

# NCLEX STD 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 is a common finding in a patient with primary syphilis?**
  - A. Palmar rash
  - B. Development of gummas
  - C. Central nervous system lesions
  - D. Genital chancres
  
- 2. Which sexually transmitted infection is the most commonly reported in the United States?**
  - A. Chlamydia
  - B. Syphilis
  - C. Genital herpes
  - D. Gonorrhea
  
- 3. How often should sexually active women under 25 be screened for chlamydia and gonorrhea?**
  - A. Every month
  - B. Every 6 months
  - C. Annually
  - D. Every 2 years
  
- 4. Which of the following indicates a lesser risk of complications in a child suspected of having an immunodeficiency?**
  - A. Age-appropriate weight
  - B. Low frequency of infections
  - C. Strong family medical history
  - D. Lack of allergies
  
- 5. What might abnormal Pap smear results indicate in a female patient?**
  - A. Human papillomavirus (HPV)
  - B. Chlamydia trachomatis
  - C. Candida albicans
  - D. Trichomonas vaginalis

- 6. Who should definitely receive routine STD screenings?**
- A. Individuals over 30 years old
  - B. Sexually active individuals under 25 and those with multiple partners
  - C. Only individuals showing symptoms
  - D. People who have been vaccinated against STIs
- 7. What condition is indicated by urethral pain and a creamy yellow, bloody discharge from the penis?**
- A. Gonorrhea
  - B. Candidiasis
  - C. Chancroid
  - D. Trichomoniasis
- 8. What type of testing is crucial for individuals with multiple sexual partners?**
- A. Blood pressure testing
  - B. Regular STD screening
  - C. Cholesterol screening
  - D. Diabetes testing
- 9. In what year was the HPV vaccine made available to the public?**
- A. 2000
  - B. 2003
  - C. 2006
  - D. 2009
- 10. What aspect of patient history is crucial in diagnosing primary immunodeficiencies?**
- A. Travel history
  - B. History of chronic illnesses
  - C. Frequency and type of infections
  - D. Dietary preferences

## **Answers**

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

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## **Explanations**

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## 1. What is a common finding in a patient with primary syphilis?

- A. Palmar rash
- B. Development of gummas
- C. Central nervous system lesions
- D. Genital chancres**

*In cases of primary syphilis, the hallmark finding is the presence of genital chancres. These are sore-like ulcers that appear at the site of infection, typically in the genital area, or can occur in other locations if the infection was acquired through other means, such as oral or anal sex. The chancre usually arises about three weeks after exposure to the bacterium *Treponema pallidum*, which causes syphilis. Chancres are typically painless and may go unnoticed initially. They are often accompanied by a regional lymphadenopathy, where the lymph nodes nearby become enlarged and tender due to the immune response to the infection. Understanding the presentation of primary syphilis is crucial, as identifying and treating the chancre early can prevent the progression to secondary stage syphilis, which has more systemic manifestations. Other findings mentioned in the question relate to later stages of syphilis. For example, palmar rash is associated with secondary syphilis, while gummas are soft, tumor-like growths that develop in late (tertiary) syphilis. Central nervous system lesions are often seen in the tertiary stage as well.*

## 2. Which sexually transmitted infection is the most commonly reported in the United States?

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

*Chlamydia is the most commonly reported sexually transmitted infection (STI) in the United States. It is particularly prevalent among adolescents and young adults, making it a significant public health concern. The high incidence of chlamydia is largely attributed to several factors, including the often asymptomatic nature of the infection, which can lead to a lack of awareness and subsequent untreated cases. Public health initiatives focus on screening and education to reduce transmission rates. Because chlamydia can cause serious complications if left untreated, including infertility in both men and women, its high reporting rate highlights the need for ongoing attention to STI prevention and awareness efforts.*

