

402 FUNDAMENTALS EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which aspect of patient data focuses on social and psychological factors?

- A. Neurologic
- B. Psychosocial
- C. Cardiovascular
- D. Genitourinary

2. Which step initiates the process of improving performance?

- A. Discover a problem
- B. Plan a strategy using indicators
- C. Implement a change
- D. Assess the change

3. To evaluate affective outcomes, which approach is used?

- A. Observe Patient Behavior and Conversation
- B. Ask Patient to Perform a Task
- C. Use Physical Assessment
- D. Review Lab Results

4. Which component identifies factors maintaining the unhealthy state; 'related to...' ?

- A. Etiology
- B. Nursing diagnosis
- C. Diagnosis/problem label
- D. Defining characteristics

5. Which organisms live on or in a host and rely on it for nourishment?

- A. Parasites
- B. Virus
- C. Bacteria
- D. Fungi

- 6. Clean technique to reduce the number of pathogens, including hand hygiene and wearing gloves is called**
- A. Medical asepsis
 - B. Surgical asepsis
 - C. Sterilization
 - D. Disinfection
- 7. Which statement best describes a disease that continuously exists in a population at a relatively constant frequency?**
- A. Endemic
 - B. Epidemic
 - C. Pandemic
 - D. Sporadic
- 8. Who is known as founder of Planned Parenthood?**
- A. Margaret Sanger
 - B. Linda Richards
 - C. Florence Nightingale
 - D. Mary Breckinridge
- 9. Which of the following is a factor affecting infection risk?**
- A. Intact skin and mucous membranes
 - B. Water filtration
 - C. Exercise routine
 - D. Sleep pattern
- 10. Which historical figure is credited with establishing the first formal nurse training school and writing about nursing education?**
- A. Florence Nightingale
 - B. Clara Barton
 - C. Linda Richards
 - D. Mary Mahoney

Answers

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1. B
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 aspect of patient data focuses on social and psychological factors?

- A. Neurologic
- B. Psychosocial**
- C. Cardiovascular
- D. Genitourinary

The concept being tested is which data domain covers social and psychological factors. Psychosocial data specifically includes mental health, emotions, behavior, and the social context a patient lives in—things like support networks, stress, coping styles, cultural beliefs, and socioeconomic conditions. These elements influence how a disease manifests, how a patient copes with treatment, and overall health outcomes. In contrast, neurologic data focuses on the nervous system and brain function, cardiovascular data on the heart and vessels, and genitourinary data on the urinary and reproductive systems. Because social and psychological factors are central to the psychosocial domain, that is the best fit.

2. Which step initiates the process of improving performance?

- A. Discover a problem**
- B. Plan a strategy using indicators
- C. Implement a change
- D. Assess the change

Recognizing a performance gap starts the improvement process. When you notice something isn't meeting expectations, you first define what success would look like and gather data to understand the current state. That discovery shapes everything that comes next: it shows which indicators to track, clarifies the scope, and points to where a change is needed. With a clear problem identified, you plan a strategy using those indicators, then implement the change, and finally assess the results to decide what to adjust next. Without first discovering the problem, efforts can drift and miss the real issue.

3. To evaluate affective outcomes, which approach is used?

- A. Observe Patient Behavior and Conversation**
- B. Ask Patient to Perform a Task
- C. Use Physical Assessment
- D. Review Lab Results

Affective outcomes are about how a patient feels, their attitudes, and emotional responses. The best way to gauge this is by observing the patient's behavior and listening to their conversation, which reveals mood, engagement, and emotional reactions in real-life contexts. Nonverbal cues, tone of voice, and how they talk about their care provide direct insight into their affective state. Asking someone to perform a task mainly checks skill or cognitive ability, not feelings. Physical assessment and reviewing lab results focus on physiological or biological status, not emotional or attitudinal responses.

4. Which component identifies factors maintaining the unhealthy state; 'related to...' ?

- A. Etiology**
- B. Nursing diagnosis
- C. Diagnosis/problem label
- D. Defining characteristics

The main idea here is that the "related to" part of a nursing diagnosis points to the etiology—the factors that cause and sustain the unhealthy state. In practice, the etiology links the problem to its underlying contributors, whether they're physiological, environmental, or psychosocial, and it helps guide what to address in care. The nursing diagnosis label identifies what the problem is, while the defining characteristics are the signs and symptoms that show the problem is present. Those parts don't specify what keeps the condition going. So the best answer is etiology because it names the contributing factors maintaining the unhealthy state.

