

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.

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. What factor is a primary cause of suffocation?**
 - A. Excessive exposure to smoke
 - B. Insufficient air supply
 - C. High altitude environments
 - D. Low humidity
- 2. What is the primary focus of the concept of holism in healthcare?**
 - A. Physical health only
 - B. Social interaction only
 - C. Whole person wellness
 - D. Psychological stability only
- 3. What might be considered a consequence of impotence?**
 - A. Reduced mobility in the elderly
 - B. Emotional or psychological distress in relationships
 - C. Increased susceptibility to infection
 - D. Heightened blood pressure levels
- 4. What type of ulcer is primarily associated with venous insufficiency?**
 - A. Stasis ulcer
 - B. Arterial ulcer
 - C. Diabetic ulcer
 - D. Pressure ulcer
- 5. What is a common psychological technique used to alleviate pain perception?**
 - A. Distraction
 - B. Medication
 - C. Rest
 - D. Principle Based Approach
- 6. What are Biot respirations?**
 - A. Inconsistent breathing patterns with periods of apnea
 - B. Rapid and shallow respirations
 - C. Rapid and deep respirations followed by periods of apnea
 - D. Breathing with prolonged expiration

- 7. What benefit does individualized care planning offer?**
- A. Uniform care for all residents
 - B. Customized interventions based on resident needs
 - C. Improved administrative efficiency
 - D. Standardized medical protocols for treatment
- 8. Which statement regarding aquathermia pads is true?**
- A. They are intended for dry heat applications
 - B. Electrical safety precautions are not necessary
 - C. A cover is always used
 - D. Pins are frequently used to secure them
- 9. What type of living arrangement is referred to as a group home?**
- A. A temporary shelter for homeless individuals
 - B. A facility for rehabilitating drug addicts
 - C. A board and care home
 - D. A community housing project
- 10. What is Alzheimer's disease primarily known for affecting?**
- A. Muscle strength and coordination
 - B. Brain tissue, leading to memory loss and confusion
 - C. The digestive system
 - D. Skin and sensory perceptions

Answers

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

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Explanations

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1. What factor is a primary cause of suffocation?

- A. Excessive exposure to smoke
- B. Insufficient air supply**
- C. High altitude environments
- D. Low humidity

Insufficient air supply is a primary cause of suffocation because it directly impacts the body's ability to receive the oxygen necessary for survival. When there is a lack of sufficient air, the body cannot adequately exchange oxygen and carbon dioxide, leading to hypoxia and eventually asphyxiation if the condition persists. This can occur in various scenarios, such as drowning, choking, or being in an environment with very low oxygen levels. The other options, while related to respiratory issues, do not serve as the primary cause of suffocation in the straightforward manner that insufficient air supply does. Excessive exposure to smoke can lead to respiratory distress and toxic inhalation, high altitude environments can contribute to decreased oxygen availability, and low humidity can exacerbate respiratory conditions but are not the direct causes of suffocation in the same immediate sense.

2. What is the primary focus of the concept of holism in healthcare?

- A. Physical health only
- B. Social interaction only
- C. Whole person wellness**
- D. Psychological stability only

The concept of holism in healthcare emphasizes the importance of addressing the whole person rather than focusing solely on individual aspects like physical health, psychological stability, or social interaction. This approach recognizes that a person's health is influenced by a complex interplay of factors across multiple dimensions—physical, emotional, social, and spiritual. By prioritizing whole person wellness, healthcare providers ensure that treatment plans encompass not only the symptoms or diseases but also the individual's lifestyle, environment, relationships, and mental state. This holistic perspective allows for a more comprehensive understanding of the patient's needs, leading to better health outcomes and improved overall well-being. Addressing only physical health, social interaction, or psychological stability separately disregards the interconnectedness of these aspects. For example, a psychological issue can impact physical health, while social factors can influence emotional well-being, demonstrating the necessity of a holistic approach in effective healthcare practices.

