

**MAINE CNA  
EXAM  
QUESTIONS AND  
ANSWERS 2026**

**100 Questions**

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1. Ten ounces is equal to \_\_\_\_\_ milliliters (mL).

- A) 30
- B) 100
- C) 300
- D) 500

2. During a seizure, a nursing assistant should:

- A) Put something in the resident's mouth to prevent tongue-biting
- B) Restrain the resident's movements
- C) Keep the resident safe and protect their head
- D) Run out of the room to find help

3. What is considered a normal range for an adult's blood pressure?

- A) 150/95
- B) 119/75
- C) 90/50
- D) 140/90

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4. *Nursing assistants do not usually perform procedures that require:*

- A) Clean technique
- B) Standard Precautions
- C) Sterile technique
- D) Protective equipment

5. *What is an example of physical abuse?*

- A) Ignoring a resident's call light
- B) Pinching a resident
- C) Telling a resident they are 'stupid'
- D) Stealing a resident's money

6. *When providing perineal care for a female resident, the nursing assistant should:*

- A) Wipe from back to front
- B) Wipe from front to back
- C) Wipe in a circular motion
- D) Use the same area of the washcloth for every wipe

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7. Generally, the last sense to leave a dying person is the sense of:

- A) Sight
- B) Taste
- C) Smell
- D) Hearing

8. What is an example of a common cliché that should be avoided when communicating?

- A) 'I understand how you feel'
- B) 'It will all work out in the end'
- C) 'Can you tell me more about that?'
- D) 'I will be back in ten minutes'

9. What is the term for a device that replaces a missing body part?

- A) Splint
- B) Prosthesis
- C) Cast
- D) Orthotic

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10. *When encountering a fire, a nursing assistant should first:*

- A) Call the fire department
- B) Extinguish the fire
- C) Remove the resident from danger
- D) Close all the windows

11. *In which of the following procedures must a nursing assistant always wear gloves?*

- A) Brushing a resident's hair
- B) Shaving a resident
- C) Taking a resident's pulse
- D) Feeding a resident

12. *Exercises that put each joint through its full arc of motion are called:*

- A) Aerobics
- B) Range of motion
- C) Weight lifting
- D) Cardiovascular training

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13. *What can nursing assistants do in regards to IVs?*

- A) Start the IV line
- B) Adjust the flow rate of the IV
- C) Observe the IV site for problems and report them
- D) Change the IV fluid bag when it is empty

14. *To prevent falls, a nursing assistant should:*

- A) Keep walkways free of clutter
- B) Tell residents to stay in their beds
- C) Wax the floors until they are very shiny
- D) Keep the room lights off

15. *What should a nursing assistant do each time a patient is repositioned?*

- A) Give the resident a snack
- B) Check the resident's skin
- C) Change the resident's clothing
- D) Perform a full bed bath

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16. Restraints can be applied:

- A) Whenever a resident is being difficult
- B) Only with a doctor's orders
- C) If the NA thinks the resident might fall
- D) To prevent a resident from leaving the facility

17. How can a nursing assistant help residents with their spiritual needs?

- A) Encourage them to join the NA's own religion
- B) Learn about the resident's beliefs and listen carefully
- C) Tell the resident that spiritual needs are not important
- D) Invite a priest even if the resident is not religious

18. What is a type of advance directive?

- A) A birth certificate
- B) Durable Power of Attorney for Health Care
- C) A resident's social security card
- D) An employee handbook

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19. *If a resident with Alzheimer's disease shows violent behavior, the nursing assistant should:*

- A) Hit the resident back
- B) Restrain the resident immediately
- C) Remove triggers that may be causing the behavior
- D) Argue with the resident

20. *A way to prevent aspiration during oral care of unconscious residents includes:*

- A) Using plenty of toothpaste and water
- B) Positioning the resident on their back
- C) Using as little liquid as possible
- D) Giving the resident a glass of water to rinse

