

Adult-Gerontology Clinical Nurse Specialist (CNS) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What is the term for unintended harm caused by medical care rather than a patient's underlying condition?**
 - A. Adverse event**
 - B. Quality and safety miscalculation**
 - C. Sentinel event**
 - D. Hostile error**
- 2. When both parties in a conflict actively seek solutions for mutual satisfaction, this is referred to as?**
 - A. Accommodation**
 - B. Compromise**
 - C. Collaboration**
 - D. Avoidance**
- 3. For patients unable to take medication, which therapeutic option provides relief from depressive symptoms?**
 - A. Light therapy.**
 - B. Non-steroidal anti-inflammatory drugs.**
 - C. Herbal supplements.**
 - D. Electroconvulsive therapy.**
- 4. What term is used for outcomes that are measurable, desirable, and observable?**
 - A. Behavioral outcomes**
 - B. Expected outcomes**
 - C. Research-based outcomes**
 - D. Opposing outcomes**
- 5. To protect against developing cataracts, Chuck might be encouraged to consume which of the following?**
 - A. Iron**
 - B. Calcium**
 - C. Antioxidants**
 - D. Lecithins**

- 6. What is not considered a risk factor for breast cancer in a 55-year-old female?**
- A. Age over 50**
 - B. Two or more first-degree relatives with breast cancer**
 - C. Early menopause**
 - D. Nulliparity**
- 7. What term describes the total amount of income anticipated during a defined period?**
- A. Net income**
 - B. Operating income**
 - C. Capital income**
 - D. Revenue**
- 8. Which of the following classifications of pain is NOT recognized?**
- A. Duration**
 - B. Predictability**
 - C. Etiology**
 - D. Intensity**
- 9. What theory of aging suggests that the aging process decreases T cells resulting in a rise in infection incidence?**
- A. Activity theory**
 - B. Free-radical theory**
 - C. Immune theory**
 - D. Wear-and-tear theory**
- 10. What type of research is being encouraged to implement evidence-based interventions in practice?**
- A. Clinical research**
 - B. Translational research**
 - C. Historical research**
 - D. Selective research**

Answers

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

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Explanations

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1. What is the term for unintended harm caused by medical care rather than a patient's underlying condition?

- A. Adverse event**
- B. Quality and safety miscalculation**
- C. Sentinel event**
- D. Hostile error**

The term for unintended harm caused by medical care rather than a patient's underlying condition is indeed adverse event. An adverse event encompasses any undesirable experience associated with the use of a medical product or intervention that may or may not result in patient harm. This includes incidents where harm occurs due to the act of providing care or treatment, rather than as a result of the patient's existing illness or condition. Understanding the implications of an adverse event is crucial for healthcare professionals, as it highlights the need for continuous quality improvement, patient safety measures, and the assessment of healthcare delivery methods. Identifying and categorizing adverse events can lead to improved protocols and education aimed at preventing similar occurrences in the future. In contrast, other terms such as sentinel event refer to a specific type of adverse event that results in death or serious physical or psychological injury, which requires immediate investigation. "Quality and safety miscalculation" isn't a standard term recognized in the context of patient safety, and "hostile error" is not commonly used in professional literature regarding patient harm or care; it does not reflect the nuances of patient safety terminology. Understanding these distinctions helps clinicians recognize the broader category of care-related incidents while focusing on those that pose the most significant risks to patient wellbeing.

2. When both parties in a conflict actively seek solutions for mutual satisfaction, this is referred to as?

- A. Accommodation**
- B. Compromise**
- C. Collaboration**
- D. Avoidance**

Collaboration is the approach where both parties actively engage in the conflict resolution process, striving for solutions that satisfy the needs and interests of everyone involved. This method emphasizes open communication, understanding differing perspectives, and creating a solution that benefits all parties rather than settling for a half-hearted resolution. This approach is particularly effective in situations where a strong relationship is desired, and it fosters teamwork and trust. In a collaborative environment, individuals are encouraged to share their thoughts freely, which can lead to innovative solutions that might not have been considered in a more competitive or adversarial approach. The other options refer to different conflict resolution strategies. Accommodation involves one party yielding to the other, which may leave the accommodating party dissatisfied. Compromise reflects a give-and-take approach where both parties make concessions, potentially leaving both sides unsatisfied with the outcome. Avoidance means not addressing the conflict, which can lead to unresolved issues and tension over time. Therefore, collaboration stands out as the most constructive and progressive method for resolving conflicts effectively.

