

ILLINOIS CNA STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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 is the correct procedure for handling a room when a resident checks out?**
 - A. Leave it as it is
 - B. Disinfect the room
 - C. Clean only the bathroom
 - D. Notify housekeeping
- 2. In a High-Fowler's position, how much is the head of the bed raised?**
 - A. 30 to 45 degrees
 - B. 45 to 60 degrees
 - C. 60 to 90 degrees
 - D. 90 to 120 degrees
- 3. When in a lateral position, the person is typically lying on which part of their body?**
 - A. Abdomen
 - B. Back
 - C. Side
 - D. Stomach
- 4. What is the meaning of the prefix "Post-"?**
 - A. During
 - B. Before
 - C. Near
 - D. After
- 5. What term describes a respiratory rate of 33 breaths per minute?**
 - A. Bradypnea
 - B. Dyspnea
 - C. Euapnea
 - D. Tachypnea

- 6. After collecting a random urine specimen, what should be done with the specimen container?**
- A. Label it and place it in the refrigerator
 - B. Place it in a plastic bag with a biohazard label
 - C. Keep it in the resident's room
 - D. Pass it to the nurse in charge
- 7. How frequently should TED hose be checked?**
- A. Every 1 hour
 - B. Every 2 hours
 - C. Every 3 hours
 - D. Every 4 hours
- 8. When encountering a trash can fire in a room, what is the first action you should take?**
- A. Activate the fire alarm
 - B. Call 911
 - C. Remove/protect the residents
 - D. Try to put out the fire
- 9. Assuming the ideas, behaviors, and traits of another person is known as which defense mechanism?**
- A. Denial
 - B. Identification
 - C. Projection
 - D. Rationalization
- 10. What step can a CNA take to prevent resident poisoning?**
- A. Allow residents to reach hazardous materials
 - B. Keep harmful products in their original containers
 - C. Store personal care items freely around the room
 - D. Use unlabelled containers for harmful products

Answers

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

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Explanations

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1. What is the correct procedure for handling a room when a resident checks out?

- A. Leave it as it is**
- B. Disinfect the room
- C. Clean only the bathroom
- D. Notify housekeeping

When a resident checks out of a room, the correct procedure is to leave the room as it is. This allows the housekeeping staff to effectively clean and sanitize the entire room, not just certain areas like the bathroom. Disinfecting the room or only cleaning the bathroom would not be enough to properly prepare the room for the next resident. It is also important to notify housekeeping after the resident checks out so they can add the room to their cleaning schedule. Therefore, options B, C, and D are not the correct procedures for handling a room when a resident checks out.

2. In a High-Fowler's position, how much is the head of the bed raised?

- A. 30 to 45 degrees
- B. 45 to 60 degrees
- C. 60 to 90 degrees**
- D. 90 to 120 degrees

The High-Fowler's position is typically used for patients who have difficulty breathing, as it helps to ease and improve respiratory function. This position is achieved by raising the head of the bed between 60 to 90 degrees, which allows the chest to expand and reduce strain on the heart and lungs. Option A is not high enough to achieve this position and may not provide enough relief for breathing difficulties. Option B is too high and may put strain on the neck and back. Option D is also too high and may cause difficulty for the patient to sit up or maintain the position. Therefore, C is the correct answer.

3. When in a lateral position, the person is typically lying on which part of their body?

- A. Abdomen
- B. Back
- C. Side**
- D. Stomach

When a person lies on their side, they are in a lateral position. This is different from lying on their back (supine) or front (prone). Lying on their abdomen would be incorrect as that is a prone position, while lying on their back would be incorrect as that is a supine position. The correct answer, lying on their side, indicates the person is in a lateral position.

