

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 does the term 'lift/draw sheet' specifically refer to in healthcare?**
 - A. A type of medical consent form**
 - B. A bed accessory for patient movement**
 - C. A document describing patient rights**
 - D. A pillow used for spinal alignment**

- 2. Which of the following is a complication associated with immobility?**
 - A. Increased muscle strength**
 - B. Elevated calcium levels leading to kidney stones**
 - C. Improved blood circulation**
 - D. Enhanced joint flexibility**

- 3. Why is it important to use proper body mechanics?**
 - A. To prevent spills during transfers**
 - B. To promote patient comfort**
 - C. To prevent injury to yourself and the patient during lifting and transferring**
 - D. To speed up the transferring process**

- 4. Which of the following is NOT one of the typical signs of death and dying?**
 - A. Acceptance**
 - B. Confusion**
 - C. Externalizing anger**
 - D. Celebration**

- 5. What is the importance of patient privacy and confidentiality?**
 - A. It allows for open discussions between staff**
 - B. It protects the patient's personal information and dignity**
 - C. It ensures the facility's reputation**
 - D. It facilitates the sharing of patient stories**

- 6. 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**
- 7. What is the term used for lower than normal blood pressure?**
- A. Hypertension**
 - B. Hypotension**
 - C. Systolic**
 - D. Diastolic**
- 8. What should you do to prepare a room for a bed-bound patient during a tornado?**
- A. Increase room temperature**
 - B. Close curtains and windows**
 - C. Move furniture to create space**
 - D. Ensure all medical equipment is removed**
- 9. Which position is used to provide comfort and breathing ease for patients with respiratory issues?**
- A. Supine**
 - B. Fowler's**
 - C. Prone**
 - D. Semifowler's**
- 10. What is the correct method to take an oral temperature?**
- A. Place the thermometer under the tongue until it beeps**
 - B. Place the thermometer on the cheek**
 - C. Insert the thermometer in the armpit**
 - D. Put the thermometer in the patient's mouth with the bite guard**

Answers

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

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Explanations

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1. What does the term 'lift/draw sheet' specifically refer to in healthcare?

- A. A type of medical consent form**
- B. A bed accessory for patient movement**
- C. A document describing patient rights**
- D. A pillow used for spinal alignment**

The term 'lift/draw sheet' specifically refers to a bed accessory that aids in the movement and repositioning of patients within a healthcare setting. Lift/draw sheets are typically made of a durable material and are placed under patients, allowing caregivers to easily lift or pull the patient to a desired position in bed without excessive strain or risk of injury to either the patient or the caregiver. This tool is crucial for ensuring patient comfort and safety, as well as maintaining proper body mechanics during transfers. Understanding the purpose of a lift/draw sheet highlights its importance in patient care. By facilitating easier movement, it helps prevent skin breakdown and other complications associated with immobility, promotes dignity in care by providing a means to reposition patients comfortably, and minimizes the risk of injury to both patients and staff during handling.

2. Which of the following is a complication associated with immobility?

- A. Increased muscle strength**
- B. Elevated calcium levels leading to kidney stones**
- C. Improved blood circulation**
- D. Enhanced joint flexibility**

The choice regarding elevated calcium levels leading to kidney stones accurately identifies a known complication associated with immobility. When a person remains immobile for an extended period, the body can begin to break down bone tissue to release calcium into the bloodstream. This process can lead to hypercalcemia, where there are elevated levels of calcium in the blood. When the kidneys filter this excess calcium, it can result in the formation of kidney stones, as the kidneys struggle to process the increased calcium levels. This physiological response highlights the importance of movement and weight-bearing activities for maintaining bone health and regulating calcium levels, thereby preventing such complications. Conversely, the other options imply benefits or improvements in physical conditions that would actually contradict the effects of immobility. Immobility typically results in decreased muscle strength, impaired blood circulation, and reduced joint flexibility, making the identification of the complication linked to hypercalcemia particularly relevant in the context of long-term immobilization.

3. Why is it important to use proper body mechanics?

- A. To prevent spills during transfers
- B. To promote patient comfort
- C. To prevent injury to yourself and the patient during lifting and transferring**
- D. To speed up the transferring process

Using proper body mechanics is crucial because it significantly reduces the risk of injury to both the caregiver and the patient during lifting and transferring tasks. When caregivers utilize correct techniques, such as keeping their back straight, bending at the knees, and using their legs for lifting, they can minimize strain on their own bodies. This is especially important in the healthcare setting, where caregivers often perform repetitive tasks that involve lifting or moving patients. By focusing on proper body mechanics, caregivers can effectively distribute weight and maintain balance, which helps in preventing musculoskeletal injuries such as strains or sprains. Additionally, safe lifting techniques create a more stable environment for the patient, as they are less likely to be jolted or dropped. By preventing injuries, caregivers can ensure continuous quality care without interruptions due to physical limitations.

