

Kentucky SRNA Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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.

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!

Questions

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- 1. When changing tracheostomy ties, what is the first action you must take?**
 - A. Remove the inner cannula**
 - B. Clean the stoma**
 - C. Remove the dressing**
 - D. Hold the outer cannula in place**

- 2. After rectal surgery, the resulting wound is classified as what type?**
 - A. Clean wound**
 - B. Dirty wound**
 - C. Clean-contaminated wound**
 - D. Contaminated wound**

- 3. What does range of motion (ROM) refer to?**
 - A. Ability to lift weights**
 - B. The movement of a joint to the extent possible without causing pain**
 - C. Flexibility of the spine**
 - D. Balance and coordination**

- 4. Which position may lead to the development of pressure injuries if maintained for too long?**
 - A. 30-degree lateral position**
 - B. Prone position**
 - C. Supine position**
 - D. Any position for extended periods**

- 5. How is skilled nursing care typically delivered?**
 - A. Exclusively at home**
 - B. In nursing centers for extended periods**
 - C. In nursing centers for short periods**
 - D. Only in hospitals**

- 6. In rehabilitation, what role does motivation play?**
- A. It is secondary to physical therapy**
 - B. It is essential for recovery**
 - C. It is not important**
 - D. It only benefits mental health**
- 7. What is an unavoidable pressure injury?**
- A. A pressure injury that occurs despite preventive efforts**
 - B. A wound that can easily be treated**
 - C. A minor skin irritation**
 - D. A result of poor hygiene**
- 8. How would one explain the term asepsis to a layperson?**
- A. A process of vaccination**
 - B. A method to ensure cleanliness**
 - C. A state of being free from infectious agents**
 - D. A term for chronic illnesses**
- 9. What is a thrombus?**
- A. A type of white blood cell involved in infection response**
 - B. A blood clot that obstructs blood flow**
 - C. An external bandage applied to stop bleeding**
 - D. The process of blood coagulation**
- 10. What does apnea indicate?**
- A. A temporary increase in breathing rates**
 - B. The lack or absence of breathing**
 - C. A common symptom of sleep disorders**
 - D. A form of breathing difficulty**

Answers

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

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Explanations

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1. When changing tracheostomy ties, what is the first action you must take?

- A. Remove the inner cannula**
- B. Clean the stoma**
- C. Remove the dressing**
- D. Hold the outer cannula in place**

When changing tracheostomy ties, the first action that must be taken is to hold the outer cannula in place. This is crucial because the outer cannula is what keeps the tracheostomy airway patent. If the outer cannula is not stabilized, there is a risk of displacing it, which can lead to airway obstruction. By holding the outer cannula securely, the healthcare provider ensures that the tracheostomy tube remains in the correct position during the entire tie change process. This is essential for patient safety, as any movement or displacement could compromise ventilation or cause injury to the trachea. After stabilizing the outer cannula, other steps can be performed, such as removing the old ties, cleaning the stoma site, and applying new ties. Each of these steps has its own importance, but securing the outer cannula is the foundational action that must be prioritized to maintain airway integrity and protect the patient during the procedure.

2. After rectal surgery, the resulting wound is classified as what type?

- A. Clean wound**
- B. Dirty wound**
- C. Clean-contaminated wound**
- D. Contaminated wound**

A wound resulting from rectal surgery is classified as a clean-contaminated wound due to the nature of the surgical procedure and the potential exposure to the gastrointestinal tract. In clean-contaminated wounds, there is a controlled entry into the gastrointestinal tract, or other areas where microorganisms might be present, such as when performing rectal surgery. Although the area may have been manipulated surgically, and thus there is an inherent risk of contamination, the procedure is performed under sterile conditions, which significantly reduces the risk of postoperative infection compared to dirty wounds. Dirty wounds, on the other hand, involve existing infection or significant contamination, such as that found in traumatic injuries or cases with necrotic tissue. Clean wounds pertain to surgical or traumatic wounds made under sterile conditions that do not involve the respiratory, gastrointestinal, or genitourinary tracts. Contaminated wounds are those with a higher risk of infection due to opened sterile fields or organisms present at the time of surgery, but they lack the specific surgical context of controlled exposure that categorizes a clean-contaminated wound. Thus, the classification as clean-contaminated reflects both the surgical procedure's controlled nature and the potential for contamination inherent in any procedure involving the gastrointestinal system.

