

# 402 Fundamentals Exam 1 Practice (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. Which of the following is a heat loss mechanism described in the material?**
  - A. Evaporation of sweat**
  - B. Metabolic heat generation**
  - C. Shivering**
  - D. Vasoconstriction**
  
- 2. Which statement best defines deductive reasoning in nursing?**
  - A. One examines a general idea and then considers specific actions or ideas**
  - B. One builds from specific ideas to general conclusions**
  - C. Focus on understanding patient experiences and health behaviors**
  - D. Documents care through the nursing process**
  
- 3. What mechanisms are responsible for short-term regulation of blood pressure?**
  - A. Neural or humoral**
  - B. Renal filtration changes**
  - C. Long-term regulatory hormones only**
  - D. Mechanical compression**
  
- 4. What is the correct formulation of a nursing diagnosis?**
  - A. problem label; etiology; defining characteristics**
  - B. problem label; etiology**
  - C. etiology; problem label; defining characteristics**
  - D. defining characteristics; problem label; etiology**
  
- 5. Which individual played a pivotal role in humanitarian aid and disaster relief in the United States?**
  - A. Clara Barton**
  - B. Margaret Sanger**
  - C. Linda Richards**
  - D. Mary Mahoney**

- 6. Which standards must nurses follow when identifying outcomes and planning patient care?**
- A. The Law; Specialty Professional Organizations; The Joint Commission; Agency for Healthcare Research and Quality (AHRQ); Your Employer**
  - B. The Law; The Joint Commission; Agency for Healthcare Research and Quality (AHRQ)**
  - C. Specialty Professional Organizations; The Joint Commission; Agency for Healthcare Research and Quality (AHRQ); Your Employer**
  - D. The Law; The Joint Commission; Your Employer**
- 7. Which collection of portals of exit is correct?**
- A. Respiratory; Gastrointestinal; Genitourinary tracts; Breaks in skin; Blood and tissue**
  - B. Respiratory only**
  - C. Gastrointestinal only**
  - D. Skin only**
- 8. Standard precautions require which practice?**
- A. Hand hygiene protocol**
  - B. Use of sterile gloves for all procedures**
  - C. Isolation of all patients**
  - D. Sterile technique for all procedures**
- 9. Which statement best describes descriptive nursing theory?**
- A. Focus on understanding and describing the what, how, and why of phenomena such as patient experiences and cultural impacts**
  - B. Focus on predicting health outcomes using statistics**
  - C. Prescribes nursing interventions for diseases**
  - D. It is primarily about pharmacology in nursing**

**10. What is controlled by respiratory centers in the medulla and pons?**

- A. Rate and depth of breathing**
- B. Heart rate**
- C. Blood pressure**
- D. Tidal volume only**

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## Answers

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

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## **Explanations**

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**1. Which of the following is a heat loss mechanism described in the material?**

- A. Evaporation of sweat**
- B. Metabolic heat generation**
- C. Shivering**
- D. Vasoconstriction**

Evaporation of sweat is a heat loss mechanism because when sweat evaporates from the skin, it absorbs a large amount of heat from the body to change liquid water into vapor. This latent heat of vaporization provides a powerful cooling effect, helping to lower body temperature during exercise or heat exposure. In contrast, metabolic heat generation increases internal heat production, shivering boosts heat through muscle activity, and vasoconstriction reduces heat loss by narrowing skin blood vessels. So the sweating process is the key way the body actively loses heat.

**2. Which statement best defines deductive reasoning in nursing?**

- A. One examines a general idea and then considers specific actions or ideas**
- B. One builds from specific ideas to general conclusions**
- C. Focus on understanding patient experiences and health behaviors**
- D. Documents care through the nursing process**

Deductive reasoning in nursing means starting with a general principle or rule and applying it to a specific patient situation. The statement that describes examining a general idea and then considering specific actions or ideas best captures this flow: you take a broad concept, such as “infections typically cause fever and increased white blood cells,” and use that to decide what specific tests or treatments to pursue for this patient. This contrasts with inductive reasoning, which moves from specific observations to general conclusions. The other statements describe different aspects of practice—not the direction of reasoning. For example, focusing on understanding patient experiences relates to empathy and qualitative understanding, and documenting care through the nursing process is about record-keeping and care planning. A concrete example: if the general rule is that fever can indicate infection, you assess for infection signs, order appropriate tests, and initiate treatment per protocol.

