

State Tested Nursing Assistant (STNA) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. Which need is being addressed when you offer to help a resident with their grooming?**
 - A. Safety and security needs**
 - B. Physiologic needs**
 - C. Love and belonging needs**
 - D. Self esteem needs**

- 2. People with a terminal illness will usually:**
 - A. Be well in a short period of time**
 - B. Be a resident for a long period**
 - C. Die as a result of their illness**
 - D. Recover after therapy and medication**

- 3. To lift a resident from the bed to a chair safely, which action should you take?**
 - A. Bend your knees and hold the person close to the center of your body**
 - B. Use the large muscles in your back to complete the transfer**
 - C. Stand with straight legs and feet spread apart**
 - D. Stand with your legs together and your ankles touching**

- 4. If a client expresses feelings of being punished by God, how should the nurse aide respond?**
 - A. Reply, "God doesn't punish people."**
 - B. Listen quietly.**
 - C. Ignore the client.**
 - D. Make jokes.**

- 5. When is it necessary for a nurse aide to wear gloves?**
 - A. Feeding a client**
 - B. Doing peri-care**
 - C. Giving a back rub**
 - D. Doing range of motion**

6. Which temperature is considered most accurate?

- A. Oral**
- B. Axillary**
- C. Groin**
- D. Rectal**

7. What should a nurse aide do if he or she needs to wear a gown to care for a client in isolation?

- A. Wear the same gown to care for all clients**
- B. Leave the gown untied**
- C. Take off the gown before leaving the client's room**
- D. Take off the gown in the dirty utility room**

8. What is the first action a nurse aide should take if there is no urine in a resident's urinary catheter drainage bag?

- A. Ask the resident to try urinating.**
- B. Offer the resident fluid to drink.**
- C. Check for kinks in the tubing.**
- D. Obtain a new urinary drainage bag.**

9. When helping a client recovering from a stroke to walk, where should the nurse aide assist the client?

- A. On the client's strong side**
- B. On the client's weak side**
- C. From behind the client**
- D. With a wheelchair**

10. Which of the following is not a type of health organization?

- A. A hospital**
- B. A hostel**
- C. A sub-acute care unit**
- D. An assisted-living facility**

Answers

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

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Explanations

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1. Which need is being addressed when you offer to help a resident with their grooming?

- A. Safety and security needs**
- B. Physiologic needs**
- C. Love and belonging needs**
- D. Self esteem needs**

The correct answer is associated with addressing self-esteem needs when assisting a resident with their grooming. Grooming is closely linked to personal appearance and hygiene, which can significantly impact an individual's self-image and confidence. When residents receive help with grooming, they often feel more presentable and, therefore, more confident in social interactions. This enhancement of self-esteem can also contribute to a sense of dignity and pride in their appearance. By focusing on grooming, you are not only helping to improve the resident's physical appearance but also fostering a sense of self-worth and respect. This assistance can promote the resident's independence as they may feel empowered to participate in their personal care routine with your support. While the other needs listed—such as safety and security, physiologic, and love and belonging—are important in the context of overall care, they do not directly correlate with the act of grooming. Safety relates more to physical well-being, physiologic needs are foundational for survival such as food, water, and shelter, and love and belonging pertains to emotional connections and relationships rather than personal care activities like grooming.

2. People with a terminal illness will usually:

- A. Be well in a short period of time**
- B. Be a resident for a long period**
- C. Die as a result of their illness**
- D. Recover after therapy and medication**

Individuals diagnosed with a terminal illness are generally facing a condition that is expected to result in death within a specific time frame, typically measured in months rather than years. This situation emphasizes the severity and inevitability of the progression of the illness despite any treatments or interventions that may be administered. While options suggesting possible recovery or extended residency may seem hopeful, they do not reflect the clinical reality for those with terminal conditions. The focus for these individuals often shifts from curative treatment to palliative care, prioritizing comfort and quality of life in their remaining time, thus reinforcing that death is an expected outcome of their illness.

3. To lift a resident from the bed to a chair safely, which action should you take?

- A. Bend your knees and hold the person close to the center of your body**
- B. Use the large muscles in your back to complete the transfer**
- C. Stand with straight legs and feet spread apart**
- D. Stand with your legs together and your ankles touching**

Lifting a resident from the bed to a chair safely involves utilizing proper body mechanics to protect both the resident and yourself. Holding the person close to the center of your body and bending your knees are vital components of safe lifting techniques. This approach minimizes the strain on your back and leverages the strength of your legs, which are significantly stronger than back muscles for lifting. By keeping the resident close, you maintain better control during the transfer, reducing the risk of dropping or hurting them. Using the large muscles in your back, as suggested in another choice, can lead to injury as the back muscles are not designed for lifting heavy weights. It is important to use your legs instead. Standing with straight legs and feet spread apart may provide some stability, yet it does not address the essential aspect of keeping the resident close or effectively using leg strength. Similarly, standing with legs together and ankles touching is unsafe and limits balance and stability during the lift. Therefore, option A, focusing on bending your knees and holding the person close, promotes the safest and most effective transfer technique.

4. If a client expresses feelings of being punished by God, how should the nurse aide respond?

- A. Reply, "God doesn't punish people."**
- B. Listen quietly.**
- C. Ignore the client.**
- D. Make jokes.**

Listening quietly is the appropriate response when a client expresses feelings of being punished by God. This approach allows the client to voice their feelings and concerns without interruption, validating their emotions and providing an opportunity for them to process their thoughts. Active listening is crucial in healthcare settings, as it helps build trust and rapport between the caregiver and the client. By providing a supportive and non-judgmental environment, the nurse aide encourages the client to share more about their feelings, which may lead to a deeper understanding of their emotional and psychological state. Addressing spiritual or existential concerns can be sensitive, and simply acknowledging the client's feelings by listening demonstrates respect for their experience. Engaging in a discussion or offering reassurances while they are expressing such vulnerable emotions may not be the best immediate response, as it can inadvertently shut down the conversation or lessen the significance of what the client is feeling.

