



Certified Nursing Assistant (CNA)

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Practice Questions

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1. When dressing a resident who has weakness on one side of the body, which arm should the nurse aide place into the sleeve first?

- A. The stronger arm
- B. Either arm, it does not matter
- C. The weaker (affected) arm
- D. Both arms at the same time

2. While giving a complete bed bath, in what general order should the nurse aide wash the body?

- A. From the feet upward to the face
- B. From the cleanest area (eyes/face) to the dirtiest (perineum)
- C. From the dirtiest area to the cleanest
- D. In any order the resident prefers only

3. When providing mouth care to an unconscious resident, the nurse aide should position the resident in which way?

- A. On the side with the head turned to one side
- B. Flat on the back
- C. Sitting fully upright and unsupported
- D. Face down (prone)

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4. How often should a nurse aide reposition a resident who is confined to bed and cannot move independently?

- A. Once per shift
- B. Only when the resident asks
- C. At least every 2 hours
- D. Once every 8 hours



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5. Which areas of the body are at the highest risk for pressure injuries?

- A. Soft, fatty areas like the abdomen
- B. Bony prominences such as the sacrum, heels, and hips
- C. The palms of the hands
- D. The center of the back only

6. When giving perineal (peri) care to a female resident, the nurse aide should wipe in which direction?

- A. From front to back (toward the rectum)
- B. From back to front
- C. From side to side
- D. It does not matter

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7. What is the safest water temperature range for a resident's tub bath or shower?

- A. About 120-125°F
- B. As hot as the resident can stand
- C. Cold water only
- D. About 105°F, and checked before use

8. Before trimming or filing a diabetic resident's toenails, the nurse aide should:

- A. Soak the feet in hot water for 30 minutes
- B. Not cut the nails and report the need to the nurse
- C. Cut the nails very short to prevent ingrown nails
- D. Use any sharp scissors available

9. When a resident wears dentures, the nurse aide should clean them:

- A. Once a week
- B. Only when they look dirty
- C. Daily, holding them over a basin of water or a soft towel
- D. Only with very hot water to disinfect

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10. A resident is able to wash his own face and hands but needs help with the rest of the bath. The nurse aide should:

- A. Let him wash what he can and assist with the rest
- B. Do the entire bath to save time
- C. Tell him he must do all of it himself
- D. Skip the parts he cannot reach

11. When making an occupied bed, the nurse aide should keep the bed rail on the far side:

- A. Down for easier reach
- B. Up for the resident's safety
- C. Removed completely
- D. Up only if the resident is sleeping

12. What should the nurse aide do FIRST before beginning any personal care task with a resident?

- A. Put on a gown
- B. Open the window
- C. Wash hands, identify the resident, and explain the task
- D. Lower all the lights

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13. To help prevent skin breakdown, after washing the skin the nurse aide should:

- A. Leave the skin damp to stay moist
- B. Rub the skin vigorously to increase circulation
- C. Apply powder generously between skin folds
- D. Pat the skin dry, especially in skin folds

14. Which of the following is the normal resting oral temperature range for an adult?

- A. 96.0°F to 97.0°F
- B. 97.6°F to 99.6°F (about 98.6°F average)
- C. 100°F to 102°F
- D. 94°F to 95°F



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15. What is the normal pulse (heart rate) range for a resting adult?

- A. 20 to 40 beats per minute
- B. 40 to 55 beats per minute
- C. 60 to 100 beats per minute
- D. 100 to 140 beats per minute

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16. What is the normal respiratory rate for a resting adult?

- A. 4 to 8 breaths per minute
- B. 12 to 20 breaths per minute
- C. 25 to 35 breaths per minute
- D. 40 to 60 breaths per minute

17. When counting a resident's respirations, the nurse aide should:

- A. Count without telling the resident, so breathing stays natural
- B. Tell the resident to breathe slowly while counting
- C. Ask the resident to hold their breath
- D. Count only the inhalations and double the number for accuracy

18. A blood pressure reading of 118/76 mmHg in an adult is best described as:

- A. Dangerously low
- B. Stage 2 high blood pressure
- C. A reading that must be reported immediately as abnormal
- D. Within a normal range

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19. In which arm should the nurse aide AVOID taking a blood pressure?

