

State Tested Nursing Assistant (STNA) Practice Exam (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 is the most common cause of infection in health care settings?**
 - A. Viruses**
 - B. Parasites**
 - C. Fungi**
 - D. Bacteria**
- 2. The Heimlich maneuver is applied to a client who has what condition?**
 - A. A bloody nose**
 - B. A blocked airway**
 - C. Fallen out of bed**
 - D. Impaired eyesight**
- 3. What is essential to monitor when a patient is in restraints?**
 - A. The patient's diet**
 - B. The patient's skin condition**
 - C. The patient's sleep pattern**
 - D. The patient's weight changes**
- 4. What should a nurse aide do to communicate effectively with a resident who speaks a different language?**
 - A. Use pictures and gestures**
 - B. Speak softly while facing the resident**
 - C. Repeat words often for clarity**
 - D. Assume nodding indicates understanding**
- 5. Which one of the following could be considered psychological abuse?**
 - A. Handling a person roughly**
 - B. Teasing a person in a cruel way**
 - C. Failing to change wet and soiled bed linens**
 - D. Forcing another person to engage in sexual activity**

6. Regularly checking a resident's weight is primarily to monitor what aspect of their health?

- A. Growth and development**
- B. Adjustment to the facility**
- C. Nutrition and health**
- D. Activity level**

7. What is the purpose of posting "Oxygen In Use" signs for patients receiving oxygen therapy?

- A. To warn patients or residents and visitors that extra precautions are needed**
- B. For the respiratory therapist to know which rooms to check**
- C. To remind visitors that smoking is allowed only at the doorway**
- D. Because OBRA requires treatment signs at the door of all patients and residents**

8. What should the nurse aide encourage the resident to do when moving them up in bed?

- A. Position self with knees straight and bent at waist.**
- B. Use a gait or transfer belt to assist with the repositioning.**
- C. Pull the resident up holding onto one side of the drawsheet at a time.**
- D. Bend the resident's knees and ask the resident to push with his/her feet.**

9. What was the goal of the Omnibus Budget Reconciliation Act (OBRA) of 1987?

- A. To improve conditions for people in long term care facilities**
- B. To provide confident transport services for patients or residents**
- C. To ensure that the hospitals budget did not exceed a decided amount**
- D. To reconcile differences between the patients or residents of an organization and the management**

10. Which right is protected by the Health Insurance Portability and Accountability Act (HIPAA)?

- A. The right to privacy**
- B. The right to respectful care**
- C. The right to control finances**
- D. The right to information about advocacy groups**

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Answers

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

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Explanations

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1. What is the most common cause of infection in health care settings?

- A. Viruses**
- B. Parasites**
- C. Fungi**
- D. Bacteria**

The most common cause of infection in healthcare settings is bacteria. Bacterial infections can be widespread and occur in various forms, often resulting in conditions that require medical intervention. In healthcare environments, where invasive procedures, devices, and compromised immune systems are prevalent, bacteria are more likely to proliferate and cause infections. Bacteria are resilient and can survive on surfaces, making them easily transmissible through contact between healthcare workers, patients, and medical equipment. Common bacterial infections found in healthcare settings include urinary tract infections, bloodstream infections, and surgical site infections. Understanding the prominence of bacterial infections is crucial for implementing effective infection control practices to protect both patients and healthcare workers. While viruses, parasites, and fungi can also cause infections, they are not as frequently the primary sources in healthcare settings compared to bacteria.

2. The Heimlich maneuver is applied to a client who has what condition?

- A. A bloody nose**
- B. A blocked airway**
- C. Fallen out of bed**
- D. Impaired eyesight**

The Heimlich maneuver is specifically designed to assist someone who is experiencing a blocked airway, most commonly due to choking on food or another object. This technique involves abdominal thrusts that can help dislodge an obstruction from the airway, allowing the individual to breathe again. It is crucial for scenarios where a person's ability to breathe is compromised, as a blocked airway can lead to severe consequences, including loss of consciousness and inability to oxygenate the body. In contrast, the other conditions listed do not require the Heimlich maneuver. A bloody nose typically involves bleeding from the nostrils and would not necessitate such an action. Falling out of bed may require assessment for injury but does not pertain to airway obstruction. Impaired eyesight involves vision issues and would not result in choking risks, rendering the Heimlich maneuver unnecessary. Therefore, the correct application of this lifesaving technique is directly linked to an individual having a blocked airway.