3. What might be considered a consequence of impotence?

- A. Reduced mobility in the elderly
- B. Emotional or psychological distress in relationships**
- C. Increased susceptibility to infection
- D. Heightened blood pressure levels

The answer B, which identifies emotional or psychological distress in relationships as a consequence of impotence, is indeed a significant outcome. Impotence, often referred to as erectile dysfunction, can lead to feelings of inadequacy, low self-esteem, and frustration in individuals affected by this condition. These emotional responses can create a ripple effect, impacting not only the individual experiencing impotence but also their intimate relationships. Partners may feel rejected or experience a strain in the emotional connection, potentially leading to conflict, withdrawal, or even the end of relationships. In contrast, while the other options may relate to different health issues or conditions, they do not specifically correspond to impotence. Reduced mobility in the elderly, increased susceptibility to infection, and heightened blood pressure levels are not direct consequences of erectile dysfunction but rather pertain to broader health concerns or other medical conditions. Thus, the emotional repercussions of impotence stand out as a key consequence directly connected to the experience of this condition.

4. What type of ulcer is primarily associated with venous insufficiency?

- A. Stasis ulcer**
- B. Arterial ulcer
- C. Diabetic ulcer
- D. Pressure ulcer

Stasis ulcers are primarily associated with venous insufficiency because they occur in areas where blood flow is impaired due to poor venous return. This condition often leads to the pooling of blood in the lower extremities, resulting in increased pressure in the veins. Over time, this pressure can cause damage to the skin and surrounding tissues, ultimately leading to the formation of stasis ulcers. These ulcers typically emerge on the lower legs, particularly around the ankles. They are often characterized by irregularly shaped borders, and the surrounding skin may appear discolored or exhibit signs of swelling and inflammation due to the underlying venous problems. Management of stasis ulcers often includes addressing the venous insufficiency through compression therapy, leg elevation, and skin care to promote healing. In contrast, arterial ulcers are typically caused by insufficient blood flow due to arterial disease, diabetic ulcers are associated with complications from diabetes that lead to nerve damage and poor circulation, and pressure ulcers arise from prolonged pressure on specific areas of the skin, often seen in immobile patients. Understanding these distinctions helps in both the diagnosis and the treatment of different types of ulcers effectively.

5. What is a common psychological technique used to alleviate pain perception?

- A. Distraction**
- B. Medication
- C. Rest
- D. Principle Based Approach

Distraction is a common psychological technique that effectively helps alleviate pain perception. This method operates on the principle that by redirecting a person's focus away from the pain, it can reduce the overall experience of discomfort. Activities that engage attention, like watching a movie, listening to music, or engaging in conversation, can provide a temporary escape from the sensation of pain, making it feel less intense or overwhelming. Using distraction as a technique is especially valuable in clinical settings, including anesthesia and pain management, where patients might be experiencing acute pain or anxiety. By incorporating distractions, healthcare providers can foster a more positive experience for patients, helping them cope better with painful procedures or conditions. Other options listed, such as medication, rest, and principle-based approaches, are also relevant in pain management overall. However, they focus on different aspects: medication acts directly on the biochemical pathways of pain, rest allows the body to heal, and principle-based approaches provide a framework for ethical decision-making. While all these methods can be effective, distraction specifically addresses the psychological component of pain perception by altering the patient's focus and cognitive involvement.

6. What are Biot respirations?

- A. Inconsistent breathing patterns with periods of apnea
- B. Rapid and shallow respirations
- C. Rapid and deep respirations followed by periods of apnea**
- D. Breathing with prolonged expiration

Biot respirations are characterized by rapid and deep breaths followed by periods of apnea. This pattern indicates a disruption in the normal rhythm of breathing, often associated with neurological conditions or increased intracranial pressure. The rapid, deep breaths can occur in clusters before a pause in breathing, which can lead to erratic ventilation patterns. Recognizing Biot respirations is crucial for understanding a patient's respiratory status and potential underlying issues affecting their central nervous system. Other patterns of breathing, such as inconsistent breathing patterns with periods of apnea, rapid and shallow respirations, or breathing with prolonged expiration, signify different conditions and mechanisms, distinguishing Biot respirations specifically by their distinctive combination of rapid depth and periodic cessation of breathing.