**3. How often should sexually active women under 25 be screened for chlamydia and gonorrhea?**

- A. Every month
- B. Every 6 months
- C. Annually**
- D. Every 2 years

*The recommended practice for screening sexually active women under 25 for chlamydia and gonorrhea is to conduct the screening annually. This is based on guidelines from organizations such as the Centers for Disease Control and Prevention (CDC) and the United States Preventive Services Task Force (USPSTF). The rationale is that this age group is at a higher risk for these sexually transmitted infections (STIs) due to increased rates of partner change and inconsistent condom use. Annual screening allows for early detection and treatment, which is crucial, as many individuals with chlamydia and gonorrhea may be asymptomatic yet still transmit the infections. Screening every month or every 6 months might lead to unnecessary medical interventions and could be burdensome for patients without significantly improving health outcomes. Screening every 2 years is insufficient given the higher risk of infection in this younger demographic since it may result in undiagnosed STIs that could lead to complications such as pelvic inflammatory disease or infertility. Thus, the annual screening guideline strikes a balance between effective monitoring and practical healthcare access.*

**4. Which of the following indicates a lesser risk of complications in a child suspected of having an immunodeficiency?**

- A. Age-appropriate weight**
- B. Low frequency of infections
- C. Strong family medical history
- D. Lack of allergies

*Choosing age-appropriate weight as an indicator of lesser risk for complications in a child suspected of having an immunodeficiency highlights several key aspects. A child maintaining a weight that is appropriate for their age suggests that they are likely receiving adequate nutrition and are growing normally. This is significant because proper nutrition supports the immune system, helping to maintain its function and resilience against infections. A child who is underweight or exhibiting failure to thrive may indicate underlying health concerns, potentially including immunodeficiency. Thus, a child who is within the normal range for weight can be seen as better positioned to cope with infections and other health challenges, lowering the risk of complications. While low frequency of infections could suggest a lesser risk as well, it's important to note that some immunodeficiencies don't manifest with frequent infections initially, making this not a definitive indicator. Similarly, having a strong family medical history or lacking allergies does not directly correlate to a child's current immune status or risk for complications related to immunodeficiencies.*

## 5. What might abnormal Pap smear results indicate in a female patient?

**A. Human papillomavirus (HPV)**

B. Chlamydia trachomatis

C. Candida albicans

D. Trichomonas vaginalis

*Abnormal Pap smear results primarily indicate a potential presence of precancerous changes or cervical cancer, often linked to infection with the Human Papillomavirus (HPV). HPV is a sexually transmitted virus that has several strains, some of which are high-risk types associated with the development of cervical dysplasia and cancer. When a Pap smear shows abnormal cells, healthcare providers often test for HPV to determine if a high-risk strain is present, as this significantly influences the management and treatment options for the patient. Other infections listed, such as Chlamydia trachomatis, Candida albicans, and Trichomonas vaginalis, can cause various gynecologic issues and may present with symptoms or changes in vaginal discharge but are not typically the direct cause of abnormal results on a Pap smear. The Pap test is specifically designed to detect changes in cervical cells, which are primarily associated with HPV-related lesions.*

## 6. Who should definitely receive routine STD screenings?

A. Individuals over 30 years old

**B. Sexually active individuals under 25 and those with multiple partners**

C. Only individuals showing symptoms

D. People who have been vaccinated against STIs

*Routine STD screenings are crucial for sexually active individuals under 25 and those with multiple partners because they are at a higher risk for sexually transmitted infections. This age group often has a greater likelihood of engaging in riskier sexual behaviors, which can lead to higher rates of STIs. Regular screenings help in early detection and treatment, which is essential to prevent complications and reduce the spread of infections. Screening is especially recommended for young individuals who may not yet be aware of the importance of routine testing or may not exhibit symptoms, as many STIs can be asymptomatic. This proactive approach helps in public health management by identifying and treating infections promptly, ultimately reducing transmission rates. In contrast, individuals over 30 years old may still need screenings based on their sexual behavior and risk factors, but they do not universally require routine testing like the younger demographic. Individuals showing symptoms should also seek testing, but they do not represent the broader group that benefits from routine screenings. Lastly, vaccination against some STIs, like HPV or Hepatitis B, does not eliminate the risk of all sexually transmitted infections, hence routine screenings remain vital regardless of vaccination status.*

