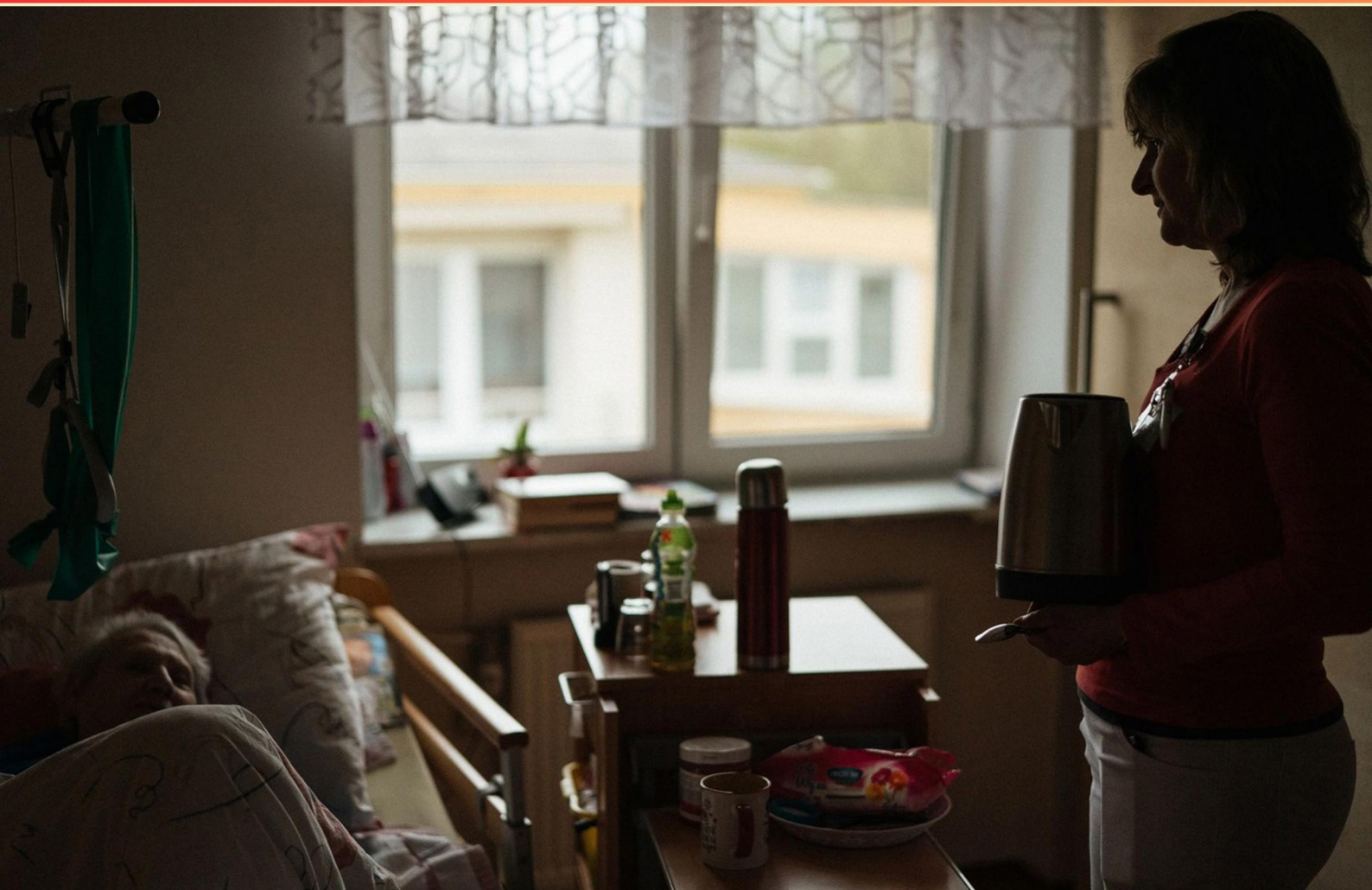


STATE TESTED NURSING ASSISTANT (STNA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. When in a conversation, which one of the following is an example of positive body language?**
 - A. Nodding encouragingly as someone speaks
 - B. Crossing your arms across your chest
 - C. Looking at the door
 - D. Avoiding eye contact

- 2. What should the nurse aide do first when getting ready to dress a client?**
 - A. Get the first clothes the nurse aide can reach in the closet.
 - B. Give the client a choice of what to wear.
 - C. Use the clothes the client wore the day before.
 - D. Choose clothes that the nurse aide personally likes.

