

California Certified Nurse Assistant

Practice Test

March 24, 2026

Time limit: 120 minutes

Solution key: <https://www.californiacerts.com/resources/pdfs/ca-certified-nurse-assistant/practice-solution.pdf>

1. A core responsibility of the nurse aide as a member of the healthcare team is to:
 - A. Delegate tasks to other nurse aides.
 - B. Diagnose client conditions.
 - C. Follow the care plan designed by the nurse.
 - D. Prescribe medications for clients.

2. If a client refuses to participate in an activity they usually enjoy, the nurse aide should:
 - A. Tell the client they will be punished if they don't join.
 - B. Force the client to participate.
 - C. Report the change in behavior to the charge nurse.
 - D. Ask another client to convince them.

3. When a nurse aide observes another staff member abusing a client, the nurse aide's FIRST responsibility is to:
 - A. Wait and see if it happens again before reporting.
 - B. Discuss the incident with other nurse aides.
 - C. Talk to the staff member about their behavior.
 - D. Protect the client and report the incident immediately.

4. How often should a bedbound resident be repositioned?
 - A. Every 4 hours.
 - B. Once a shift.
 - C. At least every 2 hours.
 - D. Only when they ask.

5. Nonverbal communication includes:
 - A. The tone of voice used when speaking.
 - B. Spoken words over the intercom.
 - C. Written messages on a whiteboard.
 - D. Facial expressions, gestures, and body language.

6. To promote independence, a CNA should:
 - A. Allow the resident to do as much as possible for themselves.
 - B. Ignore the resident's attempts to help.
 - C. Force the resident to do things they cannot do.
 - D. Do everything for the resident to save time.

7. A resident's mail should be:
 - A. Opened by the CNA to check for bad news.
 - B. Delivered to them unopened.
 - C. Thrown away if it looks like junk mail.
 - D. Given to the nurse to read first.

8. When taking a client's radial pulse, the nurse aide should measure the pulse:
- A. At the inner aspect of the elbow.
 - B. At the neck.
 - C. On the thumb side of the wrist.
 - D. On the pinky side of the wrist.
9. When dressing a resident with a weak right arm, the CNA should:
- A. Put the shirt on the strong left arm first.
 - B. Put the shirt on both arms at the same time.
 - C. Put the shirt on the weak right arm first.
 - D. Ask the resident to dress themselves.
10. When a resident is trying to dress themselves but is struggling, what is the best approach?
- A. Tell them to hurry up.
 - B. Take over and dress them immediately.
 - C. Leave the room and let them figure it out.
 - D. Offer gentle encouragement and minimal assistance as needed.
11. A client is expressing anger and frustration about being in a nursing facility. The nurse aide should:
- A. Argue with the client to show them they are wrong.
 - B. Leave the room immediately without saying anything.
 - C. Listen quietly and acknowledge the client's feelings.
 - D. Tell the client they should be grateful for the care they receive.
12. Which of the following is the proper temperature for a bed bath?
- A. 115°F to 120°F
 - B. 120°F to 125°F
 - C. 90°F to 95°F
 - D. 105°F to 110°F
13. When feeding a resident who has had a stroke, the CNA should place the food:
- A. On the unaffected side of the mouth.
 - B. On the affected side of the mouth.
 - C. In the center of the mouth.
 - D. Under the tongue.
14. When assisting a client with right-sided weakness to dress, the nurse aide should:
- A. Have the client dress themselves to promote independence.
 - B. Dress both sides at the same time.
 - C. Dress the weak side first.
 - D. Dress the strong side first.
15. Which method is considered the most accurate for measuring body temperature?
- A. Oral
 - B. Rectal
 - C. Tympanic
 - D. Axillary
16. Which of the following is the normal range for an adult's resting heart rate?
- A. 40 to 60 beats per minute
 - B. 60 to 100 beats per minute
 - C. 120 to 160 beats per minute
 - D. 100 to 120 beats per minute

