

NCLEX STD Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is a significant concern regarding STDs in adolescents?**
 - A. Low awareness and education about STDs**
 - B. High sexual activity rates among older adults**
 - C. Physical health being less affected**
 - D. Access to healthcare services**
- 2. Which common STI is associated with an increase in HIV transmission risk?**
 - A. Chlamydia**
 - B. Syphilis**
 - C. Herpes Simplex Virus**
 - D. Trichomoniasis**
- 3. Which STD is most commonly caused by the human papillomavirus (HPV)?**
 - A. Chlamydia**
 - B. Genital warts**
 - C. Gonorrhea**
 - D. Syphilis**
- 4. How does the body typically respond to an untreated STD over time?**
 - A. Developing immunity**
 - B. Potential progression to more serious health complications**
 - C. Immediate recovery without treatment**
 - D. No response at all**
- 5. What medication is likely to be prescribed to a client being treated for gonorrhea?**
 - A. Tetracycline**
 - B. Ceftriaxone**
 - C. Penicillin**
 - D. Levofloxacin**

- 6. How is syphilis primarily treated in its early stages?**
- A. Oral antibiotics**
 - B. Benzathine penicillin G**
 - C. Topical creams**
 - D. Intravenous medication**
- 7. What preventive measure can significantly reduce the spread of STDs?**
- A. Annual vaccinations**
 - B. Consistent use of condoms**
 - C. Regular exercise**
 - D. Opting for vegetarianism**
- 8. What is a common misconception about genital herpes?**
- A. It is a lifelong infection.**
 - B. It can be treated with antibiotics.**
 - C. It can only be transmitted if symptoms are present.**
 - D. It can lead to serious health complications.**
- 9. What is the primary purpose of regular STD screenings?**
- A. To monitor emotional health**
 - B. To detect STDs before symptoms appear**
 - C. To improve social interactions**
 - D. To ensure proper diet and exercise**
- 10. Which bacterial infection is often asymptomatic in females and can lead to serious reproductive health issues?**
- A. Gonorrhea**
 - B. Syphilis**
 - C. Chlamydia**
 - D. Bacterial Vaginosis**

Answers

SAMPLE

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

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Explanations

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1. What is a significant concern regarding STDs in adolescents?

- A. Low awareness and education about STDs**
- B. High sexual activity rates among older adults**
- C. Physical health being less affected**
- D. Access to healthcare services**

The significant concern regarding STDs in adolescents is low awareness and education about STDs. Adolescents often lack comprehensive sexual education, which can lead to misinformation or a complete absence of knowledge about sexually transmitted diseases. This lack of awareness contributes to higher risk behaviors, such as engaging in unprotected sex. Moreover, when adolescents do not understand the risks associated with STDs, the importance of preventive measures, such as using condoms or getting tested, may not be emphasized or practiced. This education gap can result in increased incidence rates of STDs within this age group, making it a critical public health issue that needs to be addressed through improved educational programs focused on sexuality and reproductive health. In contrast, high sexual activity rates among older adults do not directly impact the adolescent population's awareness or education levels. Physical health being less affected does not address the potential for significant long-term consequences of untreated STDs in young individuals. Lastly, while access to healthcare services is an important factor, even well-established access cannot substitute for the foundational knowledge and education that adolescents need to make informed decisions about their sexual health.

2. Which common STI is associated with an increase in HIV transmission risk?

- A. Chlamydia**
- B. Syphilis**
- C. Herpes Simplex Virus**
- D. Trichomoniasis**

The common sexually transmitted infection that is associated with an increase in HIV transmission risk is syphilis. Syphilis can cause sores and breaks in the skin or mucous membranes, which can serve as entry points for the HIV virus. When a person is co-infected with syphilis and HIV, the presence of syphilis sores increases the likelihood of HIV infection during sexual contact. Moreover, syphilis is often linked with high-risk sexual behavior, which may further contribute to the spread of HIV. While other STIs like chlamydia, herpes simplex virus, and trichomoniasis are also significant public health concerns and can have their own complications, the direct correlation between syphilis and the increased transmission of HIV is particularly notable in studies examining co-infection rates and community health impacts.

3. Which STD is most commonly caused by the human papillomavirus (HPV)?

- A. Chlamydia
- B. Genital warts**
- C. Gonorrhea
- D. Syphilis

Genital warts are indeed the most commonly caused condition by the human papillomavirus (HPV). HPV is a very prevalent viral infection that is sexually transmitted, with many different strains, some of which can cause warts or lesions in the genital area. Specifically, types 6 and 11 are primarily responsible for the majority of genital warts. Understanding the distinction between HPV and other sexually transmitted diseases (STDs) is crucial. While Chlamydia, Gonorrhea, and Syphilis are caused by bacterial infections and primarily necessitate different treatment approaches, genital warts resulting from HPV are viral and often require different management strategies. Additionally, some HPV strains can potentially lead to more serious health issues, such as cervical cancer and other types of anogenital cancers, highlighting the importance of prevention measures like vaccination. Therefore, recognizing genital warts as a primary manifestation of HPV reinforces the understanding of how this particular virus affects health.

4. How does the body typically respond to an untreated STD over time?

- A. Developing immunity
- B. Potential progression to more serious health complications**
- C. Immediate recovery without treatment
- D. No response at all

The body typically responds to an untreated STD over time by potentially progressing to more serious health complications. When sexually transmitted infections are left untreated, they may lead to a variety of long-term health issues. For instance, certain STDs like chlamydia and gonorrhea can result in pelvic inflammatory disease, infertility, or chronic pain. Moreover, untreated syphilis can lead to severe systemic complications affecting the heart, brain, and other organs. While the immune system does attempt to manage infections, this often does not equate to immunity against STDs, and immediate recovery is unlikely without intervention. Additionally, a lack of response is not typical since the body will exhibit some form of symptoms or complications when faced with persistent infections. Therefore, the correct answer highlights the serious long-term consequences of not treating STDs promptly.