- 3. A nursing assistant training program includes all of the following except:**
 - A. Infection control
 - B. Medication administration
 - C. Feeding techniques
 - D. Residents' rights

- 4. A resident lying in bed suddenly becomes short of breath. What is the next action the nurse aide should take after calling for help?**
 - A. Ask the resident to take deep breaths
 - B. Take the resident's vital signs
 - C. Raise the head of the bed
 - D. Elevate the resident's feet

- 5. What area of the body is affected in a person with paraplegia?**
 - A. From the waist down
 - B. From the neck down
 - C. On the left side
 - D. On the right side

- 6. For accurate weight measurement, when should a client be weighed?**
- A. After a meal
 - B. By a different nurse aide
 - C. At the same time of the day
 - D. After a good night's sleep
- 7. To help prevent resident falls, the nurse aide should?**
- A. Always raise side rails when any resident is in his/her bed.
 - B. Leave residents' bed at the lowest level when care is complete.
 - C. Encourage residents to wear larger-sized, loose-fitting clothing.
 - D. Remind residents who use call lights that they need to wait patiently for staff.
- 8. What should a nurse aide do if a client is masturbating in their room?**
- A. Report the incident to the other nurse aides.
 - B. Tell the client to stop.
 - C. Laugh and tell the client to go in the bathroom.
 - D. Leave the client alone and provide privacy.
- 9. When a nurse aide finds a conscious client lying on the bathroom floor, what is the first action to take?**
- A. Help the client into a sitting position
 - B. Call for assistance from the nurse in charge
 - C. Offer the client a drink of water
 - D. Check for signs of injury
- 10. What is the term for restoring a disabled client to the highest level of functioning?**
- A. Responsibility
 - B. Retention
 - C. Rehabilitation
 - D. Reincarnation

Answers

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

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Explanations

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1. When in a conversation, which one of the following is an example of positive body language?

- A. Nodding encouragingly as someone speaks
- B. Crossing your arms across your chest
- C. Looking at the door
- D. Avoiding eye contact

Nodding encouragingly as someone speaks is an example of positive body language because it demonstrates active listening and engagement in the conversation. This nonverbal cue shows the speaker that you are attentive and interested in what they are saying, which can foster a more open and constructive dialogue. Nodding can also convey respect and affirmation of the speaker's points, promoting a positive atmosphere during the interaction. In contrast, crossing your arms across your chest can be interpreted as a defensive or closed-off posture, signaling disinterest or resistance to the conversation. Looking at the door may indicate a desire to leave or a lack of focus on the current discussion, while avoiding eye contact can suggest discomfort, dishonesty, or disengagement, all of which contribute negatively to communication. Thus, nodding encouragingly stands out as the behavior that enhances interpersonal connection and understanding.

2. What should the nurse aide do first when getting ready to dress a client?

- A. Get the first clothes the nurse aide can reach in the closet.
- B. Give the client a choice of what to wear.
- C. Use the clothes the client wore the day before.
- D. Choose clothes that the nurse aide personally likes.

