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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 (SpO<sub>2</sub>)** 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**.

[All Practice Exams <https://www.examprepempire.com/cna/exams/>](https://www.examprepempire.com/cna/exams/)

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[\*\*Start Practice Exam 6\*\*](#)

[\*\*Start Practice Exam 7\*\*](#)

# 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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Whether you're a first-time test taker or seeking to refresh your skills, this guide gives you the knowledge, motivation, and tools to succeed with confidence.

Your success starts here—one page, one question at a time.

## 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.