

# CNA Training Help.com

## Practice Test One

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## Practice Questions

Instructions: Mark the one best answer for each question.

1. A patient is sobbing. What is the best thing for the nursing assistant to say?
  - a. "Stop crying."
  - b. "Cheer up."
  - c. "Don't be a baby."
  - d. "You appear sad."
  
2. A patient has had hip surgery. Her legs should be:
  - a. abducted
  - b. adducted
  - c. in the most comfortable position for the patient
  - d. elevated
  
3. A patient rings for the bedpan while visitors are in the room. The nurses' assistant should:
  - a. wait until the visitors leave
  - b. give the bedpan to the patient in front of family
  - c. ask the visitors to leave the room during the procedure
  - d. ask the supervisor what to do
  
4. A patient complains of pain. A nurses' aide who has completed the basic certified nurses' aide course should:
  - a. get the patient some pain medication.
  - b. call the doctor.
  - c. tell the med nurse.
  - d. tell the patient to tell the med nurse when he or she comes in.
  
5. Which of the following should be reported immediately?
  - a. A blood pressure of 90/40
  - b. A pulse of 90
  - c. Respirations of 12
  - d. Temperature of 99.4
  
6. A patient known to have Alzheimer's disease tells the nurses' assistant that she smells smoke. The nurses aide should:
  - a. reassure the patient that there is no fire.

- b. tell her that no one is allowed to smoke in the building.
  - c. look around for a fire.
  - d. put the patient to bed because she is clearly tired.
7. An aide is pushing a resident down the hall with a wheelchair when a call light lights up. The aide should
- a. continue pushing the patient and assume someone else will answer the call.
  - b. take the patient inside the room while answering the call.
  - c. put the patient back to bed and then answer the call.
  - d. push the patient to a safe place, apply the wheel locks, and answer the call.
8. Trays have arrived. Before serving each tray the nurses' aide should
- a. check each armband, even on familiar patients.
  - b. ask about dietary restrictions.
  - c. check the temperature of the food.
  - d. ask patients if they are hungry.
9. Nurses' aides should always wear
- a. clean uniforms
  - b. comfortable nursing shoes
  - c. socks or hose without runs
  - d. all of the above
10. A resident complains that his children never visit. The aide should:
- a. tell him that they will come soon.
  - b. tell him not to worry; it will be alright.
  - c. listen with empathy.
  - d. tell him that he should have been nicer on the last visit.
11. A patient appears more pale than usual. The nurses' aide should:
- a. note it on the chart.
  - b. ask the patient how he feels and take his vital signs immediately.
  - c. get the patient a snack.
  - d. offer a glass of water.
12. After the end of the shift some nurses' aides go to a restaurant. Acceptable topics of conversation would include:
- a. their patients.

- b. procedures that others in the restaurant might not want to hear about.
  - c. hospital politics.
  - d. the weather.
13. A patient who was given insulin in the morning is pale and sweaty and appears confused two hours later. It would be helpful to find out whether the patient:
- a. has diabetes.
  - b. had breakfast.
  - c. had visitors that day.
  - d. ate too much sugar.
14. A resident's daughter expresses concern because her father, who has Parkinson's disease, appears "stuck" at times and stands still, unable to walk. The nurses' assistant should tell the daughter that:
- a. that is a common sign of Parkinson's disease.
  - b. her father has likely had a stroke.
  - c. he is confused.
  - d. he just doesn't feel like walking.
15. A resident is standing in the hallway holding a bag, and asks the nurses' aide when the train is due. The aide should tell her:
- a. that she is being ridiculous.
  - b. where she is, in a matter-of-fact tone of voice
  - c. to go back to her room.
  - d. that it should be here any time now.
16. On what side should the patient lie for an enema?
- a. Right.
  - b. Left.
  - c. Whichever side is more comfortable.
  - d. The side closer to the restroom.
17. What is the best way of keeping a skilled nursing facility from having an unpleasant odor?
- a. Keep all the windows open.
  - b. Use an air freshener regularly
  - c. Empty bedpans and change linens in a timely manner.
  - d. There is nothing you can do.