5. What medication is likely to be prescribed to a client being treated for gonorrhea?

A. Tetracycline

B. Ceftriaxone

C. Penicillin

D. Levofloxacin

Ceftriaxone is an appropriate first-line medication for treating gonorrhea. This antibiotic belongs to the class of cephalosporins, which are known for their effectiveness against *Neisseria gonorrhoeae*, the bacterium responsible for gonorrhea. Treatment guidelines, such as those from the Centers for Disease Control and Prevention (CDC), recommend ceftriaxone as part of dual therapy due to increasing resistance patterns associated with other antibiotics. Using ceftriaxone helps ensure the complete eradication of the infection while reducing the risk of complications and transmission. It is typically administered as an intramuscular injection, which allows for immediate therapeutic action. Other medications might be effective in different clinical scenarios or bacterial infections, but ceftriaxone's targeted efficacy and current guidelines make it the optimal choice for gonorrhea treatment.

6. How is syphilis primarily treated in its early stages?

A. Oral antibiotics

B. Benzathine penicillin G

C. Topical creams

D. Intravenous medication

Benzathine penicillin G is the primary treatment for syphilis, particularly in its early stages. This long-acting form of penicillin is effective because it targets the bacterium *Treponema pallidum*, which is responsible for the disease. Administering Benzathine penicillin G allows for prolonged antibiotic levels in the bloodstream, which is crucial for eradicating the infection. In early syphilis, the administration of a single dose of this medication is often sufficient to treat the infection effectively. It's important to adhere to this specific treatment since other options, such as oral antibiotics or topical creams, are not the standard of care for this systemic infection. Intravenous medication is typically reserved for more severe cases or complications, making it less relevant for early-stage syphilis treatment. By following this guideline, healthcare providers can ensure effective management of syphilis and prevent its progression to later stages, which can lead to more serious complications.

7. What preventive measure can significantly reduce the spread of STDs?

- A. Annual vaccinations**
- B. Consistent use of condoms**
- C. Regular exercise**
- D. Opting for vegetarianism**

Consistent use of condoms is a highly effective preventive measure that significantly reduces the spread of sexually transmitted diseases (STDs). Condoms act as a barrier during sexual activities, which helps prevent the exchange of bodily fluids that can contain pathogens responsible for STDs. This barrier method is crucial not only for protecting against infection transmission but also for promoting sexual health. While annual vaccinations can help prevent specific STDs, such as HPV and hepatitis B, they do not cover all sexually transmitted infections. Regular exercise and dietary choices, like opting for vegetarianism, contribute to overall health and well-being but do not directly impact the transmission of STDs. Therefore, the consistent use of condoms remains one of the most reliable methods for reducing the risk of STD transmission during sexual contact.

8. What is a common misconception about genital herpes?

- A. It is a lifelong infection.**
- B. It can be treated with antibiotics.**
- C. It can only be transmitted if symptoms are present.**
- D. It can lead to serious health complications.**

The common misconception that genital herpes can be treated with antibiotics stems from a misunderstanding of the nature of viral infections. Genital herpes is caused by the herpes simplex virus (HSV), which is not affected by antibiotics—medications that specifically target bacterial infections. While there are antiviral medications available that can help manage symptoms and reduce the frequency of outbreaks, these do not cure the infection; rather, they control the viral activity. Understanding this distinction is crucial because it helps individuals correctly approach treatment options and reduces the stigma and misinformation surrounding the management of herpes. Educating patients about the nature of viral infections and appropriate treatment options can lead to more effective management and a better understanding of their health condition.

9. What is the primary purpose of regular STD screenings?

- A. To monitor emotional health
- B. To detect STDs before symptoms appear**
- C. To improve social interactions
- D. To ensure proper diet and exercise

The primary purpose of regular STD screenings is to detect STDs before symptoms appear. Many sexually transmitted diseases can be asymptomatic, meaning that individuals may not experience noticeable signs or symptoms despite being infected. Early detection through regular screenings is crucial because it allows for timely treatment, which can prevent complications, reduce transmission risks to partners, and help safeguard overall public health. By identifying STDs early, healthcare providers can initiate treatment that not only benefits the individual but also helps in controlling the spread of infections within the community. Regular screenings contribute to a proactive approach in sexual health, enabling individuals to take necessary precautions and make informed decisions about their sexual practices.

10. Which bacterial infection is often asymptomatic in females and can lead to serious reproductive health issues?

- A. Gonorrhea
- B. Syphilis
- C. Chlamydia**
- D. Bacterial Vaginosis

Chlamydia is often asymptomatic in females, making it a particularly concerning infection. Many women may not display symptoms, which can lead to a lack of awareness and delay in treatment. If left untreated, Chlamydia can cause serious reproductive health issues, such as pelvic inflammatory disease (PID), which can ultimately lead to complications including infertility, chronic pelvic pain, and ectopic pregnancy. This asymptomatic nature of Chlamydia underscores the importance of regular screenings in sexually active women, particularly those under the age of 25 or those with multiple sexual partners. Prompt diagnosis and treatment can prevent the serious consequences associated with this infection, making it crucial from a public health perspective. Understanding these factors is essential for effective patient education and management in reproductive health.