NCLEX STD 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 are the common symptoms of Syphilis in its primary stage?

A. Fever and fatigue

B. Painful urination

C. A painless sore (chancre) at the site of infection

D. Widespread rash

2. Which STD is often referred to as “the silent infection"?

A. Gonorrhea

B. Syphilis

C. Chlamydia

D. HIV

3. Which factor would lead a nurse to suspect an increased risk for STIs in a client?

A. Hive-like rash for the past 2 days

B. Clear vaginal discharge

C. Weight gain of 5 lbs in one year

D. Five different sexual partners

4. What is a common myth about STDs?

A. They only affect certain populations

B. They are always easily detectable

C. They can be transmitted non-sexually

D. All of the above

5. Which group of individuals is at higher risk for STDs, including HIV?

A. Single women

B. Men who have sex with men (MSM) and individuals with multiple sexual partners

C. Adolescents with few sexual partners

D. Older adults with health issues

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6. What measure should be prioritized in response to an increase in hospital-acquired infections (HAIs)?

A. Use of gloves during patient contact

B. Frequent and thorough hand washing

C. Prophylactic, broad-spectrum antibiotics

D. Fitting and appropriate use of N95 masks

7. How is chlamydia commonly diagnosed?

A. Urinalysis only

B. Nucleic acid amplification test (NAAT)

C. Visual examination

D. Blood test

8. What screening recommendation exists for pregnant women regarding STIs?

A. Screening for Gonorrhea and Chlamydia only

B. Screening for syphilis, HIV, and Hepatitis B

C. Screening for Herpes Simplex Virus only

D. Screening for Trichomoniasis and HPV

9. Which probiotic may help restore vaginal flora after an episode of Bacterial Vaginosis?

A. Streptococcus thermophilus

B. Lactobacillus

C. Bifidobacterium

D. Escherichia coli

10. When teaching a 22-year-old male about gonorrhea, which point should the nurse emphasize?

A. While being treated for the infection, you will not be able to pass this infection on to your sexual partner.

B. While you're taking your antibiotics, you will need to abstain from participating in sexual activity or drinking alcohol.

C. It's important to complete your full course of antibiotics in order to ensure that you become resistant to reinfection.

D. The symptoms of gonorrhea will resolve on their own, but it is important for you to abstain from sexual activity while this is occurring.

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Answers

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

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Explanations

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1. What are the common symptoms of Syphilis in its primary stage?

A. Fever and fatigue

B. Painful urination

C. A painless sore (chancre) at the site of infection

D. Widespread rash

In the primary stage of syphilis, the most notable symptom is the appearance of a painless sore known as a chancre at the site of infection. This sore typically occurs about three weeks after exposure to the bacterium Treponema pallidum, which causes syphilis. The chancre is usually round, firm, and can vary in size. It may be found on the genitals, anus, or mouth, depending on where the infection occurred. This symptom is critical for diagnosis, as it is a hallmark sign of primary syphilis and helps distinguish it from other sexually transmitted infections. While other symptoms can arise in various stages of syphilis or in different infections, the painless nature of the chancre in primary syphilis is particularly significant in prompting both patients and healthcare providers to seek further evaluation and treatment.

2. Which STD is often referred to as “the silent infection"?

A. Gonorrhea

B. Syphilis

C. Chlamydia

D. HIV

Chlamydia is often referred to as “the silent infection" because it frequently does not produce noticeable symptoms, especially in its early stages. Many individuals who are infected may remain asymptomatic, meaning they do not exhibit any signs or symptoms of the infection. This lack of overt symptoms can lead to delayed diagnosis and treatment, increasing the risk of complications such as pelvic inflammatory disease (PID) in women, which can affect fertility, or the spread of the infection to sexual partners. In addition to being asymptomatic, chlamydia can also have serious health consequences if left untreated, which emphasizes the importance of regular screening and preventive measures among sexually active individuals. This characteristic of being 'silent' is a key reason why chlamydia is often included in discussions about STDs and sexual health.