- 17.** When weighing a resident on a standing scale, what should the CNA do first before the resident steps on?
- A. Balance the scale to zero
 - B. Place a towel on the scale
 - C. Ask the resident their weight
 - D. Remove the resident's shoes
- 18.** When converting ounces to milliliters (mL), how many mL are in 1 fluid ounce?
- A. 50 mL
 - B. 15 mL
 - C. 100 mL
 - D. 30 mL
- 19.** When assisting a client with a bedpan, the nurse aide should ensure that the:
- A. Client is left completely flat on their back.
 - B. Client uses the bedpan for at least 30 minutes.
 - C. Bedpan is placed on top of the covers.
 - D. Head of the bed is elevated, if allowed.
- 20.** If a client with dementia becomes agitated and starts yelling, what is the best initial response by the Nurse Aide?
- A. Tell the client firmly to stop yelling immediately
 - B. Stay calm and speak in a soothing, gentle tone
 - C. Yell back so the client can hear you
 - D. Leave the room and close the door
- 21.** How frequently should a bedbound resident be repositioned to prevent pressure ulcers?
- A. Once per shift
 - B. Every hour
 - C. Every 4 hours
 - D. At least every 2 hours
- 22.** Which of the following violates a resident's right to privacy?
- A. Keeping the resident's medical records confidential.
 - B. Closing the privacy curtain during care.
 - C. Knocking on the door before entering.
 - D. Leaving the resident's door open while giving a bed bath.
- 23.** Which measurement is used to document a resident's fluid output?
- A. Milliliters
 - B. Ounces
 - C. Pints
 - D. Cups
- 24.** The Resident's Bill of Rights includes the right to:
- A. Disobey all facility rules.
 - B. Receive daily massages.
 - C. Make independent choices.
 - D. Have a private room for free.
- 25.** Which of the following statements best encourages a client to maintain their independence?
- A. "I will set out your clothes, and you can dress yourself as much as you can."
 - B. "You shouldn't try to dress yourself; it takes too long."

- C. "Let me dress you so we can get to breakfast faster."
- D. "I will do everything for you so you can rest."

26. Restraints can only be used:

- A. If the CNA is too busy to watch the resident.
- B. With a doctor's order.
- C. If the resident is being loud.
- D. As a form of punishment.

27. A core responsibility of the nurse aide as a member of the healthcare team is to:

- A. Follow the care plan designed by the nurse.
- B. Prescribe medications for clients.
- C. Delegate tasks to other nurse aides.
- D. Diagnose client conditions.

28. If a resident refuses to wear a clothing protector at mealtime, the CNA should:

- A. Scold them.
- B. Respect their choice.
- C. Refuse to feed them.
- D. Put it on them anyway.

29. When providing mouth care to an unconscious client, what is the best position to place the client in?

- A. Lateral (side-lying)
- B. Supine (flat on back)
- C. Prone (on their stomach)
- D. Fowler's (sitting up)

30. What is the first step a CNA should take when finding a resident unconscious on the floor?

- A. Start CPR
- B. Check for responsiveness and call for help
- C. Lift the resident back into bed
- D. Go to the nurse's station to report it

31. A resident drinks 4 ounces of juice and 6 ounces of water. What is their total intake in milliliters?

- A. 300 mL
- B. 150 mL
- C. 240 mL
- D. 100 mL

32. When should you count a resident's respirations?

- A. While taking their blood pressure
- B. While they are talking
- C. Immediately after taking their pulse, while keeping your fingers on their wrist
- D. Immediately after telling them you are counting their breathing

33. A Nurse Aide is preparing to bathe a client. Which action best demonstrates respect for the client's privacy?

- A. Leaving the client uncovered during the entire bath
- B. Asking the client's roommate to turn around
- C. Closing the door and pulling the privacy curtain before starting
- D. Bathing the client quickly while the door is open

