

Ohio State Tested Nurse Aide (STNA) Practice Test (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 is the definition of extension in terms of body movement?**
 - A. Bending a limb**
 - B. Straightening a body part**
 - C. Twisting a joint**
 - D. Rotating a limb**

- 2. What does hypothermia indicate?**
 - A. High blood pressure**
 - B. Abnormally low body temperature**
 - C. Increased heart rate**
 - D. Low oxygen levels**

- 3. What should an STNA do upon noticing a medication error?**
 - A. Correct the error immediately**
 - B. Report the error immediately to the supervising nurse**
 - C. Inform the patient about the error**
 - D. Document the error in the patient's chart**

- 4. Which of the following is a potential cause of fecal impaction?**
 - A. Excessive fiber intake**
 - B. Inadequate fluid intake**
 - C. High physical activity**
 - D. Excessive hydration**

- 5. 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**

- 6. What condition is characterized by damaged and enlarged air sacs in the lungs?**
- A. Pneumonia**
 - B. Asthma**
 - C. Emphysema**
 - D. Bronchitis**
- 7. What is the consistency of a pureed diet most similar to?**
- A. Cereal consistency**
 - B. Baby food consistency**
 - C. Thick soup consistency**
 - D. Solid food consistency**
- 8. What is osteoporosis characterized by?**
- A. Inflexible joints**
 - B. Weak and brittle bones**
 - C. Inflammation of muscle tissue**
 - D. Excessive calcium buildup**
- 9. What is a common complication associated with Hepatitis B?**
- A. Kidney stones**
 - B. Heart failure**
 - C. Liver cancer**
 - D. Diabetes**
- 10. What is a common infection caused by Staphylococcus aureus?**
- A. Flu**
 - B. Strep throat**
 - C. Food poisoning**
 - D. Tuberculosis**

Answers

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

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Explanations

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1. What is the definition of extension in terms of body movement?

- A. Bending a limb**
- B. Straightening a body part**
- C. Twisting a joint**
- D. Rotating a limb**

The definition of extension in terms of body movement refers specifically to the straightening of a body part, often at a joint. This movement increases the angle between the body parts involved, effectively returning a limb to its anatomical position from a bent position. For example, when you straighten your arm after bending it at the elbow, you are performing an extension. In this context, bending a limb describes flexion, as it involves decreasing the angle between two body parts. Twisting a joint and rotating a limb involve movements related to rotation rather than straightening. Thus, identifying extension accurately as straightening a body part is essential for understanding basic body movements relevant to nursing and physical therapy practices.

2. 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.

3. What should an STNA do upon noticing a medication error?

- A. Correct the error immediately
- B. Report the error immediately to the supervising nurse**
- C. Inform the patient about the error
- D. Document the error in the patient's chart

When an STNA observes a medication error, the appropriate course of action is to report the error immediately to the supervising nurse. This ensures that the situation is handled by a trained professional who can properly assess the implications of the error and take corrective action if needed. The supervising nurse has the authority and knowledge to determine the next steps in terms of patient safety and legal documentation. By reporting the error promptly, the STNA helps to maintain the safety and well-being of the patient, as the supervising nurse can provide guidance on how to mitigate any potential adverse effects from the error. Furthermore, bringing the error to the supervisor's attention allows for the appropriate documentation of the incident and helps to prevent similar errors in the future through review and procedural adjustments. This approach underscores the importance of communication within healthcare teams and ensures accountability and adherence to protocols, which are vital components of patient care. The other options, while they may seem like logical responses to handling a medication error, do not prioritize the necessary chain of command and proper protocol in addressing such incidents.

4. Which of the following is a potential cause of fecal impaction?

- A. Excessive fiber intake
- B. Inadequate fluid intake**
- C. High physical activity
- D. Excessive hydration

Inadequate fluid intake is indeed a potential cause of fecal impaction. Proper hydration is essential for maintaining normal bowel function. When a person does not consume enough fluids, the body draws water from the stool in the intestines to maintain hydration, leading to hard, dry stools that are difficult to pass. This can result in constipation and, over time, can build up and lead to fecal impaction, where stool becomes tightly packed and obstructs the bowel. In contrast, excessive fiber intake, while generally beneficial for digestion, can lead to issues if not accompanied by adequate hydration. High physical activity typically promotes regular bowel movements, and excessive hydration would help prevent fecal impaction, as it keeps the stool soft and easier to pass. Thus, inadequate fluid intake becomes a key factor in the development of this condition.