- A. The dominant arm
- B. The arm closest to the door
- C. An arm with an IV, dialysis access (shunt), or on the side of a mastectomy
- D. The arm the resident points to



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20. Which site is commonly used to measure pulse when the nurse aide counts it at the wrist?

- A. Carotid artery
- B. Radial artery
- C. Femoral artery
- D. Temporal artery

21. When weighing a resident to track changes accurately, the nurse aide should weigh the resident:

- A. At the same time of day, on the same scale, in similar clothing
- B. At any convenient time each day
- C. Only after meals
- D. With shoes and a coat on

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22. A resident's temperature is 101.8°F. The nurse aide should:

- A. Record it and recheck next week
- B. Give the resident a fever medicine
- C. Report it to the nurse promptly
- D. Ignore it because it is close to normal

23. An oxygen saturation (pulse oximeter) reading on most adults is generally considered normal when it is:

- A. About 50-60%
- B. About 95-100%
- C. About 70-75%
- D. About 80-85%

24. Which set of changes should the nurse aide report to the nurse right away?

- A. A pulse of 72 and respirations of 16
- B. Blood pressure of 116/74
- C. Temperature of 98.4°F
- D. Pulse of 120, respirations of 28, and the resident appears short of breath

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25. Pain is sometimes called the 'fifth vital sign.' When a resident reports pain, the nurse aide should:

- A. Report it to the nurse and document what the resident said
- B. Decide whether the pain is real
- C. Tell the resident to wait until the next scheduled rounds
- D. Give the resident a pain pill

26. Orthostatic (postural) hypotension means blood pressure drops when a person:

- A. Eats a large meal
- B. Falls asleep
- C. Stands up or changes position quickly
- D. Drinks cold water

27. What is the single most important and effective way to prevent the spread of infection?

- A. Wearing gloves at all times
- B. Hand hygiene (handwashing)
- C. Wearing a gown
- D. Keeping windows open

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28. When washing hands with soap and water, the nurse aide should rub all surfaces for at least:

- A. 3 seconds
- B. 10 seconds
- C. 20 seconds
- D. 2 full minutes

29. 'Standard precautions' means the nurse aide treats which of the following as potentially infectious?

- A. All blood and body fluids from every resident
- B. Only blood from residents known to be sick
- C. Only the fluids of residents in isolation
- D. Nothing, unless a sign is posted



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30. After removing soiled gloves, the nurse aide should:

- A. Reuse them for the next task
- B. Wash the gloves and keep wearing them
- C. Touch the resident first, then wash hands
- D. Perform hand hygiene



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Answer Key & Explanations

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1. C — The weaker (affected) arm

Dress the weaker (affected) side first and undress it last. This reduces strain on the limb and makes the task easier and safer for the resident.

2. B — From the cleanest area (eyes/face) to the dirtiest (perineum)

Wash from the cleanest area to the dirtiest, starting at the eyes and face and ending with the perineal area, to avoid spreading microorganisms.

3. A — On the side with the head turned to one side

Turning the head to the side lets fluid drain out of the mouth and helps prevent aspiration (fluid entering the lungs) in a resident who cannot swallow or cough on cue.

4. C — At least every 2 hours

Repositioning at least every 2 hours relieves pressure over bony areas and helps prevent pressure injuries (bedsores).

5. B — Bony prominences such as the sacrum, heels, and hips

Pressure injuries develop where bone is close to the skin — the sacrum (tailbone), heels, hips, elbows, and shoulder blades — because blood flow is easily cut off there.

6. A — From front to back (toward the rectum)

Wiping front to back moves microorganisms away from the urethra and helps prevent urinary tract infections.

7. D — About 105°F, and checked before use

Bath water around 105°F is comfortable and safe. Always test the temperature first, because many residents have reduced skin sensation and can be burned without feeling it.

