

OHIO STATE TESTED NURSE AIDE (STNA) PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 one of the key characteristics of VRE?**
 - A. It is easily treated with antibiotics
 - B. It is resistant to many commonly used antibiotics
 - C. It is a viral infection
 - D. It is benign and not harmful
- 2. 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
- 3. In the process of dying, which emotional response follows anger?**
 - A. Bargaining
 - B. Acceptance
 - C. Depression
 - D. Denial
- 4. Which position is best for a patient recovering from surgery?**
 - A. Sitting position
 - B. Prone position
 - C. Supine position, unless otherwise instructed
 - D. Standing position
- 5. Which of the following best describes fecal impaction?**
 - A. Soft stool that passes easily without difficulty
 - B. Hard stool in the lower bowel that prevents normal passage
 - C. Liquid stool that seeps continuously
 - D. A condition where bowel movements are excessively frequent
- 6. What is a common indicator that a patient is under stress?**
 - A. Rapid breathing or increased agitation
 - B. Lethargy or decreased responsiveness
 - C. Expressing joyfulness or excitement
 - D. Increased appetite and activity levels

7. Which of the following conditions can be caused by immobility?

- A. Strong muscular development
- B. Pneumonia due to sluggish fluid status
- C. Improved cardiovascular health
- D. Increased bone density

8. What is hypertension?

- A. Low blood pressure
- B. Normal blood pressure
- C. High blood pressure
- D. Fluctuating blood pressure

9. What is the first thing you should do when preparing to bathe a patient?

- A. Gather all necessary supplies
- B. Explain the process to the patient
- C. Ensure privacy and gather all necessary supplies
- D. Check the water temperature

10. What should be a primary focus when caring for a patient with limited mobility?

- A. Maintaining medication schedules
- B. Preventing complications related to immobility
- C. Sustaining mental health
- D. Increasing nutritional intake

Answers

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

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Explanations

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1. What is one of the key characteristics of VRE?

- A. It is easily treated with antibiotics
- B. It is resistant to many commonly used antibiotics**
- C. It is a viral infection
- D. It is benign and not harmful

One of the key characteristics of Vancomycin-Resistant Enterococcus (VRE) is that it is resistant to many commonly used antibiotics. This resistance is significant because it limits the options available for treatment, making infections difficult to manage and control. VRE is particularly concerning in healthcare settings, as it can lead to severe infections, especially in individuals with weakened immune systems. Understanding that VRE is resistant helps healthcare professionals implement proper infection control measures to protect vulnerable patients. In contrast, the other statements do not accurately reflect the nature of VRE; it is not a viral infection, it is not easily treated with antibiotics due to its resistance, and it is not benign, as it can cause serious health issues.

2. 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.

3. In the process of dying, which emotional response follows anger?

- A. Bargaining**
- B. Acceptance
- C. Depression
- D. Denial

The correct answer is bargaining. In the context of the emotional responses that individuals experience when facing the process of dying, the stages of grief often follow a specific sequence as articulated by Elisabeth Kübler-Ross. After experiencing anger, which can manifest as frustration or resentment towards oneself or others, individuals may enter the bargaining stage. During bargaining, people may attempt to negotiate or make deals in hopes of reversing their situation, often appealing to a higher power or hoping to achieve more time. This emotional response reflects a desire to regain control over their circumstances, as individuals confront their impending death. They might think about what they would do differently if given another chance, or they may bargain for more time to accomplish certain goals or reconcile relationships. Understanding this sequence of emotional responses helps caregivers support loved ones during such difficult times, fostering a compassionate and empathetic environment as individuals navigate their feelings about mortality.

4. Which position is best for a patient recovering from surgery?

- A. Sitting position
- B. Prone position
- C. Supine position, unless otherwise instructed**
- D. Standing position

The best position for a patient recovering from surgery is the supine position, unless otherwise instructed. The supine position involves the patient lying flat on their back, which is generally conducive to optimal healing and may help with comfort, respiratory function, and blood circulation. Being in the supine position allows for easier monitoring of the patient's vital signs and access to the surgical site if needed by healthcare providers. It also minimizes the risk of complications associated with ambulation or positioning that may place strain on surgical incisions. While the sitting, prone, and standing positions have their own uses in specific contexts, they may not offer the same benefits during the early recovery phases following surgery. For instance, sitting can lead to discomfort or strain on the abdomen, prone positioning might not be feasible or safe after certain surgeries, and standing too soon can increase the risk of falls or injury. Thus, the supine position is often the safest and most effective choice for recovery.

5. Which of the following best describes fecal impaction?

- A. Soft stool that passes easily without difficulty
- B. Hard stool in the lower bowel that prevents normal passage**
- C. Liquid stool that seeps continuously
- D. A condition where bowel movements are excessively frequent

Fecal impaction is characterized by the presence of hard stool in the lower bowel that prevents the passage of normal stool. This condition often occurs when stool becomes so hard and dry that it cannot be evacuated from the rectum, leading to a blockage. Those experiencing fecal impaction may suffer from pain, discomfort, and a feeling of fullness in the abdomen. The other options describe different bowel conditions that do not align with fecal impaction. For instance, soft stool passing easily indicates normal bowel function, while liquid stool seeping continuously typically suggests diarrhea rather than an impaction. Additionally, excessively frequent bowel movements are associated with conditions such as diarrhea or gastroenteritis, highlighting a different issue altogether. Understanding the definition and characteristics of fecal impaction is crucial for recognizing and addressing this condition in a clinical setting.

