

# Illinois Nursing Home Administrators (NHA) Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. What must be recorded each time a Schedule II medication is administered?**
  - A. Dosage**
  - B. Date and time of administration**
  - C. Name of person administering the dose**
  - D. Number of doses remaining**
  
- 2. What effect do reduced funding levels have on nursing homes?**
  - A. Improved care quality**
  - B. Lower staffing levels**
  - C. Increased resident activities**
  - D. Higher rates of payment compliance**
  
- 3. Why is it important to have a record of TB screening for new employees?**
  - A. To monitor overall employee health**
  - B. To avoid staffing shortages**
  - C. To prevent outbreaks of communicable diseases**
  - D. To comply with insurance regulations**
  
- 4. For which of the following reasons may a married couple be denied to reside in the same room?**
  - A. When there is no room available with a private toilet room.**
  - B. When the resident's representative wants the couple to reside in separate rooms.**
  - C. When the Resident Advisory Council deems the room-sharing to be improper.**
  - D. Under a physician's order.**
  
- 5. What must be included in the care plan for residents requiring assistance with activities of daily living?**
  - A. Regular physician reviews**
  - B. Involvement of family members**
  - C. Providing individualized support based on assessment**
  - D. Offering group activities for social interaction**

- 6. Which type of care is emphasized in the rehabilitation program of nursing homes?**
- A. long-term custodial care**
  - B. returning individuals to their highest level of independence**
  - C. supervised medication management**
  - D. spiritual support and counseling**
- 7. What is the primary purpose of the Illinois Nursing Home Administrators Practice Exam?**
- A. To evaluate the skills of licensed nurses**
  - B. To assess the knowledge and competency of individuals seeking licensure as nursing home administrators in Illinois**
  - C. To provide a certification for health care professionals**
  - D. To train individuals for short-term care facilities**
- 8. When must the pharmacist be notified regarding medication events?**
- A. Medication administration error**
  - B. A schedule II medication is administered**
  - C. The controlled substance portion of the emergency medication kit is opened**
  - D. The label on the original medication container becomes soiled or damaged**
- 9. Which is not a requirement for care plans?**
- A. Include measurable short and long term goals**
  - B. Address needs from a comprehensive assessment**
  - C. Be electronically submitted to the Department**
  - D. Include resident participation whenever possible**
- 10. In the context of DACA, what is an important consideration for nursing home policy makers?**
- A. How to increase automation in care**
  - B. How the program affects workforce diversity**
  - C. How to limit competition among staff**
  - D. How to minimize the impact of state regulations**

## **Answers**

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

**SAMPLE**

## **Explanations**

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**1. What must be recorded each time a Schedule II medication is administered?**

- A. Dosage**
- B. Date and time of administration**
- C. Name of person administering the dose**
- D. Number of doses remaining**

The correct response highlights the importance of maintaining an accurate and thorough record of Schedule II medications, specifically the number of doses remaining. This requirement stems from the strict regulations governing the handling of controlled substances. Schedule II medications have a high potential for abuse and require careful monitoring to prevent misuse or diversion. Recording the number of remaining doses ensures that facilities keep track of their inventory, allowing for effective management of these substances. It helps in identifying any discrepancies between the amounts received and the amounts used, which is essential for regulatory compliance and for safeguarding against potential theft or loss. Accurate inventory records also play a critical role during audits and inspections by regulatory authorities. In contrast, the dosage and the date and time of administration, as well as the name of the person administering the dose, are important information to document but are part of broader medication administration practices. These details ensure that medications are given correctly and safely to residents, but they do not specifically address the regulatory aspect that emphasizes the need to monitor the quantity of controlled substances available. Therefore, focusing on the number of doses remaining is crucial for adhering to the regulations imposed on Schedule II medications.

**2. What effect do reduced funding levels have on nursing homes?**

- A. Improved care quality**
- B. Lower staffing levels**
- C. Increased resident activities**
- D. Higher rates of payment compliance**

Reduced funding levels in nursing homes often lead to lower staffing levels. When financial resources are limited, administrators may be forced to make difficult decisions regarding their workforce. This typically results in either staff layoffs or a hiring freeze, which can diminish the number of caregivers, nurses, and support staff available to provide care. Fewer staff members can lead to increased workloads for those who remain, potentially reducing the amount of time each caregiver can dedicate to residents. Additionally, with a decrease in staff, the quality of care may be compromised, as caregivers may struggle to meet the individual needs of all residents. This situation can adversely affect not only the health and safety of the residents but also their overall satisfaction with the care they receive. Therefore, lower staffing levels are a direct consequence of reduced funding, making this the correct choice.