3. What is essential to monitor when a patient is in restraints?

- A. The patient's diet**
- B. The patient's skin condition**
- C. The patient's sleep pattern**
- D. The patient's weight changes**

Monitoring the patient's skin condition is essential when a patient is in restraints because the use of restraints can impede circulation and create pressure points on the skin. This can lead to skin breakdown, bruising, and other complications such as pressure ulcers if the restraints are applied too tightly or for prolonged periods. Regular checks can help ensure the patient's skin remains healthy and reduce the risk of any injuries that could develop from the restraints. While monitoring other factors, such as diet, sleep patterns, or weight changes, can be important for overall patient care, they are not specifically critical in the context of restraint use. The immediate concern with restraints centers around the physical effects they can have on a patient's skin and circulation, making skin condition monitoring a priority.

4. What should a nurse aide do to communicate effectively with a resident who speaks a different language?

- A. Use pictures and gestures**
- B. Speak softly while facing the resident**
- C. Repeat words often for clarity**
- D. Assume nodding indicates understanding**

Using pictures and gestures is a valuable strategy for effective communication with a resident who speaks a different language. This approach allows for the conveyance of basic concepts and needs in a visual and physical manner that transcends language barriers. By incorporating visual aids, such as images or drawings, and using hand gestures, the nurse aide can help the resident understand important information, needs, or instructions more clearly. This method enhances comprehension and reduces the frustration that often accompanies language differences. Relying solely on verbal communication, such as speaking softly or repeating words, may not necessarily bridge the language gap, as the resident may not understand the words being spoken. Likewise, assuming that nodding indicates understanding can lead to miscommunication, as nodding may simply mean the resident is acknowledging the speaker without actually understanding the message. Therefore, using pictorial and gestural methods is a more effective way to promote understanding and ensure that the resident receives the appropriate care and support.

5. Which one of the following could be considered psychological abuse?

- A. Handling a person roughly**
- B. Teasing a person in a cruel way**
- C. Failing to change wet and soiled bed linens**
- D. Forcing another person to engage in sexual activity**

Teasing a person in a cruel way is considered psychological abuse because it inflicts emotional pain and distress, undermining an individual's dignity, self-esteem, and mental well-being. Psychological abuse can manifest through behaviors that manipulate or intimidate a person, leading to feelings of worthlessness or fear. This type of abuse can have long-lasting effects on a person's mental health. The other scenarios listed involve physical harm or neglect rather than psychological manipulation. Handling a person roughly can lead to physical injury, while failing to change wet and soiled bed linens constitutes neglect and can affect physical comfort and health. Forcing someone to engage in sexual activity is an egregious violation of consent and personal autonomy, categorized under sexual abuse rather than psychological abuse. Thus, teasing stands out as a clear example of psychological maltreatment.

6. Regularly checking a resident's weight is primarily to monitor what aspect of their health?

- A. Growth and development**
- B. Adjustment to the facility**
- C. Nutrition and health**
- D. Activity level**

Monitoring a resident's weight is primarily related to their nutrition and health. Weight can be a critical indicator of a resident's overall well-being. Changes in weight, whether loss or gain, can reflect changes in dietary intake, metabolic health, or the effectiveness of nutritional interventions. For instance, unexpected weight loss could signify potential malnutrition, underlying illnesses, or psychological issues such as depression or loss of appetite. Conversely, significant weight gain might indicate fluid retention or an increase in dietary intake that could be damaging to the resident's health. By regularly checking weight, caregivers can gather essential information that helps tailor nutritional plans to support the resident's specific needs, thereby promoting optimal health and preventing complications. In contrast, while growth and development might be significant for younger individuals, in the context of elderly residents, these factors are not as relevant. Adjustment to the facility may relate to a resident's emotional and psychological state but does not provide direct insights into their physical health status. Likewise, while activity levels can influence weight, measuring activity is distinct from monitoring weight, which directly assesses nutritional intake and health.

