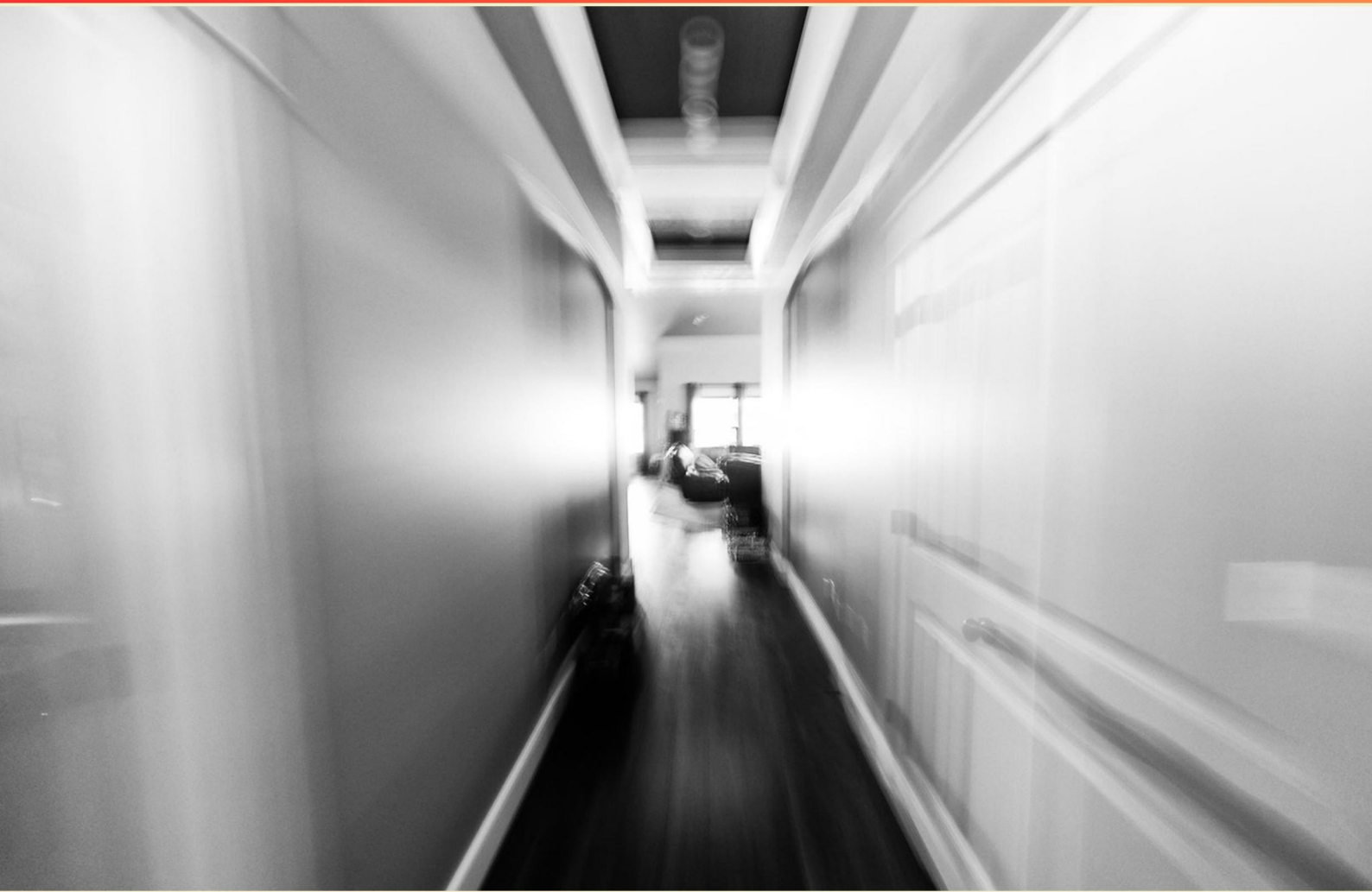


ILLINOIS NURSING HOME ADMINISTRATORS (NHA) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://illinois-nursinghomeadministrators.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What is the significance of resident and family councils in nursing homes?**
 - A. They serve to increase administrative authority
 - B. They provide forums for input on facility operations
 - C. They limit resident rights in decision-making
 - D. They are used primarily for marketing purposes
- 2. What protocols should be in place for medication management in nursing homes?**
 - A. Proper storage and administration of resident medications
 - B. Regular training for nursing staff on medication usage
 - C. Documentation, monitoring, and proper storage of resident medications
 - D. Limiting access to medications for residents
- 3. Which label is NOT required on a multi-dose medication container?**
 - A. Resident's full name
 - B. Licensed prescriber's name
 - C. Full name of the pharmacist who filled the prescription
 - D. Address of the pharmacy
- 4. What is one implication of the Deferred Action for Childhood Arrivals (DACA) for nursing home staffing?**
 - A. It eliminates the need for staff training
 - B. It increases the availability of healthcare staff from diverse backgrounds
 - C. It restricts recruitment of qualified healthcare staff
 - D. It enhances funding for nursing homes
- 5. In an 80-bed facility, what is the minimum number of activity staff hours required per week?**
 - A. 20
 - B. 40
 - C. 60
 - D. 80

- 6. What should be done upon the order of a resident's licensed prescriber?**
- A. Return all discontinued medications to the dispensing pharmacy.
 - B. Retain discontinued medications for possible administration to other residents.
 - C. Send the resident's medication to the receiving facility when a resident is discharged.
 - D. Send a resident's medication to the hospital during temporary transfers.
- 7. How does technology positively impact nursing home administration?**
- A. By enabling less reliance on staff
 - B. By enhancing communication, record keeping, and overall efficiency
 - C. By increasing paperwork and delays in care delivery
 - D. By creating barriers between staff and residents
- 8. Which item must every facility have?**
- A. an assistant Director of Nursing Services
 - B. consultation from a full or part-time health information management consultant
 - C. a bedside cabinet for every bed
 - D. an autoclave
- 9. What education is required for someone to qualify for the Illinois Nursing Home Administrator exam?**
- A. A high school diploma or equivalent
 - B. A bachelor's degree or higher in nursing home administration, health administration, or a related field
 - C. A master's degree in public health
 - D. No specific education is required
- 10. The facility must maintain a minimum supply of food to meet needs for how many days?**
- A. 2 days of both perishables and non-perishables
 - B. 7 days of both perishables and non-perishables
 - C. 2 days of perishable and 7 days of non-perishables
 - D. 1 day of perishables and 5 days of non-perishables

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the significance of resident and family councils in nursing homes?

- A. They serve to increase administrative authority
- B. They provide forums for input on facility operations**
