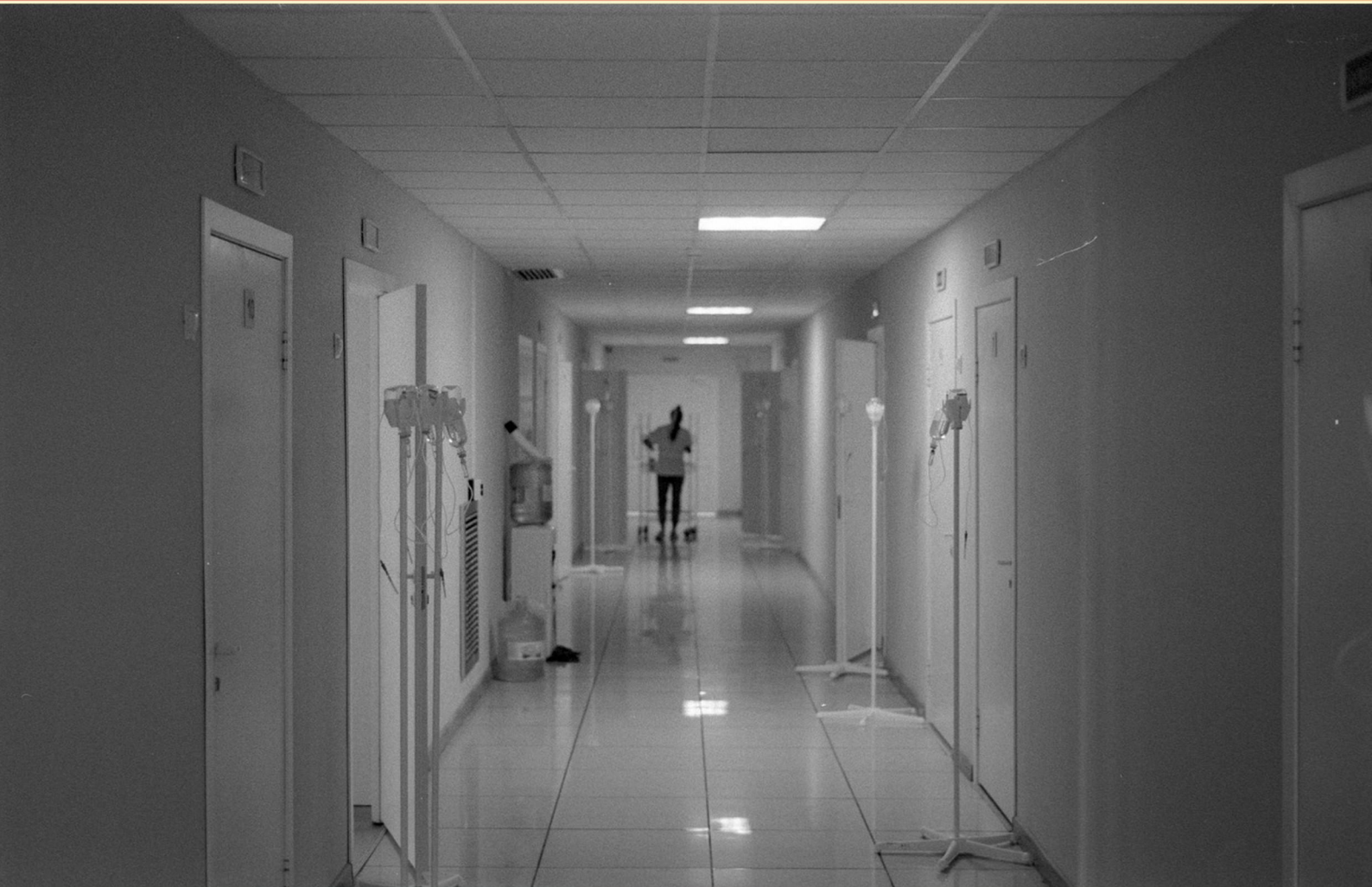


ADULT-GERONTOLOGY CLINICAL NURSE SPECIALIST (CNS) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://ag-cns.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	16

