

Illinois CNA State Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. 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.

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. 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!

Questions

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- 1. What should you do if a resident with dementia gets agitated and thinks he has lost his keys?**
 - A. Ignore him**
 - B. Scold him**
 - C. Tell him you will help find his keys**
 - D. Ask him to calm down**
- 2. 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**
- 3. When assisting in urinal disposal, what precaution should you take?**
 - A. Wear personal protective equipment**
 - B. Use a standard/universal precautions**
 - C. Disinfect the urinal before disposal**
 - D. Record the waste amount**
- 4. What is the recommended duration for soaking fingers?**
 - A. 2-5 minutes**
 - B. 5-10 minutes**
 - C. 10-15 minutes**
 - D. 15-20 minutes**
- 5. How often should patients with restraints be observed?**
 - A. 10 min**
 - B. 15 min**
 - C. 20 min**
 - D. 30 min**

6. In which defense mechanism does a person move their behaviors or emotions to a safer person, place, or thing?

- A. Displacement**
- B. Identification**
- C. Regression**
- D. Repression**

7. For how long should the apical pulse be counted, and where is it located?

- A. 30 seconds, located under your right nipple**
- B. 30 seconds, located under your left nipple**
- C. 1 minute, located under your right nipple**
- D. 1 minute, located under your left nipple**

8. How do you promote communication with a resident?

- A. Ask close-ended questions**
- B. Ask open-ended questions**
- C. Avoid eye contact**
- D. Speak loudly and slowly**

9. 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**

10. What does the suffix "-emia" indicate?

- A. Study of**
- B. Swallowing**
- C. Inflammation**
- D. Blood condition**

Answers

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

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Explanations

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1. What should you do if a resident with dementia gets agitated and thinks he has lost his keys?

- A. Ignore him**
- B. Scold him**
- C. Tell him you will help find his keys**
- D. Ask him to calm down**

Explanation It is not recommended to ignore the resident's agitation as it could further escalate the situation. Scolding the resident could also worsen the agitation and cause distress. Telling the resident you will help find his keys could potentially amplify his frustration if the keys are not found. Asking him to calm down may not be effective as the resident's agitation is most likely caused by a loss of memory and reasoning due to dementia. It is best to calmly redirect the resident's attention to a calming activity or try to distract him from his concern about the keys.

2. 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.

3. When assisting in urinal disposal, what precaution should you take?

- A. Wear personal protective equipment**
- B. Use a standard/universal precautions**
- C. Disinfect the urinal before disposal**
- D. Record the waste amount**

When assisting in urinal disposal, wearing personal protective equipment is an important precaution to take to ensure your own safety. This includes items such as gloves, eye protection, and a face mask if necessary. Using standard or universal precautions, which involves treating all body fluids as potentially infectious, is also a good practice to follow. Disinfecting the urinal before disposal is not necessary as the waste will be properly disposed of. Recording the waste amount is not relevant or necessary for this task.

4. 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.

5. How often should patients with restraints be observed?

- A. 10 min**
- B. 15 min**
- C. 20 min**
- D. 30 min**

Patients with restraints should be observed every 10 minutes to ensure their safety and well-being. Option B, 15 minutes, may be too long of a gap between observations and could increase the risk of injury or harm. Option C, 20 minutes, may also be too long of a gap and could put the patient at risk. Option D, 30 minutes, is definitely too long of a gap and could lead to serious consequences. It is important to regularly check on patients in restraints to monitor their physical and emotional state, protect their dignity, and ensure their basic needs are met.

6. In which defense mechanism does a person move their behaviors or emotions to a safer person, place, or thing?

- A. Displacement**
- B. Identification**
- C. Regression**
- D. Repression**

Displacement is the defense mechanism where a person redirects their behaviors or emotions to a safer person, place, or thing. This allows the person to avoid dealing with the original source of their feelings or impulses, which they may feel is too threatening or difficult to handle. This is different from identification, which is where a person takes on the traits or characteristics of someone else to cope with feelings of inadequacy or to boost their self-esteem. Regression is another defense mechanism where a person may revert to an earlier stage of development in order to cope with stress or anxiety, and repression is the unconscious blocking of thoughts or memories that are too painful or threatening. Therefore, displacement is the most appropriate defense mechanism for this scenario.

7. For how long should the apical pulse be counted, and where is it located?

- A. 30 seconds, located under your right nipple**
- B. 30 seconds, located under your left nipple**
- C. 1 minute, located under your right nipple**
- D. 1 minute, located under your left nipple**

The apical pulse is typically counted for a duration of one full minute to ensure accuracy, as this method allows for the detection of any irregularities in the heartbeat that may not be observed over a shorter counting period. It is located at the apex of the heart, which is positioned slightly left of the center of the chest, typically at the fifth intercostal space, under the left nipple. Counting for one minute is essential, especially in clinical settings where heart rate can be critical for patient assessment. This method is often preferred in cases where the pulse may be weak or difficult to assess at peripheral sites, providing a more reliable measure of the heart's function. The location under the left nipple corresponds to the area of the heart's apex, where the contraction is most easily felt.

8. How do you promote communication with a resident?

- A. Ask close-ended questions**
- B. Ask open-ended questions**
- C. Avoid eye contact**
- D. Speak loudly and slowly**

Promoting effective communication with a resident is essential for creating a positive care environment. Asking open-ended questions is the best practice in this scenario because it encourages residents to express their thoughts, feelings, and needs more fully. These types of questions typically begin with phrases like "What do you think about..." or "How do you feel about..." and allow residents to share their responses in their own words, promoting a more meaningful interaction. Close-ended questions, while useful in specific contexts (such as when you need a quick yes or no answer), can limit a resident's ability to communicate their needs or opinions effectively. Avoiding eye contact undermines the connection and trust necessary for good communication. Speaking loudly and slowly may be necessary in certain situations, especially if a resident has hearing difficulties, but it is not a general strategy for promoting communication; instead, clarity and normal speech patterns are preferred unless adjustments are needed based on the resident's abilities.

9. 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.

10. What does the suffix "-emia" indicate?

- A. Study of**
- B. Swallowing**
- C. Inflammation**
- D. Blood condition**

The suffix "-emia" typically indicates a blood condition. In medical terminology, words ending in "-emia" are often related to the blood or blood components. For example, "anemia" refers to a deficiency of red blood cells or hemoglobin in the blood. In contrast, the other options are not related to the suffix "-emia."

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.

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!

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