21. *Which position is a resident in if he is lying on his stomach?*

- A) Supine position
- B) Prone position
- C) Lateral position
- D) Fowler's position

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22. *For a nursing assistant, confidentiality means:*

- A) Only telling the resident's roommates about their health
- B) Keeping private things private
- C) Sharing medical info with the NA's own family
- D) Writing about residents on social media

23. *What is an overbed table primarily used for?*

- A) Storage of soiled linens
- B) Placement of meals
- C) A seat for visitors
- D) A place for the NA to write reports

24. *To treat a minor burn, a nursing assistant should:*

- A) Apply butter or oil to the area
- B) Use cool, clean water
- C) Apply a tight bandage
- D) Use ice cubes directly on the skin

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25. *Providing privacy while giving care is a patient's:*

- A) Professional courtesy
- B) Legal right
- C) Optional choice
- D) Facility preference

26. *Where should the call light be placed when a nursing assistant leaves a resident's room?*

- A) On the overbed table across the room
- B) Within the resident's reach
- C) In the bathroom
- D) Attached to the doorway

27. *What is one important reason why the bed should remain wrinkle-free?*

- A) To keep the room looking tidy
- B) To prevent the resident from rolling out
- C) To help keep the skin healthy and prevent pressure sores
- D) To make it easier for the nurse to change the linens

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28. *What does palliative care involve?*

- A) Aggressive treatment to cure disease
- B) Pain relief and comfort
- C) Physical therapy to restore walking
- D) Assisting with financial and legal planning

29. *How can a nursing assistant assist residents with normal changes of aging related to the urinary system?*

- A) Restrict fluids so the resident urinated less
- B) Offer frequent trips to the bathroom
- C) Suggest the resident use a catheter instead
- D) Tell the resident to hold their urine longer to strengthen the bladder

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30. Which temperature site is generally considered to be the most accurate?

- A) Oral
- B) Axillary (armpit)
- C) Rectal
- D) Tympanic (ear)

31. Which of the following is used when documenting the amount of fluid a resident drinks?

- A) Ounces
- B) Pounds
- C) Milliliters
- D) Grams

32. What is a function of the nervous system?

- A) Provides a framework for the body
- B) Senses and interprets information from outside the body
- C) Pumps blood to the various parts of the body
- D) Removes waste from the blood

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33. *If an activity is not listed on the care plan, what is the responsibility of a Nursing Assistant?*

- A) Perform the activity if the resident asks
- B) The NA should not perform the activity if it is not listed
- C) Ask the resident's family if it is okay
- D) Perform the activity but do not document it

34. *If a resident with Alzheimer's disease has problems with dressing, the nursing assistant should:*

- A) Choose the outfit for them to save time
- B) Lay out clothes in the order they should be put on
- C) Tell the resident to hurry up
- D) Dress the resident without saying anything

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35. *The ability to think logically and quickly is called:*

- A) Intelligence
- B) Cognition
- C) Memory
- D) Intuition

36. *Which attitude is helpful when working in hospice?*

- A) Encourage the resident to fight the disease
- B) Respect the resident's privacy and independence
- C) Avoid the resident's room as much as possible
- D) Talk loudly so the resident knows you are there

37. *What is a factor that may influence a resident's food preference?*

- A) The NA's favorite food
- B) Religion
- C) The time the NA's shift ends
- D) The weather outside

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38. *With whom may a nursing assistant share a resident's medical information?*

- A) The resident's best friend
- B) Other staff members involved in the resident's care
- C) The NA's own family
- D) Anyone who asks

39. *Which type of urine specimen does not include the first and last urine in the sample?*

- A) Routine urine specimen
- B) Clean catch (mid-stream)
- C) 24-hour urine specimen
- D) Catheterized specimen

40. *When leaving a resident's room, a nursing assistant should:*

- A) Leave the bed in its highest position
- B) Turn off all the lights, even if the resident is reading
- C) Restock supplies and leave the call light within reach
- D) Take the resident's water pitcher with them