18. A nurses' assistant notices red marks on a resident's back and buttocks. The aide acts in the knowledge that:
- red marks are not a problem.
  - the skin can break down if nothing is done.
  - patients can only be turned every two hours.
  - it takes a doctor's order to rub skin with lotion.
19. A patient complains that her hand hurts where the IV is running. The nurses' assistant notices that the hand is puffy. The best thing to do is:
- notify the medication nurse that the patient is complaining of pain.
  - reassure the patient that needles always hurt.
  - put ice onto the hand.
  - notify the IV nurse that the infusion appears to have infiltrated.
20. A nurses' aide walks into a room and sees that the patient is not breathing. The first thing the aide does is to:
- press the alarm to call the CPR team.
  - shake the patient's shoulder while shouting his name.
  - hit the patient's chest.
  - tilt the patient's head back and give two quick breaths.
21. A patient complains of feeling short of breath and nauseated. Her face is rapidly turning red. She tells the nurses' aide that she didn't know there were strawberries in the gelatin she ate. The aide should:
- notify the nurse immediately.
  - tell the patient that fruit is good for you.
  - take away the tray.
  - note on the chart that the patient appears to be allergic to strawberries.
22. The brain is part of the:
- locomotor system
  - endocrine system
  - nervous system
  - exocrine system
23. Which of the following causes the most infections in healthcare facilities?
- airborne bacteria
  - unwashed hands

- c. contaminated food
- d. sick visitors

24. Continuing education is

- a. necessary for recertification in many states.
- b. important for keeping abreast of new development.
- c. a professional standard.
- d. all the above.

25. There is an order to give the patient a shower, but she refuses. The nurses' assistant should:

- a. take the patient to the shower anyway.
- b. tell her that she must do what is ordered
- c. document in the chart that the patient refused to shower.
- d. threaten to use restraints if she does not cooperate.

26. Siderails should be up if:

- a. there is an order to that effect.
- b. the patient appears confused
- c. the patient is unsteady
- d. the patient is in bed without a staff member standing directly at his or her side.

27. A patient suddenly complains of feeling weak on one side while he is getting a bed bath. The nurses' assistant should:

- a. tell him that weakness is normal at his age.
- b. prop him up with pillows.
- c. report this to a licensed person immediately.
- d. pass it on at end of shift.

28. A patient asks for an extra pat of butter from an aide who is unfamiliar with her. The aide should:

- a. get her some butter.
- b. check what kind of diet she is on, and give the butter if she is on a regular diet without fat or calorie restriction.
- c. refuse, telling her that butter is not good for anyone.
- d. give margarine instead because it is better for her.

29. A patient who is on suicide watch should be allowed to have:

- a. a glass container of flowers in her room.
  - b. a leather belt.
  - c. a mirror.
  - d. pictures of her family in an album.
30. A patient chokes while eating. The first thing the nurses' assistant should do is:
- a. attempt to remove the obstruction.
  - b. call for a licensed person.
  - c. slap the patient between the shoulder blades.
  - d. tilt the victim's head back and give two quick breaths.
31. A patient who has been depressed and complaining of feeling hopeless suddenly appears happier one morning and says that everything is okay now. A good nurses' aide:
- a. congratulates the patient on getting better.
  - b. watches more closely.
  - c. voices concern to the rest of the staff.
  - d. b. and c.
32. The circulatory system consists of the:
- a. heart, arteries, veins and capillaries.
  - b. blood vessels, arteries, veins and capillaries
  - c. heart, aorta, pulmonary vessels, lungs
  - d. blood vessels, lymph nodes, spleen
33. It is important that dressings remain:
- a. tight to keep out bacteria.
  - b. loose to admit air.
  - c. clean and dry.
  - d. untouched until ordered removed.
34. Drainage bags from urinary catheters should always:
- a. be kept below the level of the bladder.
  - b. have clear urine, without sediment.
  - c. have their output measured.
  - d. a and b.
35. A patient tells a nurses' aide that the foods on her tray conflict with her religious beliefs. The nurses' assistant should:

