KENTUCKY SRNA 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. What type of pediculosis refers specifically to an infestation of the scalp with lice?

A. Pediculosis corporis

B. Pediculosis capitis

C. Pediculosis pubis

D. Pediculosis totalis

2. Persons sitting in chairs should shift their positions every:

A. 15 minutes

B. 30 minutes

C. Hour

D. 2 hours

3. If you experience discomfort about completing a new task, what should you do?

A. Refuse the task outright

B. Try to complete the task despite discomfort

C. Discuss your reservations with the nurse

D. Proceed without voicing concerns

4. What is the correct positioning for an unconscious person during oral hygiene?

A. Prone position

B. On the side with head also side turned

C. Sitting upright

D. High Fowler position

5. What medical condition is commonly referred to as high blood pressure?

A. Hypertension

B. Hematuria

C. Cardiomyopathy

D. Hypotension

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6. What defines the term external rotation?

A. Turning the joint inward
B. Twisting the joint
C. Lowering the joint
D. Turning the joint outward

7. What is the definition of an abbreviation?

A. A shortened form of a word or phrase
B. A type of medical instruction
C. A synonym for a medical condition
D. A diagnostic classification

8. What is the definition of stool?

A. Liquid waste produced by the kidneys
B. Excreted feces
C. The waste produced by the liver
D. Ingested food components

9. What defines transient incontinence?

A. Permanently lost bladder control
B. Incontinence that only occurs at night
C. Temporary incontinence that reverses when the cause is treated
D. Incontinence that requires surgical intervention

10. What is a vascular ulcer?

A. An open sore caused by a bacterial infection
B. An open sore caused by decreased blood flow
C. An ulcer caused by diabetes
D. An ulcer related to hypertension

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Answers

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

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Explanations

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1. What type of pediculosis refers specifically to an infestation of the scalp with lice?

A. Pediculosis corporis

B. Pediculosis capitis

C. Pediculosis pubis

D. Pediculosis totalis

Pediculosis capitis specifically refers to an infestation of the scalp with lice. This condition is commonly known as head lice. Head lice are small, parasitic insects that live on the scalp and feed on human blood, leading to itching and irritation. The term "capitis" comes from the Latin word for head, which directly indicates the location of the infestation. In contrast, the other terms refer to different types of lice infestations: Pediculosis corporis involves body lice, which infest clothing and can lead to secondary bacterial infections; Pediculosis pubis refers to pubic lice, which typically affect the genital area; and Pediculosis totalis is not a widely recognized form and does not refer to a specific type of lice infestation. Thus, the use of "capitis" makes it explicitly clear that the issue is with lice in the scalp region.

2. Persons sitting in chairs should shift their positions every:

A. 15 minutes

B. 30 minutes

C. Hour

D. 2 hours

Shifting positions every 15 minutes while sitting in a chair is essential for maintaining good circulation and reducing the risk of musculoskeletal discomfort and injuries. Prolonged sitting leads to increased pressure on specific areas of the body, which can result in stiffness, pain, and impaired blood flow. Regular movement helps to alleviate these risks by allowing muscles to stretch and relax, promoting better posture and reducing the likelihood of developing pressure sores or deep vein thrombosis, especially in settings where individuals might remain sedentary for extended periods. Frequent position changes every 15 minutes are particularly relevant in environments like healthcare, where professionals spend a significant amount of time seated while attending to patients or completing administrative tasks. This practice contributes to overall comfort and well-being, ensuring that individuals remain alert and able to perform their duties effectively.

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3. If you experience discomfort about completing a new task, what should you do?

A. Refuse the task outright

B. Try to complete the task despite discomfort

C. Discuss your reservations with the nurse

D. Proceed without voicing concerns

Discussing your reservations with the nurse is the best approach when experiencing discomfort about completing a new task. This option promotes open communication, which is essential in a healthcare setting. By voicing your concerns, you can seek guidance, clarify expectations, and understand the rationale behind the task. This collaboration can also help ensure that patient safety is prioritized and that you are adequately supported in your responsibilities. Additionally, engaging in this dialogue can lead to increased confidence and competence in handling the task. It fosters a learning environment where you can receive constructive feedback and potentially learn from the experience of more seasoned professionals. Inherent in nursing practice is the acknowledgment that it is acceptable to express uncertainties, particularly in situations that may impact patient care or your well-being. Moreover, this approach contrasts with refusing the task, which can hinder personal and professional growth, as well as teamwork. Trying to complete the task despite discomfort or proceeding without voicing concerns could lead to mistakes or increased anxiety levels, both of which are detrimental in a high-stakes environment. Thus, discussing your reservations not only supports your development but also contributes to a culture of safety and collaboration in your workplace.

4. What is the correct positioning for an unconscious person during oral hygiene?

A. Prone position

B. On the side with head also side turned

C. Sitting upright

D. High Fowler position

The correct positioning for an unconscious person during oral hygiene is on the side with the head also turned to the side. This positioning is critical for several reasons. First, it helps to maintain an open airway and prevents aspiration since fluids can drain out of the mouth instead of being inhaled into the lungs. When an individual is unconscious, they cannot protect their airway or swallow, making it essential to position them in a way that reduces the risk of choking or aspiration pneumonia. Additionally, this side-lying position allows for easier access to the mouth for effective oral care. Caregivers can clean teeth and gums more effectively when they can work without obstruction and ensure that any excess fluids can flow safely out of the mouth. It also provides comfort and stability for the person while minimizing the risk of pressure injuries from prolonged positioning. The other options are not suitable for this scenario. For instance, placing an unconscious person in a prone position can obstruct their airway and is dangerous. Sitting upright or in a High Fowler position might not adequately prevent aspiration during oral hygiene for someone who cannot control their swallowing or head positioning. Thus, the side-lying position is the best practice in this situation.