### 3. What mechanisms are responsible for short-term regulation of blood pressure?

- A. Neural or humoral**
- B. Renal filtration changes**
- C. Long-term regulatory hormones only**
- D. Mechanical compression**

Short-term blood pressure regulation relies on rapid neural and humoral mechanisms that quickly adjust heart function and vascular tone. Baroreceptors in the carotid sinuses and aortic arch sense pressure changes and send fast signals to the brainstem, which modulates autonomic outflow. Increasing sympathetic activity raises heart rate, contractility, and vasoconstriction, raising blood pressure; reducing sympathetic activity and enhancing parasympathetic influence lowers it. In parallel, humoral signals provide quick counter-regulation: catecholamines from the adrenal medulla surge to boost cardiac output and cause vasoconstriction, while other fast-acting factors like vasopressin and angiotensin II can tighten vessels and influence circulating volume acutely. All of this happens within seconds to minutes to keep blood pressure stable during posture changes or activity. Renal filtration changes and long-term regulatory hormones primarily affect blood pressure over hours to days by adjusting blood volume and electrolyte balance, so they are not the main drivers of short-term regulation. Mechanical compression is not a primary physiological mechanism for normal short-term BP control.

### 4. What is the correct formulation of a nursing diagnosis?

- A. problem label; etiology; defining characteristics**
- B. problem label; etiology**
- C. etiology; problem label; defining characteristics**
- D. defining characteristics; problem label; etiology**

The statement for a nursing diagnosis should present the problem first, then the factor contributing to it, and finally the supporting evidence. This order—problem label, etiology, and defining characteristics—clearly shows what is wrong, why it is happening, and how we know it is happening from the patient's data. The problem label identifies the specific nursing diagnosis itself. The etiology (related to) explains the cause or contributing factor behind the problem. The defining characteristics (as evidenced by) are the assessment findings, symptoms, or signs that confirm the diagnosis. For example: Impaired gas exchange related to pneumonia as evidenced by dyspnea, restlessness, tachypnea, and low oxygen saturation. If the elements were jumbled, the linkage between the problem and its cause wouldn't be as clear, or the evidence wouldn't be tied to a specific underlying issue. So the best and most useful formulation follows the problem label; etiology; defining characteristics order.

**5. Which individual played a pivotal role in humanitarian aid and disaster relief in the United States?**

- A. Clara Barton**
- B. Margaret Sanger**
- C. Linda Richards**
- D. Mary Mahoney**

Recognizing a pioneer who built organized humanitarian aid and disaster relief in the United States helps distinguish who turned compassionate care into structured service. Clara Barton's Civil War nursing work showed the power of organized care on the battlefield, and her efforts didn't stop there. She founded the American Red Cross in 1881, creating a national framework to gather volunteers, supplies, and expertise to respond to disasters at home—fires, floods, and other emergencies—long after wars ended. That institutional approach to civilian relief became a lasting model for how the United States handles disaster response, making her role pivotal. The other figures are notable in nursing and public health, but their main legacies lie in nursing education or women's rights rather than leading national disaster relief initiatives. Therefore, Clara Barton is the best choice.

