

ILLINOIS CNA STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. How much urine is typically produced in a day by a healthy adult?**
 - A. 500 mL
 - B. 1000 mL
 - C. 1500 mL
 - D. 2000 mL
- 2. How long does it typically take for a cleansing enema to take effect?**
 - A. 5 to 10 minutes
 - B. 10 to 20 minutes
 - C. 20 to 30 minutes
 - D. 30 to 40 minutes
- 3. How long should a person rest before re-measuring their blood pressure?**
 - A. 5 to 10 minutes
 - B. 10 to 20 minutes
 - C. 20 to 30 minutes
 - D. 30 to 40 minutes
- 4. You are in a resident's room and see a bottle of disinfectant that housekeeping left behind. What do you do?**
 - A. Leave it where it is
 - B. Dispose of it unsafely
 - C. Move it to another room
 - D. Remove it from the resident's room immediately
- 5. How many calories are in 1 gram of protein?**
 - A. 2 calories
 - B. 4 calories
 - C. 7 calories
 - D. 9 calories
- 6. What is the temperature range for a tepid bath?**
 - A. 50-60°F
 - B. 70-80°F
 - C. 80-93°F
 - D. 100-110°F

7. How long should a back massage last?

- A. 1-2 minutes
- B. 3-5 minutes
- C. 6-8 minutes
- D. 10 minutes

8. What does the suffix "-ology" refer to?

- A. Blood condition
- B. Breathe
- C. Study of
- D. Sweetness

9. What does the term "Bradycardia" describe?

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

10. How far should enema tubing be inserted?

- A. 1 to 2 inches
- B. 2 to 4 inches
- C. 3 to 5 inches
- D. 4 to 6 inches

Answers

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

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Explanations

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1. How much urine is typically produced in a day by a healthy adult?

- A. 500 mL
- B. 1000 mL
- C. 1500 mL**
- D. 2000 mL

A healthy adult typically produces around 1500 mL of urine per day. Option A (500 mL) is too low, as this would only indicate a small amount of fluid consumption and would not be enough to adequately flush waste from the body. Option B (1000 mL) is closer, but still may not be enough for an adequately hydrated adult. Option D (2000 mL) is too high, as this would indicate excessive fluid intake or a potential medical issue such as diabetes or kidney disease. Therefore, option C is the most accurate and reasonable estimation for the amount of urine produced in a day by a healthy adult.

2. How long does it typically take for a cleansing enema to take effect?

- A. 5 to 10 minutes
- B. 10 to 20 minutes**
- C. 20 to 30 minutes
- D. 30 to 40 minutes

A cleansing enema typically takes effect in a range of 10 to 20 minutes after administration. This timeframe allows the solution to stimulate the bowel and promote evacuation. Factors such as the type of enema solution used and the individual's gastrointestinal conditions can influence the exact timing, but generally, healthcare professionals expect the effects to be seen within this range. This knowledge is important for nursing assistants to anticipate patient needs and manage their comfort effectively during the process. Understanding the expected time frame helps in planning subsequent care activities.

3. How long should a person rest before re-measuring their blood pressure?

- A. 5 to 10 minutes**
- B. 10 to 20 minutes
- C. 20 to 30 minutes
- D. 30 to 40 minutes

When measuring blood pressure, it is important to allow the person to rest for a sufficient amount of time before taking a second reading. A rest period of 5 to 10 minutes is recommended by health professionals to ensure that the first reading does not vary due to factors such as anxiety or physical exertion that might have occurred immediately prior to the measurement. During this rest period, the body has time to return to a state of equilibrium, which can help obtain a more accurate and consistent reading. If a measurement is taken too soon after the first one, it may not reflect the person's true blood pressure levels, as elevated readings could be due to temporary conditions rather than an accurate representation of their health status. A longer rest period is generally unnecessary, as resting beyond 10 minutes may not significantly improve the reliability of the subsequent reading and could lead to unnecessary delays in patient care. Therefore, a 5 to 10-minute rest period strikes an effective balance between accuracy and efficiency in managing patient assessments.