3. For patients unable to take medication, which therapeutic option provides relief from depressive symptoms?

A. Light therapy.

B. Non-steroidal anti-inflammatory drugs.

C. Herbal supplements.

D. Electroconvulsive therapy.

Electroconvulsive therapy (ECT) is a highly effective treatment option for individuals who cannot take medications due to various reasons, such as severe side effects or contraindications with other health conditions. ECT involves the application of electrical currents to the brain, which induces a controlled seizure and can lead to significant improvements in depressive symptoms, particularly in cases of major depressive disorder, treatment-resistant depression, or depression with psychotic features. This therapeutic approach has a well-established efficacy, especially for severe depression where rapid intervention is needed. ECT can lead to quick symptom relief compared to traditional antidepressant medications, which often take weeks to start working. Additionally, ECT is considered safe for many patients, including those with comorbidities that might complicate pharmacotherapy. Other options, while potentially beneficial in certain contexts, do not demonstrate the same level of efficacy or appropriateness for all patients unable to take medication. For instance, light therapy is typically used for seasonal affective disorder and may not be effective for all types of depression. Non-steroidal anti-inflammatory drugs primarily target pain and inflammation rather than depressive symptoms, while herbal supplements lack robust evidence and can carry risks of interactions or side effects. Thus, ECT stands out as a viable option for those with

4. What term is used for outcomes that are measurable, desirable, and observable?

A. Behavioral outcomes

B. Expected outcomes

C. Research-based outcomes

D. Opposing outcomes

The term that refers to outcomes that are measurable, desirable, and observable is known as expected outcomes. Expected outcomes serve as clear indicators of the objectives that healthcare professionals aim to achieve through their interventions and care plans. These outcomes provide a standard against which patient progress can be assessed, ensuring that care is both goal-oriented and effective. In the context of nursing and healthcare, having expected outcomes allows for the establishment of a clear framework for evaluating the success of interventions, making it possible to adjust care plans as necessary based on observed patient responses. This focus on measurable and observable outcomes not only aids in accountability but also enhances patient care by ensuring that all healthcare team members are aligned in their goals for the patient. Behavioral outcomes, while they may also be measurable and observable, specifically refer to changes in a patient's behavior rather than a broader set of outcome criteria. Research-based outcomes pertain to results derived from scientific studies and may not always align with individual patient goals. Opposing outcomes do not hold meaning within the context of defining or assessing measurable results in healthcare. Therefore, the specificity and applicability of expected outcomes make it the most appropriate term for defining desirable and measurable results in clinical practice.

5. To protect against developing cataracts, Chuck might be encouraged to consume which of the following?

A. Iron

B. Calcium

C. Antioxidants

D. Lecithins

Consuming antioxidants is particularly beneficial for protecting against cataracts due to their ability to combat oxidative stress in the body. Oxidative stress refers to the damage caused by free radicals, which are unstable molecules that can harm cells and tissues, including the lenses of the eyes. Antioxidants, such as vitamins C and E, beta-carotene, and other phytochemicals, have been shown to neutralize free radicals, thus potentially reducing the risk of cataract formation. Research indicates that diets rich in antioxidants may help maintain eye health and prevent cataracts, making the consumption of these nutrients a key recommendation for individuals looking to safeguard their eyesight. While iron, calcium, and lecithins are essential nutrients for overall health, they are not specifically linked to the prevention of cataracts in the same robust manner that antioxidants are.

6. What is not considered a risk factor for breast cancer in a 55-year-old female?

A. Age over 50

B. Two or more first-degree relatives with breast cancer

C. Early menopause

D. Nulliparity

In considering risk factors for breast cancer, early menopause is not typically recognized as a contributing factor. In fact, early menopause is associated with a decreased risk of breast cancer because it reduces the duration of estrogen exposure over a woman's lifetime. Estrogen plays a significant role in promoting the growth of certain types of breast cancer cells; thus, a shorter exposure to estrogen may lead to lower risk. In contrast, age over 50 is a well-established risk factor, as breast cancer incidence increases significantly with age, particularly in women over 55. The presence of two or more first-degree relatives with a history of breast cancer represents a strong genetic predisposition, increasing the likelihood of developing the condition. Additionally, nulliparity, or having no children, has been linked to elevated breast cancer risk due to prolonged estrogen exposure without the protective effects of pregnancy, which can alter hormonal levels. Understanding these factors is crucial in risk assessment and can guide recommendations for screening and preventive measures for women who may have elevated risk based on their personal and family histories.

