OHIO STATE TESTED NURSE AIDE (STNA) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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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 does vaginitis refer to?

A. Infection of the uterus

B. Inflammation of the lining of the vagina

C. Growth of fibroids in the uterus

D. Severe abdominal pain

2. Which position is best for a patient recovering from surgery?

A. Sitting position

B. Prone position

C. Supine position, unless otherwise instructed

D. Standing position

3. What is NOT a typical appearance of someone experiencing respiratory distress?

A. Pale or blue color of lips or nails

B. Deep breaths at a relaxed pace

C. Rapid breathing

D. Use of accessory muscles to breathe

4. What type of corrective device is commonly used for a patient with difficulty walking?

A. A wheelchair

B. A walker or cane

C. An ankle brace

D. An orthopedic boot

5. How should you respond to a patient who is confused and disoriented?

A. Ignore their confusion

B. Scream to get their attention

C. Speak calmly and provide reassuring orientation cues

D. Tell them to calm down

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6. Why is confidentiality crucial in patient care?

A. It allows for more staff involvement

B. It builds trust and complies with legal and ethical standards

C. It is optional based on the situation

D. It can be ignored if necessary

7. Why is hydration important for patients?

A. It helps them sleep better

B. It aids in maintaining bodily functions and preventing complications

C. It decreases their appetite

D. It has no significant impact on health

8. Which of the following is a common symptom of dehydration?

A. Frequent urination

B. Swollen feet

C. Dry mouth

D. Increased thirst

9. Which concept emphasizes a progression of basic needs to higher-level needs?

A. Behavioral theory

B. Hierarchy of needs

C. Cognitive development

D. Social learning theory

10. Which of the following describes a semifowler's position?

A. lying on the back with head raised 30°

B. lying flat on the back

C. lying on side with arms extended

D. lying face down with head turned

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Answers

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

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Explanations

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1. What does vaginitis refer to?

A. Infection of the uterus

B. Inflammation of the lining of the vagina

C. Growth of fibroids in the uterus

D. Severe abdominal pain

Vaginitis specifically refers to the inflammation of the lining of the vagina, which can occur due to various reasons such as infections (bacterial, fungal, or sexually transmitted), irritations, or hormonal changes. Symptoms may include itching, burning, unusual discharge, and discomfort during intercourse. Understanding this definition is crucial for recognizing the signs and symptoms associated with the condition, as well as its impact on reproductive health. Other options describe different medical conditions: an infection of the uterus pertains to endometritis, the growth of fibroids relates to uterine fibroids or leiomyomas, and severe abdominal pain can stem from various causes but does not specifically denote vaginitis. Each of these conditions has distinct characteristics and implications, making it essential to accurately identify them for effective treatment and management.

2. Which position is best for a patient recovering from surgery?

A. Sitting position

B. Prone position

C. Supine position, unless otherwise instructed

D. Standing position

The best position for a patient recovering from surgery is the supine position, unless otherwise instructed. The supine position involves the patient lying flat on their back, which is generally conducive to optimal healing and may help with comfort, respiratory function, and blood circulation. Being in the supine position allows for easier monitoring of the patient's vital signs and access to the surgical site if needed by healthcare providers. It also minimizes the risk of complications associated with ambulation or positioning that may place strain on surgical incisions. While the sitting, prone, and standing positions have their own uses in specific contexts, they may not offer the same benefits during the early recovery phases following surgery. For instance, sitting can lead to discomfort or strain on the abdomen, prone positioning might not be feasible or safe after certain surgeries, and standing too soon can increase the risk of falls or injury. Thus, the supine position is often the safest and most effective choice for recovery.

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3. What is NOT a typical appearance of someone experiencing respiratory distress?

A. Pale or blue color of lips or nails

B. Deep breaths at a relaxed pace

C. Rapid breathing

D. Use of accessory muscles to breathe

The answer focuses on the characteristic traits of someone experiencing respiratory distress. When an individual is in respiratory distress, they commonly exhibit signs that indicate their body is struggling to get enough oxygen. These signs include changes in skin coloration, such as a pale or bluish tint to the lips or nails, which reflects inadequate oxygenation (often referred to as cyanosis). Rapid breathing is another indicator of respiratory distress. This occurs as the body attempts to compensate for insufficient oxygen and elevate the amount of air exchanged to meet oxygen demands. In such cases, you may also observe the use of accessory muscles, which involve additional muscles that aid in the breathing process when the body is under stress and struggling to breathe normally. In contrast, deep breaths taken at a relaxed pace are not typical of respiratory distress. Instead, they suggest a state of calm and normal respiratory function. During distress, breathing is often shallow, rapid, or labored, rather than deep and easy. This distinction is crucial for recognizing and responding appropriately to someone in respiratory distress.

4. What type of corrective device is commonly used for a patient with difficulty walking?

A. A wheelchair

B. A walker or cane

C. An ankle brace

D. An orthopedic boot

A walker or cane is commonly used for patients experiencing difficulty walking because these devices provide essential support and stability. They help individuals maintain balance, reduce the risk of falls, and enhance mobility. Walkers typically offer four points of contact with the ground, which provides a sturdy base for those who may have diminished strength or balance issues. Canes, while less supportive than walkers, are useful for those who require minimal assistance and can help redistribute weight from the weaker side of the body. These devices are particularly effective in rehabilitation settings or for individuals recovering from surgery, injury, or certain medical conditions that affect their gait. A proper fit and instruction in using these assistive devices are crucial for maximizing their effectiveness and ensuring the patient's safety. In contrast, while a wheelchair, ankle brace, and orthopedic boot serve specific purposes, they are not primarily intended for daily walking assistance. A wheelchair is more suited for patients who are unable to walk at all. An ankle brace helps stabilize the ankle during movement or recovery from injury, and an orthopedic boot is designed to protect and support the foot or ankle during healing. Therefore, a walker or cane is the most appropriate choice for those who need aid while walking.

