

Illinois CNA State Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. Which root word refers to the "mouth" in medical terminology?**
 - A. Stomat(o)**
 - B. Gastr(o)**
 - C. Hepat(o)**
 - D. Nephro**
- 2. "Dorsiflexion" refers to which movement?**
 - A. Bending the toes and foot up at the ankle**
 - B. Bending the toes and foot down at the ankle**
 - C. Movement toward the midline of the body**
 - D. Turning the joint inward**
- 3. How often should you ambulate a resident if the care plan states "ambulate with BID"?**
 - A. Once a day**
 - B. Twice a day**
 - C. Three times a day**
 - D. Four times a day**
- 4. How long should an oil retention enema be retained for optimal effectiveness?**
 - A. 5 to 10 minutes**
 - B. 10 to 20 minutes**
 - C. 30 to 60 minutes**
 - D. 2 to 3 hours**
- 5. Which step is NOT included in the procedure to collect a female urine sample?**
 - A. Clean the perineal area with a towel**
 - B. Keep the labia separated to collect the urine**
 - C. Rub the labia with alcohol wipes**
 - D. Spread the labia with your thumb and index finger**

- 6. What should you do before starting a 24-hour urine specimen collection?**
- A. Give the resident a full glass of water**
 - B. Ensure the resident has an empty bladder**
 - C. Label the specimen container**
 - D. Provide a clean specimen cup**
- 7. A doctor gives an order for a new treatment before leaving. What should you do?**
- A. Ask the patient to remind you**
 - B. Let the doctor speak to the nurse**
 - C. Take notes and inform the supervisor later**
 - D. Verify the order with the patient**
- 8. What does "extension" mean?**
- A. Turning the joint outward**
 - B. Touching an opposite finger with the thumb**
 - C. Straightening a body part**
 - D. Turning the joint inward**
- 9. What is a saline enema composed of?**
- A. Detergent solution**
 - B. Herbal infusion**
 - C. Oil and water**
 - D. Salt and water**
- 10. How frequently should TED hose be checked?**
- A. Every 1 hour**
 - B. Every 2 hours**
 - C. Every 3 hours**
 - D. Every 4 hours**

Answers

SAMPLE

1. A
2. A
3. B
4. C
5. A
6. A
7. C
8. A
9. D
10. A

SAMPLE

Explanations

SAMPLE

1. Which root word refers to the "mouth" in medical terminology?

A. Stomat(o)

B. Gastr(o)

C. Hepat(o)

D. Nephro

The correct answer is A. Stomat(o). In medical terminology, the root word "stomat(o)" specifically refers to the "mouth." This root word is commonly used in medical terms related to the mouth, such as stomatitis (inflammation of the mouth) or stomatoplasty (surgical repair of the mouth). The other options are incorrect: B. Gastr(o) - This root word refers to the stomach. C. Hepat(o) - This root word refers to the liver. D. Nephro - This root word refers to the kidneys.

2. "Dorsiflexion" refers to which movement?

A. Bending the toes and foot up at the ankle

B. Bending the toes and foot down at the ankle

C. Movement toward the midline of the body

D. Turning the joint inward

Dorsiflexion refers to the movement of bending the toes and foot up at the ankle, therefore the correct answer is A. Option B is incorrect because it describes plantarflexion, which is the opposite movement of dorsiflexion. Option C is incorrect because it describes adduction, which is moving towards the midline of the body. Option D is incorrect because it describes inversion, which is turning the joint inward.

3. How often should you ambulate a resident if the care plan states "ambulate with BID"?

A. Once a day

B. Twice a day

C. Three times a day

D. Four times a day

The phrase "ambulate with BID" indicates that the resident should be ambulated (assisted in walking) two times each day. "BID" is a common medical abbreviation that stands for "bis in die," which is Latin for "twice a day." Therefore, the correct understanding of this directive is to ensure that the resident is mobilized on two separate occasions within a 24-hour period. This practice is important for maintaining mobility, promoting circulation, and enhancing the overall well-being of the resident. Proper adherence to the care plan not only supports the resident's physical health but also aligns with best practices in caregiving.