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41. *A nursing assistant should wear gloves when:*

- A) Brushing a resident's teeth
- B) Giving perineal care to a resident
- C) Helping a resident walk
- D) Answering the resident's telephone

42. *Which sense is usually last to leave the body when a person is dying?*

- A) Sight
- B) Smell
- C) Taste
- D) Hearing

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43. A resident's Protected Health Information (PHI) may be shared with:

- A) Any employee of the facility
- B) Only those who need the information for care or processing records
- C) The resident's neighbors
- D) The NA's own friends

44. The artificial opening in the abdomen of a resident with an ostomy is called a:

- A) Stoma
- B) Suture
- C) Incision
- D) Valve

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45. *Standard Precautions should be practiced:*

- A) Only on residents with known infections
- B) Only when blood is visible
- C) On every single person in your care
- D) Only in the isolation ward

46. *What is the correct conversion of 4:10 p.m. to military time?*

- A) 0410 hours
- B) 1410 hours
- C) 1610 hours
- D) 2010 hours

47. *What should a nursing assistant observe and report regarding the musculoskeletal system?*

- A) The resident's favorite type of exercise
- B) White, shiny, red, or warm areas over a joint
- C) The color of the resident's clothing
- D) The resident's ability to remember their name

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48. *What is a good way for a nursing assistant to care for a mentally ill resident?*

- A) Avoid talking to the resident
- B) Support the resident and his or her family and friends
- C) Correct the resident whenever they say something factually wrong
- D) Encourage the resident to stop taking their medication

49. *What thermometer is used to take a temperature from the ear?*

- A) Oral thermometer
- B) Axillary thermometer
- C) Tympanic thermometer
- D) Rectal thermometer

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50. *What is a good way for a nursing assistant to respond to inappropriate sexual behavior by a resident?*

- A) Scold the resident in front of others
- B) Ignore the behavior and walk away
- C) Take the resident to a private area
- D) Call the resident's family to complain

51. *Which is true about nursing assistants and catheters?*

- A) NAs insert the catheters
- B) NAs irrigate the catheters
- C) NAs observe and report regarding the catheter and drainage
- D) NAs decide when the catheter should be removed

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52. *What is one way a nursing assistant can promote a resident's independence?*

- A) Doing everything for the resident to save time
- B) Allowing a resident to do a task by himself no matter how long it takes
- C) Deciding what clothes the resident will wear every day
- D) Restricting the resident to their room

53. *A \_\_\_\_\_ is the permanent and painful stiffening of a joint and muscle.*

- A) Sprain
- B) Contracture
- C) Fracture
- D) Dislocation

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54. *When assisting a patient with dentures, a nursing assistant should:*

- A) Clean them in hot water
- B) Store them in the resident's drawer without a container
- C) Store them in a labeled denture cup with cool water
- D) Tell the resident to sleep with them in

55. *When communicating with a visually-impaired resident, the nursing assistant should:*

- A) Speak as loudly as possible
- B) Avoid talking so the resident isn't confused
- C) Tell the resident what the NA is doing while providing care
- D) Move the furniture around frequently

56. *When should sheets be changed?*

- A) Once every seven days
- B) Only when a new resident is admitted
- C) Whenever they are soiled, wrinkled, or damp
- D) Every morning regardless of condition

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57. *When assisting a resident with a standard bedpan, where should the wider end be placed?*

- A) In alignment with the resident's buttocks
- B) Toward the foot of the bed
- C) Under the resident's knees
- D) It does not matter which way it faces

58. *When speaking with residents, nursing assistants should:*

- A) Use complex medical jargon
- B) Use simple, non-medical terms
- C) Talk to them like they are children
- D) Avoid eye contact

59. *Diabetes can lead to which of the following complications?*

- A) Stronger eyesight
- B) Impaired wound healing
- C) Increased energy levels
- D) Improved circulation to the feet

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60. How many rubber-tipped feet does a quad cane have?

