CERTIFIED SEXUAL ASSAULT NURSE EXAMINER-PEDIATRIC (SANE-P) 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.

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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!

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Questions

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1. **Which statement is supported by the material regarding male circumcision and HIV risk?**

   A. It increases the risk of HIV transmission.

   B. It can reduce the risk of HIV transmission.

   C. It has no impact on HIV transmission risk.

   D. It contraindicates HIV testing.

2. **In the context of pregnancy assessment, which question should the SANE include?**

   A. Current pregnancy status only

   B. Relationship with partner

   C. Contraceptive history since last menstrual period

   D. Sexual history prior to assault

3. **What is the risk of contracting Trichomonas through sexual assault?**

   A. 4%

   B. 12%

   C. 22%

   D. 8%

4. **Waiting a recommended period after exposure before STI testing helps ensure accuracy by allowing the body to develop antibodies.**

   A. Test results are immediate once exposed

   B. There is no window period

   C. Antibodies to develop

   D. Results are always negative later

5. **What is the method to test stability of a patient's decision making?**

   A. Ask question and repeat several minutes later for same answer

   B. Repeat the question after several minutes to check for consistency

   C. Administer an IQ test

   D. Observe the patient over a full day

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6. Which of the following correctly matches FGM Type IIIB with the involved structures?

A. Labia majora

B. Labia minora

C. Clitoral prepuce

D. Cervical os

7. Which of the following is NOT a principle of Trauma-Informed Care?

A. Safety

B. Peer support

C. Flexibility

D. Trustworthiness

8. Which domain includes promoting evidence-based practice and research?

A. EBP and research

B. Resource utilization

C. Environmental health

D. Ethics

9. What describes a plea agreement?

A. Subpoena

B. Sentence

C. Objections

D. Plea agreement

10. American Indian and Alaska Native tribal populations may have their own what?

A. Laws, regulations, LE, courts, and services

B. Medical facilities

C. Language policies

D. Tax codes

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Answers

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

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Explanations

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1. Which statement is supported by the material regarding male circumcision and HIV risk?

A. It increases the risk of HIV transmission.

B. It can reduce the risk of HIV transmission.

C. It has no impact on HIV transmission risk.

D. It contraindicates HIV testing.

The main concept is that male circumcision reduces the risk of acquiring HIV in heterosexual men. This protection comes from removing the foreskin, which is rich in cells that HIV targets and is more prone to microtears and inflammation that can help the virus enter. Large randomized trials in high-prevalence settings showed about a 50–60% lower risk of HIV acquisition among circumcised men compared with uncircumcised men, which supports the statement that circumcision can reduce HIV transmission risk. However, this protection is partial, not complete, so circumcision does not eliminate HIV risk. It should be viewed as one part of a comprehensive prevention plan that includes safer sex practices, regular HIV testing, and other measures as appropriate. It also does not alter the need for HIV testing or its interpretation.

2. In the context of pregnancy assessment, which question should the SANE include?

A. Current pregnancy status only

B. Relationship with partner

C. Contraceptive history since last menstrual period

D. Sexual history prior to assault

Understanding pregnancy risk after a sexual assault relies on pinpointing when exposure could have occurred. Asking about sexual history prior to the assault directly informs whether a pregnancy could have resulted from a previous encounter or from the assault itself, which in turn helps establish the conception window and interpret clinical findings correctly. This question provides essential context for decisions about testing, potential emergency contraception timing, and follow-up care, while also supporting safe, patient-centered documentation and an understanding of any ongoing risk or coercion. While other questions about current pregnancy status or contraception use are important, they don't by themselves clarify when a pregnancy could have started or from which event, making the pre-assault sexual history the most informative in this scenario.

3. What is the risk of contracting Trichomonas through sexual assault?

A. 4%

B. 12%

C. 22%

D. 8%

The main idea is understanding the typical per-exposure risk of Trichomonas transmission from an infected partner during vaginal intercourse. Trichomonas vaginalis is spread through sexual contact, and the probability of acquiring it in a single unprotected exposure is not negligible. In clinical and forensic practice, a ballpark per-exposure risk around the low teens is used, with 12% being a commonly cited estimate. This reflects that about 1 in 8 or 1 in 9 exposed individuals might become infected, on average, under typical conditions where the partner is infected and no protective barriers are used. The exact risk can vary based on the partner's infection status, presence of symptoms, and whether barriers or other protective factors were involved, but 12% is a reasonable population-level estimate for this scenario.

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4. Waiting a recommended period after exposure before STI testing helps ensure accuracy by allowing the body to develop antibodies.