SAMPLE

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

SAMPLE

- 1. A provision attached to a bill that is not directly related but might help it pass is known as what?**
 - A. Amendment
 - B. Act
 - C. Legislation
 - D. Rider
- 2. Which of the following is NOT a symptom used to diagnose major depressive disorder?**
 - A. Significant weight loss.
 - B. Feelings of excessive guilt.
 - C. False sensory perception.
 - D. Agitation or psychomotor retardation noticed by others.
- 3. The standards governing ethical behavior in program evaluation are grouped into how many categories?**
 - A. Three
 - B. Four
 - C. Five
 - D. Two
- 4. Free radicals are known to cause each of the following EXCEPT:**
 - A. Extensive cellular damage to DNA
 - B. Lipid oxidation damaging phospholipids
 - C. DNA strand breaks and base modifications
 - D. Decrease of the thinning of bones
- 5. What role of the CNS involves promoting new processes to affect care delivery?**
 - A. Educator
 - B. Leader
 - C. Researcher
 - D. Change agent

- 6. Which electrolyte imbalance is least likely to be indicated in a patient with acute renal failure?**
- A. hyperkalemia
 - B. hyponatremia
 - C. metabolic acidosis
 - D. hypocalcemia
- 7. What is the most common cause of secondary hypertension?**
- A. Smoking
 - B. Sympathetic system stimulation
 - C. Vasodilation
 - D. Renal conditions
- 8. Which of the following is considered a metabolic cause of constipation?**
- A. Spinal cord lesions
 - B. Hirschsprung's disease
 - C. Anorexia nervosa
 - D. Hypokalemia
- 9. Which financial term represents resources allocated for claims that cover partial services rendered?**
- A. Line of credit
 - B. Interim financing
 - C. Cost recovery
 - D. Indirect costs
- 10. What model of decision making assumes that all choices and consequences are known?**
- A. Normative model
 - B. Descriptive model
 - C. Decision-tree model
 - D. Strategic model

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. A provision attached to a bill that is not directly related but might help it pass is known as what?

- A. Amendment
- B. Act
- C. Legislation
- D. Rider**

A provision attached to a bill that is not directly related to the main subject of the bill, yet is added to help garner support for its passage, is known as a rider. Riders are often used strategically in the legislative process; they can address issues that might not be able to pass on their own but can gain traction if connected to a more popular or critical piece of legislation. This tactic allows lawmakers to navigate various interests and bolster the likelihood that both the original bill and the rider will be passed. In contrast, an amendment typically involves changes or additions directly related to the content or provisions of the bill itself. An act refers to legislation that has passed both houses and has been signed into law. Legislation is a broader term that encompasses any law or proposed law put forth for consideration. Understanding the role and function of a rider is essential in grasping the complexities of legislative procedures and the strategies employed to influence the law-making process.

2. Which of the following is NOT a symptom used to diagnose major depressive disorder?

- A. Significant weight loss.
- B. Feelings of excessive guilt.
- C. False sensory perception.**
- D. Agitation or psychomotor retardation noticed by others.

The correct answer is rooted in the diagnostic criteria for major depressive disorder (MDD), which are outlined in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition). Significant weight loss, feelings of excessive guilt, and agitation or psychomotor retardation are all recognized symptoms associated with MDD. Significant weight loss reflects changes in appetite or eating patterns, which are common in individuals with depression. Feelings of excessive guilt are often present, as individuals may ruminate on past events or feel inadequate. Agitation or psychomotor retardation observed by others can indicate how the individual's internal state is affecting their behavior and motor activity, also acknowledged as part of this condition. In contrast, false sensory perception, commonly referred to as hallucinations, is not a symptom utilized in the diagnosis of major depressive disorder. While some individuals with severe depression may experience psychotic features, the presence of hallucinations typically signals a more complex condition, such as schizoaffective disorder or major depressive disorder with psychotic features. Therefore, hallucinations are not part of the fundamental diagnostic criteria for MDD on their own.

3. The standards governing ethical behavior in program evaluation are grouped into how many categories?

- A. Three
- B. Four**
- C. Five
- D. Two

The correct answer is four. The standards governing ethical behavior in program evaluation are typically classified into four key categories. These categories provide a framework for ensuring that evaluations are conducted in a manner that is fair, respectful, and responsible. The categories often include standards related to utility, feasibility, propriety, and accuracy. Each category emphasizes different aspects such as stakeholder usefulness, propriety of the evaluation process, feasibility concerns regarding implementation, and the accurate representation of data and findings. Understanding these categories is essential for evaluators to ensure they uphold ethical standards and protect the rights and welfare of participants involved in evaluations.