- C. They limit resident rights in decision-making
- D. They are used primarily for marketing purposes

The significance of resident and family councils in nursing homes primarily lies in their function as forums for input on facility operations. These councils empower residents and their family members to voice their opinions, concerns, and suggestions regarding the care and services provided in the nursing home. This input can lead to improvements in the quality of life for residents, as it fosters a collaborative environment between the administration and those most directly affected by care decisions. Such councils are essential for promoting transparency and communication within the facility. By engaging residents and families in discussions, nursing homes can better understand the needs and preferences of their community, which ultimately leads to more resident-centered care. The establishment of these councils supports the regulatory requirements for resident participation in decision-making processes within nursing homes, enhancing the overall accountability of the facility. The other options presented do not align with the primary functions and goals of resident and family councils. They are not designed to increase administrative authority, limit resident rights, or serve marketing purposes, but rather to improve engagement and satisfaction among residents and their families.

2. What protocols should be in place for medication management in nursing homes?

- A. Proper storage and administration of resident medications
- B. Regular training for nursing staff on medication usage
- C. Documentation, monitoring, and proper storage of resident medications**
- D. Limiting access to medications for residents

The correct choice emphasizes the importance of a comprehensive approach to medication management in nursing homes that includes documentation, monitoring, and proper storage. Each of these components plays a crucial role in ensuring the safety and well-being of residents. Documentation is essential as it involves keeping accurate records of all medications prescribed, dosages, administration times, and any changes to a resident's medication regimen. This ensures that any healthcare provider accessing the information can make informed decisions regarding the resident's care. Monitoring is just as critical; it involves regularly assessing the resident's response to medications and watching for any adverse effects or potential interactions with other medications. This ongoing evaluation helps in adjusting treatment plans as necessary to optimize health outcomes. Proper storage of medications is necessary to maintain their efficacy and prevent any risk of contamination or misuse. Medications must be stored according to the manufacturer's guidelines, which may include temperature controls and securing medications from unauthorized access. While the other options address important aspects of medication management, they do not encompass all critical areas as thoroughly as this choice. For instance, proper storage and administration are indeed vital, but without comprehensive documentation and monitoring, it would be easy to overlook significant details that could impact a resident's health. Regular training for nursing staff on medication usage is beneficial but does not