7. What is the purpose of posting "Oxygen In Use" signs for patients receiving oxygen therapy?

- A. To warn patients or residents and visitors that extra precautions are needed**
- B. For the respiratory therapist to know which rooms to check**
- C. To remind visitors that smoking is allowed only at the doorway**
- D. Because OBRA requires treatment signs at the door of all patients and residents**

The purpose of posting "Oxygen In Use" signs is primarily to alert patients, residents, and visitors that special precautions are necessary when oxygen therapy is being administered. This signage serves as a clear indicator that extra caution must be taken to prevent any potential fire hazards associated with oxygen. Oxygen supports combustion, so it is crucial to avoid activities like smoking or using certain electrical appliances near the oxygen supply. This awareness is important in maintaining a safe environment for everyone in the vicinity. The sign works as a visual reminder to adhere to safety protocols, thereby reducing the risk of accidents and ensuring that staff and visitors handle the situation around the patient with care and responsibility.

8. What should the nurse aide encourage the resident to do when moving them up in bed?

- A. Position self with knees straight and bent at waist.**
- B. Use a gait or transfer belt to assist with the repositioning.**
- C. Pull the resident up holding onto one side of the drawsheet at a time.**
- D. Bend the resident's knees and ask the resident to push with his/her feet.**

Encouraging the resident to bend their knees and push with their feet when moving them up in bed is effective because it utilizes the resident's own strength and mobility, promoting independence and cooperation. This method also minimizes the physical strain on the nurse aide, allowing the resident to engage in the movement process, which can enhance their confidence and comfort. By pushing with their feet, the resident can assist in transferring their body upward, making the maneuver smoother and more efficient. Additionally, this technique can decrease the risk of injury to both the resident and the aide, as it involves less lifting and supports safe body mechanics. It encourages the resident's participation in their own care, which is vital for their dignity and self-esteem. Using the resident's legs in this way can improve their sense of involvement in the task at hand.

9. What was the goal of the Omnibus Budget Reconciliation Act (OBRA) of 1987?

- A. To improve conditions for people in long term care facilities**
- B. To provide confident transport services for patients or residents**
- C. To ensure that the hospitals budget did not exceed a decided amount**
- D. To reconcile differences between the patients or residents of an organization and the management**

The goal of the Omnibus Budget Reconciliation Act (OBRA) of 1987 was primarily to improve conditions for individuals in long term care facilities, particularly nursing homes. This legislation introduced comprehensive reforms aimed at enhancing the quality of care and life for residents. Key aspects included establishing federal standards for care and requiring regular assessments of residents' needs, resulting in increased accountability and oversight of long term care facilities. OBRA aimed to ensure that residents receive proper care that meets their individual needs, thus fostering a safer and more supportive environment. It focused on preventing abuse, neglect, and exploitation, while also enhancing resident rights. The emphasis was placed on maintaining dignity, autonomy, and the overall well-being of residents in these facilities. While the other options touch on issues relevant to healthcare and patient care, they do not encapsulate the primary objectives established by OBRA, which distinctly focused on the enhancement of living conditions and regulatory standards in long term care settings.

10. Which right is protected by the Health Insurance Portability and Accountability Act (HIPAA)?

- A. The right to privacy**
- B. The right to respectful care**
- C. The right to control finances**
- D. The right to information about advocacy groups**

The Health Insurance Portability and Accountability Act (HIPAA) primarily protects the right to privacy regarding an individual's health information. This federal law was enacted to safeguard personal health information from being disclosed without the patient's consent or knowledge. By ensuring that healthcare entities maintain the confidentiality of patient data, HIPAA provides individuals with more control over their medical records and prevents unauthorized access or sharing of sensitive health information. In the context of the other options, the right to respectful care generally falls under patient rights advocated by healthcare institutions but is not specifically covered by HIPAA. Similarly, the right to control finances deals with financial management within healthcare settings, which is not the focus of HIPAA regulations. The right to information about advocacy groups pertains to resources and support available to patients but again does not directly relate to the protections offered by HIPAA. Thus, the correct answer focuses on the fundamental aspect of patient privacy that HIPAA is designed to protect.

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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