4. 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.

5. What is the importance of patient privacy and confidentiality?

- A. It allows for open discussions between staff**
- B. It protects the patient's personal information and dignity**
- C. It ensures the facility's reputation**
- D. It facilitates the sharing of patient stories**

The importance of patient privacy and confidentiality primarily lies in its role in protecting the patient's personal information and dignity. Maintaining confidentiality is essential to establish trust between healthcare providers and patients. When patients know that their private information is secure, they are more likely to share sensitive details necessary for their care, leading to better health outcomes. Protecting personal information also upholds the dignity of the patient. Everyone has the right to control who has access to their personal information, and respecting this right demonstrates respect and professionalism from healthcare providers. This is particularly crucial in healthcare settings where information can include sensitive health conditions, treatment history, and personal circumstances. While fostering open discussions among staff, maintaining the facility's reputation, and facilitating patient storytelling can have their own significance in healthcare, they do not directly capture the essential core principle of confidentiality which is to safeguard the privacy and dignity of the patients themselves.

6. 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.

7. What is the term used for lower than normal blood pressure?

- A. Hypertension**
- B. Hypotension**
- C. Systolic**
- D. Diastolic**

The term for lower than normal blood pressure is hypotension. This condition can be characterized by symptoms such as dizziness, fainting, and fatigue, which occur when the blood pressure falls below the normal range. Understanding hypotension is important for caregivers since it can affect a person's health and well-being. Recognizing the signs and knowing how to respond appropriately can help in providing adequate care to those experiencing this condition. Other terms like hypertension refer to high blood pressure, while systolic and diastolic are terms that describe different phases of the blood pressure measurement. Systolic pressure is the force of blood against artery walls during heartbeats, and diastolic pressure is the force when the heart is at rest between beats.

8. What should you do to prepare a room for a bed-bound patient during a tornado?

- A. Increase room temperature**
- B. Close curtains and windows**
- C. Move furniture to create space**
- D. Ensure all medical equipment is removed**

Preparing a room for a bed-bound patient during a tornado involves taking specific safety precautions to protect the patient from potential hazards. Closing curtains and windows is a vital step in safeguarding the patient from flying debris and strong winds that may occur during a tornado. By closing windows, you reduce the risk of breakage and prevent wind and rain from entering the room, which could further jeopardize the safety and well-being of the patient. Additionally, closed curtains can help shield the patient from external elements and provide a sense of calm in a potentially chaotic situation. While other choices might seem practical in some contexts, they do not specifically address the immediate safety of a bed-bound patient during a tornado. Increasing room temperature may create discomfort or exacerbate stress for the patient, and moving furniture could increase the risk of injury or disorientation in an emergency. Ensuring that all medical equipment is removed is not only impractical but could also endanger the patient's health, as essential medical devices often need to remain accessible during such emergencies. Therefore, the most appropriate and safety-oriented action is to close curtains and windows to create a safer environment for the patient.

9. Which position is used to provide comfort and breathing ease for patients with respiratory issues?

A. Supine

B. Fowler's

C. Prone

D. Semifowler's

The Fowler's position is notably effective for patients with respiratory issues as it involves sitting upright or at an angle, typically between 45 to 60 degrees. This elevation aids in lung expansion and allows for improved ventilation, making breathing easier. By positioning the patient in this way, gravity assists in lowering the diaphragm and opening the thoracic cavity, which can alleviate shortness of breath and promote better oxygenation. This position also provides comfort for patients who may be experiencing difficulty in breathing due to various conditions, such as pneumonia, congestive heart failure, or chronic obstructive pulmonary disease (COPD). It enhances patient stability and allows for a better airflow, which is crucial for managing respiratory distress effectively.

10. What is the correct method to take an oral temperature?

A. Place the thermometer under the tongue until it beeps

B. Place the thermometer on the cheek

C. Insert the thermometer in the armpit

D. Put the thermometer in the patient's mouth with the bite guard

Taking an oral temperature accurately involves placing the thermometer under the tongue, which is the method described in the correct answer. This location is chosen because it provides a reliable measurement of the body's core temperature when the individual is at rest and has not recently consumed hot or cold substances, which could affect the reading. When utilizing an oral thermometer, it is important to instruct the patient to close their mouth around the thermometer, allowing it to remain in place until it beeps, indicating that the reading is complete. This method is commonly used in clinical settings because it is non-invasive, quick, and provides consistent results. The other methods listed are not suitable for taking an oral temperature; placing the thermometer on the cheek, inserting it in the armpit, or using a bite guard are either ineffective or intended for different types of temperature measurements (like axillary or tympanic temperatures). Each of these alternatives does not utilize the appropriate location for oral temperature checks, which is essential for ensuring accuracy.

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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