- 34.** When measuring blood pressure, what is the name of the pulse you listen for with the stethoscope?
- A. Apical
 - B. Brachial
 - C. Radial
 - D. Carotid
- 35.** What is an example of non-verbal communication?
- A. Writing a letter to a family member
 - B. Reading the menu to a client
 - C. Facial expressions and body language
 - D. Speaking loudly to a client
- 36.** Which of the following is an important step when serving a meal tray to a blind client?
- A. Describe the location of the food using the face of a clock.
 - B. Feed the client to avoid spills.
 - C. Mix all the food together so it is easier to eat.
 - D. Place the tray in front of the client and leave the room.
- 37.** What is the normal range for adult respirations?
- A. 25 to 35 breaths per minute
 - B. 20 to 28 breaths per minute
 - C. 8 to 12 breaths per minute
 - D. 12 to 20 breaths per minute
- 38.** A client requests to have a religious statue at their bedside. What should the Nurse Aide do?
- A. Hide the statue so it doesn't offend other clients
 - B. Ask the client to change their religious beliefs
 - C. Tell the client that statues are not allowed in the facility
 - D. Respect the client's request and allow the statue
- 39.** What is the priority when performing standard precautions?
- A. Using sterile equipment for daily care.
 - B. Washing hands before and after client contact.
 - C. Wearing a mask at all times.
 - D. Wearing gloves when feeding a client.
- 40.** When taking a patient's radial pulse, where should the CNA place their fingers?
- A. On the side of the neck.
 - B. On the thumb side of the wrist.
 - C. On the top of the foot.
 - D. On the inside of the elbow.
- 41.** When assisting a client with right-sided weakness to dress, which arm should the Nurse Aide put through the sleeve first?
- A. Whichever arm the client prefers
 - B. Both arms at the same time
 - C. The right arm
 - D. The left arm
- 42.** What is considered a normal oral temperature range for an adult?
- A. 99.6°F to 101.6°F
 - B. 97.6°F to 99.6°F
 - C. 96.0°F to 97.6°F

D. 98.6°F to 100.6°F

43. Which side should a CNA stand on when assisting a resident who has a weak right side to transfer from a bed to a wheelchair?

- A. In front of the resident, slightly to the left
- B. On the resident's weak side
- C. On the resident's strong side
- D. Behind the resident

44. A resident says, "I am so sad since my spouse died." The best response by the CNA is:

- A. "At least they are in a better place."
- B. "Let's go watch television and forget about it."
- C. "I'm here to listen if you want to talk about it."
- D. "You will feel better soon."

45. A client with dementia is wandering the halls and looking for their deceased spouse. The most appropriate response by the nurse aide is to:

- A. Ignore the client until they stop wandering.
- B. Ask the client to tell you about their spouse.
- C. Remind the client that their spouse is dead.
- D. Tell the client to go back to their room.

46. When a client is receiving oxygen therapy, the nurse aide **MUST** ensure that:

- A. The client is not allowed to eat while oxygen is flowing.
- B. The oxygen flow rate is adjusted based on the client's request.
- C. The oxygen tubing is placed tightly around the client's neck.
- D. There are no open flames or smoking in the room.

47. When assisting a client with right-sided weakness to dress, the nurse aide should:

- A. Dress the weak side first.
- B. Dress the strong side first.
- C. Have the client dress themselves to promote independence.
- D. Dress both sides at the same time.

48. When providing mouth care to an unconscious client, the nurse aide must ensure the client is positioned:

- A. Flat on their back.
- B. On their side with the head turned to the side.
- C. In a high Fowler's position.
- D. In a prone position.

49. If a nurse aide is asked to perform a task they have not been trained to do, they **MUST**:

- A. Refuse the task and explain to the nurse why.
- B. Try their best to complete the task.
- C. Ask another nurse aide to teach them quickly.
- D. Ignore the request and perform other duties.

50. Using adaptive equipment for eating helps a resident to:

- A. Maintain independence and dignity.
- B. Eat less food.
- C. Eat faster.
- D. Need more CNA assistance.

