

AI 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.

BATHING

1. What is the primary purpose of giving a bed bath?

- A. Increase appetite
- B. Maintain hygiene and skin integrity
- C. Improve hearing
- D. Reduce medication needs

Answer: B

Rationale: Bathing removes contaminants, prevents skin breakdown, and supports overall hygiene.

2. Which water temperature is safest for bathing a resident?

- A. Cold
- B. Hot
- C. Warm
- D. Ice-cold

Answer: C

Rationale: Warm water reduces risk of burns and promotes comfort.

3. What should be washed first during a bed bath?

- A. Perineal area
- B. Feet
- C. Face
- D. Back

Answer: C

Rationale: Clean areas are washed before more contaminated areas.

ABBREVIATIONS

1. What does “PRN” mean?

- A. Every day
- B. As needed
- C. Before meals
- D. At bedtime

Answer: B

Rationale: PRN indicates care or medication is given when necessary.

2. What does “NPO” indicate?

- A. No physical output
- B. Nothing by mouth
- C. New patient order
- D. Normal pulse output

Answer: B

Rationale: NPO restricts oral intake for safety or medical reasons.

3. What does “BID” mean?

- A. Twice daily
- B. Before dinner
- C. Bedtime
- D. Once daily

Answer: A

Rationale: BID specifies frequency—two times per day.

ACUTE

1. An acute condition is best described as:

- A. Long-term and stable
- B. Sudden and severe
- C. Mild and chronic
- D. Permanent

Answer: B

Rationale: Acute conditions appear quickly and often require immediate attention.

2. Which is an example of an acute illness?

- A. Arthritis
- B. Diabetes
- C. Pneumonia
- D. Dementia

Answer: C

Rationale: Pneumonia develops rapidly compared to chronic conditions.

3. Acute symptoms typically:

- A. Last for years
- B. Appear suddenly
- C. Are always mild
- D. Never resolve

Answer: B

Rationale: Acute issues have rapid onset.

SEIZURE

1. What is the priority during a seizure?

- A. Restrain the resident

- B. Put something in the mouth
- C. Protect from injury
- D. Leave the room

Answer: C

Rationale: Preventing harm is the immediate goal.

2. After a seizure, the resident is often:

- A. Hyperactive
- B. Alert
- C. Confused
- D. Hungry

Answer: C

Rationale: Postictal confusion is common.

3. What should you do when a seizure starts?

- A. Hold the person down
- B. Clear nearby hazards
- C. Give food
- D. Shake the resident

Answer: B

Rationale: Removing hazards reduces injury risk.

OSTEOPOROSIS

1. Osteoporosis affects which body system?

- A. Nervous
- B. Skeletal
- C. Digestive
- D. Respiratory

Answer: B

Rationale: It weakens bones, increasing fracture risk.

2. Residents with osteoporosis are at high risk for:

- A. Infection
- B. Falls and fractures
- C. Vision loss
- D. Hearing loss

Answer: B

Rationale: Fragile bones break easily.

3. Which action helps prevent injury?

- A. Fast walking
- B. Safe transfers
- C. Skipping meals

D. Bed rest only

Answer: B

Rationale: Proper handling reduces fracture risk.

RESIDENT'S CHART

1. A resident's chart is used to:

A. Store personal items

B. Document care

C. Track staff schedules

D. Record finances

Answer: B

Rationale: Charts provide legal and clinical documentation.

2. Charting should be:

A. Delayed

B. Accurate and timely

C. Based on opinion

D. Optional

Answer: B

Rationale: Accuracy ensures continuity of care.

3. Who can access a resident's chart?

A. Anyone

B. Only authorized personnel

C. Visitors

D. Other residents

Answer: B

Rationale: Privacy laws restrict access.

COGNITION

1. Cognition refers to:

A. Movement

B. Thinking ability

C. Digestion

D. Breathing

Answer: B

Rationale: Cognition includes memory, reasoning, and understanding.

2. Which affects cognition?

A. Broken bone

B. Dementia

C. Rash

D. Fever

Answer: B

Rationale: Dementia directly impacts thinking processes.

3. A sign of impaired cognition is:

- A. Clear speech
- B. Orientation to time
- C. Confusion
- D. Normal memory

Answer: C

Rationale: Confusion indicates cognitive decline.

UNCONSCIOUS ORAL CARE

1. Best position for oral care:

- A. Flat on back
- B. Side-lying
- C. Standing
- D. Sitting upright unsupported

Answer: B

Rationale: Side-lying prevents aspiration.

2. Why is suction used?

- A. Improve taste
- B. Prevent choking
- C. Speed care
- D. Reduce odor

Answer: B

Rationale: Removes secretions to protect airway.

3. Oral care should be:

- A. Skipped
- B. Done carefully and regularly
- C. Done once a week
- D. Done only if requested

Answer: B

Rationale: Maintains hygiene and prevents infection.

APNEA

1. Apnea means:

- A. Fast breathing
- B. No breathing
- C. Shallow breathing
- D. Deep breathing

Answer: B

Rationale: Apnea is a pause in breathing.

2. Sleep apnea occurs during:

- A. Eating
- B. Walking
- C. Sleeping
- D. Bathing

Answer: C

Rationale: It disrupts breathing during sleep.