3. What does range of motion (ROM) refer to?

- A. Ability to lift weights
- B. The movement of a joint to the extent possible without causing pain**
- C. Flexibility of the spine
- D. Balance and coordination

Range of motion (ROM) specifically refers to the movement of a joint to its maximum extent while ensuring that no pain is experienced during that movement. It is a crucial aspect of assessing joint health and function, as well as determining the effectiveness of rehabilitation and therapeutic exercises. Measuring ROM helps healthcare professionals understand a patient's mobility limitations and guides treatment plans to enhance their function and quality of life. While other options touch upon aspects of physical capability, they do not accurately define what range of motion entails. For instance, the ability to lift weights relates more to muscular strength and endurance rather than the specific movement capabilities of a joint. Flexibility of the spine emphasizes the ability to bend and stretch but does not encompass joint movement in general. Balance and coordination are skills important for overall movement and stability but do not specifically address the extent of movement allowed in joints. Therefore, the correct definition of range of motion centers on joint movement without pain, emphasizing its relevance in evaluating mobility and rehabilitation.

4. Which position may lead to the development of pressure injuries if maintained for too long?

- A. 30-degree lateral position
- B. Prone position
- C. Supine position
- D. Any position for extended periods**

Maintaining any position for extended periods can lead to the development of pressure injuries, which are localized damage to the skin and underlying tissue usually over a bony prominence. Pressure injuries occur when there is prolonged pressure that restricts blood flow to the skin, leading to ischemia and tissue breakdown. Different positions can increase the risk of pressure injuries depending on how they compress body parts against surfaces. However, any static position, whether it's lateral, prone, or supine, lacks movement and can become detrimental over time. This is particularly true in patients with reduced mobility, inadequate nutrition, or compromised circulation, as they are more susceptible to injury. Regular repositioning is essential for minimizing the risk of pressure injuries. While specific positions can have inherent risks (for instance, the supine position may put pressure on the heels or sacrum, while the prone position may affect areas at higher risk), the most comprehensive understanding encompasses the fact that prolonged immobility in any position is a significant contributing factor to the development of these injuries.

5. How is skilled nursing care typically delivered?

- A. Exclusively at home
- B. In nursing centers for extended periods
- C. In nursing centers for short periods**
- D. Only in hospitals

Skilled nursing care is primarily delivered in nursing centers for short periods to provide intensive, temporary care for patients who need rehabilitation or complex medical management following a hospitalization or illness. This level of care is often necessary when a patient requires assistance with daily activities, medication management, and other skilled interventions that cannot be effectively provided in a home setting. Nursing centers are equipped with trained professionals who can monitor and address various medical needs, ensuring that patients receive the appropriate level of care while allowing for recovery and rehabilitation. The emphasis on short-term care aligns with the rehabilitation and recovery goals of skilled nursing facilities, making them ideal for patients transitioning from acute care settings. In contrast, while skilled nursing care can be provided at home, this does not encompass the full spectrum of skilled nursing facilities. Long-term care solutions are often needed for patients with chronic conditions who require ongoing support, but that is distinct from the primary context of acute or post-acute skilled nursing needs associated with rehabilitation. Hospitals are primarily designed for acute care and may not provide the type of skilled nursing care focused on rehabilitation and recovery. This structure clarifies the intended environment and context in which skilled nursing care is most appropriately delivered.

6. In rehabilitation, what role does motivation play?

- A. It is secondary to physical therapy
- B. It is essential for recovery**
- C. It is not important
- D. It only benefits mental health

Motivation plays a crucial role in rehabilitation and is essential for recovery. A patient's drive and determination can significantly influence their adherence to treatment plans, participation in therapeutic exercises, and overall progress. When individuals are motivated, they are more likely to engage actively in their rehabilitation process, set achievable goals, and persist through the challenges of recovery. Incorporating motivation into rehabilitation not only aids in physical recovery but also fosters a positive mindset that can enhance emotional resilience and coping strategies. This holistic approach demonstrates that motivation is intertwined with both physical and mental aspects of recovery, leading to better outcomes for patients. It's clear that motivation cannot be viewed as secondary, unimportant, or exclusive to mental health; it is a fundamental component that impacts the entire rehabilitation journey.

