

# Illinois CNA State Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## **7. Use Other Tools**

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

- 1. Which position describes a person lying on one side?**
  - A. Fowler's position**
  - B. Lateral position**
  - C. Prone position**
  - D. Supine position**
- 2. What does the term "Bradycardia" describe?**
  - A. Fast heart rate**
  - B. Absence of heart rate**
  - C. Normal heart rate**
  - D. Slow heart rate**
- 3. Arm pain is an example of what kind of data?**
  - A. Objective data**
  - B. Quantitative data**
  - C. Subjective data**
  - D. Unreliable data**
- 4. What is the expected time for a small volume enema to cause a bowel movement?**
  - A. 5 to 10 minutes**
  - B. 10 to 20 minutes**
  - C. 20 to 30 minutes**
  - D. 30 to 60 minutes**
- 5. What does the term "adduction" refer to?**
  - A. Bending the body part**
  - B. Movement toward the midline of the body**
  - C. Turning the joint inward**
  - D. Touching an opposite finger with the thumb**
- 6. "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**



- 7. What does the suffix “uria” indicate in medical terms?**
- A. Diarrhea**
  - B. Inflammation**
  - C. Urine**
  - D. Vomiting**
- 8. To transfer a patient from a wheelchair to a car, the wheelchair should be positioned at an angle of:**
- A. 30 degrees**
  - B. 45 degrees**
  - C. 60 degrees**
  - D. 90 degrees**
- 9. Which defense mechanism involves a person substituting a strength for a weakness?**
- A. Compensation**
  - B. Displacement**
  - C. Projection**
  - D. Regression**
- 10. 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**

## **Answers**

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

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## **Explanations**

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**1. Which position describes a person lying on one side?**

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

A person lying on one side will be in a lateral position. Fowler's position refers to a sitting position with the head of the bed raised to a specific angle. Prone position describes a person lying on their stomach. Supine position describes a person lying on their back.

**2. What does the term "Bradycardia" describe?**

- A. Fast heart rate
- B. Absence of heart rate
- C. Normal heart rate
- D. Slow heart rate**

Bradycardia describes a condition where the heart rate is slower than normal. This is not to be confused with tachycardia, which is a fast heart rate. An absence of heart rate would indicate cardiac arrest, which is a life-threatening condition. Thus, B is incorrect. C is also incorrect as it describes a normal heart rate, not a slow one. Overall, D is the best answer as it accurately defines bradycardia.

**3. Arm pain is an example of what kind of data?**

- A. Objective data**
- B. Quantitative data
- C. Subjective data
- D. Unreliable data

Arm pain is considered objective data because it is an observable and measurable symptom that can be confirmed through physical examination or diagnostic tests. Quantitative data refers to numerical data, which does not necessarily apply to an example of arm pain. Subjective data is based on personal opinion or perspective, and while arm pain is experienced subjectively, it is still considered objective data because it can be verified. Unreliable data refers to data that is inaccurate or not trustworthy, which does not apply to arm pain as a symptom of a medical condition. Armstrong objective data is the most accurate and reliable way to document and assess a patient's arm pain.

**4. What is the expected time for a small volume enema to cause a bowel movement?**

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

Enemas are a common method for softening stool and helping individuals with constipation. The expected time for a small volume enema to cause a bowel movement can vary depending on the individual, but on average it takes 5 to 10 minutes. It is important to note that this time frame may vary and can sometimes take up to 30 minutes. Options B, C, and D may be incorrect as they underestimate the time needed for the enema to take effect, potentially causing frustration and concern for the individual. It is also important to note that if no bowel movement occurs within this time frame, it is advisable to seek medical advice.

**5. What does the term "adduction" refer to?**

- A. Bending the body part**
- B. Movement toward the midline of the body**
- C. Turning the joint inward**
- D. Touching an opposite finger with the thumb**

Adduction refers to the movement of a body part toward the midline of the body. This movement is in the opposite direction of abduction, which is the movement away from the midline. Option A is incorrect because bending a body part can refer to flexion or extension, depending on the joint. Option C is incorrect because turning a joint inward is known as medial rotation. Option D is incorrect because touching an opposite finger with the thumb is a specific movement known as opposition.

**6. "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.

**7. What does the suffix “uria” indicate in medical terms?**

- A. Diarrhea**
- B. Inflammation**
- C. Urine**
- D. Vomiting**

The suffix "uria" in medical terms usually indicates the presence of urine-related conditions or symptoms. Option A, "diarrhea," refers to increased frequency or fluidity of bowel movements, which does not relate to urine. Option B, "inflammation," refers to a condition where part of the body becomes swollen, reddened, hot and often painful, which is not directly related to urine. Option D, "vomiting," refers to the forceful expulsion of stomach contents through the mouth, which is also not directly related to urine. Therefore, option C is the most relevant answer as it directly relates to the presence of urine in the medical term.

**8. To transfer a patient from a wheelchair to a car, the wheelchair should be positioned at an angle of:**

- A. 30 degrees**
- B. 45 degrees**
- C. 60 degrees**
- D. 90 degrees**

When transferring a patient from a wheelchair to a car, it is essential to position the wheelchair at a 30-degree angle. This angle allows for easier and safer transfer of the patient between the two surfaces. Placing the wheelchair at a 30-degree angle provides enough space for the patient to move without strain and reduces the risk of accidents during the transfer process. Options B, C, and D are not the correct angles for transferring a patient from a wheelchair to a car. Angle A (30 degrees) is the most appropriate for this specific scenario.

**9. Which defense mechanism involves a person substituting a strength for a weakness?**

- A. Compensation**
- B. Displacement**
- C. Projection**
- D. Regression**

Compensation is a defense mechanism that involves a person substituting a strength for a weakness. This means that when a person feels insecure or inadequate, they will try to compensate by excelling in another area or showcasing a strength. For example, a person who is not good at socializing may compensate by excelling in academics or sports. Displacement, on the other hand, refers to redirecting feelings of anger or frustration onto a less threatening target. This defense mechanism does not involve substituting a strength for a weakness. Projection involves attributing one's own unacceptable thoughts or feelings onto someone else. Again, this is not substituting a strength for a weakness. Regression is a defense mechanism where a person reverts back to an earlier stage of development in order to cope with stress or anxiety. This does not involve substituting a strength for a weakness either. In summary, compensation is the best fit for the given question as it specifically involves replacing a perceived weakness with a strength, while the other options do not involve this specific substitution.

**10. 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**

Ensuring that the resident has an empty bladder before starting a 24-hour urine specimen collection is essential for obtaining accurate results. The collection process begins with the resident completely emptying their bladder to establish a baseline, which eliminates any residual urine that might be present from before the collection period. This initial step helps ensure that only urine produced during the specified 24-hour period is collected, providing a clear and correct representation of the resident's urinary output and any substances excreted during that time. Other actions, such as giving the resident a full glass of water, might be part of the overall procedure but do not address the critical need to initialize the collection with an empty bladder. Labeling the specimen container and providing a clean specimen cup are important for the organization and integrity of the sample, but they do not interfere with the actual initial step of starting the collection correctly, which is to clear the bladder. Properly following the sequence of these tasks is crucial for the reliability of the test results.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://illinoiscna.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**