3. Which factor would lead a nurse to suspect an increased risk for STIs in a client?

A. Hive-like rash for the past 2 days

B. Clear vaginal discharge

C. Weight gain of 5 lbs in one year

D. Five different sexual partners

The factor that indicates an increased risk for sexually transmitted infections (STIs) is the report of having five different sexual partners. This behavior is associated with a higher likelihood of exposure to STIs, as each new partner can potentially introduce new pathogens. When the number of sexual partners increases, so does the risk of encountering someone who may have an infection, particularly if safe sex practices are not consistently followed. Understanding the contexts of sexual behaviors and the epidemiology of STIs reinforces the importance of taking a thorough sexual history during assessments. This information helps healthcare providers deliver appropriate education, testing, and preventive measures to clients who may be at higher risk.

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4. What is a common myth about STDs?

A. They only affect certain populations

B. They are always easily detectable

C. They can be transmitted non-sexually

D. All of the above

A common myth about sexually transmitted diseases (STDs) is that they only affect certain populations. This misconception can lead individuals to underestimate their own risk and neglect preventive measures. STDs do not discriminate; they can affect anyone, regardless of age, gender, sexual orientation, or socioeconomic status. Another prevalent myth is that STDs are always easily detectable. While some conditions may present obvious symptoms, many STDs can be asymptomatic, meaning an individual can carry the infection without showing any signs or symptoms. This lack of awareness contributes to the spread of STDs, as people may not realize they are infected and may unknowingly transmit the disease to others. Lastly, the belief that STDs can only be transmitted through sexual intercourse is misleading. Certain STDs can indeed be transmitted through non-sexual means, such as from mother to child during childbirth or through shared needles. Understanding these myths is crucial for effective education, prevention, and treatment of STDs. It promotes greater awareness about the universal risk of STDs and encourages individuals to engage in safe practices, get tested, and seek treatment when necessary.

5. Which group of individuals is at higher risk for STDs, including HIV?

A. Single women

B. Men who have sex with men (MSM) and individuals with multiple sexual partners

C. Adolescents with few sexual partners

D. Older adults with health issues

The group that is at higher risk for STDs, including HIV, consists of men who have sex with men (MSM) and individuals with multiple sexual partners. This elevated risk can be attributed to several factors. Firstly, men who have sex with men tend to have a higher incidence of certain STDs due to the nature of the sexual practices that often facilitate transmission. Anal intercourse, if not practiced with safe methods, has a higher potential for transmitting infections compared to vaginal intercourse. Additionally, individuals with multiple sexual partners increase their risk as every new partner can introduce new pathogens, leading to a higher likelihood of STD transmission. Furthermore, the combination of having multiple partners and the specific practices associated with MSM can compound the risk factors, resulting in a network effect where STDs can spread more rapidly among individuals in this group. Prevention strategies, such as consistent and correct condom use, regular STD testing, and pre-exposure prophylaxis (PrEP) for HIV prevention, are crucial for reducing these risks. This understanding highlights the importance of targeted education and prevention efforts among populations that exhibit these risk behaviors.

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6. What measure should be prioritized in response to an increase in hospital-acquired infections (HAIs)?

A. Use of gloves during patient contact

B. Frequent and thorough hand washing

C. Prophylactic, broad-spectrum antibiotics

D. Fitting and appropriate use of N95 masks

Frequent and thorough hand washing is paramount in controlling and preventing the spread of hospital-acquired infections (HAIs). Hand hygiene is the most effective measure to eliminate pathogens that can be transmitted through direct patient contact or contaminated surfaces. By ensuring that healthcare workers routinely wash their hands with soap and water or use alcohol-based hand sanitizers, the risk of transferring harmful microorganisms to patients is significantly reduced. This practice helps maintain a safe healthcare environment and is recognized as a key factor in infection control protocols. The effectiveness of hand hygiene extends beyond just personal protection; it also contributes to the overall safety of patients receiving care in healthcare settings, thereby decreasing the incidence of HAIs. Other measures, while important, do not replace the foundational role that hand hygiene plays in infection prevention. The use of gloves, for example, is beneficial but only if combined with proper hand hygiene before and after contact. Prophylactic antibiotics may be necessary in specific cases but depend on individual assessments, whereas the fitting and use of N95 masks primarily serve to protect against airborne pathogens, emphasizing that hand hygiene is a universally applicable and essential practice in reducing HAIs.