Giving the client a choice of what to wear is essential in promoting the client's autonomy and dignity. This approach acknowledges that the clothing a person wears can significantly impact their self-esteem and sense of individuality. When a client is offered a choice, it empowers them and helps maintain their independence, especially important in a healthcare setting where they may feel they have little control over their situation. Offering choices can also enhance the client's comfort and satisfaction with their appearance, which is beneficial for their overall well-being. When clients have a say in their clothing, it can improve their mood and willingness to participate in the dressing process. Therefore, providing options aligns with person-centered care, which is foundational in nursing practice. In contrast, grabbing the first clothes within reach, using previously worn clothes, or choosing attire based on the aide's personal preference disregards the client's needs and preferences, which can negatively affect their dignity and comfort.

3. A nursing assistant training program includes all of the following except:

- A. Infection control
- B. Medication administration
- C. Feeding techniques
- D. Residents' rights

Medication administration is not typically included in a nursing assistant training program because nursing assistants are not licensed to administer medications. Their primary role focuses on providing basic care and support to residents, which includes assisting with daily activities such as bathing, dressing, and feeding, as well as understanding and implementing infection control practices and respecting residents' rights. Infection control is crucial for preventing the spread of illness, feeding techniques are essential for assisting residents with meals safely and effectively, and an understanding of residents' rights is necessary to ensure that they are treated with dignity and respect. All these components align with the responsibilities of a nursing assistant, while medication administration falls under the scope of licensed nurses who have the necessary training and licensure to handle medications safely.

4. A resident lying in bed suddenly becomes short of breath. What is the next action the nurse aide should take after calling for help?

- A. Ask the resident to take deep breaths
- B. Take the resident's vital signs
- C. Raise the head of the bed**
- D. Elevate the resident's feet

When a resident suddenly becomes short of breath, the priority is to improve their breathing and comfort. Raising the head of the bed facilitates this by allowing gravity to assist with lung expansion and enhancing airflow. This position can help reduce the feeling of breathlessness and can be more comfortable for the resident. By elevating the head of the bed, the nurse aide creates a more open posture for the chest, which can alleviate the pressure on the diaphragm and promote better oxygenation. This action is essential in emergency situations, as it directly addresses the immediate symptom the resident is experiencing. Other actions, like asking the resident to take deep breaths, might not provide immediate relief and require the resident to be stable enough to cooperate comfortably. While checking vital signs is important for assessing the resident's overall condition, doing so does not address the acute problem of shortness of breath right away. Elevating the feet, on the other hand, is generally used in situations of shock or poor circulation, which does not directly support the immediate need for improved breathing in this scenario.

5. What area of the body is affected in a person with paraplegia?

- A. From the waist down**
- B. From the neck down
- C. On the left side
- D. On the right side

Paraplegia refers to the loss of movement and sensation in the lower half of the body, specifically affecting the legs and often parts of the trunk below the waist. This condition typically results from damage to the spinal cord in the thoracic, lumbar, or sacral regions. When a person experiences paraplegia, their ability to move or feel in the lower extremities is compromised, while their upper body function usually remains intact. Hence, the correct response emphasizes that the paralysis affects the area from the waist down, which is characteristic of paraplegia. The other options reflect different levels and types of paralysis: the implication of neck-down paralysis refers to quadriplegia, while side-specific paralysis does not accurately describe paraplegia, which is characterized by its bilateral effects on the lower body rather than being limited to one side.

6. For accurate weight measurement, when should a client be weighed?

- A. After a meal
- B. By a different nurse aide
- C. At the same time of the day**
- D. After a good night's sleep

Weighing a client at the same time of day is essential for providing accurate and consistent weight measurements. This practice helps to eliminate variables that could affect a person's weight, such as food and fluid intake, exercise, and daily activities. For example, weighing someone immediately after a meal could lead to results that reflect temporary weight gain from the food consumed, rather than their true body weight. Similarly, weighing at different times throughout the day can show fluctuations due to factors such as hydration or digestion. Establishing a routine for weighing clients enhances the reliability of the measurements, allowing healthcare providers to monitor any significant changes over time accurately. By following this protocol, nursing assistants contribute to better patient care and more effective health assessments.

