

# Sexual Assault Nurse Examiner (SANE) A Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

SAMPLE

# 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**

SAMPLE

- 1. What is the definition of reproductive coercion?**
  - A. Encouragement for planned parenthood**
  - B. Behavior used to maintain power and control in a relationship.**
  - C. A supportive method of family planning.**
  - D. Egalitarian distribution of household tasks.**
- 2. What is emphasized in Standard 12 regarding the education of forensic nurses?**
  - A. Seeking knowledge that reflects current practice**
  - B. Only completing mandatory training**
  - C. Maintaining a fixed set of skills**
  - D. Prioritizing teaching over learning**
- 3. What context do SANE educational courses identify the patient in?**
  - A. As part of a regulatory system**
  - B. As an individual or part of a family/community system**
  - C. Only as part of a clinical study**
  - D. As a statistical data point**
- 4. In forensic nursing, what is the focus of health teaching and health promotion?**
  - A. Conducting surgeries**
  - B. Employing strategies to promote health and ensure a safe environment**
  - C. Carrying out psychological evaluations**
  - D. Working solely on prevention**
- 5. Why was the SAFER program created?**
  - A. To ensure quicker trials for perpetrators**
  - B. To develop best practices for DNA evidence collection**
  - C. To increase funding for health services**
  - D. To standardize law enforcement protocols**

**6. What is a common use of the Combined DNA Index System (CODIS)?**

- A. Tracking missing persons**
- B. Analyzing drug samples**
- C. Connecting DNA evidence from crime scenes to offenders**
- D. Monitoring sex offender registries**

**7. When should sample collection occur after a sexual assault?**

- A. Within the first 24 hours**
- B. As soon as possible, ideally within five days**
- C. Upon the victim's request**
- D. Only when law enforcement is present**

**8. Effective communication in forensic nursing is outlined under which standard?**

- A. Standard 5**
- B. Standard 9**
- C. Standard 10**
- D. Standard 11**

**9. The adnexa refers to which components of the female reproductive system?**

- A. The urethra and vagina**
- B. The ovaries, ligaments, and Fallopian tubes**
- C. The cervix and uterus**
- D. The external genitalia**

**10. What is emphasized in the planning phase of forensic nursing?**

- A. Immediate trial preparations**
- B. Development of a comprehensive care plan**
- C. Gathering public opinion**
- D. Organizing community awareness events**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

## 1. What is the definition of reproductive coercion?

- A. Encouragement for planned parenthood**
- B. Behavior used to maintain power and control in a relationship.**
- C. A supportive method of family planning.**
- D. Egalitarian distribution of household tasks.**

Reproductive coercion refers to behaviors aimed at controlling a person's reproductive choices, often within an intimate relationship. This definition aligns with the understanding that reproductive coercion involves manipulative or coercive tactics used to exert power and control over an individual's reproductive health and decisions. This can include actions such as sabotage of contraception, pressure to become pregnant, or threats regarding the consequences of not complying with a partner's wishes. In the context of the options provided, this choice highlights the central theme of power dynamics and autonomy in relationships. It emphasizes how reproductive coercion is a violation of rights and can have significant emotional and physical health impacts on the affected person. Understanding this concept is crucial for healthcare providers, as it informs the support they can offer to individuals who may be experiencing such coercion, ensuring they recognize and address it in practice. The other options either misrepresent the concept or focus on supportive or egalitarian aspects of relationships, which do not pertain to the coercive elements at play in reproductive coercion.

## 2. What is emphasized in Standard 12 regarding the education of forensic nurses?

- A. Seeking knowledge that reflects current practice**
- B. Only completing mandatory training**
- C. Maintaining a fixed set of skills**
- D. Prioritizing teaching over learning**

Standard 12 emphasizes the importance of seeking knowledge that reflects current practice for forensic nurses. This is critical because the field of forensic nursing is continuously evolving with advancements in technology, research, and legal standards. By staying current with evidence-based practices and emerging trends, nurses can provide the best possible care to their patients and ensure that they are competent in handling complex cases. Continually seeking knowledge ensures that forensic nurses are well-informed and can contribute effectively to multidisciplinary teams, engage in appropriate interventions, and understand the nuances of the legal system as it pertains to their work. This ongoing education fosters professional development and improves the overall quality of care within the forensic nursing specialty. In contrast, completing only mandatory training would limit a nurse's growth and adaptability to new challenges and innovations. Maintaining a fixed set of skills can lead to obsolescence in practice due to the dynamic nature of medical and legal developments. Prioritizing teaching over learning does not foster a culture of continuous professional development, which is essential in forensic nursing where both knowledge and skills are integral to effective practice.