4. What is the meaning of the prefix "Post-"?

- A. During
- B. Before
- C. Near
- D. After**

The prefix "Post-" means "after." In this context, it indicates that something is occurring or located after a particular time or position. Therefore, the correct answer is D. Options A, B, and C are not correct in this context: A. "During" does not convey the same meaning as "post-." B. "Before" is the opposite of "post-," so it is not the correct meaning. C. "Near" is unrelated to the prefix "post-," which specifically refers to something that comes after.

5. What term describes a respiratory rate of 33 breaths per minute?

- A. Bradypnea
- B. Dyspnea
- C. Euapnea
- D. Tachypnea**

A Bradypnea refers to a decreased respiratory rate, usually less than 12 breaths per minute. B: Dyspnea refers to difficult or labored breathing, and is not related to the specific respiratory rate. C: Euapnea is a term used to describe normal or unlabored breathing, and is not related to a specific respiratory rate. D: Tachypnea refers to an increased respiratory rate and is associated with a respiratory rate of 20 breaths per minute or more. Therefore, the term that describes a respiratory rate of 33 breaths per minute is tachypnea.

6. After collecting a random urine specimen, what should be done with the specimen container?

- A. Label it and place it in the refrigerator**
- B. Place it in a plastic bag with a biohazard label
- C. Keep it in the resident's room
- D. Pass it to the nurse in charge

After collecting a random urine specimen, it is important to label the container with the resident's information and date, and then place it in the refrigerator for storage. This is to prevent any potential contamination and to ensure proper identification of the specimen. Options B and C do not provide proper storage, and option D is not necessary as the specimen can be stored until it is collected by the nurse.

7. 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.

8. When encountering a trash can fire in a room, what is the first action you should take?

- A. Activate the fire alarm
- B. Call 911
- C. Remove/protect the residents**
- D. Try to put out the fire

When encountering a trash can fire in a room as a CNA, the first action you should take is to remove or protect the residents. Ensuring the safety and well-being of the residents is the top priority in any emergency situation. By removing or protecting the residents, you can prevent them from being harmed by the fire or smoke and create a safer environment for everyone involved. While activating the fire alarm, calling 911, and attempting to put out the fire are important actions in a fire emergency, they should only be done after ensuring the safety of the residents. These actions help to alert others of the fire, bring professional help to the scene, and attempt to contain or extinguish the fire effectively. But the immediate focus should be on removing or protecting the residents to prevent any harm to them.

9. Assuming the ideas, behaviors, and traits of another person is known as which defense mechanism?

- A. Denial
- B. Identification**
- C. Projection
- D. Rationalization

Identification is the defense mechanism in which an individual adopts the ideas, behaviors, and traits of another person. This can help the individual alleviate anxiety by taking on characteristics they admire or find useful in coping with a situation. A. Denial involves rejecting reality or the existence of a stressful situation. C. Projection involves attributing one's thoughts, feelings, or motives to another person. D. Rationalization is the defense mechanism where individuals justify their behaviors or actions by providing logical reasons. In this scenario, Identification best fits the description provided in the question.

10. What step can a CNA take to prevent resident poisoning?

- A. Allow residents to reach hazardous materials
- B. Keep harmful products in their original containers**
- C. Store personal care items freely around the room
- D. Use unlabelled containers for harmful products

The best approach to prevent resident poisoning is to keep harmful products in their original containers. This practice ensures that all labels are intact and clearly display warnings, ingredients, and proper usage instructions, which helps to avoid accidental ingestion or misuse. When harmful products are stored in their original containers, caregivers and residents can easily identify substances that may pose a risk, reducing the likelihood of poisoning incidents. In contrast, allowing residents to reach hazardous materials poses a direct risk, as it increases the chance that they may accidentally come into contact with or consume these dangerous substances. Similarly, storing personal care items freely around the room can lead to confusion about what items are safe for use, increasing the risk of accidental poisoning. Using unlabelled containers for harmful products is particularly dangerous, as it removes any clear identification of what the substance is, making it impossible for both residents and caregivers to recognize potential hazards.

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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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