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5. What medical condition is commonly referred to as high blood pressure?

A. Hypertension

B. Hematuria

C. Cardiomyopathy

D. Hypotension

High blood pressure is commonly referred to as hypertension. This condition is characterized by consistently elevated levels of pressure in the arteries, which can have significant health implications if left untreated, including increased risk for heart disease, stroke, and kidney disease. Hypertension is often diagnosed based on multiple blood pressure readings that indicate values above the normal range. The term itself, "hypertension," is derived from the prefix "hyper," meaning excessive or high, and "tension," referring to pressure. Medical professionals monitor blood pressure routinely because it is a crucial indicator of cardiovascular health. The other conditions listed do not relate to high blood pressure. Hematuria refers to the presence of blood in urine, cardiomyopathy is a disease of the heart muscle that affects its size and function, and hypotension indicates low blood pressure, which is the opposite of hypertension. Understanding these distinctions is important for recognizing and managing cardiovascular health issues effectively.

6. What defines the term external rotation?

A. Turning the joint inward

B. Twisting the joint

C. Lowering the joint

D. Turning the joint outward

External rotation refers to the movement of a joint that results in a turning outward motion. This action typically involves the rotation of a limb or body part away from the midline of the body. For instance, in the case of the shoulder or hip joints, external rotation allows the arm or leg to move away from the central axis, facilitating a range of motions and activities. In practical terms, when the arm is externally rotated, the palm of the hand turns to face forward or away from the body, which contrasts with internal rotation, where the hand turns inward toward the midline. Understanding this concept is crucial in fields like anatomy, physical therapy, and movement science because it helps health professionals identify and address functional movement patterns or limitations in patients.

7. What is the definition of an abbreviation?

A. A shortened form of a word or phrase

B. A type of medical instruction

C. A synonym for a medical condition

D. A diagnostic classification

An abbreviation is defined as a shortened form of a word or phrase. This definition focuses on how abbreviations compress longer terms into shorter, more manageable forms for ease of communication. For instance, "MRSA" stands for Methicillin-Resistant Staphylococcus Aureus, showcasing how a lengthy medical term can be condensed into a more succinct abbreviation that still conveys the same meaning. This is particularly important in medical contexts where quick and clear communication is essential for effective patient care. The other options describe different concepts that do not directly relate to the definition of an abbreviation. Medical instructions provide guidance for procedures or treatments, synonyms refer to different words with similar meanings, and diagnostic classifications categorize diseases or conditions based on specific criteria. These concepts may be relevant in the medical field but do not pertain to the concept of an abbreviation itself.

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8. What is the definition of stool?

A. Liquid waste produced by the kidneys

B. Excreted feces

C. The waste produced by the liver

D. Ingested food components

Stool is defined as the solid waste matter that is excreted from the digestive tract through the anus. It primarily consists of undigested food, bacteria, and cells shed from the lining of the intestines. In this context, option B accurately captures this definition by referring specifically to excreted feces. Understanding the different types of waste produced by the body is also crucial. Liquid waste produced by the kidneys, associated with urine, is not related to stool and reflects a separate physiological process of excreting metabolic byproducts. Waste produced by the liver is primarily bile, which aids in digestion and does not constitute stool. Lastly, while ingested food components are relevant to digestion, they do not represent the final product that is expelled as stool. The focus is on the end result of the digestive process, emphasizing the role of stool as the solid byproduct of digestion.

9. What defines transient incontinence?

A. Permanently lost bladder control

B. Incontinence that only occurs at night

C. Temporary incontinence that reverses when the cause is treated

D. Incontinence that requires surgical intervention

Transient incontinence is characterized as a temporary loss of bladder control that occurs due to a reversible cause. This condition can arise from various factors such as urinary tract infections, medications, or even metabolic imbalances. Once the underlying issue is identified and treated, the incontinence typically resolves. Understanding this definition is crucial because it emphasizes the importance of diagnosing and managing the transient triggers to restore normal bladder function. Recognizing transient incontinence allows healthcare providers to focus on treatment options that target the specific reversible causes rather than assuming a permanent condition is present. This distinction is critical in developing effective care plans for patients experiencing incontinence.

10. What is a vascular ulcer?

A. An open sore caused by a bacterial infection

B. An open sore caused by decreased blood flow

C. An ulcer caused by diabetes

D. An ulcer related to hypertension

A vascular ulcer is defined as an open sore that develops due to insufficient blood flow to the tissues, primarily caused by problems in the vascular system. This often occurs in areas where blood circulation is compromised, leading to tissue breakdown and ulceration. The reduced blood flow means that the affected area receives inadequate oxygen and nutrients, which are necessary for maintaining healthy skin and healing wounds. In the context of the options provided, the essence of option B accurately reflects this definition by emphasizing the role of decreased blood flow in the formation of these ulcers, which is a fundamental characteristic of vascular ulcers. Specific conditions such as venous insufficiency or peripheral artery disease are often underlying causes of vascular ulcers, reinforcing that this type of ulceration is primarily related to vascular health rather than infections or other systemic conditions. Other options mention various causes for ulcers but do not specifically address the vascular aspect. For instance, while ulcers can be related to infections, diabetes, or hypertension, these conditions generally lead to different types of ulcers or complications that may not primarily stem from vascular issues. Hence, option B is the most accurate description of a vascular ulcer.

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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:

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

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