- A) One
- B) Two
- C) Three
- D) Four

61. The first sign of skin breakdown is:

- A) A deep, open sore
- B) Pale, white, reddened, or purple skin
- C) Bleeding from the site
- D) A visible bone

62. If a resident starts to fall, the best thing a nursing assistant can do is to:

- A) Try to catch the resident in her arms
- B) Widen her stance and bring the resident's body close to her
- C) Run and get a wheelchair
- D) Tell the resident to stand up straight

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63. *What is a task that is outside the scope of practice for a Nursing Assistant (NA)?*

- A) Measuring vital signs
- B) Helping a resident get dressed
- C) Inserting tubes into a resident's body
- D) Ambulating a resident with a walker

64. *What is the correct conversion of 1900 hours to standard time?*

- A) 7:00 a.m.
- B) 9:00 a.m.
- C) 7:00 p.m.
- D) 9:00 p.m.

65. *After an amputation, a resident may experience phantom sensation. Phantom sensation is:*

- A) The belief that the limb will grow back
- B) Pain or sensation caused by remaining nerve endings
- C) A hallucination caused by medication
- D) The ability to move the prosthetic limb with the mind

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66. *What member of the care team helps a resident learn to use adaptive devices for eating or dressing?*

- A) Speech-language pathologist
- B) Occupational therapist
- C) Registered dietitian
- D) Activities director

67. *How should a fracture pan be positioned?*

- A) With the handle toward the head of the bed
- B) With the handle toward the foot of the bed
- C) Sideways across the resident's hips
- D) The handle should be removed before use

68. *What is the medical term for high blood pressure?*

- A) Hyperglycemia
- B) Tachycardia
- C) Hypertension
- D) Hypotension

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69. Which of the following is a requirement of the Omnibus Budget Reconciliation Act (OBRA)?

- A) NAs must have at least 50 hours of training
- B) NAs must have at least 75 hours of training
- C) NAs must be at least 21 years old
- D) NAs must be able to prescribe medication

70. If a nursing assistant sees a letter for the resident at the front desk, she should:

- A) Open it for the resident
- B) Take the letter to the resident's room unopened
- C) Read the letter to other staff members
- D) Leave it at the desk

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71. *Why should an NA be concerned if they notice a resident's skin has become pale, white, or reddened?*

- A) It means the resident is getting too much sleep
- B) It could be the beginning of a pressure sore
- C) It indicates the resident is about to have a seizure
- D) It shows the resident is finally getting enough water

72. *When observing catheters, a nursing assistant should be sure that:*

- A) The bag is hanging on the bed rail
- B) The drainage bag is kept lower than the hips or bladder
- C) The tubing has many loops to catch the urine
- D) The bag is touching the floor

73. *When should a nursing assistant identify a resident?*

- A) After the resident has finished eating
- B) Before helping with feeding
- C) Only when the nurse is watching
- D) Once a week

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74. Which is the most essential nutrient for life?

- A) Carbohydrates
- B) Protein
- C) Water
- D) Vitamins

75. Before helping a resident eat, how should the nursing assistant position the resident?

- A) Lying flat on their back
- B) Lying on their side
- C) Sitting as upright as possible
- D) In a semi-reclined position

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76. *What should a nursing assistant do if she suspects a resident is being abused?*

- A) Wait for more evidence before acting
- B) Ask the resident if they are being abused
- C) Report it to the nurse immediately
- D) Call the police herself before telling the nurse

77. *When using a transfer belt, the NA should:*

- A) Place it underneath the resident's clothing
- B) Place it over the resident's clothing
- C) Tighten it until the resident cannot breathe
- D) Use it only for residents who can walk perfectly

78. *Which member of the care team diagnoses disease and prescribes treatment?*

- A) Nurse Assistant
- B) Physician (MD)
- C) Physical Therapist
- D) Social Worker

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79. *The single most important thing you can do to prevent the spread of disease is to:*

- A) Wear a mask at all times
- B) Wash your hands
- C) Keep the facility windows closed
- D) Use a lot of perfume

80. *Which kind of care helps restore a resident to the highest level of functioning possible?*

- A) Hospice care
- B) Palliative care
- C) Rehabilitation
- D) Acute care

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81. How should a resident with chronic obstructive pulmonary disease (COPD) be positioned?