7. What is an unavoidable pressure injury?

- A. A pressure injury that occurs despite preventive efforts**
- B. A wound that can easily be treated**
- C. A minor skin irritation**
- D. A result of poor hygiene**

An unavoidable pressure injury is defined as a pressure injury that occurs despite the implementation of appropriate preventive measures. This means that even when proper care protocols are followed, which may include regular repositioning, the use of specialized mattresses, skin assessments, and other preventive strategies, factors such as an individual's medical condition, skin fragility, or other underlying health issues may make it impossible to prevent a pressure injury from developing. This concept underscores the complexity of wound care and patient management. It emphasizes that certain patients, especially those with compromised mobility or significant comorbidities, may be at such high risk for skin breakdown that, despite best efforts, injuries can still develop. Recognizing an unavoidable pressure injury is important for healthcare providers, as it helps to differentiate these injuries from those that might be preventable, guiding appropriate documentation, care strategies, and patient education. In contrast, the other options do not adequately capture the nature of unavoidable pressure injuries. Treatable wounds or minor skin irritations may relate to different types of injuries that can generally be managed more easily or are incidental rather than being a significant concern connected to the risk factors present in patients vulnerable to pressure injuries. Additionally, while poor hygiene can contribute to skin issues, it does not directly define an unavoidable pressure

8. How would one explain the term asepsis to a layperson?

- A. A process of vaccination**
- B. A method to ensure cleanliness**
- C. A state of being free from infectious agents**
- D. A term for chronic illnesses**

Asepsis refers to a state of being free from infectious agents, which means that an area, object, or individual has been made free of bacteria, viruses, and other pathogens that could cause infection. This concept is critical in medical settings, where maintaining a sterile environment helps prevent the transmission of infections, particularly during surgical procedures or when caring for immunocompromised patients. Explaining this to a layperson could involve discussing how various practices, such as washing hands, sterilizing instruments, and using gloves, contribute to creating an environment where germs are eliminated. Understanding that asepsis is about complete removal or prevention of harmful microorganisms aids individuals in grasping why strict protocols are followed in hospitals and clinics to ensure patient safety. The other options, while they touch on aspects of cleanliness or health, do not accurately capture the specific meaning of asepsis. Vaccination is a preventive measure against infections, cleanliness can refer to general hygiene practices that may not eliminate pathogens entirely, and chronic illnesses pertain to long-term health conditions rather than the absence of infectious agents.

9. What is a thrombus?

- A. A type of white blood cell involved in infection response
- B. A blood clot that obstructs blood flow**
- C. An external bandage applied to stop bleeding
- D. The process of blood coagulation

A thrombus refers specifically to a blood clot that forms in a blood vessel and obstructs blood flow. This clot can form as a result of several factors, including damage to the blood vessel wall, slowing of blood flow, and increased coagulability of the blood. In clinical practice, the presence of a thrombus can lead to serious complications, such as deep vein thrombosis or pulmonary embolism if the clot dislodges and travels to the lungs. Understanding the nature of a thrombus is vital for healthcare providers, as it influences treatment decisions and patient management. For instance, anticoagulants may be prescribed to prevent the formation of thrombi in at-risk patients. Moreover, recognizing the distinct characteristics of a thrombus distinguishes it from other concepts related to blood and its functions, like blood cells or wound care techniques. In this context, the other options do not accurately describe a thrombus. A type of white blood cell is involved in the immune response, an external bandage pertains to first aid and wound management, and the process of blood coagulation refers to the physiological process leading to clot formation but does not specifically define a thrombus.

10. What does apnea indicate?

- A. A temporary increase in breathing rates
- B. The lack or absence of breathing**
- C. A common symptom of sleep disorders
- D. A form of breathing difficulty

Apnea specifically refers to the lack or absence of breathing, which can occur for a variety of reasons, including during sleep (as seen in sleep apnea) or due to certain medical conditions. In medical terminology, an episode of apnea may last for a few seconds to several minutes and can lead to significant consequences if it affects gas exchange and oxygenation in the body. While apnea can be a symptom associated with sleep disorders, that description is more specific to a context rather than defining what apnea itself indicates. Temporary increases in breathing rates or forms of breathing difficulty do not accurately describe apnea, as they refer to different respiratory patterns or problems. Thus, identifying apnea as an absence of breathing captures its essence accurately, distinguishing it from other respiratory phenomena.

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://kysrna.examzify.com>

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

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