5. Which organisms live on or in a host and rely on it for nourishment?

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

Parasites are organisms that live on or inside another organism, the host, and depend on the host for nutrients and energy. This relationship, called parasitism, means the parasite derives nourishment from the host while often harming it. Examples include tapeworms in the gut or lice on the skin. Viruses don't feed on the host in the same way; they need host cells to replicate and use the host's machinery rather than drawing nourishment from the host as a resource they consume themselves. Bacteria and fungi can be free-living or opportunistic parasites, but the defining idea here is the reliance on the host for sustenance, which is precisely what parasites do.

6. Clean technique to reduce the number of pathogens, including hand hygiene and wearing gloves is called

- A. Medical asepsis**
- B. Surgical asepsis
- C. Sterilization
- D. Disinfection

Medical asepsis is the approach that aims to reduce the number of pathogens and prevent their spread through clean techniques. Hand hygiene and wearing gloves are foundational practices in this approach, helping lower infection risk during routine care without aiming for a completely sterile environment. Surgical asepsis, by contrast, seeks a completely sterile field and the elimination of all microorganisms during procedures. Sterilization is the process of destroying all life forms, including spores. Disinfection lowers the number of pathogens on surfaces but does not achieve the level of cleanliness required for medical asepsis.

7. Which statement best describes a disease that continuously exists in a population at a relatively constant frequency?

- A. Endemic**
- B. Epidemic
- C. Pandemic
- D. Sporadic

This item tests how disease frequency in a population is described over time. When a disease is always present at a relatively stable level in a population, we call it endemic. The background level persists year after year, with only modest fluctuations due to factors like seasonality or changing immunity. For example, a region with constant, ongoing transmission of malaria reflects an endemic pattern, where cases are expected to occur regularly rather than disappearing. By contrast, an epidemic occurs when cases surge above the expected baseline in a specific area for a period of time, while a pandemic means that surge spans multiple regions or countries. Sporadic describes isolated, irregular cases with no sustained transmission. So the description of continuous existence at a relatively constant frequency fits endemic.

8. Who is known as founder of Planned Parenthood?

- A. Margaret Sanger**
- B. Linda Richards
- C. Florence Nightingale
- D. Mary Breckinridge

The main idea is identifying who started the Planned Parenthood movement and organization. Margaret Sanger was a pioneering advocate for birth control, opening the first birth control clinic in 1916 and founding the American Birth Control League in 1921. That League later evolved into the Planned Parenthood Federation of America, making her the key figure associated with the founding and early development of Planned Parenthood. The other names are notable in nursing history and not connected to the founding of Planned Parenthood.

9. Which of the following is a factor affecting infection risk?

- A. Intact skin and mucous membranes**
- B. Water filtration
- C. Exercise routine
- D. Sleep pattern

The main idea is that infection risk is greatly reduced by the body's first line of defense: intact barriers to entry. The skin and mucous membranes form a physical and chemical shield that prevents most microbes from entering the body. When these barriers are intact, pathogens have a hard time gaining a foothold. If the skin is broken or mucous membranes are damaged—through cuts, burns, ulcers, or invasive devices—the entry points for microbes open up, substantially increasing infection risk. Other factors can influence infection risk in related ways, but they don't provide the same direct barrier. Environmental controls like water filtration reduce exposure to pathogens in the surroundings. Regular exercise and adequate sleep can support overall immune function, which affects how the body handles infections, but they are not the immediate entry-point barrier that prevents infection in the same way intact skin and mucous membranes are.

10. Which historical figure is credited with establishing the first formal nurse training school and writing about nursing education?

A. Florence Nightingale

B. Clara Barton

C. Linda Richards

D. Mary Mahoney

*The main idea here is identifying who moved nursing toward formal education and professional standards by creating an actual school for training nurses and by writing about how nursing should be taught. Florence Nightingale established the first formal nurse training school—the Nightingale Training School for Nurses at St Thomas' Hospital in London in 1860—introducing a structured curriculum and clinical instruction that standardized how nurses are trained. She also wrote influential works on nursing education, such as *Notes on Nursing: What It Is and What It Is Not*, which argued for educated practice, sanitation, and consistent care. This combination of formal training and educational writing set the pattern for modern nursing education. The other figures contributed in important ways to nursing and care, but they did not establish the first formal nurse training school.*

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://402fundamentals1.examzify.com>

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

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