7. To help prevent resident falls, the nurse aide should?

- A. Always raise side rails when any resident is in his/her bed.
- B. Leave residents' bed at the lowest level when care is complete.**
- C. Encourage residents to wear larger-sized, loose-fitting clothing.
- D. Remind residents who use call lights that they need to wait patiently for staff.

Leaving residents' bed at the lowest level when care is complete is an effective strategy to help prevent falls. This practice minimizes the distance a resident might fall if they attempt to get out of bed independently. A lower bed height can enhance safety, especially for residents who are unsteady or at a higher risk of falling. In addition, having the bed at a lower position makes it easier for staff to assist residents in and out of bed and reduces the risk of injury for both the resident and the caregiver. It's important for nursing aides to prioritize safety in their environment, and managing bed height is a key part of that strategy. While other options may seem relevant to fall prevention, they do not address the immediate physical risk associated with the positioning of the bed. For instance, raising side rails can sometimes lead to a sense of confinement or can be misinterpreted by residents as a signal that they should try to climb over them. Encouraging loose-fitting clothing may not directly contribute to safety, and reminding residents to wait for staff could imply they need to manage on their own, which could be detrimental for those who are at high risk for falls.

8. What should a nurse aide do if a client is masturbating in their room?

- A. Report the incident to the other nurse aides.
- B. Tell the client to stop.
- C. Laugh and tell the client to go in the bathroom.
- D. Leave the client alone and provide privacy.**

When a client is engaging in masturbation in their room, the appropriate response is to leave the client alone and provide privacy. This reflects an understanding of the client's right to privacy and autonomy, even in situations that may feel uncomfortable for caregivers. Individuals have personal needs, and sexual expression, including masturbation, is a natural behavior. In healthcare settings, it's essential to create an environment that respects the clients' dignity. By allowing the client to have privacy, a nurse aide accommodates their personal needs while also maintaining professional boundaries. Additionally, intervening by telling the client to stop, attempting to redirect them to a bathroom, or discussing the situation with other aides can lead to feelings of shame or embarrassment for the client. Such responses can violate their personal rights and may constitute unprofessional conduct. It's important to maintain a respectful and non-judgmental approach in all aspects of caregiving.

9. When a nurse aide finds a conscious client lying on the bathroom floor, what is the first action to take?

- A. Help the client into a sitting position
- B. Call for assistance from the nurse in charge**
- C. Offer the client a drink of water
- D. Check for signs of injury

When a nurse aide encounters a conscious client lying on the bathroom floor, the first action that should be taken is to call for assistance from the nurse in charge. This step is crucial because the situation may indicate that the client could be injured or require medical evaluation. Involving a nurse ensures that the situation is assessed properly with professional guidance and that necessary medical protocols are followed. In a healthcare setting, calling for help allows trained personnel to respond promptly and effectively, which is vital for the client's safety and well-being. The nurse may have the expertise and resources to provide immediate care or determine the next steps, such as assessing the client or deciding if emergency services are needed. While checking for signs of injury is also important, this action should be completed after ensuring that help is on the way. Offering a drink of water or helping the client into a sitting position might not be appropriate until a thorough evaluation is conducted, as these actions could exacerbate any potential injuries and put the client at further risk. Calling for assistance prioritizes the safety of both the client and the aide by involving professional support in a potentially hazardous situation.

10. What is the term for restoring a disabled client to the highest level of functioning?

- A. Responsibility
- B. Retention
- C. Rehabilitation**
- D. Reincarnation

Rehabilitation is the term used to describe the process of restoring a disabled client to the highest level of functioning. This concept encompasses a variety of therapies and support systems designed to help individuals regain their independence and improve their quality of life. Rehabilitation may involve physical therapy, occupational therapy, speech therapy, and psychological support, tailored to address the specific needs of the individual. This multifaceted approach aims to not only recover lost skills but also to enhance overall well-being and capability, facilitating a return to daily activities and personal goals. By focusing on individual strengths and challenges, rehabilitation empowers clients to achieve the best possible outcomes after experiencing a disability or health setback.

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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