6. What is a common indicator that a patient is under stress?

- A. Rapid breathing or increased agitation**
- B. Lethargy or decreased responsiveness
- C. Expressing joyfulness or excitement
- D. Increased appetite and activity levels

Rapid breathing or increased agitation is a common indicator that a patient is under stress. When a person experiences stress, their body reacts with a flight-or-fight response, which can lead to physical symptoms like rapid breathing. This reaction is part of the body's autonomic response, aiming to prepare the individual to respond to perceived threats. Agitation may accompany rapid breathing as the patient may demonstrate signs of anxiety or distress, manifesting as restlessness or irritability. Other symptoms typically associated with stress include increased heart rate and heightened sensory awareness, which are aimed at safeguarding the individual in stressful situations. While lethargy may indicate other underlying conditions unrelated to stress and expressions of joyfulness usually signal a positive emotional state, indicators such as rapid breathing and agitation are more characteristic manifestations of someone experiencing stress. Similarly, increased appetite and activity levels often suggest a state of well-being rather than stress, making them unlikely indicators of stress in a patient.

7. Which of the following conditions can be caused by immobility?

- A. Strong muscular development
- B. Pneumonia due to sluggish fluid status**
- C. Improved cardiovascular health
- D. Increased bone density

Immobility can lead to significant health issues, one of which is pneumonia. When a person is immobile, secretions can build up in the lungs due to reduced movement and shallow breathing. This stagnant fluid can create an environment conducive to bacterial growth, leading to pneumonia. In addition to pulmonary complications, immobility affects other body systems and can result in weakened muscles and compromised circulation, further increasing the risk for respiratory infections. The other options illustrate conditions that are less likely or contrary to the effects of immobility. Strong muscular development would require regular movement and exercise, which immobility does not allow. Improved cardiovascular health is typically associated with physical activity; therefore, immobility can have the opposite effect by leading to a decline in cardiovascular function. Increased bone density also generally requires weight-bearing activities, which are minimized when a person is immobile, leading to a greater risk of osteoporosis or bone density loss.

8. What is hypertension?

- A. Low blood pressure
- B. Normal blood pressure
- C. High blood pressure**
- D. Fluctuating blood pressure

Hypertension is defined as high blood pressure, which is a condition that occurs when the force of the blood against the artery walls is consistently too high. This can lead to various health issues, including heart disease, stroke, and kidney problems, as it puts extra strain on the cardiovascular system. Monitoring and managing blood pressure is essential for maintaining overall health, and it is typically classified into different ranges to indicate the severity of the condition. In contrast, low blood pressure refers to a condition where blood pressure is lower than normal, which can lead to symptoms such as dizziness and fainting. Normal blood pressure indicates that blood pressure is within a healthy range, while fluctuating blood pressure does not consistently fall into the categories of high or low and may vary significantly. Hypertension specifically targets the elevated blood pressure aspect, making it a critical condition to recognize and manage effectively.

9. What is the first thing you should do when preparing to bathe a patient?

- A. Gather all necessary supplies
- B. Explain the process to the patient
- C. Ensure privacy and gather all necessary supplies**
- D. Check the water temperature

When preparing to bathe a patient, ensuring privacy and gathering all necessary supplies is essential for a number of reasons. First, maintaining the patient's privacy creates a comfortable and respectful environment, which is crucial for their dignity and emotional well-being. It also helps build trust between the patient and caregiver. Gathering necessary supplies beforehand allows the caregiver to work efficiently and minimizes interruptions during the bathing process. This also means that the caregiver is less likely to have to leave the patient unattended, which can enhance safety. Therefore, starting with these two actions sets a foundation for a positive and effective bathing experience.

10. What should be a primary focus when caring for a patient with limited mobility?

- A. Maintaining medication schedules
- B. Preventing complications related to immobility**
- C. Sustaining mental health
- D. Increasing nutritional intake

When caring for a patient with limited mobility, preventing complications related to immobility is crucial. Patients who are immobile are at a higher risk for a range of complications, such as pressure ulcers, deep vein thrombosis, urinary tract infections, and respiratory issues. These conditions can arise due to prolonged periods of inactivity, which highlight the importance of proactive measures taken by caregivers. By focusing on prevention, caregivers can implement strategies such as repositioning the patient regularly, promoting range-of-motion exercises, and ensuring proper hydration. This preventive care is essential for maintaining the overall health and well-being of the patient, minimizing the risk of further health complications, and maximizing their comfort and quality of life. While maintaining medication schedules, sustaining mental health, and increasing nutritional intake are also important aspects of overall patient care, they do not address the immediate risks associated with limited mobility as directly as preventing complications does. Thus, the focus on prevention makes it the most critical aspect of care for patients with mobility limitations.

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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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