A. Test results are immediate once exposed

B. There is no window period

C. Antibodies to develop

D. Results are always negative later

When a person is exposed to an STI, the immune system needs time to produce detectable antibodies. Testing too soon can miss these antibodies because they haven't reached levels the test can detect, leading to a false negative even if infection is present. Waiting the recommended period allows seroconversion to occur so antibody-based tests are more accurate. It's worth noting that other tests that look for the pathogen itself (like genetic material or antigens) can sometimes detect infection earlier, so test type and timing matter for accuracy.

5. What is the method to test stability of a patient's decision making?

A. Ask question and repeat several minutes later for same answer

B. Repeat the question after several minutes to check for consistency

C. Administer an IQ test

D. Observe the patient over a full day

Stability of decision making is shown by asking the patient to state the same decision again after a short interval and seeing if the answer stays the same. Re-asking after several minutes to check for consistency directly tests whether their judgment remains steady when information hasn't meaningfully changed. This helps identify transient confusion, mood effects, or cognitive fluctuations that could affect capacity. An IQ test looks at overall cognitive abilities like reasoning and memory, not specifically at how consistently a person makes decisions over time. Observing a patient for a full day gives broad behavior context but doesn't provide a focused, reliable check of decision-making stability.

6. Which of the following correctly matches FGM Type IIIB with the involved structures?

A. Labia majora

B. Labia minora

C. Clitoral prepuce

D. Cervical os

FGM Type III patterns are defined by which external structures are involved in narrowing or sealing the vaginal opening. In the IIIB pattern, the labia majora are involved—this subtype specifies that the procedure uses the labia majora to help create the seal that narrows the opening. The other structures listed fit different FGM patterns (for example, involvement of the labia minora or clitoral tissue points to other subtypes), and the cervical os is not affected by these external-genital procedures. So, the labia majora is the best match for this subtype.

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7. Which of the following is NOT a principle of Trauma-Informed Care?

A. Safety

B. Peer support

C. Flexibility

D. Trustworthiness

Trauma-Informed Care is guided by principles that create safety, trust, and a collaborative, empowering environment for clients. The core principles typically listed include safety; trustworthiness and transparency; peer support; collaboration and mutuality; empowerment, voice, and choice; and cultural, historical, and gender responsivity. Flexibility matters in practice because tailoring care to an individual can help reduce re-traumatization and support healing, but it is not usually enumerated as a formal principle in standard trauma-informed frameworks. So, while being flexible is a valuable approach to delivering trauma-informed care, it does not stand as one of the official principles.

8. Which domain includes promoting evidence-based practice and research?

A. EBP and research

B. Resource utilization

C. Environmental health

D. Ethics

The main idea here is identifying the domain that drives clinical practice through evidence and investigation. The domain that includes promoting evidence-based practice and research centers on using the best available evidence to guide decisions, critically appraising studies, and applying findings to improve care. It also supports ongoing inquiry and implementation of research into practice, which is what "EBP and research" embodies. Other domains focus on different areas: resource utilization deals with using materials, time, and finances efficiently; environmental health addresses how environmental factors affect health and safety; ethics covers moral principles, patient rights, and professional conduct. While important, these domains don't specifically emphasize promoting evidence-based practice and research in the way the EBP and research domain does.

9. What describes a plea agreement?

A. Subpoena

B. Sentence

C. Objections

D. Plea agreement

A plea agreement is a negotiated deal in a criminal case where the defendant agrees to plead guilty or no contest to a charge in exchange for concessions from the prosecution, such as reduced charges, a lighter sentence, or the dismissal of other counts. The terms are arranged between the defense and the prosecutor and then typically reviewed and approved by the judge to ensure fairness. This distinguishes it from a subpoena (a court order to appear or provide evidence), a sentence (the punishment after conviction), or objections (formal challenges raised during trial). In short, it's a negotiated resolution that sets the terms of how the case will proceed without going to trial.

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10. American Indian and Alaska Native tribal populations may have their own what?

A. Laws, regulations, LE, courts, and services

B. Medical facilities

C. Language policies

D. Tax codes

Tribal sovereignty allows American Indian and Alaska Native tribal communities to govern themselves in many areas, including establishing and enforcing their own laws and regulations, maintaining law enforcement, operating their own courts, and providing services for tribal members. This means tribes can create and apply their own rules, run their police, adjudicate disputes through tribal courts, and administer community programs such as health, education, and social services for their people. While facilities, language policies, or tax arrangements can exist, the strongest and most distinctive aspect is the authority to govern internal matters through their own laws, enforcement, judicial systems, and services.

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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://sanep.examzify.com

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

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