

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. The term "Cyst" typically refers to what?**
 - A. Bladder or sac**
 - B. Bone or joint**
 - C. Muscle or tissue**
 - D. Blood or bile**
- 2. During rehabilitation, where is the focus of care placed?**
 - A. On patient's abilities**
 - B. On patient's disabilities**
 - C. On patient's treatment plan**
 - D. On patient's weaknesses**
- 3. What does rehabilitation and restorative nursing care focus on?**
 - A. Dietary needs**
 - B. Medication management**
 - C. The whole person and what the person can do**
 - D. Visitors' schedules**
- 4. What is the main action of an oil retention enema?**
 - A. Hydrates the body**
 - B. Irritates the rectum**
 - C. Lubricates the rectum and softens feces**
 - D. Promotes blood circulation**
- 5. What should you do if any urine is missed during a 24-hour urine specimen collection?**
 - A. Continue with the specimen collection**
 - B. Notify a physician**
 - C. Restart the test**
 - D. Save the next voiding**

- 6. Residents with dementia on the commode should be left alone for how long?**
- A. 10 minutes**
 - B. 15 minutes**
 - C. 5 minutes**
 - D. Never**
- 7. What is the recommended duration for soaking fingers?**
- A. 2-5 minutes**
 - B. 5-10 minutes**
 - C. 10-15 minutes**
 - D. 15-20 minutes**
- 8. For how long should a rectal glass thermometer be left in the rectum?**
- A. 1 minute**
 - B. 2 minutes**
 - C. 3 minutes**
 - D. 4 minutes**
- 9. What should you do with an ostomy bag after it has been used?**
- A. Discard it in the nearest trash can**
 - B. Dispose of it in a facility-approved bag**
 - C. Flush it down the toilet**
 - D. Wash and reuse it**
- 10. How many calories are in 1 gram of carbohydrate?**
- A. 2 calories**
 - B. 4 calories**
 - C. 7 calories**
 - D. 9 calories**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. The term "Cyst" typically refers to what?

- A. Bladder or sac**
- B. Bone or joint**
- C. Muscle or tissue**
- D. Blood or bile**

The term "Cyst" typically refers to a bladder or sac. A cyst is a closed sac-like structure that can be filled with air, fluid, or other substances. It commonly develops in organs or tissues, such as the skin, ovaries, kidneys, or liver, forming a protective capsule around the material inside. Therefore, the correct answer is A. Option B, bone or joint, is incorrect because cysts do not typically form in bones or joints but rather in soft tissues or organs. Option C, muscle or tissue, is incorrect because a cyst is not typically associated with muscle but more commonly with organs or tissues. Option D, blood or bile, is also incorrect as cysts are not commonly formed in blood vessels or bile ducts but rather in areas like the bladder or sac.

2. During rehabilitation, where is the focus of care placed?

- A. On patient's abilities**
- B. On patient's disabilities**
- C. On patient's treatment plan**
- D. On patient's weaknesses**

During rehabilitation, the main focus of care is placed on the patient's abilities rather than their disabilities, treatment plan, or weaknesses. This is because the goal of rehabilitation is to help patients improve and maximize their abilities despite their limitations or disabilities. Focusing on their abilities also helps build their confidence and motivation to continue working towards their rehabilitation goals. Therefore, options B, C, and D are incorrect as they do not align with the primary focus of care in rehabilitation.

3. What does rehabilitation and restorative nursing care focus on?

- A. Dietary needs**
- B. Medication management**
- C. The whole person and what the person can do**
- D. Visitors' schedules**

Rehabilitation and restorative nursing care focuses on the whole person and what they can do because it aims to promote maximum independence for individuals recovering from illness or injury. This approach emphasizes enhancing the patient's abilities and strengths rather than solely addressing their limitations or disabilities. It involves creating personalized care plans that encourage patients to engage in activities of daily living, helping them regain skills and confidence while fostering their overall well-being. By focusing on the individual as a whole, rehabilitation and restorative care support not just physical recovery but also mental, emotional, and social aspects, thereby improving the quality of life. This holistic perspective is essential in helping patients achieve their personal goals and increase their participation in daily activities, allowing them to thrive in their environments. In contrast, options related to dietary needs, medication management, and visitors' schedules, while important in the broader scope of patient care, do not capture the specific essence of rehabilitation and restorative nursing care, which is centered on empowerment and functionality for the individual.