**7. What condition is indicated by urethral pain and a creamy yellow, bloody discharge from the penis?**

- A. Gonorrhea**
- B. Candidiasis
- C. Chancroid
- D. Trichomoniasis

*The presence of urethral pain accompanied by a creamy yellow, bloody discharge from the penis is highly indicative of gonorrhea. Gonorrhea is a sexually transmitted infection caused by the *Neisseria gonorrhoeae* bacteria, which often results in noticeable symptoms such as a purulent discharge and discomfort in the urethra. The characteristics of the discharge – creamy yellow and possibly bloody – align with the typical presentation of gonococcal urethritis. It's important to recognize that gonorrhea commonly affects sexually active individuals and can occur alongside other STIs. Early diagnosis and treatment are crucial to prevent complications and transmission to partners. In contrast, candidiasis would typically present with other symptoms and a different type of discharge, usually characterized by a thick, white appearance. Chancroid, caused by *Haemophilus ducreyi*, presents with painful ulcers rather than discharge. Trichomoniasis, while it can cause discharge, usually results in a frothy, yellow-green discharge and is associated with different symptoms such as itching or irritation. Thus, the specific symptoms of urethral pain combined with the distinctive creamy yellow, bloody discharge firmly point towards gonorrhea as the correct answer.*

**8. What type of testing is crucial for individuals with multiple sexual partners?**

- A. Blood pressure testing
- B. Regular STD screening**
- C. Cholesterol screening
- D. Diabetes testing

*Individuals with multiple sexual partners should prioritize regular STD screening as a key component of their sexual health. This testing is crucial because it helps in the early detection and treatment of sexually transmitted infections (STIs), which can often be asymptomatic. Regular testing allows individuals to know their status, take necessary precautions to prevent transmission, and ensure they receive treatment if needed. In the context of sexual activity, the risk of contracting STIs increases with the number of partners, making consistent screening even more essential to maintain both personal health and the health of others. It is important to identify and manage STIs promptly, as many can have serious health consequences if left untreated. The other types of testing mentioned—blood pressure testing, cholesterol screening, and diabetes testing—are important for overall health but are not specifically targeted at identifying STIs. While maintaining overall health is important, for individuals engaged in high-risk sexual behavior, regular STD screening is the most relevant and vital form of testing.*

**9. In what year was the HPV vaccine made available to the public?**

- A. 2000
- B. 2003
- C. 2006**
- D. 2009

*The HPV vaccine was made available to the public in 2006. This vaccine, specifically Gardasil, was the first to be approved for the prevention of cervical cancer caused by the human papillomavirus, which is a significant public health achievement. The availability of the vaccine in 2006 marked a turning point in vaccination strategies against sexually transmitted infections, particularly those linked to HPV. It is crucial for nursing and healthcare professionals to be aware of the timeline of vaccines' availability as it informs patient education and vaccination recommendations. Understanding the introduction year helps in discussing HPV vaccination with patients, especially regarding its efficacy and importance in preventing certain cancers and genital warts.*

**10. What aspect of patient history is crucial in diagnosing primary immunodeficiencies?**

- A. Travel history
- B. History of chronic illnesses
- C. Frequency and type of infections**
- D. Dietary preferences

*In diagnosing primary immunodeficiencies, the frequency and type of infections experienced by the patient are critical components of their medical history. This is because individuals with primary immunodeficiencies often have recurrent infections due to the inadequacy of their immune system to respond effectively to pathogens. Clinicians focus on the types of infections—such as bacterial, viral, fungal, or opportunistic infections—as these can provide insights into which elements of the immune system may be compromised. For example, frequent respiratory infections may suggest issues with humoral immunity, while recurrent viral infections might indicate T-cell deficiencies. Understanding the patient's infection history aids in determining the underlying immune dysfunction and guiding further diagnostic testing. Travel history, history of chronic illnesses, and dietary preferences may provide valuable information in various contexts, but they are less directly related to the assessment of immune function compared to the specific pattern and severity of infections experienced by the patient.*

## 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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