### 3. What context do SANE educational courses identify the patient in?

- A. As part of a regulatory system**
- B. As an individual or part of a family/community system**
- C. Only as part of a clinical study**
- D. As a statistical data point**

The correct answer highlights the importance of viewing the patient not just as an isolated entity, but as an individual who may be part of a larger familial or community system. This perspective is crucial in SANE education, where understanding the patient's context can significantly affect diagnosis, treatment, and healing. In this approach, healthcare providers are trained to recognize the complexity of patients' lives, which can include their relationships, social supports, cultural backgrounds, and community resources. This holistic view is essential when caring for patients who have experienced trauma, as it enables practitioners to tailor interventions and support systems that are sensitive to the patient's unique circumstances. By considering the interconnectedness of individuals within their broader social frameworks, SANE practitioners can more effectively contribute to the patient's recovery and ongoing support. This contrasts with the other options, which may limit the understanding of a patient's needs and circumstances. For instance, viewing the patient solely as part of a regulatory system or as statistical data fails to account for the human experience and the various influences on their health and well-being.

### 4. In forensic nursing, what is the focus of health teaching and health promotion?

- A. Conducting surgeries**
- B. Employing strategies to promote health and ensure a safe environment**
- C. Carrying out psychological evaluations**
- D. Working solely on prevention**

The focus of health teaching and health promotion in forensic nursing encompasses employing strategies to promote health and ensure a safe environment. Forensic nurses play a critical role in not only providing direct care to victims of violence or trauma but also in educating patients and communities about health issues, violence prevention, and safety measures. This proactive approach is essential in forensic nursing, as it helps address the social determinants of health and reduce the risk of future violence or injury. In addition, health promotion activities involve collaboration with various stakeholders, such as law enforcement, social services, and community organizations, to create a supportive environment that can foster recovery and resilience among individuals affected by violence or trauma. This holistic focus on health and safety is foundational to the role of forensic nursing, emphasizing the importance of both individual and community well-being in the context of forensic care.

## 5. Why was the SAFER program created?

- A. To ensure quicker trials for perpetrators
- B. To develop best practices for DNA evidence collection**
- C. To increase funding for health services
- D. To standardize law enforcement protocols

The SAFER program, which stands for Sexual Assault Forensic Evidence Reporting, was created primarily to develop best practices for the collection, storage, and processing of DNA evidence related to sexual assault cases. This initiative was established in response to the recognition that many sexual assault cases go unaddressed due to mishandling of forensic evidence. By standardizing procedures and ensuring proper methods are employed, the SAFER program aims to enhance the reliability and quality of evidence collected, ultimately leading to improved outcomes in investigations and prosecutions of sexual assault crimes. The focus on best practices ensures that evidence can be properly utilized in court, contributing to justice for survivors. The other choices, while related to the broader context of addressing sexual assault cases, do not capture the specific objective of the SAFER program as it relates to DNA evidence.

## 6. What is a common use of the Combined DNA Index System (CODIS)?

- A. Tracking missing persons
- B. Analyzing drug samples
- C. Connecting DNA evidence from crime scenes to offenders**
- D. Monitoring sex offender registries

The Combined DNA Index System (CODIS) serves a vital role in the criminal justice system by facilitating the connection of DNA evidence from crime scenes to known offenders. This powerful tool enables law enforcement agencies to compare DNA profiles gathered from crime scenes against a database of previously collected DNA profiles from convicted offenders, arrestees, and unidentified human remains. When a match occurs, it can provide crucial evidence linking an individual to a specific crime, thereby aiding in investigations and prosecutions. While there may be other systems or methods used for tracking missing persons, analyzing drug samples, or monitoring sex offender registries, these functionalities do not fall within the primary scope of CODIS. CODIS is uniquely focused on the comparison and matching of DNA profiles in relation to criminal investigations, reinforcing its significance in solving cases involving violent crimes, sexual assaults, and more.

