

OHIO STATE TESTED NURSE AIDE (STNA) PRACTICE TEST (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. Which response typically involves pretending that the condition does not exist?**
 - A. Acceptance
 - B. Denial
 - C. Anger
 - D. Bargaining
- 2. What is a common symptom of fecal impaction?**
 - A. Frequent urination
 - B. Liquid stool seeping from the anus
 - C. Severe diarrhea
 - D. Increased appetite
- 3. What is the primary benefit of using a leg bag for urinary drainage?**
 - A. It is easier to clean and maintain
 - B. It allows for more mobility for the patient
 - C. It increases the capacity for urine collection
 - D. It is more comfortable than traditional bags
- 4. 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
- 5. What does abduction refer to in movement terms?**
 - A. Movement toward the midline of the body
 - B. Movement away from the midline of the body
 - C. Rotation of a limb
 - D. Flexing a joint
- 6. 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

- 7. What is the average normal body temperature range for adults?**
- A. 92°F to 96°F
 - B. 96°F to 100°F
 - C. 98°F to 102°F
 - D. 100°F to 104°F
- 8. 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
- 9. Which number in a blood pressure reading represents the force of blood against artery walls when the heart beats?**
- A. Systolic
 - B. Diastolic
 - C. Mean arterial pressure
 - D. Pulse pressure
- 10. If you are unsure about how to perform a procedure, what action should you take?**
- A. Ask for clarification or guidance from a licensed healthcare professional
 - B. Attempt to perform the procedure anyway
 - C. Call for the patient's family for assistance
 - D. Wait until the procedure is scheduled to learn more

Answers

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

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Explanations

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1. Which response typically involves pretending that the condition does not exist?

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

Denial is a psychological defense mechanism that involves refusing to accept reality or fact. In the context of healthcare, when a person is in denial about a condition, they act as if the problem does not exist. This can manifest in various ways, such as ignoring symptoms, refusing to discuss the illness, or believing that treatments are unnecessary. Denial can be a common initial reaction for individuals facing difficult diagnoses, as it allows them to shield themselves from the emotional pain associated with acknowledging their situation. It is essential for caregivers and healthcare professionals to recognize this response to better support patients in their journey toward acceptance and coping with their condition.

2. What is a common symptom of fecal impaction?

- A. Frequent urination
- B. Liquid stool seeping from the anus**
- C. Severe diarrhea
- D. Increased appetite

A common symptom of fecal impaction is liquid stool seeping from the anus. This occurs when a hard mass of stool blocks the rectum, preventing the passage of solid stool. As the bowel tries to push the hard stool out, it can cause liquid stool to leak around the impaction. This leakage is often mistaken for diarrhea, but it is actually a sign that there is an underlying blockage. The other options do not represent typical symptoms of fecal impaction. Frequent urination is not associated with bowel issues; instead, it may indicate a urinary tract problem. Severe diarrhea typically signifies a different gastrointestinal condition, not impaction. Increased appetite is also irrelevant, as those with fecal impaction may actually experience a decreased appetite due to discomfort or abdominal fullness. Understanding these distinctions is crucial for recognizing and addressing fecal impaction effectively.

3. What is the primary benefit of using a leg bag for urinary drainage?

- A. It is easier to clean and maintain
- B. It allows for more mobility for the patient**
- C. It increases the capacity for urine collection
- D. It is more comfortable than traditional bags

Using a leg bag for urinary drainage significantly enhances a patient's mobility, which is the primary benefit of this type of collection system. Unlike traditional larger bags that are typically used with urinary catheters, leg bags are smaller and can be strapped to the patient's thigh or calf. This design allows patients to engage in daily activities more freely without worrying about the cumbersome nature of larger drainage bags. Increased mobility is vital for patient independence and quality of life, particularly for individuals recovering from surgery or living with chronic conditions. The other options, while they may have some relevance, do not encapsulate the main advantage. For instance, leg bags may be easier to clean, and some patients might find them more comfortable, but these factors are secondary to the increased freedom of movement that leg bags offer. Additionally, while leg bags have a certain capacity, they are designed primarily for ease of use in a mobile setting, rather than to maximize urine collection.

4. 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.

5. What does abduction refer to in movement terms?

- A. Movement toward the midline of the body
- B. Movement away from the midline of the body**
- C. Rotation of a limb
- D. Flexing a joint

Abduction refers to movement that takes a body part away from the midline of the body. This term is commonly used in anatomy and physical therapy to describe actions like raising the arms or legs sideways, which moves them away from the center of the body. For example, when a person lifts their arms out to the side, this is an example of abduction. Understanding this movement is crucial for various physical activities and rehabilitation processes, where precise descriptions of bodily movements are necessary. The other choices reflect different types of movement: movement toward the midline is called adduction; rotation describes turning a limb around its axis; and flexing a joint involves decreasing the angle between two body parts. Recognizing these terms helps healthcare professionals communicate effectively about patient movement and physical conditions.

6. 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.

7. What is the average normal body temperature range for adults?

- A. 92°F to 96°F
- B. 96°F to 100°F**
- C. 98°F to 102°F
- D. 100°F to 104°F

The average normal body temperature range for adults is generally accepted to be around 96°F to 100°F. This range reflects the typical temperature fluctuations that can occur due to various factors such as time of day, activity level, and the individual's overall health. The average normal body temperature often cited is approximately 98.6°F, but normal body temperature can vary from person to person and can be lower or higher without indicating illness. Understanding this range is crucial for STNAs and healthcare professionals, as it helps in assessing whether a patient's body temperature falls within the normal limits or indicates fever or hypothermia conditions which may require further medical attention. Accurate monitoring of body temperature is an essential skill in patient care, as deviations from this normal range can provide important clues to underlying health issues.

8. 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.

9. Which number in a blood pressure reading represents the force of blood against artery walls when the heart beats?

- A. Systolic**
- B. Diastolic
- C. Mean arterial pressure
- D. Pulse pressure

In a blood pressure reading, the systolic number specifically represents the force of blood against artery walls when the heart beats. This reading occurs during the contraction phase of the heart, known as systole, when the heart muscles contract and pump blood into the arteries. The amount of pressure recorded at this point is crucial for understanding cardiovascular health, as elevated systolic pressure can indicate issues such as hypertension or increased cardiovascular risk. Diastolic pressure, on the other hand, measures the pressure in the arteries when the heart is at rest between beats. Mean arterial pressure reflects the average blood pressure in a person's arteries during one cardiac cycle, while pulse pressure is calculated as the difference between the systolic and diastolic pressures. These parameters are important in their own right, but they do not specifically represent the force exerted during heart contractions like the systolic pressure does.

10. If you are unsure about how to perform a procedure, what action should you take?

- A. Ask for clarification or guidance from a licensed healthcare professional**
- B. Attempt to perform the procedure anyway**
- C. Call for the patient's family for assistance**
- D. Wait until the procedure is scheduled to learn more**

When you are unsure about how to perform a procedure, seeking clarification or guidance from a licensed healthcare professional is essential for ensuring safety and accuracy. This action aligns with best practices in healthcare, emphasizing the importance of collaboration and communication among team members. A licensed professional possesses the training and experience needed to provide the necessary instructions, ensuring the procedure is performed correctly and reducing the risk of harm to the patient. Attempting to perform the procedure without proper guidance could lead to significant errors or complications, potentially endangering the patient. Relying on family members for assistance may not provide the necessary medical knowledge or skills required for the procedure, and waiting until the procedure is scheduled to learn more may delay necessary care and put the patient at risk. Seeking help is not only a responsible choice but also a fundamental part of being a competent and conscientious caregiver.

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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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