7. What term describes the total amount of income anticipated during a defined period?

- A. Net income**
- B. Operating income**
- C. Capital income**
- D. Revenue**

The term that accurately describes the total amount of income anticipated during a defined period is revenue. Revenue represents the total earnings generated from an entity's business activities before any deductions, such as expenses and taxes, are taken into account. It reflects the inflow of economic benefits resulting from the sale of goods and services, making it a crucial metric for assessing a company's financial performance. In contrast, net income refers to the profit remaining after all expenses have been subtracted from total revenue, while operating income pertains specifically to the income generated from core business operations, excluding non-operational income or expenses. Capital income typically relates to earnings derived from investments or asset sales rather than ongoing business activities. Therefore, revenue is the most appropriate term for capturing the total anticipated income over a specified timeframe.

8. Which of the following classifications of pain is NOT recognized?

- A. Duration**
- B. Predictability**
- C. Etiology**
- D. Intensity**

Understanding the classifications of pain is essential in providing effective patient care. The classification based on predictability is not commonly recognized as a standalone category in pain assessment. Typically, pain is classified according to duration (acute vs. chronic), etiology (nociceptive, neuropathic, or psychogenic), and intensity (mild, moderate, or severe). Duration refers to how long the pain lasts and distinguishes between acute and chronic pain. Etiology addresses the underlying cause of the pain, while intensity measures the severity of pain experienced. These classifications are well-established in clinical practice, helping healthcare providers assess and manage pain appropriately. In contrast, predictability, while it may influence a patient's experience, is not formally recognized as a classification of pain in the same structured manner as the other categories. This limitation indicates that while predictability can provide additional context around pain experiences, it does not serve as a primary classification for diagnostic or treatment purposes.

9. What theory of aging suggests that the aging process decreases T cells resulting in a rise in infection incidence?

- A. Activity theory**
- B. Free-radical theory**
- C. Immune theory**
- D. Wear-and-tear theory**

The immune theory of aging, also known as the immunosenescence theory, posits that as individuals age, there is a gradual decline in the function of the immune system, particularly impacting T cells, which are crucial for orchestrating the immune response. This decline results in a weakened immune response, making older adults more susceptible to infections and illnesses. The aging process leads to various changes within the immune system, including reduced production of new T cells in the thymus, diminished response to vaccines, and a higher incidence of chronic inflammation. These factors collectively contribute to the increased vulnerability to infections in the elderly population. By understanding the immune theory, healthcare professionals can better appreciate the importance of vaccinations and preventive measures to safeguard the health of older adults. The other theories, such as the activity theory, free-radical theory, and wear-and-tear theory, address different aspects of aging but do not specifically highlight the immune system's decline as a primary cause for increased infection rates. The activity theory focuses on maintaining engagement and activity levels, the free-radical theory discusses damage caused by oxidative stress, and the wear-and-tear theory emphasizes physical decline due to accumulated damage from use. None of these directly link the aging process to an increase in infections through T

10. What type of research is being encouraged to implement evidence-based interventions in practice?

- A. Clinical research**
- B. Translational research**
- C. Historical research**
- D. Selective research**

Translational research is the correct choice because it focuses specifically on translating scientific discoveries made in the laboratory into practical applications that can improve patient care. This type of research bridges the gap between bench (laboratory) research and bedside (clinical) practices, making it vital for implementing evidence-based interventions in real-world settings. Translational research emphasizes the processes that ensure findings are not only tested in clinical trials but also integrated into everyday healthcare practices. It considers the effectiveness of these interventions in diverse populations and real-life settings, thus enhancing the likelihood that new treatments and practices will be adopted in healthcare systems. While clinical research is also essential, as it involves studying interventions directly in patient populations, its primary goal is often to evaluate specific hypotheses or treatment effects, rather than facilitating the broader application of findings into practice. Historical research and selective research have different focuses, such as analyzing past events or selecting specific data sets, which do not align with the process of implementing evidence-based interventions effectively.

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://ag-cns.examzify.com>

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