**6. Which standards must nurses follow when identifying outcomes and planning patient care?**

- A. The Law; Specialty Professional Organizations; The Joint Commission; Agency for Healthcare Research and Quality (AHRQ); Your Employer**
- B. The Law; The Joint Commission; Agency for Healthcare Research and Quality (AHRQ)**
- C. Specialty Professional Organizations; The Joint Commission; Agency for Healthcare Research and Quality (AHRQ); Your Employer**
- D. The Law; The Joint Commission; Your Employer**

Care planning and identifying outcomes must align with multiple, binding sources that shape nursing practice: legal requirements (such as Nurse Practice Acts and patient rights), professional standards set by specialty organizations, accreditation standards from bodies like The Joint Commission, evidence-based guidelines and quality measures from AHRQ, and the policies and procedures established by the employer. This combination ensures that care is legally compliant, ethically sound, standardized, and based on current evidence while reflecting the specific setting's rules. Any single source alone might miss an essential element—law ensures legality, specialty organizations define expected practices, The Joint Commission provides recognized quality standards, AHRQ offers up-to-date evidence, and employer policies translate all of this into actionable steps in a given workplace.

**7. Which collection of portals of exit is correct?**

- A. Respiratory; Gastrointestinal; Genitourinary tracts; Breaks in skin; Blood and tissue**
- B. Respiratory only**
- C. Gastrointestinal only**
- D. Skin only**

Portals of exit are the routes pathogens use to leave a host and reach new people. The major exits include the respiratory tract (droplets from coughing, sneezing, or talking), the gastrointestinal tract (vomit or feces), the genitourinary tract (urine and genital secretions), breaks in the skin (wounds or ulcers), and blood or tissue (bloodborne or tissue fluids). This broad set captures the common ways infections are transmitted in real life. Limiting exit to just one system, as some options do, misses other important routes and isn't sufficient to describe how pathogens spread.

**8. Standard precautions require which practice?**

- A. Hand hygiene protocol**
- B. Use of sterile gloves for all procedures**
- C. Isolation of all patients**
- D. Sterile technique for all procedures**

Hand hygiene is the foundation of standard precautions because it stops the transmission of germs before any patient contact or after contact with potentially contaminated surfaces. Cleaning hands before touching a patient, after touching a patient or their environment, after removing gloves, and whenever they're visibly dirty dramatically reduces the spread of infections. Use an alcohol-based hand rub when hands aren't visibly dirty; wash with soap and water if hands are dirty or after exposure to organisms like *C. difficile*. The other options describe practices that aren't required for every patient interaction under standard precautions. Sterile gloves for all procedures isn't necessary for routine care and gloves don't replace the need for proper hand hygiene. Isolation of all patients isn't practical or indicated for standard precautions, which apply to all patients regardless of infection status. Sterile technique for all procedures is reserved for specific invasive or surgical procedures, not all routine care.

**9. Which statement best describes descriptive nursing theory?**

- A. Focus on understanding and describing the what, how, and why of phenomena such as patient experiences and cultural impacts**
- B. Focus on predicting health outcomes using statistics**
- C. Prescribes nursing interventions for diseases**
- D. It is primarily about pharmacology in nursing**

Descriptive nursing theory is about describing phenomena—what exists, how it presents, and why it matters—often focusing on patient experiences and cultural influences on care. This makes the statement about understanding and describing the what, how, and why of phenomena such as patient experiences and cultural impacts the best fit. The other options shift toward predicting outcomes with statistics, prescribing interventions for diseases, or focusing on pharmacology, which are not the aim of descriptive theory.

**10. What is controlled by respiratory centers in the medulla and pons?**

- A. Rate and depth of breathing**
- B. Heart rate**
- C. Blood pressure**
- D. Tidal volume only**

The respiratory centers in the medulla and pons set how often you breathe and how deeply you breathe. They act together as the rhythm generator for breathing, with the dorsal respiratory group promoting inspiration and the ventral group contributing to expiration, while the pontine centers fine-tune the pattern. This network adjusts both the rate (breaths per minute) and the depth (tidal volume) in response to chemical feedback (CO<sub>2</sub>, O<sub>2</sub>, pH) and other signals to meet the body's needs. That's why the best answer is rate and depth of breathing. The other options involve controls outside this respiratory rhythm generator: heart rate and blood pressure are managed by cardiovascular centers, and saying tidal volume only would ignore changes in how often you breathe.

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## 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://402fundamentals1.examzify.com>**

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

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