

Ohio State Tested Nurse Aide (STNA) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What is a common symptom of C-Difficile infection?**
 - A. Shortness of breath**
 - B. Severe diarrhea**
 - C. Chest pain**
 - D. Joint swelling**
- 2. Which of the following is NOT one of the typical signs of death and dying?**
 - A. Acceptance**
 - B. Confusion**
 - C. Externalizing anger**
 - D. Celebration**
- 3. What type of disease is Hepatitis B classified as?**
 - A. Viral disease**
 - B. Blood borne disease**
 - C. Autoimmune disease**
 - D. Respiratory disease**
- 4. What does "ambulation" mean in a healthcare setting?**
 - A. Providing bed rest for recovery**
 - B. Assisting a patient to walk**
 - C. Administering a mobility aid**
 - D. Performing range of motion exercises**
- 5. What does personal protective equipment (PPE) consist of?**
 - A. Items like gloves, masks, and gowns**
 - B. Only gloves and masks**
 - C. Special clothing for doctors**
 - D. Basic uniforms for healthcare workers**
- 6. How should you handle a patient with a known allergy?**
 - A. Ignore the allergy as long as they seem fine**
 - B. Document the allergy and ensure it is communicated to the healthcare team**
 - C. Ask the patient about their allergy each time**
 - D. Only mention it to the patient**

- 7. What does hypothermia indicate?**
- A. High blood pressure**
 - B. Abnormally low body temperature**
 - C. Increased heart rate**
 - D. Low oxygen levels**
- 8. What is the proper way to wash your hands to prevent the spread of infection?**
- A. Use antimicrobial wipes**
 - B. Wet hands and use hand sanitizer**
 - C. Use soap and water, scrubbing for at least 20 seconds**
 - D. Rinse hands under running water without soap**
- 9. What is the primary concern with postural hypotension in elderly individuals?**
- A. Increased heart rate**
 - B. Low blood pressure during rest**
 - C. Difficulty in regulating blood pressure when changing positions**
 - D. Consistently high blood pressure**
- 10. Which concept emphasizes a progression of basic needs to higher-level needs?**
- A. Behavioral theory**
 - B. Hierarchy of needs**
 - C. Cognitive development**
 - D. Social learning theory**

Answers

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

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Explanations

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1. What is a common symptom of C-Difficile infection?

- A. Shortness of breath
- B. Severe diarrhea**
- C. Chest pain
- D. Joint swelling

Severe diarrhea is a common symptom of C-Difficile infection, also known as Clostridium difficile infection. This bacterium can disrupt the normal flora of the gut, leading to inflammation and significant gastrointestinal distress. The diarrhea associated with C-Difficile can be particularly severe and may occur multiple times a day, sometimes containing blood or mucus. This symptom arises due to the toxins produced by the bacteria, which cause damage to the intestinal lining. Understanding the hallmark symptoms of C-Difficile is essential for early identification and treatment, as well as for implementing infection control measures to prevent spread, especially in healthcare settings. Other symptoms like shortness of breath, chest pain, and joint swelling are not typical indicators of this specific infection.

2. Which of the following is NOT one of the typical signs of death and dying?

- A. Acceptance
- B. Confusion
- C. Externalizing anger
- D. Celebration**

In the context of the signs associated with death and dying, the typical responses often encompass a range of emotions and behaviors, including confusion, feelings of anger, and the process of acceptance. Acceptance refers to the acknowledgment of the impending death and can symbolize a level of peace or resignation to the situation. Confusion is often experienced as individuals struggle to comprehend the changes in their health or the reality of their condition. Similarly, externalizing anger is a common reaction as individuals may feel frustrated or upset about their situation and express those feelings outwardly. Celebration, on the other hand, does not align with the typical signs associated with death and dying. While some individuals may find ways to honor life through celebration of life ceremonies or may feel joy in certain memories, it is not traditionally recognized as a typical emotional response during the process of dying. The journey toward death often involves significant emotional turmoil, sadness, and an array of negative feelings that overshadow celebratory responses. Therefore, celebration does not fit within the framework of the common signs of death and dying experienced by individuals facing end-of-life scenarios.

