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Illinois cna state exam practice test

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Bag before removing from the room, to prevent contamination. - If a resident is not breathing, what should you do? - a. Call for help. - b. Lay the resident down on his back. - c. Give four quick breaths. - d. Give 8-10 abdominal thrusts. Answer: a. Call for help, in an emergency situation. - If a resident begins to choke while being fed, what should you do? - a. Back blows. - b. Mouth-to-mouth ventilations. - c. A finger sweep. - d. Abdominal thrusts. Answer: d. All of the above. - When making an occupied bed, what should you do? - a. Make half of the bed at one time. - b. Have one side rail up and one down. - c. Make a toe pleat in the top covers. - d. Do all of the above. Answer: d. All of the above, to ensure proper bed making for an occupied patient. - To prevent decubitus ulcers, patients can be helped by frequently changing their position and using an egg-crate mattress. - After positioning a patient, it's most important to check the position of nonfunctional limbs to ensure they are comfortable and secure. - The first step in getting a resident up to walk is to make sure there's an activity order in place. - When transferring a patient who becomes weak during transfer, you should grasp the transfer belt and lower them to the floor along your bent leg. - For a patient with TPR of 98.8-80-30, only respirations are out of normal range. - Factors that can cause an inaccurate oral temperature reading include drinking hot or cold liquids within 10 minutes, failure to shake down a mercury thermometer, and vigorous exercise prior to measuring. - Systolic blood pressure is determined by listening for the first clear sound. - The abbreviation q.o.d. means weighing a resident every other day. - Accurate daily weights are measured at the same time each day to minimize weight fluctuations during the day. - The first step in performing any procedure, including care for residents, is to wash your hands thoroughly. - Handwashing between resident contacts is the most important factor in preventing the spread of infection. - Sterilizing is not among the options listed, but it is a method that can destroy all bacteria. Answer: questions based on given information provided for care staff in a healthcare setting. Sterilization destroys bacteria (19). In case of fire in resident's room, move the resident to safety first (20). For oxygen therapy, use of alcohol can cause drying and wool can cause sparks; only posting "no smoking" sign is correct choice (21). When performing CPR, patient should be lying flat on a hard surface (22). When finding an unresponsive patient, check if they are all right before calling for help (23). A procedures manual contains written instructions on how to perform procedures (24). If unsure of answer to resident's question, refer them to charge nurse (25). Identification band is best way to identify a resident, especially in case of confusion (26). All residents need nail care, and nursing assistants can find necessary information from care plans (27). When performing perineal care on uncircumcised male, retract foreskin for cleaning (28). Proper safety precautions should be taken during showering, including using a shower chair for the resident's comfort and protection (29). The importance of maintaining cleanliness and promoting circulation is crucial during bathing, not only to provide an opportunity for skin observation but also to enhance overall well-being. Moreover, providing one-on-one interaction time and relaxation techniques can significantly contribute to a patient's comfort level. When it comes to preventing damage to the skin, thorough rinsing and drying are essential procedures to be followed. Additionally, reporting any concerns or issues, such as dry elbows, to the charge nurse is vital for addressing potential problems promptly. In terms of preferred substances for back rubs, lotions are generally the most suitable option due to their gentle nature and ability to promote skin health without causing irritation. Conversely, rubbing alcohol can dry out the skin, talcum powder may be inhaled or accumulate in folds, and baby oil is too greasy. Decubitus ulcers often result from a combination of factors, including poor circulation, pressure on the skin, and inadequate nutrition. Therefore, it's essential to address these underlying causes for effective prevention and management. Shampooing a resident's hair serves multiple purposes, including improving scalp circulation, enhancing their general appearance, and promoting feelings of well-being. When shampooing, thorough rinsing is necessary to prevent irritation. Protecting the eyes from soap and water is crucial and ensuring privacy should be maintained. In contrast, trimming a diabetic's toenails poses significant risks due to poor circulation, making it unlikely that a nursing assistant should attempt such tasks. Lastly, attending to residents' hygiene should be consistent with their personal hygiene level, reflecting their desire for independence and privacy. Daily hygiene tasks, including bathing, oral hygiene, and dressing (for mobile residents), are essential components of maintaining patient's dignity and overall health. Gently lifting a resident from a bedpan is by turning the resident, while holding the pan to prevent spilling the contents. A fracture-type bedpan can be used for patients with back injuries or those who should not be lifted or turned. If a patient doesn't finish eating their tray food, it's best to ask them why first before taking any action. When a resident complains about salts on their tray despite having ordered a low-salt diet, check the diet order with the nurse to verify accuracy. When providing fluid treatment, aim to offer liquids every two hours. Transferring patients safely involves planning ahead, including securing adequate assistance and ensuring the resident is not tired or fatigued. Large residents can be transferred using mechanical lifting devices for their safety and protection. Before transferring a patient from bed to wheelchair, take a few minutes to sit them on the edge of the bed and help prevent orthostatic hypotension by positioning themselves carefully and securing the wheelchair properly. 270 cc (9 oz) water is contained in a pitcher at the beginning of the shift. After the resident's shift ends, there are still 35 cc of water left. To determine how much water was consumed, you must subtract the remaining amount from the original amount. When monitoring a resident's I & O (intake and output), all fluids that are liquid at room temperature are measured. This includes milk, ice cream, carbonated beverages, and substances like gelatin dessert. The correct answer to determine how much water was consumed is obtained by subtracting the remaining fluid from the initial amount of fluid in the pitcher. The resident consumed 235 cc of water. Each question is carefully crafted to mirror the key skills needed for Certified Nursing Assistants (CNAs). A team of experts thoroughly examines every query, ensuring precision, relevance to modern practices, and clarity, while also pinpointing any mistakes. To foster a dynamic exchange, users are encouraged to engage actively with our platform through an integrated feedback system, allowing for continuous refinement. We stay ahead of the curve by revising our practice exams promptly in response to new healthcare guidelines and best practices. Moreover, we keep users informed about updates, providing them with essential knowledge to aid their exam preparation. 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