

CNA Written Knowledge Foundation Worksheet

8 original questions, working space and separate answer explanations. Version 2026-10-27.

Scope

US nurse-aide written-knowledge foundations; jurisdiction-neutral pilot, not a practical competency assessment.

This is an untimed foundation study sample, not an official examination or complete mock test. Author-reviewed learning materials; independent educator review and learner calibration remain pending.

How to use this worksheet

Work through the questions before opening the answer section. Write your calculation or the reason for your choice. After checking the explanation, return to the linked lesson for any unfamiliar distinction.

<https://openexam.site/exams/cna/worksheets/>

QUESTION 1 / Consent, privacy and personal choice

A resident declines a shower because the room feels cold but accepts an offer of warm washcloths. Which response is most appropriate for the nurse aide in this situation?

- A. Defer the bath without telling the nurse that part of the planned care was declined.
- B. Offer a warm blanket, then complete the scheduled bath before discussing the resident's requested alternative.
- C. Respect the refusal, explore an acceptable alternative, and tell the nurse what care was declined.
- D. Ask a relative to select the bathing method instead of checking the capable resident's preference.

Working / reasoning:

Item cna-wash-choice-1 | Lesson: <https://openexam.site/exams/cna/learn/personal-consent/>

QUESTION 2 / Measure and report a change

A resident who normally feeds independently cannot coordinate the spoon today. Which response is most appropriate for the nurse aide in this situation?

- A. Wait for another staff member to observe the same change before deciding whether it is worth reporting.
- B. Record only that the resident needs more help today, without describing what changed or when it was noticed.
- C. Try an independently chosen treatment first and report the change only if the treatment does not work.
- D. Promptly report the specific change, when it began, and how today's observation differs from usual function.

Working / reasoning:

Item cna-report-change-2 | Lesson: <https://openexam.site/exams/cna/learn/basic-observe/>

QUESTION 3 / Hand hygiene across care transitions

An aide is starting clean personal care after entering a resident's room. Which response is most appropriate for the nurse aide in this situation?

- A. Perform hand hygiene at the point of care before touching the resident or clean supplies.
- B. Wait to clean hands until all assigned rooms are completed because the same care round is still in progress.
- C. Disinfect the nearby equipment but begin direct resident care before cleaning hands after environmental contact.
- D. Put on gloves after handling the hallway equipment and start the clean task without performing hand hygiene.

Working / reasoning:

Item cna-hand-before-3 | Lesson: <https://openexam.site/exams/cna/learn/infection-hands/>

QUESTION 4 / Transfers, hazards and access to help

A resident on the floor says to lift them immediately, but has not been assessed. Which response is most appropriate for the nurse aide in this situation?

- A. Lift the resident back to bed before reporting because a familiar voice suggests that no assessment is needed.
- B. Leave to complete other assigned work because the resident is awake and requests only a small amount of help.
- C. Assume no injury when there is no visible bleeding and resume the activity that preceded the event.
- D. Stay with the resident and summon the nurse before an unassessed move unless immediate danger requires action.

Working / reasoning:

Item cna-fall-discovery-4 | Lesson: <https://openexam.site/exams/cna/learn/safety-assistance/>

QUESTION 5 / Communication that preserves participation

A resident says a familiar care activity has become uncomfortable. Which response is most appropriate for the nurse aide in this situation?

- A. Move directly to the next scheduled task because the concern has not yet been expressed using clinical terms.
- B. Describe another resident's private experience to show why this concern is not important enough to report.
- C. Provide a reassuring promise before asking what the resident means or whether the aide can deliver the requested result.
- D. Listen to the concern, clarify its meaning, and communicate relevant needs through the care team.

Working / reasoning:

Item cna-listen-1 | Lesson: <https://openexam.site/exams/cna/learn/communication/>

QUESTION 6 / Scope, handoff and accurate records

A resident asks the aide to change a treatment that is outside the assignment. Which response is most appropriate for the nurse aide in this situation?

- A. Use a visitor's explanation as the only supervision for the first attempt at an unfamiliar clinical procedure.
- B. Record the task as completed to keep the care record current while waiting for someone else to perform it.
- C. Ask the supervising nurse for task-specific instruction, appropriate supervision or reassignment before attempting the unfamiliar procedure on the resident.
- D. Attempt the unfamiliar procedure alone because the resident needs it and the equipment appears easy to operate without training.

Working / reasoning:

Item cna-scope-2 | Lesson: <https://openexam.site/exams/cna/learn/role/>

QUESTION 7 / Cognitive support and resident rights

A resident repeatedly cries before a scheduled activity. Which response is most appropriate for the nurse aide in this situation?

- A. Treat the distress as meaningless because dementia is recorded, without checking for discomfort or a change from usual behavior.
- B. Threaten to remove a preferred activity unless the resident stops crying before the care discussion can continue.
- C. Argue with the resident until the aide's account is accepted, treating agreement as the main goal of the interaction.
- D. Use a calm approach, look for an unmet need, and report a new or persistent change.

Working / reasoning:

Item cna-distress-3 | Lesson: <https://openexam.site/exams/cna/learn/mental-rights/>

QUESTION 8 / Eating, drinking and toileting with a plan

A previously comfortable eater begins coughing with each offered spoonful while breathing independently. Which response is most appropriate for the nurse aide in this situation?