3. What type of disease is Hepatitis B classified as?

- A. Viral disease
- B. Blood borne disease**
- C. Autoimmune disease
- D. Respiratory disease

Hepatitis B is classified as a bloodborne disease, which refers to infections that are transmitted through contact with infected blood and certain body fluids. This classification is essential because it highlights the primary mode of transmission for Hepatitis B, which is predominantly through blood-to-blood contact, such as through shared needles or from mother to child during childbirth. In addition to being a bloodborne disease, Hepatitis B is also categorized as a viral disease, since it is caused by the Hepatitis B virus (HBV). However, the emphasis on it being bloodborne is crucial in understanding the precautions necessary for preventing its spread, especially in healthcare settings where exposure risks are higher. Other classifications such as autoimmune or respiratory do not apply to Hepatitis B. Autoimmune diseases arise when the body's immune system attacks its own tissues, while respiratory diseases typically involve infections affecting the lungs or airways, which is not relevant to Hepatitis B's transmission or pathology. Therefore, recognizing Hepatitis B primarily as a bloodborne disease is vital in both public health and clinical practice.

4. What does "ambulation" mean in a healthcare setting?

- A. Providing bed rest for recovery
- B. Assisting a patient to walk**
- C. Administering a mobility aid
- D. Performing range of motion exercises

Ambulation in a healthcare setting specifically refers to the act of assisting a patient to walk. This term encompasses not just the physical act of walking, but also the support and guidance provided to a patient during this activity, ensuring their safety and mobility. Facilitating ambulation is important in patient care as it helps promote circulation, prevent complications from immobility, and enhance overall physical health. While the other choices involve aspects of patient care related to mobility, they do not specifically define ambulation. Providing bed rest does not encourage mobility, administering a mobility aid, such as a walker or cane, is a related assistive action but does not alone encompass the process of walking, and performing range of motion exercises pertains to joint flexibility rather than directly assisting a patient to walk. Thus, the correct answer highlights the active process of guiding a patient in ambulation.

5. What does personal protective equipment (PPE) consist of?

- A. Items like gloves, masks, and gowns**
- B. Only gloves and masks**
- C. Special clothing for doctors**
- D. Basic uniforms for healthcare workers**

Personal protective equipment (PPE) is a critical aspect of infection control and protection for healthcare workers and patients. It consists of various items designed to protect the user from exposure to hazardous materials or infectious agents. These items typically include gloves, masks, gowns, face shields, and eye protection. Selecting gloves, masks, and gowns as examples of PPE illustrates the comprehensive nature of these protective measures. Gloves protect the hands from contaminants, masks help prevent respiratory exposure, and gowns keep clothing and skin safe from droplet spread or contact with bodily fluids. Other choices, like the one that mentions only gloves and masks, fail to encompass the full range of PPE, while the option that refers to special clothing just for doctors limits the understanding of PPE to a specific profession, disregarding its relevance to all healthcare workers. The option discussing basic uniforms overlooks the protective function of PPE entirely. Thus, recognizing the range of items that make up PPE is essential for ensuring safety in healthcare settings.

6. How should you handle a patient with a known allergy?

- A. Ignore the allergy as long as they seem fine**
- B. Document the allergy and ensure it is communicated to the healthcare team**
- C. Ask the patient about their allergy each time**
- D. Only mention it to the patient**

Documenting the allergy and ensuring it is communicated to the healthcare team is essential for patient safety and effective care. By properly documenting the allergy, all members of the healthcare team are informed of the patient's specific needs and potential risks, allowing them to take necessary precautions to avoid administering allergens. This process helps prevent adverse reactions that could arise from medication, treatment, or food that the patient is allergic to. Effective communication within the healthcare team ensures that everyone involved in the patient's care is aware of the allergy, which is critical in settings such as hospitals where multiple staff members may interact with the patient. This coordinated approach promotes safety and supports the delivery of appropriate care tailored to the patient's individual health requirements. While it is important to inquire about allergies and share that information with the patient, the main priority is making sure that this information is formally documented and communicated within the healthcare context. This proactive approach helps ensure that all care provided is safe and beneficial for the patient.