- A) Lying flat on their back
- B) Sitting upright
- C) Lying on their stomach
- D) Lying with feet elevated higher than the head

82. HIV can be transmitted:

- A) By hugging an infected person
- B) To a fetus by an infected mother
- C) Through the air when someone coughs
- D) By sharing a water glass

83. Where should the nursing assistant stand when helping a resident who is recovering from a stroke to walk?

- A) On the resident's stronger side
- B) On the resident's weaker side
- C) In front of the resident
- D) Behind the resident

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84. To convert four ounces of water to milliliters (mL), the nursing assistant should multiply four by:

- A) 10
- B) 30
- C) 50
- D) 100

85. Passive range of motion (PROM) exercises are done:

- A) By the resident without any help
- B) When a resident cannot move on her own
- C) Only once a week
- D) Only after the resident has been discharged

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86. Which of the following abbreviations means 'nothing by mouth'?

- A) NBW
- B) NPO
- C) BW
- D) PO

87. Which of the following healthcare settings is for people who have approximately six months or less to live?

- A) Long-term care facility
- B) Acute care hospital
- C) Hospice
- D) Assisted living

88. Maintaining equal intake and output is known as:

- A) Metabolism
- B) Fluid balance
- C) Homeostasis
- D) Circulation

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89. Which of the following statements is true of pain?

- A) Everyone feels pain the same way
- B) Pain is a different experience for each person
- C) If a resident doesn't complain, they aren't in pain
- D) Older people don't feel pain as much as younger people

90. Which of the following is true of Transmission-Based Precautions?

- A) They are used instead of Standard Precautions
- B) They are practiced in addition to Standard Precautions
- C) They are only used for the elderly
- D) They are used only when the NA feels like it

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91. *Joking with a resident's roommate about the resident's incontinence is what type of abuse?*

- A) Physical abuse
- B) Psychological abuse
- C) Sexual abuse
- D) Involuntary seclusion

92. *Incontinence may be caused by:*

- A) Eating too much fiber
- B) Nervous system diseases
- C) Lack of exercise
- D) Drinking too much water

93. *What does the chain of command do?*

- A) Lists the residents in order of their needs
- B) Describes the line of authority in a facility
- C) Describes the physical layout of the building
- D) Lists the medications a resident must take

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94. *What is an example of a normal change of aging?*

- A) Inability to think clearly
- B) Weaker muscles
- C) Constant pain
- D) Complete loss of vision

95. *Standing with the legs shoulder-width apart is an example of using:*

- A) Low center of gravity
- B) Good body mechanics
- C) Mechanical advantage
- D) Isometric exercise

96. *When a resident has left-sided weakness, which sleeve should be put on first when dressing?*

- A) The right sleeve
- B) The left sleeve
- C) Both at the same time
- D) The sleeve the NA prefers

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97. *In order to communicate with a resident who is hearing-impaired, the NA should:*

- A) Shout in the resident's ear
- B) Face the resident directly when speaking
- C) Avoid using any hand gestures
- D) Speak to the resident from behind

98. *Pressure sores can lead to:*

- A) Improved skin elasticity
- B) Life-threatening infections
- C) Better circulation
- D) Faster wound healing

99. *What is a guideline for good skin care?*

- A) Apply alcohol to dry areas
- B) Rub reddened areas vigorously
- C) Check the resident's skin daily and report changes
- D) Bathe the resident in hot water daily

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100. *Insulin reaction (hypoglycemia) can be caused by:*

- A) Too much food
- B) Too little food
- C) Lack of exercise
- D) High blood pressure

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