4. How long should an oil retention enema be retained for optimal effectiveness?

- A. 5 to 10 minutes**
- B. 10 to 20 minutes**
- C. 30 to 60 minutes**
- D. 2 to 3 hours**

An oil retention enema is a type of enema that involves the insertion of oil into the rectum for the purpose of lubricating and softening the stool. This makes it easier to pass stool and can help relieve constipation. In order for an oil retention enema to be effective, the oil needs to be in contact with the stool for a significant amount of time. Option A, 5 to 10 minutes, is too short of a time for the oil to have a significant impact on the stool. The same goes for option B, 10 to 20 minutes. Option D, 2 to 3 hours, may seem like a reasonable amount of time, but it is too long for an oil retention enema. If the oil is left in the rectum for this amount of time, it can lead to dehydration and discomfort. Option C, 30 to 60 minutes, is the optimal time for retaining an oil enema. This allows enough time for the oil to soften and lubricate the stool without causing any potential side effects. So if you are using an oil retention enema, make sure to retain it for at least 30 minutes but no longer than 60 minutes for

5. Which step is NOT included in the procedure to collect a female urine sample?

- A. Clean the perineal area with a towel**
- B. Keep the labia separated to collect the urine**
- C. Rub the labia with alcohol wipes**
- D. Spread the labia with your thumb and index finger**

Option A is not included in the procedure because it is not necessary to clean the perineal area with a towel. This may contaminate the sample and affect the results. The remaining options B, C, and D are all necessary steps in the procedure and should be followed accordingly.

6. What should you do before starting a 24-hour urine specimen collection?

- A. Give the resident a full glass of water**
- B. Ensure the resident has an empty bladder**
- C. Label the specimen container**
- D. Provide a clean specimen cup**

Before starting a 24-hour urine specimen collection, it is important to ensure that the resident has an empty bladder. This way, the collection will not be contaminated with any previous urine. Labeling the specimen container and providing a clean specimen cup are also important steps, but they should be done after ensuring the resident has an empty bladder. Providing a full glass of water is not necessary before starting the collection as it may affect the results and cause dilution of the urine sample. Therefore, option A is the best answer.

7. A doctor gives an order for a new treatment before leaving. What should you do?

- A. Ask the patient to remind you**
- B. Let the doctor speak to the nurse**
- C. Take notes and inform the supervisor later**
- D. Verify the order with the patient**

Taking notes and informing the supervisor later is the best course of action when a doctor gives an order for a new treatment. This approach ensures that the order is documented accurately and can be reviewed later by the appropriate healthcare team members. It also maintains the chain of command and ensures that the treatment plan is implemented correctly. In a healthcare setting, it is crucial that all orders from medical professionals are clearly noted and communicated to the nursing staff or supervisor, who can then oversee the execution of the treatment. This method helps to reduce errors that could arise from misunderstandings or miscommunication regarding the doctor's orders. Additionally, by informing the supervisor, you ensure that there is accountability and that the order is integrated into the patient's care plan properly. While asking the patient to remind you might initially seem helpful, it places the burden of recall on the patient, who may not be trained to understand or relay medical orders accurately. Letting the doctor speak to the nurse shifts the responsibility away from you, and the nurse may not be present at the time to hear the order directly. Verifying the order with the patient may not be appropriate, as the healthcare professional should communicate with the doctor and the medical team rather than asking the patient, who may not be in a position to clarify.

8. What does "extension" mean?

- A. Turning the joint outward**
- B. Touching an opposite finger with the thumb**
- C. Straightening a body part**
- D. Turning the joint inward**

"Extension" in this context refers to turning a joint outward from its normal position. This is the opposite of "flexion" which refers to bringing a joint in towards the body or reducing its angle. Option B, touching an opposite finger with the thumb, is commonly known as "opposition" and is a different concept than extension. Option C, straightening a body part, is closer in meaning to "extending" a limb or joint, but does not fully encompass the concept of "extension." Option D, turning the joint inward, is again the opposite of "extension."

9. What is a saline enema composed of?

- A. Detergent solution**
- B. Herbal infusion**
- C. Oil and water**
- D. Salt and water**

A saline enema is composed of salt and water. This solution is used to cleanse the colon, typically for medical or digestive health reasons. Option A, a detergent solution, is often used in enemas for bowel preparation before medical procedures, but it is not the same as a saline enema. Option B, a herbal infusion, is not a common ingredient in enemas, and would not be considered a saline enema. Option C, oil and water, is sometimes used in enemas for constipation relief, but it is not the typical composition of a saline enema. Therefore, option D, salt and water, is the most accurate composition for a saline enema.

10. How frequently should TED hose be checked?

- A. Every 1 hour**
- B. Every 2 hours**
- C. Every 3 hours**
- D. Every 4 hours**

TED hose are medical stockings used to help prevent blood clots and improve circulation in patients who are immobile or have restricted movement. These hose should be checked frequently to ensure they are properly fitted and functioning as intended. Checking them every 1 hour is important because it allows for any adjustments to be made or any issues to be addressed in a timely manner. Checking them every 2, 3, or 4 hours may not provide enough frequency to catch any potential problems. Therefore, option A is the most appropriate choice for the best patient care.