3. A symptom of apnea:

- A. Snoring
- B. Sweating
- C. Nausea
- D. Rash

Answer: A

Rationale: Loud snoring is a common indicator.

COLOSTOMY CARE

1. A colostomy involves:

- A. Stomach
- B. Colon
- C. Heart
- D. Lungs

Answer: B

Rationale: Waste exits through an opening in the colon.

2. Skin around stoma should be:

- A. Dirty
- B. Dry and clean
- C. Covered with lotion
- D. Ignored

Answer: B

Rationale: Prevents irritation and infection.

3. When to empty the bag?

- A. Completely full
- B. Half full
- C. Once daily
- D. Weekly

Answer: B

Rationale: Prevents leaks and skin damage.

TRANSFERS

1. Before transfer, you should:

- A. Rush
- B. Assess ability
- C. Ignore care plan
- D. Skip instructions

Answer: B

Rationale: Ensures safety.

2. Use of gait belt is for:

- A. Decoration
- B. Safety support
- C. Comfort only
- D. Speed

Answer: B

Rationale: Provides stability during movement.

3. Proper transfer reduces:

- A. Appetite
- B. Injury risk
- C. Sleep
- D. Hydration

Answer: B

Rationale: Prevents falls.

DEMENTIA

1. Dementia primarily affects:

- A. Muscles
- B. Memory
- C. Bones
- D. Skin

Answer: B

Rationale: Memory loss is a core symptom.

2. Best approach:

- A. Argue
- B. Reorient gently
- C. Ignore
- D. Punish

Answer: B

Rationale: Supportive communication reduces distress.

3. Dementia is:

- A. Reversible always
- B. Progressive
- C. Temporary
- D. Infectious

Answer: B

Rationale: It worsens over time.

PPE

1. PPE stands for:

- A. Patient personal equipment
- B. Personal protective equipment
- C. Private protection exam
- D. Public patient equipment

Answer: B

Rationale: Protects caregivers and residents.

2. Gloves are used to:

- A. Stay warm
- B. Prevent contamination
- C. Improve grip only
- D. Save time

Answer: B

Rationale: Barrier against pathogens.

3. PPE should be removed:

- A. Randomly
- B. Properly to avoid contamination
- C. Quickly without care
- D. Never

Answer: B

Rationale: Prevents spread of infection.

BODY MECHANICS

1. Proper body mechanics prevents:

- A. Hunger
- B. Injury
- C. Sleep
- D. Illness

Answer: B

Rationale: Reduces strain on body.

2. Lift using:

- A. Back

- B. Legs
- C. Arms only
- D. Neck

Answer: B

Rationale: Legs are stronger and safer.

3. Keep object:

- A. Far away
- B. Close to body
- C. Above head
- D. Behind back

Answer: B

Rationale: Reduces strain.

SHAVING

1. Always shave:

- A. Dry skin
- B. Wet skin
- C. Dirty skin
- D. Irritated skin

Answer: B

Rationale: Reduces cuts.

2. Use:

- A. Dull razor
- B. Clean sharp razor
- C. Broken razor
- D. No razor

Answer: B

Rationale: Prevents injury.

3. Stroke direction:

- A. Against growth
- B. With growth
- C. Random
- D. Circular

Answer: B

Rationale: Minimizes irritation.

LINEN

1. Dirty linen should be:

- A. Shaken
- B. Handled carefully

C. Thrown

D. Ignored

Answer: B

Rationale: Prevents spread of germs.

2. Linen should be changed:

A. Weekly only

B. When soiled

C. Never

D. Monthly

Answer: B

Rationale: Maintains hygiene.

3. Keep linen:

A. On floor

B. Clean and dry

C. Wet

D. Mixed

Answer: B

Rationale: Prevents contamination.

DYSPHAGIA

1. Dysphagia means:

A. Difficulty swallowing

B. Breathing problem

C. Walking issue

D. Hearing loss

Answer: A

Rationale: Affects swallowing safety.

2. Risk with dysphagia:

A. Burns

B. Aspiration

C. Fracture

D. Rash

Answer: B

Rationale: Food/liquid can enter airway.

3. Best position:

A. Lying flat

B. Upright

C. Sideways

D. Standing

Answer: B

Rationale: Reduces choking risk.

MISAPPROPRIATION OF PROPERTY

1. This means:

- A. Cleaning
- B. Theft
- C. Feeding
- D. Bathing

Answer: B

Rationale: Taking property without permission.

2. Example:

- A. Helping
- B. Stealing money
- C. Giving care
- D. Charting

Answer: B

Rationale: Unauthorized taking is abuse.

3. It is:

- A. Allowed
- B. Illegal
- C. Optional
- D. Normal

Answer: B

Rationale: Violates resident rights.

EMPATHY

1. Empathy means:

- A. Ignoring feelings
- B. Understanding feelings
- C. Giving orders
- D. Avoiding contact

Answer: B

Rationale: Involves recognizing others' emotions.

2. Empathy improves:

- A. Conflict
- B. Communication
- C. Errors
- D. Stress

Answer: B

Rationale: Builds trust and rapport.

3. Example of empathy:

A. "You're fine"

B. "I understand this is hard"

C. Ignoring

D. Walking away

Answer: B

Rationale: Acknowledges emotional experience.