

# NCLEX STD 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. What body fluids can transmit HIV?**
  - A. Saliva and tears**
  - B. Blood, semen, vaginal fluids, breast milk**
  - C. Urine and sweat**
  - D. Only blood**
  
- 2. How often should individuals over 25 who are sexually active be screened for STDs?**
  - A. Every month**
  - B. Every three months**
  - C. At least annually**
  - D. Every two years**
  
- 3. What is an essential component of a care plan for a patient diagnosed with gonorrhea?**
  - A. Concurrent treatment for chlamydia**
  - B. Avoidance of the use of tampons**
  - C. Vaginal smears every 6 months**
  - D. Radiation therapy to destroy cancerous cells**
  
- 4. What is the acute management for an exposed individual after potential HIV exposure?**
  - A. Regular testing for HIV antibodies**
  - B. Supportive care and counseling**
  - C. Post-exposure prophylaxis (PEP) treatment**
  - D. Immediate surgical intervention**
  
- 5. What symptom should prompt immediate evaluation for suspected PID?**
  - A. Mild abdominal discomfort**
  - B. Severe abdominal pain coupled with fever**
  - C. Heavy menstrual bleeding**
  - D. Itching and irritation**

- 6. What are common long-term effects of untreated STDs in both men and women?**
- A. Increased energy levels**
  - B. Infertility and chronic pelvic pain**
  - C. Frequent colds**
  - D. Improved immune function**
- 7. What can excessive alcohol use lead to regarding STDs?**
- A. Increased awareness and prevention**
  - B. Higher likelihood of risky sexual behaviors**
  - C. Lower incidence of sexually transmitted infections**
  - D. Reduced risk of infection through safer sex practices**
- 8. 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**
- 9. What is a major complication of untreated syphilis?**
- A. Infertility**
  - B. Neurological damage**
  - C. Chronic pain**
  - D. Respiratory issues**
- 10. Which STD is characterized by a fishy odor in vaginal discharge?**
- A. Trichomoniasis**
  - B. Chlamydia**
  - C. Bacterial vaginosis**
  - D. HIV**

## Answers

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

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## **Explanations**

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## 1. What body fluids can transmit HIV?

- A. Saliva and tears
- B. Blood, semen, vaginal fluids, breast milk**
- C. Urine and sweat
- D. Only blood

The transmission of HIV occurs primarily through specific body fluids that contain a high concentration of the virus. Blood, semen, vaginal fluids, and breast milk are the key fluids identified as capable of transmitting HIV. This is due to the fact that these fluids can carry a sufficient viral load necessary for infection. Blood is the most common fluid associated with HIV transmission, particularly in cases involving needle sharing, transfusions, or open wounds. Semen and vaginal fluids are significant in sexual transmission, as sexual intercourse can introduce the virus into the mucous membranes. Breast milk can also transmit HIV from a mother to her infant during breastfeeding. Other body fluids such as saliva, urine, and sweat do not have sufficient quantities of HIV to cause infection under normal circumstances. This understanding is critical for assessing risk and implementing preventive measures, especially in clinical and educational settings.

## 2. How often should individuals over 25 who are sexually active be screened for STDs?

- A. Every month
- B. Every three months
- C. At least annually**
- D. Every two years

Individuals over 25 who are sexually active should be screened for sexually transmitted diseases (STDs) at least annually. This recommendation stems from the fact that regular screening is essential for early detection and management of STDs, which can otherwise lead to severe health complications if left untreated. Annual screenings allow healthcare providers to monitor sexual health effectively, particularly for those who may have multiple partners, engage in high-risk behaviors, or live in areas with high prevalence of STDs. By making this a yearly practice, individuals can maintain better control over their sexual health and help prevent the transmission of STDs to others. While more frequent screening might be advised for those at increased risk or with specific behaviors, the standard recommendation for the general sexually active population over 25 remains an annual check-up. This helps balance the need for vigilance against STDs with the practical aspects of healthcare access and cost.

**3. What is an essential component of a care plan for a patient diagnosed with gonorrhea?**

- A. Concurrent treatment for chlamydia**
- B. Avoidance of the use of tampons**
- C. Vaginal smears every 6 months**
- D. Radiation therapy to destroy cancerous cells**

An essential component of a care plan for a patient diagnosed with gonorrhea is concurrent treatment for chlamydia. This is crucial because gonorrhea and chlamydia are both sexually transmitted infections (STIs) that often co-occur. Treating both infections simultaneously helps reduce the risk of complications and prevents the spread of these STIs to others. Patients presenting with one STI, especially among younger populations, should be evaluated and treated for the possibility of another, as co-infection can be common. Therefore, it is standard practice to administer treatment for chlamydia when a patient is diagnosed with gonorrhea, even if they have not been tested for it, to ensure comprehensive care and management of STIs. Other options listed, such as avoiding tampons or undergoing vaginal smears every six months, do not directly address the immediate health needs posed by the gonorrhea diagnosis. Additionally, radiation therapy is irrelevant in the context of STIs, as it is used to treat cancerous cells and not infections.