8. B — Not cut the nails and report the need to the nurse

Nurse aides generally do not cut the toenails of residents with diabetes or poor circulation because a small nick can lead to a serious infection. Report the need to the nurse.

9. C — Daily, holding them over a basin of water or a soft towel

Dentures are cleaned daily. Clean them over a water-filled basin or padded surface so they will not break if dropped, and use cool or lukewarm water (hot water can warp them).

10. A — Let him wash what he can and assist with the rest

Promoting independence and self-care supports the resident's dignity and abilities. The aide assists only with what the resident cannot safely do alone.

11. B — Up for the resident's safety

The far side rail is raised to keep the resident from rolling out while the aide works on one side of the bed. Safety is maintained throughout the task.



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12. C — Wash hands, identify the resident, and explain the task

Hand hygiene, correct resident identification, and explaining the procedure (which also gains consent) are basic steps that begin every care task.

13. D — Pat the skin dry, especially in skin folds

Pat the skin dry rather than rubbing (which can damage fragile skin), and dry skin folds well because trapped moisture promotes breakdown and infection.

14. B — 97.6°F to 99.6°F (about 98.6°F average)

Average normal adult body temperature is about 98.6°F (37°C), with a normal range of roughly 97.6°F to 99.6°F. A temperature above this should be reported.

15. C — 60 to 100 beats per minute

A normal adult resting pulse is 60 to 100 beats per minute. Rates outside this range should be reported to the nurse.

16. B — 12 to 20 breaths per minute

Normal adult respirations are 12 to 20 breaths per minute. Count a full inhale and exhale as one respiration.

17. A — Count without telling the resident, so breathing stays natural

Respirations are counted without alerting the resident, because awareness of being watched changes the breathing pattern. Aides often keep fingers on the wrist as if still taking the pulse.

18. D — Within a normal range

A normal adult blood pressure is below about 120/80 mmHg, so 118/76 is within normal limits. The top number is systolic and the bottom is diastolic.

19. C — An arm with an IV, dialysis access (shunt), or on the side of a mastectomy

Avoid taking blood pressure in an arm with an IV, a dialysis access site, a cast, or on the side of a mastectomy, because the cuff pressure can cause injury or give a false reading.

20. B — Radial artery

The radial pulse, felt on the thumb side of the wrist, is the most common site for routine pulse measurement.

21. A — At the same time of day, on the same scale, in similar clothing

Consistency — same time, same scale, similar clothing — makes weight changes meaningful. A sudden weight gain or loss may signal a health problem and should be reported.

22. C — Report it to the nurse promptly

A temperature this high is a fever and is outside the normal range. The aide records it and reports it promptly to the nurse. Aides do not give medication.

23. B — About 95-100%

A typical normal pulse oximeter reading is about 95-100%. Lower readings may indicate the resident is not getting enough oxygen and should be reported.

24. D — Pulse of 120, respirations of 28, and the resident appears short of breath

A fast pulse and fast, labored breathing together suggest distress and must be reported immediately. The other readings are within normal limits.



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25. A — Report it to the nurse and document what the resident said

Pain is subjective — believe what the resident reports. The aide documents the complaint and reports it to the nurse, who manages treatment.

26. C — Stands up or changes position quickly

Orthostatic hypotension is a drop in blood pressure on standing, which can cause dizziness and falls. Help residents rise slowly and stay with them until steady.

27. B — Hand hygiene (handwashing)

Proper hand hygiene is the most effective action to prevent the spread of infection. It is done before and after every resident contact and after removing gloves.

28. C — 20 seconds

Hands should be scrubbed for at least 20 seconds, covering all surfaces including between fingers and under nails, then rinsed with fingertips pointing down.

29. A — All blood and body fluids from every resident

Under standard precautions, the blood and body fluids of every resident are treated as if they could be infectious, regardless of diagnosis.

30. D — Perform hand hygiene

Gloves are single-use. Remove them without touching the outside, discard them, and then perform hand hygiene, because hands can still become contaminated.



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