**3. Why is it important to have a record of TB screening for new employees?**

- A. To monitor overall employee health**
- B. To avoid staffing shortages**
- C. To prevent outbreaks of communicable diseases**
- D. To comply with insurance regulations**

Having a record of tuberculosis (TB) screening for new employees is crucial primarily for preventing outbreaks of communicable diseases within the nursing home environment. Nursing homes care for vulnerable populations, including elderly individuals and those with compromised immune systems, who are particularly at risk for severe complications from infections like TB. By ensuring that all staff members are screened and cleared for TB, facilities can significantly reduce the risk of introducing this contagious disease into the community. This is not just a preventative health measure but also an ethical responsibility to safeguard residents' health. The records serve as documentation that appropriate steps have been taken to manage and protect against potential health threats. Monitoring employee health does play a role in overall wellness, but the primary focus for TB screening records is on infection control and public health safety. Staffing shortages, while a concern, are not directly linked to TB screening in the same way that ensuring a healthy environment for residents is. Lastly, while compliance with regulations is important, the core reason for TB screening records is to actively prevent disease transmission, which directly impacts resident safety.

**4. For which of the following reasons may a married couple be denied to reside in the same room?**

- A. When there is no room available with a private toilet room.**
- B. When the resident's representative wants the couple to reside in separate rooms.**
- C. When the Resident Advisory Council deems the room-sharing to be improper.**
- D. Under a physician's order.**

A married couple may be denied the opportunity to share a room under a physician's order when it is determined that the specific medical needs of one or both individuals do not align with shared living arrangements. This can occur for several reasons, such as concerns regarding the health status of one spouse that may require a more controlled environment, the presence of infectious diseases, or the need for specialized monitoring or care that cannot be provided effectively in a shared space. When a physician evaluates the circumstances of the couple, they may conclude that keeping them in separate rooms is in the best interest of their health and well-being. This decision holds significant weight as it is based on professional medical advice, prioritizing the residents' safety and care above all else. The other factors presented, like room availability or the preferences of a resident's representative, do not carry the same level of clinical authority or necessity. The determination made by the Resident Advisory Council also does not have the same urgency regarding health outcomes that a physician's recommendation does.

**5. What must be included in the care plan for residents requiring assistance with activities of daily living?**

- A. Regular physician reviews**
- B. Involvement of family members**
- C. Providing individualized support based on assessment**
- D. Offering group activities for social interaction**

The inclusion of individualized support based on assessment in a care plan for residents requiring assistance with activities of daily living is crucial because it ensures that each resident's unique needs, preferences, and abilities are taken into consideration. Individualized support allows caregivers to tailor interventions and assistance strategies that effectively enhance the resident's quality of life and promote their independence as much as possible. When conducting assessments, staff can identify specific challenges each resident faces and provide customized solutions, such as modifying their environment, providing specialized equipment, or implementing specific training programs to develop skills relevant to their daily activities. This personalized approach not only improves the effectiveness of care but also fosters a sense of dignity and respect for the resident, allowing them to engage in their daily routines more comfortably and confidently. The other options, while potentially beneficial aspects of a broader care strategy, do not directly address the necessity for personalized strategies in care planning. For instance, regular physician reviews play an important role in medical oversight but may not focus specifically on daily living assistance needs. Involvement of family members can improve communication and support but is not required for determining the immediate care needs of the resident themselves. Offering group activities can enhance social interaction but is not necessarily a direct component of the individualized care needed for assistance with daily living activities

**6. Which type of care is emphasized in the rehabilitation program of nursing homes?**

- A. long-term custodial care**
- B. returning individuals to their highest level of independence**
- C. supervised medication management**
- D. spiritual support and counseling**

The emphasis on returning individuals to their highest level of independence is a cornerstone of rehabilitation programs in nursing homes. Rehabilitation care focuses on helping residents regain their physical, cognitive, and emotional skills that may have been diminished due to illness, injury, or age-related decline. This approach uses various therapies, such as physical, occupational, and speech therapy, to facilitate recovery and improve the quality of life for residents. The goal of rehabilitation is to empower individuals so that they can perform daily activities as autonomously as possible. This may include regaining mobility, learning adaptive techniques for tasks, or enhancing communication abilities. By prioritizing independence, rehabilitation programs not only work towards physical restoration but also significantly boost the residents' confidence and overall well-being. In contrast, long-term custodial care primarily focuses on meeting the daily living needs of residents without a specific emphasis on rehabilitation or returning them to a level of independence. Supervised medication management is essential for safe and effective medication use, but it does not directly address the therapeutic goals associated with rehabilitation. Spiritual support and counseling play an important role in the holistic approach to care, promoting mental and emotional well-being, yet they do not align directly with the physical recovery aspect that rehabilitation emphasizes.