3. Which label is NOT required on a multi-dose medication container?

- A. Resident's full name
- B. Licensed prescriber's name
- C. Full name of the pharmacist who filled the prescription**
- D. Address of the pharmacy

The correct answer highlights the requirement for labeling on multi-dose medication containers. In general, the essential details required on a medication container primarily focus on information that directly affects the treatment of the resident. This includes the resident's full name, the licensed prescriber's name, and the address of the pharmacy, which helps ensure clear and accurate identification of the medicine and accountability in case of questions or concerns. While the pharmacist's name may be important for specific contexts, such as direct communication regarding a medication issue, it is not a standard requirement on the label of a multi-dose medication container. The primary goal of labeling is to ensure safety and proper administration of the medication to the resident, making the other details more critical than the full name of the pharmacist. This understanding underlines why the pharmacist's name is not mandated on the container, focusing instead on the elements that are directly relevant to the medication's use and the facilitating of safe pharmaceutical care.

4. What is one implication of the Deferred Action for Childhood Arrivals (DACA) for nursing home staffing?

- A. It eliminates the need for staff training
- B. It increases the availability of healthcare staff from diverse backgrounds**
- C. It restricts recruitment of qualified healthcare staff
- D. It enhances funding for nursing homes

The correct answer highlights that one significant implication of the Deferred Action for Childhood Arrivals (DACA) is that it increases the availability of healthcare staff from diverse backgrounds. DACA allows eligible undocumented immigrants, who came to the U.S. as children, to obtain work permits and legally work in the country. This action broadens the pool of potential employees in healthcare, including nursing homes, which often face staffing shortages. By providing work authorization, DACA enables individuals who might otherwise be unable to find employment due to their immigration status to contribute meaningfully to the workforce. This not only helps in addressing the staffing needs in nursing homes but also fosters a more diverse workforce, which can enhance the care and services provided due to the variety of perspectives and experiences these individuals bring. In contrast, the other options do not accurately reflect the implications of DACA. It does not eliminate the need for staff training, restrict the recruitment of qualified healthcare staff, or enhance funding for nursing homes. Instead, the focus is on the workforce dynamics that DACA creates, particularly by offering opportunities to groups that might face barriers in the job market.

5. In an 80-bed facility, what is the minimum number of activity staff hours required per week?

- A. 20
- B. 40**
- C. 60
- D. 80

In an 80-bed facility, the regulation for staffing requirements typically mandates that there be at least one activity staff member for every 10 residents for a set number of hours per week. The standard often recommends a minimum of about 0.5 hours of activity programming per resident per week. Calculating from this standard means that for 80 residents, the total minimum required hours of activity programming would be 40 hours per week (80 residents x 0.5 hours each). This ensures that residents have adequate access to recreational and therapeutic activities that are crucial for their overall well-being and quality of life. Thus, the answer indicating 40 hours reflects the essential staffing level needed to meet regulatory compliance and support the social and personal needs of residents in a nursing home setting.

6. What should be done upon the order of a resident's licensed prescriber?

- A. Return all discontinued medications to the dispensing pharmacy.
- B. Retain discontinued medications for possible administration to other residents.
- C. Send the resident's medication to the receiving facility when a resident is discharged.
- D. Send a resident's medication to the hospital during temporary transfers.**

The appropriate action to take upon the order of a resident's licensed prescriber is to send a resident's medication to the hospital during temporary transfers. This is crucial for ensuring continuity of care. When a resident is temporarily transferred to a hospital, it is essential that they have access to their prescribed medications to maintain their treatment plan and prevent potential health complications. Medications that the resident has been taking should be provided to the hospital staff, as they will continue to manage the resident's care while they are away from the nursing home. The physician in the hospital may need to refer to these medications to make informed clinical decisions regarding ongoing treatment or modifications. Other choices present different scenarios that do not accurately meet the needs of the resident or do not align with best practices in medication management. For instance, returning discontinued medications to the pharmacy is a policy decision that would typically occur at discharge and not strictly based on a prescriber's order. Retaining discontinued medications for other residents raises concerns regarding safety and legality, as medications should not be shared between residents. Sending medications to a receiving facility is standard for discharges but does not apply in the context of temporary transfers, making it less relevant in this situation.