4. What is the main action of an oil retention enema?

- A. Hydrates the body**
- B. Irritates the rectum**
- C. Lubricates the rectum and softens feces**
- D. Promotes blood circulation**

An oil retention enema is a method used to help relieve constipation by inserting a small amount of oil into the rectum. This oil helps to lubricate the rectum and soften any hardened feces, making it easier to pass. Option A is incorrect because while the enema may increase hydration levels temporarily, its main purpose is not to hydrate the body. Option B is incorrect because the enema should not cause irritation, and if it does, it is likely being done incorrectly. Option D is incorrect because the main action of an oil retention enema is not to promote blood circulation, although it may have some beneficial effects on circulation.

5. What should you do if any urine is missed during a 24-hour urine specimen collection?

- A. Continue with the specimen collection**
- B. Notify a physician**
- C. Restart the test**
- D. Save the next voiding**

If any urine is missed during a 24-hour urine specimen collection, the best course of action is to continue with the specimen collection. This is because the purpose of a 24-hour urine collection is to accurately measure the levels of certain substances in the urine over a 24-hour period. If any urine is missed, it may affect the accuracy of the results. Restarting the test or saving the next voiding would not accurately reflect the levels in the urine over the 24-hour period. Additionally, notifying a physician may not be necessary unless there are specific concerns or instructions given by the physician. Therefore, continuing with the specimen collection is the most appropriate and effective choice in this scenario.

6. Residents with dementia on the commode should be left alone for how long?

- A. 10 minutes**
- B. 15 minutes**
- C. 5 minutes**
- D. Never**

It is not safe to leave residents with dementia alone on the commode for an extended period of time, as they may become disoriented or confused and potentially harm themselves. Option D, "Never," is incorrect because it is not feasible to never leave a resident alone on the commode. Options B and C are also incorrect because they suggest shorter periods of time than the recommended 10 minutes, which may not allow enough time for the resident to complete their task and could cause discomfort. It is important to have proper monitoring and safety protocols in place to ensure the resident's well-being without infringing on their privacy.

7. What is the recommended duration for soaking fingers?

- A. 2-5 minutes**
- B. 5-10 minutes**
- C. 10-15 minutes**
- D. 15-20 minutes**

The recommended duration for soaking fingers is 2-5 minutes. Soaking your fingers for too long can actually cause the skin to become overly soft, which can leave it prone to damage or infection when nails and cuticles are trimmed or pushed back. This is why options B, C, and D are incorrect as they exceed the recommended time frame and may lead to potential damage or infection. Additionally, soaking your fingers for too long may also weaken the nails if done frequently, making them more prone to breakage or splitting. Therefore, it is important to follow the recommended duration of 2-5 minutes for optimal nail and cuticle health.

8. For how long should a rectal glass thermometer be left in the rectum?

- A. 1 minute**
- B. 2 minutes**
- C. 3 minutes**
- D. 4 minutes**

When using a rectal glass thermometer, it is essential to follow the appropriate duration for accurate readings. Leaving the thermometer in the rectum for approximately 3 minutes ensures that it can adequately register a stable and accurate core body temperature. The reason for this time frame is that rectal thermometers are designed to measure the internal body temperature, which can fluctuate based on various factors, including the environment and recent activity. The 3-minute duration allows for the thermometer to reach equilibrium with the body's internal temperature, providing a reliable reading. This duration balances safety and accuracy, as too short of a time may result in an inaccurate measurement, while too long could be uncomfortable for the patient.

9. What should you do with an ostomy bag after it has been used?

- A. Discard it in the nearest trash can**
- B. Dispose of it in a facility-approved bag**
- C. Flush it down the toilet**
- D. Wash and reuse it**

After an ostomy bag has been used, it is important to dispose of it in a facility-approved bag. This is the correct way to handle ostomy bags to ensure proper disposal and prevent any potential contaminations or infections. Discarding it in the nearest trash can or flushing it down the toilet can pose health hazards and environmental concerns. Washing and reusing an ostomy bag is not recommended as it can lead to infection risk and compromise the bag's integrity. Proper disposal in a facility-approved bag is the safest and most hygienic option.

10. How many calories are in 1 gram of carbohydrate?

A. 2 calories

B. 4 calories

C. 7 calories

D. 9 calories

The correct answer is 4 calories because carbohydrates are a primary source of energy for the body, and they provide approximately 4 calories per gram. This caloric value reflects the energy that the body can extract from carbohydrates during digestion and metabolism. Understanding this caloric content is essential for those studying nutrition and health as it plays a significant role in dietary planning, weight management, and overall energy balance. The other choices do not accurately reflect the caloric content of carbohydrates. For example, while fats provide about 9 calories per gram and protein offers around 4 calories per gram, the figure for carbohydrates specifically is established at 4 calories per gram. The 2 calories option significantly underestimates the caloric energy available from a carbohydrate source, and the 7 calories option does not correspond to any recognized macronutrient.