## 7. What is the primary purpose of the Illinois Nursing Home Administrators Practice Exam?

- A. To evaluate the skills of licensed nurses
- B. To assess the knowledge and competency of individuals seeking licensure as nursing home administrators in Illinois**
- C. To provide a certification for health care professionals
- D. To train individuals for short-term care facilities

The primary purpose of the Illinois Nursing Home Administrators Practice Exam is to assess the knowledge and competency of individuals seeking licensure as nursing home administrators in Illinois. This exam is designed to ensure that candidates have the necessary understanding of the laws, regulations, and best practices that govern the administration of nursing homes. By evaluating their grasp of critical concepts, the exam helps to confirm that individuals are prepared to manage the complexities associated with running a nursing home, including compliance with state regulations, resident care standards, and staff management. The focus on licensure is important because it ensures that only qualified individuals are allowed to operate nursing homes, which directly impacts the quality of care delivered to residents. The other options, while related to healthcare in some way, do not align with the specific objectives of this practice exam. For instance, assessing the skills of licensed nurses pertains to a different scope than that of administrators, and training individuals for short-term care facilities is a separate aspect of healthcare education and does not encapsulate the broader responsibilities associated with managing nursing homes.

## 8. When must the pharmacist be notified regarding medication events?

- A. Medication administration error
- B. A schedule II medication is administered**
- C. The controlled substance portion of the emergency medication kit is opened
- D. The label on the original medication container becomes soiled or damaged

Notification to the pharmacist regarding medication events is crucial for maintaining patient safety and medication management within a nursing home. In the case of a scheduled II medication being administered, the pharmacist needs to be informed because these medications are strictly regulated due to their high potential for abuse and dependency. When a scheduled II medication is administered, the pharmacist must be made aware to ensure compliance with legal regulations surrounding their distribution and documentation. This step is vital for tracking controlled substances, monitoring for potential misuse, and confirming that proper protocols are followed in the administration process. On the other hand, while medication administration errors, openings of the controlled substance portion of an emergency kit, and damage to medication labels all require attention and may need reporting, they do not carry the same immediate regulatory and safety implications that necessitate pharmacist notification specifically for scheduled II medications. Therefore, timely communication regarding scheduled II medications is essential for proper oversight and management of controlled substances within the facility.

## 9. Which is not a requirement for care plans?

- A. Include measurable short and long term goals**
- B. Address needs from a comprehensive assessment**
- C. Be electronically submitted to the Department**
- D. Include resident participation whenever possible**

The correct answer identifies that there is no requirement for care plans to be electronically submitted to the Department. Care plans in nursing homes are primarily designed to ensure that each resident receives personalized care based on their specific needs and preferences. Including measurable short and long-term goals is essential because it allows for tracking progress and ensuring that the care provided effectively meets the intended outcomes for the resident. Addressing needs from a comprehensive assessment is also critical, as it forms the foundation of the care plan by identifying the individual physical, emotional, and social needs of each resident. Lastly, including resident participation whenever possible emphasizes the importance of involving residents in their own care, which can lead to better satisfaction and adherence to the care plan. Therefore, while the other options are integral to the formulation of effective care plans and enhance the quality of care, the requirement for electronic submission does not align with the fundamental purposes of care planning and is not mandated.

## 10. In the context of DACA, what is an important consideration for nursing home policy makers?

- A. How to increase automation in care**
- B. How the program affects workforce diversity**
- C. How to limit competition among staff**
- D. How to minimize the impact of state regulations**

In the context of DACA (Deferred Action for Childhood Arrivals), an important consideration for nursing home policymakers is how the program affects workforce diversity. DACA provides various undocumented immigrants, often referred to as Dreamers, with the opportunity to work legally in the United States. This access to employment can significantly enhance workforce diversity within nursing homes, allowing facilities to better reflect and serve the diverse populations of residents they support. Diversity is crucial in healthcare settings, including nursing homes, as it fosters cultural competence among staff, enhances communication with residents, and improves care outcomes. A diverse workforce can also help in understanding and addressing the needs of a varied resident population, ensuring that care is more personalized and culturally appropriate. By considering the implications of DACA on workforce diversity, nursing home policymakers can make informed decisions that not only comply with employment regulations but also improve the quality of care provided to their residents. Additionally, a diverse workforce can contribute to a more inclusive work environment, which is vital for staff morale and retention.