**4. What is the acute management for an exposed individual after potential HIV exposure?**

- A. Regular testing for HIV antibodies**
- B. Supportive care and counseling**
- C. Post-exposure prophylaxis (PEP) treatment**
- D. Immediate surgical intervention**

Post-exposure prophylaxis (PEP) treatment is the acute management recommended for individuals who have been potentially exposed to HIV. PEP involves administering antiretroviral medications within 72 hours of exposure to reduce the risk of HIV infection. It is most effective when started as soon as possible after potential exposure, ideally within a few hours. PEP treatments typically continue for 28 days and should be combined with regular follow-up visits to monitor for any side effects and to conduct HIV testing. While regular testing for HIV antibodies, supportive care and counseling, and immediate surgical intervention are important in many medical contexts, they are not the primary focus immediately following potential exposure to HIV. Regular testing is part of ongoing monitoring rather than acute management, supportive care and counseling are essential but are secondary to the urgent need for PEP, and immediate surgical intervention is not indicated in the management of a potential HIV exposure. Therefore, initiating PEP as a preventive measure is the correct and essential acute response to reduce the chance of HIV infection following exposure.

**5. What symptom should prompt immediate evaluation for suspected PID?**

- A. Mild abdominal discomfort
- B. Severe abdominal pain coupled with fever**
- C. Heavy menstrual bleeding
- D. Itching and irritation

Severe abdominal pain coupled with fever is a critical symptom that requires immediate evaluation for suspected pelvic inflammatory disease (PID). PID is a serious infection that can affect the uterus, fallopian tubes, and other parts of the female reproductive system. The combination of severe abdominal pain and fever suggests a significant inflammatory process or infection that could lead to complications such as abscess formation or even sepsis if not treated promptly. PID can progress rapidly, and the presence of these severe symptoms indicates that the patient might be experiencing an acute phase of the disease, which could include the risk of damage to reproductive organs or fertility issues. Immediate medical evaluation allows for the timely diagnosis and initiation of appropriate treatment, which may involve antibiotics and possibly surgical intervention if there are abscesses or other complications. While other symptoms such as mild abdominal discomfort, heavy menstrual bleeding, and itching and irritation might warrant attention, they do not convey the same urgency or potential for serious complications as severe abdominal pain and fever do. Thus, recognizing the importance of prompt evaluation for such alarming symptoms is crucial in clinical practice.

**6. What are common long-term effects of untreated STDs in both men and women?**

- A. Increased energy levels
- B. Infertility and chronic pelvic pain**
- C. Frequent colds
- D. Improved immune function

Untreated sexually transmitted diseases (STDs) can lead to significant long-term health consequences in both men and women. One of the most serious outcomes is infertility, which can occur due to untreated infections like chlamydia and gonorrhea, leading to complications such as pelvic inflammatory disease (PID) in women. PID can damage the reproductive organs and result in long-lasting reproductive health issues. Additionally, chronic pelvic pain can arise from the ongoing inflammation and scarring caused by these untreated infections, affecting a person's quality of life. These outcomes underscore the importance of early detection and treatment of STDs to prevent long-term health complications. It is crucial for individuals to be aware of the risks associated with untreated STDs and to seek medical care if they suspect exposure or experience symptoms.

**7. What can excessive alcohol use lead to regarding STDs?**

- A. Increased awareness and prevention**
- B. Higher likelihood of risky sexual behaviors**
- C. Lower incidence of sexually transmitted infections**
- D. Reduced risk of infection through safer sex practices**

The correct choice highlights the correlation between excessive alcohol use and an increased likelihood of engaging in risky sexual behaviors. When individuals consume alcohol heavily, it can impair judgment, lower inhibitions, and lead to reckless decision-making. This often results in engaging in unprotected sex, having multiple sexual partners, or neglecting to consider the potential consequences of their actions, which significantly raises the risk of contracting sexually transmitted infections (STIs). Understanding this connection emphasizes the importance of addressing alcohol use in sexual health education and prevention strategies. It also underscores the need for healthcare providers to discuss the implications of substance use on sexual behavior when promoting safer sex practices to mitigate the risk of STDs.

**8. 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.

## 9. What is a major complication of untreated syphilis?

- A. Infertility
- B. Neurological damage**
- C. Chronic pain
- D. Respiratory issues

Untreated syphilis can lead to serious complications, particularly affecting the neurological system. This condition, often referred to as neurosyphilis, can cause a range of neurological problems, including but not limited to, meningitis, cognitive dysfunction, and sensory deficits. The impact on the central nervous system can be profound and long-lasting, potentially resulting in irreversible damage if not treated. Neurosyphilis arises during the later stages of the infection, particularly in tertiary syphilis, which can manifest years after the initial exposure. This highlights the importance of prompt diagnosis and treatment of syphilis to prevent such severe complications. While other conditions may also be consequences of untreated syphilis, neurological damage holds a significant place in the spectrum of potential outcomes, emphasizing the need for effective early intervention.

## 10. Which STD is characterized by a fishy odor in vaginal discharge?

- A. Trichomoniasis
- B. Chlamydia
- C. Bacterial vaginosis**
- D. HIV

The condition characterized by a fishy odor in vaginal discharge is bacterial vaginosis. This condition occurs due to an imbalance of the normal bacteria found in the vagina, leading to an overgrowth of certain types of bacteria. One of the hallmark symptoms of bacterial vaginosis is a thin, grayish-white discharge that often has a strong fishy smell, which may become more noticeable after sexual intercourse or during menstruation. Chlamydia, on the other hand, typically does not result in a fishy odor and may often present asymptotically. Trichomoniasis can sometimes have a foul-smelling discharge, but it is more often associated with a frothy, yellow-green discharge rather than the specific fishy odor seen in bacterial vaginosis. HIV generally does not cause changes in vaginal discharge that would present as a fishy odor. Thus, the distinctive fishy odor of vaginal discharge is a key indicator that points to bacterial vaginosis as the correct 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](mailto: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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