- a. tell the patient that it is all that is available.
  - b. leave the tray there in case she changes her mind.
  - c. check the patient's religious preference on the chart.
  - d. take the tray away and notify the charge nurse.
36. A nurses' aide notices blood in a patient's IV tubing. The aide should
- a. notify the IV nurse.
  - b. do nothing; that's normal.
  - c. try to flush the tubing.
  - d. stop the IV.
37. A patient calls the nurses' assistant and says, "Someone spilled water onto my bed." The nurses' aide observes a moist area around the patient's perineum. The nurses' aide should:
- a. tell the patient that she has obviously had an accident.
  - b. tell the patient to ask for a bedpan when she needs one.
  - c. change the linens and make a mental note to offer the bedpan more often.
  - d. ask the doctor for an order for a catheter.
38. In report the nurses' aide is told that one of her patients has been ordered NPO after midnight. The aide should:
- a. take away the water pitcher at midnight.
  - b. offer frequent snacks.
  - c. note all water the patient drinks and all output.
  - d. ask the patient if he is having any pain.
39. A patient is leaving the hospital. The family has been told to give her her medications bid. The wife asks what that means. The nurses' aide tells her to give the medication:
- a. twice a day.
  - b. three times a day.
  - c. once a day.
  - d. only when needed.
40. While taking a rectal temperature the nurses' aide should insert the thermometer and:
- a. go on his break.
  - b. hold onto the thermometer until it can be removed.
  - c. take care of other patients and return in three minutes.
  - d. stay in the room until it is time to read the temperature.

41. Before performing any procedure a nurses' aide must:
- identify the patient
  - wash your hands
  - explain the procedure
  - all the above.
42. A patient has a diagnosis of psoriasis. Her nurses' aide should:
- avoid contact with the highly contagious lesions.
  - wear gloves for patient care.
  - treat her the same as any other patient with a non-infectious disease.
  - wear a mask when entering the room.
43. Which of the following will *not* put undue strain onto the back?
- crossing one's legs.
  - lifting with the knees.
  - slouching.
  - twisting the back while moving patients.
44. Which of the following is *not* true of blindness?
- Most legally blind or visually-impaired people have no sight at all.
  - Diabetes is an important cause of blindness.
  - Always identify yourself before touching a blind person.
  - Ask if a blind person needs help before giving assistance.
45. Which of the following is *not* true of dementia?
- People with dementia act uncooperative to be spiteful.
  - Patients can have hallucinations.
  - People with dementia are often frightened and anxious.
  - Grooming is difficult for patients with dementia.
46. Which of the following is associated with smoking?
- Pneumonia.
  - heart attacks.
  - vitamin C deficiency.
  - all of the above.

47. Most of our calories should come from:

- a. protein
- b. fats
- c. carbohydrates
- d. vitamins

48. Bloodborne infections include:

- a. hepatitis
- b. pneumonia
- c. shingles
- d. urinary tract infection

49. Diabetes is:

- a. common.
- b. often associated with obesity and sedentary lifestyle.
- c. controllable.
- d. all of the above.

50. Goals of arthritis care include:

- a. preventing contractures.
- b. decreasing inflammation and preserving joints.
- c. strengthening bones and muscles.
- d. all of the above.

Answers 1. d, 2. b, 3. c, 4. c, 5. a, 6. c, 7. d, 8. a, 9. d, 10. c, 11. b, 12. d, 13. b, 14. a, 15. b, 16. b, 17. c, 18. b, 19. d, 20. b, 21. a, 22. c, 23. b, 24. d, 25. c, 26. d, 27. c, 28. b, 29. d, 30. c, 31. d, 32. a, 33. c, 34. b, 35. d, 36. a, 37. c, 38. a, 39. a, 40. b, 41. d, 42. c, 43. b, 44. a, 45. a, 46. d, 47. c, 48. a, 49. d, 50. d