5. When is it necessary for a nurse aide to wear gloves?

- A. Feeding a client
- B. Doing peri-care**
- C. Giving a back rub
- D. Doing range of motion

Wearing gloves during peri-care is essential for maintaining hygiene and preventing infection. Peri-care involves cleaning the genital and anal areas, which are at higher risk for contamination and could expose both the client and the nurse aide to bodily fluids. By wearing gloves, it helps create a barrier between the aide's skin and any potentially infectious materials, ensuring both the client's safety and the aide's protection. In contrast, while feeding a client, giving a back rub, or performing range of motion exercises may involve close contact, they do not typically involve exposure to bodily fluids or highly susceptible areas. Consequently, gloves are not always required for those activities unless specific circumstances suggest a risk of contamination or cross-infection.

6. Which temperature is considered most accurate?

- A. Oral
- B. Axillary
- C. Groin
- D. Rectal**

The rectal temperature is considered the most accurate method for measuring body temperature. This is primarily because the rectum is closer to the body's core temperature, providing a reliable representation of the internal state. Rectal measurements are less influenced by external factors such as environmental conditions or recent activity, making them a preferred option in clinical settings where precise temperature readings are crucial. Oral temperatures can be affected by recent food or drink intake and breathing patterns, while axillary (armpit) temperatures tend to be lower than core body temperature due to their placement and potential for exposure to ambient air. Groin measurements, while they can provide some useful information, are not as reliable as rectal measurements due to their potential for variation based on external influences. Hence, rectal temperatures stand out as the standard for accuracy in clinical practice.

7. What should a nurse aide do if he or she needs to wear a gown to care for a client in isolation?

- A. Wear the same gown to care for all clients**
- B. Leave the gown untied**
- C. Take off the gown before leaving the client's room**
- D. Take off the gown in the dirty utility room**

A nurse aide should take off the gown before leaving the client's room when caring for a client in isolation to ensure proper infection control practices. This action prevents the potential spread of pathogens to other areas of the healthcare facility. Isolation gowns are designed to protect both the healthcare worker and others from contamination during direct contact with a patient or their environment. By removing the gown before exiting the isolation area, the nurse aide minimizes the risk of transporting infectious agents outside of the isolated environment. Infected gowns can carry harmful bacteria or viruses, so it is crucial to dispose of them appropriately to maintain a safe and sterile healthcare setting. This approach safeguards not only the health of other patients but also the facility's staff and visitors. Proper procedures, including the correct removal and disposal of gowns, are imperative in infection control protocols.

8. What is the first action a nurse aide should take if there is no urine in a resident's urinary catheter drainage bag?

- A. Ask the resident to try urinating.**
- B. Offer the resident fluid to drink.**
- C. Check for kinks in the tubing.**
- D. Obtain a new urinary drainage bag.**

The first action a nurse aide should take when there is no urine in a resident's urinary catheter drainage bag is to check for kinks in the tubing. This is essential because kinks or obstructions in the catheter tubing can prevent urine from flowing properly into the drainage bag. By inspecting the tubing, the nurse aide can identify and resolve any issues that may be causing the blockage, ensuring the catheter functions correctly and the resident is comfortable. Addressing the issue of kinks is important before considering other actions, as simply asking the resident to try urinating or offering fluids may not resolve the underlying problem of obstruction. Additionally, obtaining a new drainage bag might be premature if the issue stems from a blockage in the existing tubing rather than a malfunction of the bag itself. Therefore, checking the tubing is a logical and effective first step in managing the situation.

9. When helping a client recovering from a stroke to walk, where should the nurse aide assist the client?

- A. On the client's strong side**
- B. On the client's weak side**
- C. From behind the client**
- D. With a wheelchair**

When assisting a client recovering from a stroke to walk, it is important to provide support on the client's weak side. This approach helps stabilize the client and encourages them to use the stronger side to bear more weight. Assisting from the weak side allows the nurse aide to offer both physical and emotional support, reassuring the client and helping them regain confidence as they walk. By supporting the weak side, the nurse aide can also effectively guide the client's movements, helping to ensure they maintain balance and reduce the risk of falls. Encouraging the client to engage their stronger side promotes better posture and a more natural walking pattern, which is essential for their rehabilitation. In contrast, other options would not effectively support the client in regaining their mobility. For instance, assisting from the strong side might lead to imbalance, while support from behind could hinder the client's ability to progress forward. Offering assistance with a wheelchair, while useful in certain scenarios, does not promote walking independence, which is a key focus of rehabilitation for stroke recovery.

10. Which of the following is not a type of health organization?

- A. A hospital**
- B. A hostel**
- C. A sub-acute care unit**
- D. An assisted-living facility**

A hostel is not classified as a type of health organization because it primarily serves as a lodging facility for travelers or individuals seeking temporary accommodation, rather than providing medical care or health services. In contrast, a hospital, a sub-acute care unit, and an assisted-living facility are all designed to support health and wellness. Hospitals provide comprehensive medical treatment; sub-acute care units offer specialized care for patients recovering from surgeries or illnesses that do not require the intensive resources of a hospital; and assisted-living facilities provide support for individuals who need help with daily activities while still maintaining some level of independence. Each of these organizations has a specific focus on health care, making them essential components of the health care system.

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://stna.examzify.com>

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

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