

STNA Practice Test Questions and Answers

1. What is a contracture?

- A) An abnormal increase in joint range of motion
- B) A permanent shortening of muscle or connective tissue causing restricted joint movement
- C) A type of muscle spasm that resolves within 24 hours
- D) Swelling in a joint caused by overuse

2. Which practice violates standard precautions?

- A) Wearing gloves when handling soiled linens
- B) Recapping a used needle by hand
- C) Disposing of sharps in a puncture-resistant container
- D) Washing hands after removing gloves

3. Which item should be placed in a biohazard bag?

- A) An unused meal tray
- B) Soiled linens with blood
- C) An empty medication cup
- D) A used paper towel from handwashing

4. When should gloves be changed during patient care?

- A) Only after leaving the patient's room
- B) Between tasks when moving from a contaminated to a clean body site on the same patient
- C) Once per shift regardless of tasks performed
- D) Only when visibly soiled

Answers: 1-B 2-B 3-B 4-B

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