4. You are in a resident's room and see a bottle of disinfectant that housekeeping left behind. What do you do?

- A. Leave it where it is
- B. Dispose of it unsafely
- C. Move it to another room
- D. Remove it from the resident's room immediately**

The appropriate action when encountering a bottle of disinfectant left in a resident's room is to remove it from the resident's room immediately. Disinfectants are potentially hazardous substances that can pose risks to residents, especially those who may have allergies, respiratory issues, or cognitive impairments that make them more vulnerable to chemical exposure. By removing the disinfectant from the room, you ensure the safety and well-being of the resident, preventing any accidents or unintentional ingestion. This action aligns with the CNA's responsibility to maintain a safe environment, particularly in healthcare settings where the health of individuals is paramount. Leaving it where it is, as suggested in the first choice, could lead to potential harm, as the resident may have access to it. Disposing of it unsafely could also pose environmental hazards and violates workplace safety standards. Moving it to another room does not address the immediate safety concern within the resident's space. Therefore, the best course of action is to promptly and safely remove the disinfectant from the resident's area.

5. How many calories are in 1 gram of protein?

- A. 2 calories
- B. 4 calories**
- C. 7 calories
- D. 9 calories

1 gram of protein contains 4 calories. This value is an essential aspect of nutritional science, as it helps individuals understand how much energy they can derive from consuming protein-rich foods. Proteins are one of the three macronutrients, along with carbohydrates and fats, and they play a vital role in the body, including building and repairing tissues, producing hormones, and supporting immune function. Knowing that protein provides 4 calories per gram helps in dietary planning, particularly for those looking to manage their weight or ensure they are meeting their daily nutritional needs.

6. What is the temperature range for a tepid bath?

- A. 50-60°F
- B. 70-80°F
- C. 80-93°F**
- D. 100-110°F

A tepid bath is defined as a bath with a temperature that is comfortably warm but not hot. The correct temperature range for a tepid bath is typically considered to be between 80°F to 93°F. This temperature range is beneficial for achieving certain therapeutic effects without overwhelming the body with excessive heat. Tepid baths can be used to cool down a person who is overheated, provide relief from fever, or help soothe the skin. When water is within this range, it provides a gentle and soothing sensation, which helps in calming the body while avoiding the risks associated with hotter temperatures, such as increased heart rate or potential burns. This understanding of a tepid bath's temperature is essential for caregivers to ensure safety and effectiveness in patient care.

7. How long should a back massage last?

- A. 1-2 minutes
- B. 3-5 minutes**
- C. 6-8 minutes
- D. 10 minutes

A back massage should not be too short as it may not fully relax the muscles and provide relief. In contrast, a back massage that is too long can cause overstimulation and lead to discomfort. The recommended duration for a back massage is typically between 3-5 minutes. Some factors that may influence the length of a back massage include the client's preferences and the type of massage being performed. For example, a deep tissue massage may require a longer duration compared to a Swedish massage. Therefore, options A, C, and D may not be the ideal length for a back massage.

8. What does the suffix "-ology" refer to?

- A. Blood condition
- B. Breathe
- C. Study of**
- D. Sweetness

The suffix "-ology" is commonly used in the English language to denote the "study of" a particular subject or area of knowledge. For instance, biology refers to the study of life, while psychology refers to the study of the mind. This makes the choice referring to study of the correct answer, as it aligns perfectly with the definition of the suffix. The other options do not accurately reflect the meaning of "-ology." Blood condition, breathe, and sweetness refer to specific states or actions and do not pertain to the concept of studying or analyzing a discipline. This distinguishes the meaning of "-ology" as a suffix that emphasizes inquiry and academic exploration in various fields.

9. 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.

10. How far should enema tubing be inserted?

A. 1 to 2 inches

B. 2 to 4 inches

C. 3 to 5 inches

D. 4 to 6 inches

The correct answer indicates that enema tubing should be inserted 1 to 2 inches into the rectum. This depth is generally recommended for administering enemas because it helps ensure that the solution is delivered effectively into the rectal area without causing discomfort or injury to the patient. Inserting the tube too deeply can increase the risk of perforating the rectal wall or causing significant discomfort. In practice, care must be taken to ensure that the tubing is inserted at an appropriate depth to allow for effective distribution of the enema solution while prioritizing patient safety and comfort. Following the correct protocols for enema administration, including depth of insertion, is critical in a clinical setting to enhance patient outcomes and reduce the risk of complications.

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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://illinoisna.examzify.com>

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

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