7. How is chlamydia commonly diagnosed?

A. Urinalysis only

B. Nucleic acid amplification test (NAAT)

C. Visual examination

D. Blood test

Chlamydia is most commonly diagnosed using a nucleic acid amplification test (NAAT). This diagnostic method is preferred because it is highly sensitive and specific, allowing for the detection of the genetic material of the bacteria that cause chlamydia. NAATs can be performed on various specimens, including urine samples and swabs from the genital area, which makes them versatile and effective in identifying the infection even when symptoms are not present. In contrast, other methods such as urinalysis are not typically used for diagnosing chlamydia since they cannot specifically identify the organism. Visual examination may detect complications or signs that suggest an STD, but it cannot confirm the presence of chlamydia itself. Blood tests are also not utilized for chlamydia diagnosis, as the infection primarily affects mucosal surfaces and is not measured through standard blood screening methods. Thus, the use of NAAT is the most accurate and widely accepted approach for diagnosing chlamydia in clinical practice.

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8. What screening recommendation exists for pregnant women regarding STIs?

A. Screening for Gonorrhea and Chlamydia only

B. Screening for syphilis, HIV, and Hepatitis B

C. Screening for Herpes Simplex Virus only

D. Screening for Trichomoniasis and HPV

For pregnant women, the recommendation to screen for syphilis, HIV, and Hepatitis B is crucial in preventing adverse outcomes for both the mother and the baby. These screenings are part of routine prenatal care to identify and manage infections that can cause serious complications if left untreated. Syphilis can lead to severe health issues for the fetus, including stillbirth or congenital syphilis, making early detection and treatment essential. HIV screening helps in providing appropriate interventions to prevent transmission from mother to child during childbirth or breastfeeding. Hepatitis B screening is vital as it allows for the administration of immunoglobulin and vaccination to the newborn, significantly reducing the risk of infection. The other options suggest limited screenings that overlook important infections that can have significant implications during pregnancy, thus making the choice of screening for syphilis, HIV, and Hepatitis B the most comprehensive and appropriate for the health of both the mother and the baby.

9. Which probiotic may help restore vaginal flora after an episode of Bacterial Vaginosis?

A. Streptococcus thermophilus

B. Lactobacillus

C. Bifidobacterium

D. Escherichia coli

Lactobacillus is recognized for its role in maintaining and restoring the balance of vaginal flora, particularly after disturbances such as bacterial vaginosis (BV). This group of bacteria produces lactic acid, which helps to maintain a low pH in the vagina. A healthy vaginal environment is typically characterized by a predominance of Lactobacillus, which inhibits the growth of pathogenic bacteria, including those associated with BV. In clinical studies, supplementation with Lactobacillus has shown promise in helping to restore a normal vaginal microbiota following episodes of BV. This effect is largely due to the ability of Lactobacillus species to outcompete harmful bacteria, support mucosal immunity, and reinforce the natural defenses of the vaginal ecosystem. The other probiotics mentioned in the choices do not have the same level of evidence supporting their effectiveness specifically for restoring vaginal flora after BV. While some may have health benefits in other contexts, Lactobacillus is the primary species associated with effective vaginal health recovery post-infection.

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10. When teaching a 22-year-old male about gonorrhea, which point should the nurse emphasize?

A. While being treated for the infection, you will not be able to pass this infection on to your sexual partner.

B. While you're taking your antibiotics, you will need to abstain from participating in sexual activity or drinking alcohol.

C. It's important to complete your full course of antibiotics in order to ensure that you become resistant to reinfection.

D. The symptoms of gonorrhea will resolve on their own, but it is important for you to abstain from sexual activity while this is occurring.

Emphasizing the need to abstain from participating in sexual activity while taking antibiotics for gonorrhea is crucial in preventing the further spread of the infection. When a person is being treated for gonorrhea, engaging in sexual activity can risk transmitting the infection to partners, even if symptoms subside or if antibiotic treatment appears effective. This is especially important since gonorrhea can often present asymptomatically, and patients may not be aware of their infectious status. Additionally, sexual activity during treatment could lead to incomplete eradication of the bacteria due to possible reinfection or reduced effectiveness of the antibiotics when not taken as directed. Abstaining from sex until the completion of treatment also aligns with public health recommendations to control the spread of sexually transmitted infections. This proactive measure helps in maintaining the overall health of both the patient and their partners.

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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://nclexstd.examzify.com

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

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