ILLINOIS CNA STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://illinoiscna.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 15

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. **Which action demonstrates the proper care when a resident participates in activities on time?**

   A. Ignore the patient's routine care

   B. Plan the activities without consulting the resident

   C. Ensure the resident is aware of the activities schedule

   D. Make the activities rigidly timed

2. **How should a gait belt be applied?**

   A. Directly on the skin

   B. Over clothes with buckle off center

   C. Over a towel

   D. Under clothes

3. **What medical condition does "Hypoglycemia" describe?**

   A. Increased blood sugar levels

   B. Normal blood sugar levels

   C. Low blood sugar levels

   D. Absence of blood sugar

4. **How should PM care be adjusted if a patient has evening visitors?**

   A. Offer it before visitors arrive

   B. Offer it only after visitors leave

   C. Offer it only before visitors arrive

   D. Offer it whenever the patient wants

5. **What is the average daily urine production for an adult?**

   A. 1000 mL or 2 pints

   B. 1500 mL or 3 pints

   C. 2000 mL or 4 pints

   D. 2500 mL or 5 pints

SAMPLE

6. What movement is described as moving a part of the body away from the midline?

A. Abduction

B. Adduction

C. Extension

D. Flexion

7. "Dorsiflexion" refers to which movement?

A. Bending the toes and foot up at the ankle

B. Bending the toes and foot down at the ankle

C. Movement toward the midline of the body

D. Turning the joint inward

8. How can you avoid poisoning in a healthcare setting?

A. Store toxins in locked cabinets

B. Label all toxins and poisonous materials

C. Dispose of all toxins

D. Use toxins sparingly

9. How do you read a Fahrenheit thermometer?

A. Each short line equals 0.1 of a degree

B. Each short line equals 0.2 of a degree

C. Each long line equals 1 degree

D. Each long line equals 0.5 of a degree

10. 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

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which action demonstrates the proper care when a resident participates in activities on time?

A. Ignore the patient's routine care

B. Plan the activities without consulting the resident

C. Ensure the resident is aware of the activities schedule

D. Make the activities rigidly timed

The action that demonstrates proper care when a resident participates in activities on time involves ensuring that the resident is aware of the activities schedule. Keeping the resident informed about the timing and details of activities not only respects their autonomy but also enhances their engagement in the care process. It shows that you value their participation and want them to be involved in decisions about their own care. Consulting with residents about the schedule allows them to prepare mentally and physically for the activities, fostering a sense of independence and dignity. It also helps in building a rapport between the resident and the staff, leading to a more positive overall experience in the care environment. Being aware of the schedule aids in managing their time effectively, preventing confusion or anxiety related to activities.

2. How should a gait belt be applied?

A. Directly on the skin

B. Over clothes with buckle off center

C. Over a towel

D. Under clothes

Apply the gait belt over the clothes with the buckle off center because it allows for a more secure fit and better control when helping a patient to stand and walk. Option A and D are not recommended because the contact with bare skin can cause discomfort or irritation for the patient. Option C is also not recommended because it may slip or not provide enough stability. It is important to ensure the gait belt is properly placed to provide the best support and safety for the patient.

3. What medical condition does "Hypoglycemia" describe?

A. Increased blood sugar levels

B. Normal blood sugar levels

C. Low blood sugar levels

D. Absence of blood sugar

Hypoglycemia describes a medical condition where the blood sugar levels are abnormally low. This is usually caused by excess insulin in the body or low intake of glucose. Option A, increased blood sugar levels, is incorrect because it describes hyperglycemia, a condition where the blood sugar levels are too high. Option B, normal blood sugar levels, is also incorrect because hypoglycemia is characterized by low blood sugar levels, not normal ones. Option D, absence of blood sugar, is incorrect as the body needs glucose to function and survive. Therefore, the correct answer is C, low blood sugar levels.