**7. When should sample collection occur after a sexual assault?**

- A. Within the first 24 hours**
- B. As soon as possible, ideally within five days**
- C. Upon the victim's request**
- D. Only when law enforcement is present**

Sample collection after a sexual assault should occur as soon as possible, ideally within five days. This timeframe is critical because the likelihood of collecting viable evidence decreases over time due to factors such as bodily processes and environmental exposure. Collecting evidence promptly enhances the chances of identifying potential DNA, blood, or other forms of evidence that can aid in the investigation and prosecution of the assault. Collecting samples within this window is also essential for the victim's medical care, including the prevention of sexually transmitted infections and unintended pregnancies. Prompt collection allows for appropriate medical treatment and supports the victim in their healing process. While the first 24 hours are often emphasized due to the fresh nature of evidence, extending the window to five days allows for flexibility in situations where immediate collection may not be feasible. This approach also respects the agency of the victim and their unique circumstance, while ensuring that critical evidence is preserved as much as possible.

**8. Effective communication in forensic nursing is outlined under which standard?**

- A. Standard 5**
- B. Standard 9**
- C. Standard 10**
- D. Standard 11**

Effective communication in forensic nursing is outlined under Standard 9, which emphasizes the importance of communication skills in the practice. This standard focuses on the ability to effectively share information, which is crucial in forensic nursing due to the sensitive nature of the cases involved. Forensic nurses must communicate clearly with patients, law enforcement, and legal entities to ensure accurate documentation, care, and support for survivors of sexual assault. Standard 9 also highlights the need for understanding and conveying medical and legal information to non-medical personnel, facilitating multidisciplinary teamwork and ensuring that all parties involved understand the situation accurately. This standard ultimately supports the integrity of the forensic evidence collected and bolsters the patient's experience and outcomes in the healthcare system.

**9. The adnexa refers to which components of the female reproductive system?**

- A. The urethra and vagina**
- B. The ovaries, ligaments, and Fallopian tubes**
- C. The cervix and uterus**
- D. The external genitalia**

The adnexa specifically refer to the structures that are associated with an organ, particularly in the context of the female reproductive system. In this case, the adnexa of the uterus include the ovaries, ligaments (such as the round ligaments and broad ligaments), and the Fallopian tubes. These components are crucial for reproductive health, as they play integral roles in ovulation, fertilization, and support of the reproductive organs. Ovaries are essential for hormone production and egg maturation, while the Fallopian tubes serve as the pathway for the egg to travel from the ovaries to the uterus, where fertilization typically occurs. The ligaments provide structural support to these organs, maintaining their position within the pelvic cavity. Other options refer to different structures within the female reproductive system. The urethra and vagina, for example, are part of the urinary and reproductive tracts but are not classified as adnexa. The cervix and uterus are integral parts of the reproductive system, yet they are not considered adnexal structures. The external genitalia also do not fall under the definition of adnexa. Thus, the components identified in the correct answer represent the adnexa's specific association with the uterus and the functions tied to reproduction.

**10. What is emphasized in the planning phase of forensic nursing?**

- A. Immediate trial preparations**
- B. Development of a comprehensive care plan**
- C. Gathering public opinion**
- D. Organizing community awareness events**

In the planning phase of forensic nursing, the development of a comprehensive care plan is essential because it ensures that the needs of the patient are thoroughly addressed while simultaneously considering the legal and forensic implications of their condition. This care plan is integral to providing holistic and responsive care, aligning medical treatment with investigative requirements. Forensic nurses must assess a multitude of factors, including physical injuries, psychological trauma, and the potential need for legal documentation. A comprehensive care plan allows them to outline interventions that prioritize the victim's health, safety, and legal rights, effectively bridging the gap between healthcare and the legal system. Moreover, it facilitates communication among all parties involved, including law enforcement, legal teams, and healthcare providers, which is vital for successful outcomes in forensic cases. In contrast, immediate trial preparations focus more on legal proceedings and do not encompass the direct care needs of the patients. Gathering public opinion and organizing community awareness events, while valuable for broader outreach and education, fall outside the clinical and immediate needs the planning phase targets. Therefore, emphasizing the development of a comprehensive care plan is foundational in forensic nursing to ensure the patients receive optimal and legally sound care.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://sane-a.examzify.com>**

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

**SAMPLE**