7. What does hypothermia indicate?

- A. High blood pressure
- B. Abnormally low body temperature**
- C. Increased heart rate
- D. Low oxygen levels

Hypothermia indicates an abnormally low body temperature, which occurs when the body loses heat more quickly than it can produce it. This condition is typically defined as a body temperature below 95°F (35°C) and can lead to various complications if not addressed promptly. In the context of medical terminology, hypothermia signifies a critical state where the body's normal physiological functions may be impaired, resulting in symptoms such as shivering, confusion, and fatigue. It is important for healthcare providers to recognize signs of hypothermia and understand its implications for patient care, as timely intervention can prevent serious health issues and lead to successful recovery. While other options mention different medical conditions, they do not relate directly to the concept of hypothermia. Understanding this distinction is essential for recognizing the signs and symptoms that require immediate attention in a clinical setting.

8. What is the proper way to wash your hands to prevent the spread of infection?

- A. Use antimicrobial wipes
- B. Wet hands and use hand sanitizer
- C. Use soap and water, scrubbing for at least 20 seconds**
- D. Rinse hands under running water without soap

Using soap and water while scrubbing for at least 20 seconds is the most effective method for handwashing to prevent the spread of infection. This technique allows for the removal of dirt, germs, and microorganisms from the skin. The mechanical action of scrubbing, combined with soap, breaks down oils and debris to ensure that pathogens are effectively rinsed away. Hand hygiene is a critical component of infection control, particularly in healthcare settings. Proper handwashing helps to significantly reduce the risk of spreading infections, including those caused by resistant bacteria and viruses. While other methods, such as using antimicrobial wipes or hand sanitizer, may help in certain situations, they are not as effective as soap and water in completely eliminating all types of pathogens, especially when hands are visibly dirty or greasy. Rinsing hands under running water without soap does not remove germs effectively, making it an inadequate preventive measure.

9. What is the primary concern with postural hypotension in elderly individuals?

- A. Increased heart rate**
- B. Low blood pressure during rest**
- C. Difficulty in regulating blood pressure when changing positions**
- D. Consistently high blood pressure**

The primary concern with postural hypotension, particularly in elderly individuals, is the difficulty in regulating blood pressure when changing positions. This condition, also known as orthostatic hypotension, occurs when a person experiences a significant drop in blood pressure upon standing up from a sitting or lying position. Elderly individuals often have decreased cardiovascular reflexes, making it challenging for their bodies to compensate quickly enough for the changes in position. This can lead to dizziness, lightheadedness, or even fainting, which poses a risk of falls and injuries. Understanding this risk is crucial for caregivers and healthcare providers in order to implement strategies that can help prevent these dangerous situations. Other options may highlight related aspects of blood pressure regulation, but they do not capture the essence of the primary concern associated with postural hypotension, which is the body's impaired ability to effectively adapt to changes in posture.

10. Which concept emphasizes a progression of basic needs to higher-level needs?

- A. Behavioral theory**
- B. Hierarchy of needs**
- C. Cognitive development**
- D. Social learning theory**

The concept that emphasizes a progression of basic needs to higher-level needs is known as the Hierarchy of Needs. This theory, developed by psychologist Abraham Maslow, outlines a five-tier model of human needs, often depicted as a pyramid. The base consists of the most fundamental needs, such as physiological needs (food, water, shelter), which must be satisfied before individuals can focus on higher-level needs, like safety, love and belonging, esteem, and ultimately self-actualization at the peak of the pyramid. This progression illustrates that individuals are motivated to fulfill basic needs first, and once those are met, they can move on to address more complex needs. It provides a framework for understanding how individuals prioritize their motivations and actions, particularly in contexts such as healthcare, education, and social work, where meeting foundational needs is crucial for fostering overall well-being. The other concepts mentioned, such as behavioral theory, cognitive development, and social learning theory, focus on different aspects of human behavior and learning. However, they do not specifically address the hierarchical progression of needs in the same way that the Hierarchy of Needs does.

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://ohiostna.examzify.com>

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