SAMPLE

4. How should PM care be adjusted if a patient has evening visitors?

A. Offer it before visitors arrive

B. Offer it only after visitors leave

C. Offer it only before visitors arrive

D. Offer it whenever the patient wants

When a patient has evening visitors, it is important to prioritize their comfort and needs. This means that the timings of PM care should be adjusted to accommodate the presence of visitors. Offering PM care before visitors arrive allows the patient to rest and relax without any interruptions. If PM care is offered only after visitors leave, it might delay the patient's bedtime and disrupt their sleep. Similarly, offering PM care only before visitors arrive allows the patient to have a peaceful evening with their visitors without any interruptions. Offering PM care whenever the patient wants may not be the best option in this scenario, as it might interfere with the patient's interactions with their visitors. Overall, offering PM care before visitors arrive is the most suitable option for this situation.

5. What is the average daily urine production for an adult?

A. 1000 mL or 2 pints

B. 1500 mL or 3 pints

C. 2000 mL or 4 pints

D. 2500 mL or 5 pints

The average daily urine production for an adult is typically around 1500 mL, which is equivalent to approximately 3 pints. This measurement is based on the average fluid intake and the physiological processes of the body, including the kidneys' filtration of blood and excretion of waste. Maintaining this average is important for proper hydration and metabolic functions. Factors such as fluid intake, level of physical activity, ambient temperature, and individual health conditions can influence urine volume, but 1500 mL is generally accepted as a standard benchmark for adults. Understanding this value helps caregivers monitor hydration levels, which is a crucial aspect of patient care.

6. What movement is described as moving a part of the body away from the midline?

A. Abduction

B. Adduction

C. Extension

D. Flexion

Abduction refers to moving a body part away from the midline of the body. This is in contrast to adduction, which refers to moving a body part towards the midline. The other two options, extension and flexion, refer to movements that occur in the sagittal plane (front to back movements) but are not specifically related to the midline. Extension refers to straightening of a joint, such as when standing up straight, while flexion refers to bending of a joint, such as when touching your toes. Therefore, neither extension nor flexion accurately describe moving a body part away from the midline. It is important to remember the difference between abduction and adduction, as they are commonly used terms in anatomy and physiology.

SAMPLE

7. "Dorsiflexion" refers to which movement?

A. Bending the toes and foot up at the ankle

B. Bending the toes and foot down at the ankle

C. Movement toward the midline of the body

D. Turning the joint inward

Dorsiflexion refers to the movement of bending the toes and foot up at the ankle, therefore the correct answer is A. Option B is incorrect because it describes plantarflexion, which is the opposite movement of dorsiflexion. Option C is incorrect because it describes adduction, which is moving towards the midline of the body. Option D is incorrect because it describes inversion, which is turning the joint inward.

8. How can you avoid poisoning in a healthcare setting?

A. Store toxins in locked cabinets

B. Label all toxins and poisonous materials

C. Dispose of all toxins

D. Use toxins sparingly

Labeling all toxins and poisonous materials is the best way to avoid poisoning in a healthcare setting. This is because labeling ensures that healthcare workers are aware of the presence and potential danger of these substances, and can take the necessary precautions when handling them. Option A, storing toxins in locked cabinets, is also a good practice but may not be as effective if the substances are not properly labeled. Option C, disposing of all toxins, is not a practical or feasible solution as some toxins may still be necessary for medical treatments. Option D, using toxins sparingly, is not a reliable method as even small amounts of toxins can be dangerous if not handled properly.

9. How do you read a Fahrenheit thermometer?

A. Each short line equals 0.1 of a degree

B. Each short line equals 0.2 of a degree

C. Each long line equals 1 degree

D. Each long line equals 0.5 of a degree

A Fahrenheit thermometer is typically marked with both long and short lines. The long lines represent whole numbers, while the short lines represent fractions of a degree. Each short line on a Fahrenheit thermometer is equivalent to 0.2 degrees, making option B the correct answer. Options A, C, and D are incorrect because they do not accurately represent the measurements on a Fahrenheit thermometer. Option A would be more accurate on a Celsius thermometer, as each short line would equal 0.1 of a degree. Option C would be accurate on both a Fahrenheit and Celsius thermometer, but is not the appropriate measurement for this question. Option D would be accurate for a Celsius thermometer, as each long line represents 0.5 degrees.

SAMPLE

10. 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.

SAMPLE

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!

SAMPLE