRN: as needed
- BID/TID/QID: twice/three/four times daily
- NPO: nothing by mouth
- Cyanosis: bluish discoloration due to low oxygen
- Dyspnea: difficulty breathing
- Dysphagia: difficulty swallowing
- Diuresis: increased urine production

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About the Author

Eng. Claudette D. is healthcare educator and exam coach passionate about helping aspiring CNAs achieve certification success. As founder of ExamPrepEmpire.com, she has created simplified, high-quality prep tools designed to make learning fast, practical, and results-driven.

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