- 51.** When providing perineal care for a female resident, the CNA should always wipe:
- A. In a circular motion.
 - B. From side to side.
 - C. From back to front.
 - D. From front to back.
- 52.** How often should the Nurse Aide reposition a client who is bedridden to prevent pressure ulcers?
- A. At least every two hours
 - B. Once a shift
 - C. Every four hours
 - D. Only when the client asks
- 53.** The nurse aide finds a client lying on the floor. What is the initial action the nurse aide should take?
- A. Offer the client a glass of water.
 - B. Quickly run to the nurse's station to report the incident.
 - C. Stay with the client and call for help.
 - D. Help the client up into a chair.
- 54.** Which of the following is considered a violation of client confidentiality?
- A. Talking to the client about their own care plan in private
 - B. Discussing a client's condition with a friend at a grocery store
 - C. Reporting a change in the client's condition to the charge nurse
 - D. Recording the client's vital signs in their medical chart
- 55.** If a resident refuses a bath, the CNA should:
- A. Force them to take a bath.
 - B. Give them a bed bath while they sleep.
 - C. Respect their refusal and report it to the nurse.
 - D. Tell them they will smell bad.
- 56.** What is the most important reason for providing oral care to an unconscious resident?
- A. To wake them up.
 - B. To keep their teeth white.
 - C. To prevent aspiration and mouth infections.
 - D. To prepare them for visitors.
- 57.** If a resident's pulse is irregular, how long should the CNA count the beats?
- A. 45 seconds
 - B. 1 full minute
 - C. 30 seconds and multiply by 2
 - D. 2 full minutes
- 58.** What is the most important reason for reporting a resident's weight accurately?
- A. To determine how much food they should get
 - B. So they can be assigned the correct wheelchair size
 - C. It is required for their ID band
 - D. Weight changes can indicate serious medical conditions
- 59.** When communicating with a client who is hard of hearing, the nurse aide should:
- A. Turn away from the client to reduce background noise.
 - B. Speak as quickly as possible.
 - C. Face the client and speak clearly.
 - D. Speak very loudly.

- 60.** When using a transfer belt (gait belt), where should it be placed on the resident?
- A. Around the hips
 - B. Over the clothing, around the waist
 - C. Under the clothing, around the waist
 - D. Under the armpits
- 61.** What is the most important action for a Nurse Aide to take to prevent the spread of infection?
- A. Washing hands before and after client contact
 - B. Using hand sanitizer once a day
 - C. Wearing gloves at all times
 - D. Keeping the client's room warm
- 62.** Before taking an oral temperature, how long should a CNA wait if the resident has just consumed a hot or cold drink?
- A. 30 to 45 minutes
 - B. 1 hour
 - C. 5 to 10 minutes
 - D. 10 to 20 minutes
- 63.** To promote dignity and respect when providing care, the nurse aide should:
- A. Allow the client to make choices about their care whenever possible.
 - B. Perform tasks for the client to save time.
 - C. Call the client by a nickname such as "sweetie" or "honey".
 - D. Discuss the client's medical condition in the hallway.
- 64.** Which is a normal blood pressure reading for a healthy adult?
- A. 110/70 mmHg
 - B. 160/100 mmHg
 - C. 140/90 mmHg
 - D. 80/50 mmHg
- 65.** The top number of a blood pressure reading represents what?
- A. Pulse pressure
 - B. Systolic pressure
 - C. Mean arterial pressure
 - D. Diastolic pressure
- 66.** The nurse aide finds a client lying on the floor. What is the initial action the nurse aide should take?
- A. Quickly run to the nurse's station to report the incident.
 - B. Help the client up into a chair.
 - C. Offer the client a glass of water.
 - D. Stay with the client and call for help.
- 67.** If a Nurse Aide suspects that a client is being abused by a family member, what is the initial action the Nurse Aide must take?
- A. Report the suspicion immediately to the supervising nurse
 - B. Wait to see if the abuse happens again before reporting
 - C. Confront the family member about the suspected abuse
 - D. Ask the client if they are being abused before taking action
- 68.** The most effective way to determine if a client understands instructions is to:
- A. Ask the client to repeat the instructions back to you.
 - B. Assume they understand if they nod their head.

- C. Give written instructions and leave the room.
- D. Ask the client "Do you understand?".

69. When reporting client information to the nurse, the nurse aide should provide:

- A. Objective facts and specific observations.
- B. Rumors heard from other staff members.
- C. Information only at the end of the shift.
- D. Their personal opinion about the client's condition.

70. When transferring a resident from a bed to a wheelchair, the wheelchair should be placed:

- A. At the foot of the bed.
- B. On the resident's strong side.
- C. Directly in front of the resident.
- D. On the resident's weak side.