7. What benefit does individualized care planning offer?

- A. Uniform care for all residents
- B. Customized interventions based on resident needs**
- C. Improved administrative efficiency
- D. Standardized medical protocols for treatment

Individualized care planning offers the significant benefit of customized interventions based on resident needs. This approach ensures that care is tailored to the unique preferences, values, and medical histories of each resident, leading to more effective and relevant treatment strategies. By focusing on the individual, healthcare providers can address specific health conditions, personal preferences, and lifestyle factors, which can enhance patient satisfaction and outcomes. Moreover, individualized care planning fosters a collaborative relationship between healthcare providers and residents, encouraging active participation in their own care. This personalized approach not only improves the quality of care but can also lead to better adherence to treatment plans, as residents are more likely to engage with interventions that reflect their own goals and circumstances.

8. Which statement regarding aquathermia pads is true?

- A. They are intended for dry heat applications
- B. Electrical safety precautions are not necessary
- C. A cover is always used**
- D. Pins are frequently used to secure them

Aquathermia pads are designed to provide moist heat therapy and are typically used with a cover to help maintain an appropriate temperature, avoid burns, and contain the moisture. The use of a cover enhances patient comfort and safety by preventing direct contact between the pad and the skin, which could lead to burns or other injuries due to overheating. In contrast, the other statements do not accurately reflect the proper use of aquathermia pads. They are specifically meant for moist heat rather than dry heat, and electrical safety precautions are essential when using any electric device to prevent hazards. While securing the pads may be necessary, pins are not a standard practice, and alternative methods or materials are often preferred to ensure that the pads remain in place without compromising safety or comfort.

9. What type of living arrangement is referred to as a group home?

- A. A temporary shelter for homeless individuals
- B. A facility for rehabilitating drug addicts
- C. A board and care home**
- D. A community housing project

A group home is best described as a board and care home. This type of living arrangement typically provides a supportive environment for individuals who may have special needs, such as those with developmental disabilities, mental health issues, or other conditions requiring assistance. In a group home, residents live together in a communal setting, receiving care and support from trained staff while promoting independence and social interaction. The primary focus of a group home is not on providing temporary shelter or rehabilitation; rather, it is to create a stable home-like environment where individuals can receive the necessary supervision and assistance while engaging with community resources. This distinguishes it from other types of living arrangements, such as shelters for the homeless or facilities specifically designed for drug rehabilitation, which have different objectives and structures. Community housing projects, while they may offer supportive living, do not typically provide the same level of personalized care found in group home settings. Thus, a group home primarily functions as a board and care home, catering to the unique needs of its residents in a carefully managed and nurturing environment.

10. What is Alzheimer's disease primarily known for affecting?

- A. Muscle strength and coordination
- B. Brain tissue, leading to memory loss and confusion**
- C. The digestive system
- D. Skin and sensory perceptions

Alzheimer's disease is primarily known for affecting brain tissue, leading to significant cognitive decline, particularly in memory and reasoning skills. It is a neurodegenerative disorder characterized by the progressive loss of neurons and synapses, which results in the hallmark symptoms of memory loss, confusion, and changes in behavior and reasoning abilities. As the disease progresses, individuals experience difficulty with language, problem-solving, and completing everyday tasks. The impact of Alzheimer's on brain structure includes the formation of amyloid plaques and neurofibrillary tangles, which disrupt communication between neurons and contribute to the death of brain cells. This deterioration of brain tissue is central to the pathology of Alzheimer's and underlies the cognitive symptoms that characterize the disease. Recognizing the specific areas of the brain affected can help in understanding the range of symptoms and the progression of cognitive decline experienced by individuals with this condition.

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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