7. How does technology positively impact nursing home administration?

- A. By enabling less reliance on staff
- B. By enhancing communication, record keeping, and overall efficiency**
- C. By increasing paperwork and delays in care delivery
- D. By creating barriers between staff and residents

Technology positively impacts nursing home administration primarily through its ability to enhance communication, streamline record keeping, and improve overall efficiency. When technology is integrated into nursing home operations, it allows for quick and effective communication between staff members, residents, and families. For instance, electronic health records (EHR) make detailed patient information readily accessible, which facilitates better coordination of care and reduces the likelihood of errors. Moreover, technology can automate various administrative tasks, such as scheduling and billing, allowing staff to focus more on direct patient care rather than getting bogged down by paperwork. This efficiency can lead to a better quality of care, as staff can spend more time attending to residents' needs rather than managing administrative burdens. The positive outcomes extend to data collection and analysis as well; with the use of technology, facilities can track performance metrics and patient outcomes, enabling informed decision-making that further enhances the level of care provided. Overall, the effective use of technology fosters a more organized, responsive, and caring environment, which is essential in nursing home administration.

8. Which item must every facility have?

- A. an assistant Director of Nursing Services
- B. consultation from a full or part-time health information management consultant
- C. a bedside cabinet for every bed**
- D. an autoclave

In a nursing home setting, ensuring that each resident has access to essential personal items and storage is a fundamental aspect of care and operational standards. A bedside cabinet for every bed is considered a crucial item because it provides residents with a space to store their personal belongings, medications, and necessary items within easy reach. This not only enhances comfort and convenience for residents but also supports their autonomy and dignity. Having bedside cabinets can also play a significant role in infection control and safety, as it encourages residents to keep their personal items organized and contained, potentially reducing clutter and the risk of accidents in the living space. Additionally, having designated storage at each bedside allows caregivers to efficiently manage residents' personal items and ensure they are available when needed. In contrast, not all facilities might require an assistant Director of Nursing Services, nor is it mandatory to have a health information management consultant on-site full-time. While autoclaves are important for sterilizing equipment, they are not as universally required as bedside cabinets, which directly impact the residents' daily living conditions. Thus, the requirement for a bedside cabinet for every bed is fundamental to providing adequate care in a nursing home.

9. What education is required for someone to qualify for the Illinois Nursing Home Administrator exam?

- A. A high school diploma or equivalent
- B. A bachelor's degree or higher in nursing home administration, health administration, or a related field**
- C. A master's degree in public health
- D. No specific education is required

To qualify for the Illinois Nursing Home Administrator exam, a bachelor's degree or higher in nursing home administration, health administration, or a related field is required. This educational requirement ensures that aspiring administrators possess a foundational understanding of the complexities involved in managing healthcare facilities, particularly nursing homes. A degree in nursing home administration or a related field typically covers essential topics such as healthcare laws and regulations, financial management, human resources, and quality assurance. This preparation equips individuals with the necessary knowledge and skills to effectively lead and manage a nursing home, ensuring compliance with state and federal regulations while providing quality care to residents. The other options fall short of meeting the requirements set by the Illinois Department of Public Health for nursing home administrators. A high school diploma or equivalent does not provide the specialized education necessary for the role, nor does a master's degree in public health specifically meet the qualifications since it may not focus on the core areas relevant to nursing home administration. Additionally, stating that no specific education is required disregards the regulatory framework governing the profession, which mandates a certain educational background prior to taking the exam.

10. The facility must maintain a minimum supply of food to meet needs for how many days?

- A. 2 days of both perishables and non-perishables
- B. 7 days of both perishables and non-perishables
- C. 2 days of perishable and 7 days of non-perishables**
- D. 1 day of perishables and 5 days of non-perishables

The requirement to maintain a minimum supply of food in a facility is crucial for ensuring that the dietary needs of residents are consistently met, particularly in the event of emergencies or supply disruptions. This guideline is in place to ensure both immediate and longer-term food security within the nursing home setting. By mandating a supply of 2 days for perishables, the facility is accounting for the relatively short shelf life of these items, which can spoil quickly if not kept at appropriate temperatures. This allows the facility to respond to supply chain issues without risking food safety. In contrast, maintaining 7 days of non-perishables is essential because these items have a much longer shelf life and can provide sustained nourishment over a longer period. This strategy ensures that the facility has enough food to meet residents' needs for an extended period even if perishable supplies cannot be restocked immediately. Together, the combination of 2 days of perishable foods and 7 days of non-perishables strikes a balance between immediate availability and prolonged food security, which aligns with best practices in nursing home operations.

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://illinois-nursinghomeadministrators.examzify.com>

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

SAMPLE