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5. How should you respond to a patient who is confused and disoriented?

A. Ignore their confusion

B. Scream to get their attention

C. Speak calmly and provide reassuring orientation cues

D. Tell them to calm down

Speaking calmly and providing reassuring orientation cues is essential when dealing with a patient who is confused and disoriented. This approach helps to create a sense of safety and comfort, which is crucial for managing their anxiety and disorientation. By using a gentle tone and clear, simple language, you can help the patient understand their surroundings better. Offering orientation cues, like stating the time, date, and place, can ground them in their current situation and reduce their confusion. This method also encourages trust and communication between the caregiver and the patient, which is vital for effective care. The patient is more likely to respond positively to a calm demeanor than to loudness or dismissive behavior.

6. Why is confidentiality crucial in patient care?

A. It allows for more staff involvement

B. It builds trust and complies with legal and ethical standards

C. It is optional based on the situation

D. It can be ignored if necessary

Confidentiality is crucial in patient care because it builds trust between the patient and the healthcare provider, which is essential for effective therapeutic relationships. When patients know that their personal information is kept confidential, they are more likely to be open and honest about their health concerns. This openness allows for better assessments, accurate diagnoses, and effective treatment plans. Moreover, maintaining confidentiality is not just a best practice; it is a legal and ethical obligation for healthcare professionals. Various laws, such as the Health Insurance Portability and Accountability Act (HIPAA) in the United States, set standards for protecting sensitive patient information. Adhering to these standards protects both the patient's rights and the integrity of the healthcare system. Therefore, respecting patient confidentiality is fundamental in fostering an environment of care that is safe, respectful, and legally compliant.

7. Why is hydration important for patients?

A. It helps them sleep better

B. It aids in maintaining bodily functions and preventing complications

C. It decreases their appetite

D. It has no significant impact on health

Hydration is crucial for patients as it plays a vital role in maintaining various bodily functions necessary for overall health. Water is essential for processes such as regulating body temperature, transporting nutrients, and removing waste products from the body. Proper hydration helps to prevent complications like dehydration, which can lead to serious health issues including kidney stones, urinary tract infections, and decreased cognitive function. Additionally, staying hydrated supports the circulatory system, enables optimal digestion, and assists in nutrient absorption. While factors like sleep quality and appetite can be influenced by hydration to some extent, they are not the primary reason hydration is deemed important for patient care. Ensuring that patients are adequately hydrated directly contributes to preventing complications and supporting their recovery and well-being.

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8. Which of the following is a common symptom of dehydration?

A. Frequent urination

B. Swollen feet

C. Dry mouth

D. Increased thirst

Dry mouth is indeed a common symptom of dehydration. When the body is low on fluids, the salivary glands produce less saliva, leading to a feeling of dryness in the mouth. This is the body's way of indicating that it needs more water to restore hydration levels. In contrast, frequent urination usually indicates adequate hydration levels, as the kidneys effectively filter excess fluids. Swollen feet may be associated with a variety of conditions, but is not typically linked to dehydration. Increased thirst is another common symptom of dehydration, signaling to the individual that they need to drink more fluids, but it is not the only indicator of dehydration, whereas a dry mouth is a direct physical symptom.

9. Which concept emphasizes a progression of basic needs to higher-level needs?

A. Behavioral theory

B. Hierarchy of needs

C. Cognitive development

D. Social learning theory

The concept that emphasizes a progression of basic needs to higher-level needs is known as the Hierarchy of Needs. This theory, developed by psychologist Abraham Maslow, outlines a five-tier model of human needs, often depicted as a pyramid. The base consists of the most fundamental needs, such as physiological needs (food, water, shelter), which must be satisfied before individuals can focus on higher-level needs, like safety, love and belonging, esteem, and ultimately self-actualization at the peak of the pyramid. This progression illustrates that individuals are motivated to fulfill basic needs first, and once those are met, they can move on to address more complex needs. It provides a framework for understanding how individuals prioritize their motivations and actions, particularly in contexts such as healthcare, education, and social work, where meeting foundational needs is crucial for fostering overall well-being. The other concepts mentioned, such as behavioral theory, cognitive development, and social learning theory, focus on different aspects of human behavior and learning. However, they do not specifically address the hierarchical progression of needs in the same way that the Hierarchy of Needs does.

10. Which of the following describes a semifowler's position?

A. lying on the back with head raised 30°

B. lying flat on the back

C. lying on side with arms extended

D. lying face down with head turned

The semifowler's position is characterized by the patient being in a supine position with the head and upper body elevated at an angle of about 30 degrees. This position is commonly used in clinical settings for various reasons, including promoting comfort, easing respiratory function, and facilitating better digestion. It allows for a more relaxed posture while still providing support for the back and neck, making it beneficial for patients who may have difficulty breathing or who are recovering from surgery. In contrast, lying flat on the back describes the supine position and does not involve any elevation of the head. Lying on the side with arms extended refers to the lateral position, which is appropriate for different clinical needs but does not match the semifowler's criteria. Finally, lying face down with the head turned describes the prone position, which serves specific medical purposes but is not related to the semifowler's position. Thus, the description of lying on the back with the head raised at an angle of 30 degrees is the accurate definition of semifowler's positioning.

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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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