

xAI GENERATED CNA PRACTICE Test – Multiple Choice with Rationales

Three questions per vocabulary term. Each section includes a definition, four answer choices, the correct answer, and a specific rationale.

Restraint

1. When can a CNA apply a restraint to a resident?

- A. When the CNA thinks it will prevent falls
- B. With a physician's order and according to policy
- C. When the family requests it
- D. When the resident is confused

Answer: B

Rationale: Restraints require a physician's order and must follow strict regulations due to risk of injury and loss of rights.

2. What is the priority when a resident is restrained?

- A. Leave them undisturbed
- B. Check them every 4 hours
- C. Monitor frequently and release per policy
- D. Keep them sedated

Answer: C

Rationale: Frequent monitoring and regular release prevent complications like circulation problems and skin breakdown.

Intake

1. Which should be included in intake?

- A. Urine output
- B. Vomit
- C. Ice cream
- D. Sweat

Answer: C

Rationale: Intake includes all fluids consumed; foods like ice cream count because they melt into liquid.

2. Why is tracking intake important?

- A. To monitor hydration status
- B. To control behavior
- C. To reduce charting
- D. To limit fluids

Answer: A

Rationale: Intake helps identify dehydration or fluid imbalance.

Blood Pressure

1. What is a normal adult blood pressure range?

- A. 80/40
- B. 120/80
- C. 200/100
- D. 60/30

Answer: B

Rationale: 120/80 mmHg is considered normal for adults.

2. When should a CNA report blood pressure?

- A. Only if asked
- B. When it is abnormal or significantly changed
- C. At the end of the shift only
- D. Never

Answer: B

Rationale: Abnormal readings can indicate serious conditions and must be reported promptly.

Pressure Ulcer

1. What is the main cause of pressure ulcers?

- A. Infection
- B. Poor diet
- C. Prolonged pressure
- D. Exercise

Answer: C

Rationale: Continuous pressure reduces blood flow, leading to tissue damage.

2. Where do pressure ulcers most often occur?

- A. Abdomen
- B. Bony prominences
- C. Hands
- D. Hair

Answer: B

Rationale: Areas like heels, hips, and sacrum are most at risk.

Positioning

1. Why is repositioning important?

- A. Prevent boredom
- B. Improve appetite
- C. Prevent skin breakdown
- D. Increase sleep

Answer: C

Rationale: Repositioning relieves pressure and prevents ulcers.

2. How often should immobile residents be repositioned?

- A. Every 8 hours
- B. Every 2 hours
- C. Once daily
- D. Weekly

Answer: B

Rationale: Standard care is repositioning at least every 2 hours.

End of Life Care

1. What is the primary goal of end-of-life care?

- A. Cure disease
- B. Comfort and dignity
- C. Extend life at all costs
- D. Increase activity

Answer: B

Rationale: Focus shifts to comfort, not cure.

2. How should CNAs support families?

- A. Avoid them
- B. Give medical advice
- C. Provide emotional support
- D. Ignore questions

Answer: C

Rationale: Emotional presence and support are key roles.

Alzheimer's

1. What is a common symptom of Alzheimer's?

- A. Increased strength
- B. Memory loss
- C. Improved vision
- D. Faster reflexes

Answer: B

Rationale: Memory impairment is a hallmark symptom.

2. Best approach for communication?

- A. Argue with resident
- B. Use simple, calm instructions
- C. Ignore confusion
- D. Speak loudly only

Answer: B

Rationale: Clear, calm communication reduces anxiety.

Dressing

1. When dressing a resident with one weak side, which side is dressed first?

- A. Strong side
- B. Weak side
- C. Either side
- D. Feet first

Answer: B

Rationale: Dress the weak side first to make the process easier.

2. What promotes independence in dressing?

- A. Doing everything for them
- B. Rushing
- C. Allowing them to do what they can
- D. Skipping the task

Answer: C

Rationale: Encouraging participation maintains function.

Resident Environment

1. What is part of a safe resident environment?

- A. Cluttered floors
- B. Poor lighting
- C. Clear walkways
- D. Wet floors

Answer: C

Rationale: Clear paths reduce fall risk.

2. Why is a clean environment important?

- A. For appearance only
- B. Prevent infection
- C. Save time
- D. Reduce staff work

Answer: B

Rationale: Cleanliness limits spread of pathogens.

Aging

1. A normal aging change is:

- A. Sudden confusion
- B. Slower reaction time
- C. Severe pain
- D. Rapid weight gain

Answer: B

Rationale: Aging naturally slows physical and cognitive responses.

2. How should CNAs approach older adults?

- A. Treat them like children
- B. Ignore preferences
- C. Show respect and patience
- D. Rush care

Answer: C

Rationale: Respect preserves dignity.

Delegation

1. What is delegation?

- A. Doing all tasks yourself
- B. Assigning tasks appropriately
- C. Ignoring duties
- D. Refusing work

Answer: B

Rationale: Delegation ensures tasks are done safely by the right person.

2. CNAs should:

- A. Delegate to anyone
- B. Only perform assigned tasks
- C. Refuse all tasks
- D. Assign RN duties

Answer: B

Rationale: CNAs must work within their scope.

Maslow's Hierarchy of Needs

1. Which is a basic physiological need?

- A. Self-esteem
- B. Food
- C. Friendship
- D. Achievement

Answer: B

Rationale: Food is a primary survival need.

2. Safety needs include:

- A. Oxygen
- B. Security
- C. Love
- D. Creativity

Answer: B

Rationale: Safety involves protection and stability.

Dehydration

1. A sign of dehydration is:

- A. Moist skin
- B. Dark urine
- C. Excess saliva
- D. Low pulse

Answer: B

Rationale: Concentrated urine indicates low fluid levels.

2. Who is at highest risk?

- A. Teenagers
- B. Athletes
- C. Older adults
- D. Infants only

Answer: C

Rationale: Older adults often have reduced thirst sensation.

Myocardial Infarction

1. What is another term for myocardial infarction?

- A. Stroke
- B. Heart attack
- C. Seizure
- D. Infection

Answer: B

Rationale: MI means heart attack.

2. What symptom should be reported immediately?

- A. Hunger
- B. Chest pain
- C. Sleepiness
- D. Itching

Answer: B

Rationale: Chest pain can indicate a life-threatening MI.