5. 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.

6. What condition is characterized by damaged and enlarged air sacs in the lungs?

A. Pneumonia

B. Asthma

C. Emphysema

D. Bronchitis

Emphysema is characterized by damage to the air sacs, known as alveoli, in the lungs, which become enlarged due to the destruction of their walls. This condition leads to a decrease in the surface area available for gas exchange, making it difficult for the individual to breathe and leading to symptoms such as shortness of breath, a chronic cough, and wheezing. Emphysema is primarily a form of chronic obstructive pulmonary disease (COPD) and is often caused by long-term exposure to irritants like cigarette smoke or air pollution. Understanding emphysema helps in recognizing the significant impact it has on respiratory function and overall health.

7. What is the consistency of a pureed diet most similar to?

- A. Cereal consistency
- B. Baby food consistency**
- C. Thick soup consistency
- D. Solid food consistency

A pureed diet is designed to provide food that is easy to swallow and digest, particularly for individuals who may have difficulty with whole or solid foods due to medical conditions, surgeries, or other challenges. The consistency of a pureed diet is most akin to that of baby food, which is smooth, uniform, and free of lumps. This type of consistency is critical for ensuring that individuals can consume their meals safely without risk of choking, while still being able to enjoy a variety of flavors and nutrients. While cereal, thick soup, and solid food have their own unique textures, they do not provide the smoothness and homogenous nature that characterize pureed foods. Cereal can have varying textures, depending on how it is prepared, thick soup can still contain chunks or pieces, and solid foods are not suitable for those who need a pureed option. Thus, the pureed diet's similarity to baby food consistency makes it the optimal choice for this question.

8. What is osteoporosis characterized by?

- A. Inflexible joints
- B. Weak and brittle bones**
- C. Inflammation of muscle tissue
- D. Excessive calcium buildup

Osteoporosis is characterized by weak and brittle bones due to a decrease in bone density. This condition makes bones more susceptible to fractures and breaks, even with minimal stress or impact. Factors contributing to osteoporosis include age, hormonal changes (particularly a decrease in estrogen post-menopause), and nutritional deficiencies, particularly in calcium and vitamin D. The reduction in bone mass means the bones lose their structural integrity, leading to the classic issues associated with this condition. While some of the other options describe conditions that affect joints or tissues, they do not accurately represent osteoporosis. For example, inflexible joints relate more to arthritis and similar disorders, while inflammation of muscle tissue pertains to conditions like myositis. Excessive calcium buildup might suggest conditions like hypercalcemia, which is not related to osteoporosis but rather to problems with parathyroid hormone or vitamin D metabolism. Thus, weak and brittle bones are the hallmark of osteoporosis, making this the correct choice.

9. What is a common complication associated with Hepatitis B?

- A. Kidney stones**
- B. Heart failure**
- C. Liver cancer**
- D. Diabetes**

Liver cancer is a common complication associated with Hepatitis B due to the significant impact the virus has on liver health. Hepatitis B can lead to chronic liver inflammation and damage over time, resulting in fibrosis or cirrhosis of the liver. This chronic damage creates an environment that can eventually lead to the development of liver cancer, also known as hepatocellular carcinoma. Patients who are chronically infected with Hepatitis B are at a much greater risk for developing liver cancer compared to the general population, making it crucial for healthcare providers to monitor individuals with this infection for potential liver-related complications. Regular screenings and appropriate management of liver health are vital in this population to prevent or catch liver cancer in its early stages.

10. What is a common infection caused by Staphylococcus aureus?

- A. Flu**
- B. Strep throat**
- C. Food poisoning**
- D. Tuberculosis**

Staphylococcus aureus is a type of bacteria commonly associated with various infections, and one of the significant issues it can cause is food poisoning. This occurs when food contaminated with the toxins produced by the bacteria is ingested, leading to gastrointestinal symptoms such as nausea, vomiting, and diarrhea. Unlike the other conditions listed, food poisoning from Staphylococcus aureus specifically arises from improper food handling practices or food that has been left unrefrigerated for too long. In contrast, influenza is caused by a virus, not bacteria, while strep throat results from infection with Streptococcus bacteria, and tuberculosis is caused by Mycobacterium tuberculosis. Understanding these distinctions is crucial for recognizing the specific nature and source of infections related to Staphylococcus aureus.

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!

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