- A. Finish the meal slowly because the resident can still speak, then mention the coughing at routine handoff.
- B. Pause oral intake, maintain the resident's safety, and promptly report the new swallowing change to the nurse.
- C. Replace the meal with an unapproved consistency and continue feeding while documenting the change for later review.
- D. Offer smaller amounts of the same food to check whether repeated coughing improves before notifying the nurse.

Working / reasoning:

Item cna-cough-meal-4 | Lesson: <https://openexam.site/exams/cna/learn/personal-eating/>

CNA Written Knowledge: Answers & Explanations

Compare the method or rule as well as the final answer. These explanations are study aids, not official scoring guidance.

QUESTION 1 / cna-wash-choice-1

Answer: Respect the refusal, explore an acceptable alternative, and tell the nurse what care was declined.

1. Identify the relevant observation or expressed preference: A resident declines a shower because the room feels cold but accepts an offer of warm washcloths.
2. A resident who can make this decision may refuse routine personal care. Respect the choice, explore a practical alternative, and communicate what was declined so the plan can be reviewed.
3. Therefore the aide should: Respect the refusal, explore an acceptable alternative, and tell the nurse what care was declined.

QUESTION 2 / cna-report-change-2

Answer: Promptly report the specific change, when it began, and how today's observation differs from usual function.

1. Identify the relevant observation or expressed preference: A resident who normally feeds independently cannot coordinate the spoon today.
2. A useful report describes what is different, when it began, and what was observed. The nurse assesses the clinical meaning; the aide does not need a diagnosis before reporting.
3. Therefore the aide should: Promptly report the specific change, when it began, and how today's observation differs from usual function.

QUESTION 3 / cna-hand-before-3

Answer: Perform hand hygiene at the point of care before touching the resident or clean supplies.

1. Identify the relevant observation or expressed preference: An aide is starting clean personal care after entering a resident's room.
2. Hand hygiene is needed at the point of care. It interrupts transfer from hands to the person or equipment before contact, rather than only after a visible spill.
3. Therefore the aide should: Perform hand hygiene at the point of care before touching the resident or clean supplies.

QUESTION 4 / cna-fall-discovery-4

Answer: Stay with the resident and summon the nurse before an unassessed move unless immediate danger requires action.

1. Identify the relevant observation or expressed preference: A resident on the floor says to lift them immediately, but has not been assessed.
2. A fall requires prompt assessment and protection. Use the facility response, stay with the person, and describe what was actually found; the aide does not independently clear injuries.
3. Therefore the aide should: Stay with the resident and summon the nurse before an unassessed move unless immediate danger requires action.

QUESTION 5 / cna-listen-1

Answer: Listen to the concern, clarify its meaning, and communicate relevant needs through the care team.

1. Identify the relevant observation or expressed preference: A resident says a familiar care activity has become uncomfortable.
2. Effective communication starts with the person's account. Clarifying what was meant is more useful than assumptions, false reassurance, or discussing someone else.
3. Therefore the aide should: Listen to the concern, clarify its meaning, and communicate relevant needs through the care team.

QUESTION 6 / cna-scope-2

Answer: Ask the supervising nurse for task-specific instruction, appropriate supervision or reassignment before attempting the unfamiliar procedure on the resident.

1. Identify the relevant observation or expressed preference: A resident asks the aide to change a treatment that is outside the assignment.
2. The aide performs care for which training and competence have been established. Seek supervision for an unfamiliar task instead of assuming that every request creates permission to perform it.
3. Therefore the aide should: Ask the supervising nurse for task-specific instruction, appropriate supervision or reassignment before attempting the unfamiliar procedure on the resident.

QUESTION 7 / cna-distress-3

Answer: Use a calm approach, look for an unmet need, and report a new or persistent change.

1. Identify the relevant observation or expressed preference: A resident repeatedly cries before a scheduled activity.

2. Behavior may express fear, discomfort, fatigue, or another need. Calm observation and person-centered assistance are preferable to coercion or assumptions.

3. Therefore the aide should: Use a calm approach, look for an unmet need, and report a new or persistent change.

QUESTION 8 / cna-cough-meal-4

Answer: Pause oral intake, maintain the resident's safety, and promptly report the new swallowing change to the nurse.

1. Identify the relevant observation or expressed preference: A previously comfortable eater begins coughing with each offered spoonful while breathing independently.

2. A change during a meal is a reason to pause the task and obtain qualified help. This pilot does not teach emergency choking maneuvers; inability to breathe or speak requires the facility emergency response immediately.

3. Therefore the aide should: Pause oral intake, maintain the resident's safety, and promptly report the new swallowing change to the nurse.

References and scope notes

The questions and teaching explanations are original catalog materials. References support the selected concepts; they are not endorsements or a reproduced official examination bank.

Federal nurse aide training curriculum

<https://www.ecfr.gov/current/title-42/chapter-IV/subchapter-G/part-483/subpart-D/section-483.152>

Federal long-term-care resident rights

<https://www.ecfr.gov/current/title-42/chapter-IV/subchapter-G/part-483/subpart-B/section-483.10>

CDC core infection prevention practices

<https://www.cdc.gov/infection-control/hcp/core-practices/index.html>

Written-knowledge foundation pilot: 200 contextual items across 50 authored families, not 200 independent clinical situations.

No hands-on skill assessment, state-specific certification guarantee or official score prediction.

Coverage is partial; clinical educator review, psychometric calibration and real-user trials remain pending.

State policies, eligibility, fees and practical skills must be checked in the current jurisdiction handbook.

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