4. Free radicals are known to cause each of the following EXCEPT:

- A. Extensive cellular damage to DNA
- B. Lipid oxidation damaging phospholipids
- C. DNA strand breaks and base modifications
- D. Decrease of the thinning of bones**

Free radicals are highly reactive molecules that can cause a variety of cellular damage through oxidative stress. The other options reflect well-documented consequences of free radical activity in the body. Extensive cellular damage to DNA occurs when free radicals interact with DNA molecules, leading to mutations, which can contribute to cancer and other genetic disorders. This effect on DNA structure and function underscores the significance of free radicals in aging and disease processes. Lipid oxidation involves free radicals reacting with lipids, particularly the phospholipids that make up cellular membranes. This reaction can compromise membrane integrity and cellular function, leading to further cellular damage and contributing to the pathophysiology of a range of diseases, particularly cardiovascular and neurodegenerative disorders. DNA strand breaks and base modifications are critical forms of damage that free radicals can inflict. These alterations can disrupt the normal replication and expression of genes, ultimately influencing cellular functions and promoting diseases. In contrast, the option regarding the decrease of the thinning of bones does not correlate with free radical activity. While oxidative stress can play a role in bone density and health, a decrease in bone thinning would not be commonly attributed to free radicals. Bone thinning, as seen in conditions like osteoporosis, is influenced more by factors such as hormonal changes, nutrient deficits

5. What role of the CNS involves promoting new processes to affect care delivery?

- A. Educator
- B. Leader
- C. Researcher
- D. Change agent**

The role of a change agent within the Clinical Nurse Specialist (CNS) framework is centered on initiating and facilitating transformation in care delivery. This involves assessing current practices, identifying areas for improvement, and implementing new processes that enhance patient outcomes and healthcare efficiency. A change agent actively works to influence and guide stakeholders through the change process, ensuring that new practices are adopted and integrated effectively into existing systems. This role requires strong communication skills, the ability to work collaboratively with interdisciplinary teams, and a comprehensive understanding of the clinical environment. By driving change and advocating for innovative approaches to care, the change agent contributes significantly to advancing healthcare delivery and improving patient care standards.

6. Which electrolyte imbalance is least likely to be indicated in a patient with acute renal failure?

- A. hyperkalemia
- B. hyponatremia
- C. metabolic acidosis**
- D. hypocalcemia

In patients with acute renal failure, the body's ability to excrete certain electrolytes is impaired, leading to various imbalances. Metabolic acidosis is a common complication of acute renal failure due to the kidneys' reduced capacity to excrete hydrogen ions and regenerate bicarbonate. This results in decreased serum bicarbonate levels and a buildup of acids in the body, often leading to a lower pH. In contrast, other electrolyte imbalances—such as hyperkalemia, hyponatremia, and hypocalcemia—are more directly associated with acute renal failure. Hyperkalemia occurs as a consequence of reduced renal clearance of potassium, which can lead to dangerous cardiac events. Hyponatremia may result from impaired urine concentration mechanisms or excessive sodium intake. Hypocalcemia can arise from acute kidney injury due to impaired conversion of vitamin D to its active form, which affects calcium absorption and regulation. Therefore, among these listed imbalances, metabolic acidosis is the one least likely to be indicated in a patient with acute renal failure, as it is almost expected due to the pathophysiological changes occurring in such conditions.

7. What is the most common cause of secondary hypertension?

- A. Smoking
- B. Sympathetic system stimulation
- C. Vasodilation
- D. Renal conditions**

The most common cause of secondary hypertension is related to renal conditions. Secondary hypertension is defined as high blood pressure that is caused by an underlying condition, distinguishing it from primary hypertension, which has no identifiable cause. Renal conditions, particularly those that affect the kidneys' ability to filter blood and regulate fluid balance, are major contributors to secondary hypertension. For instance, conditions like chronic kidney disease can lead to dysregulation of the renin-angiotensin-aldosterone system (RAAS), resulting in increased blood volume and systemic vascular resistance, thereby elevating blood pressure. Renal artery stenosis is another specific renal condition that can cause secondary hypertension. This occurs when there is narrowing of the renal arteries, leading to reduced blood flow to the kidneys and subsequent activation of the RAAS, further promoting increased blood pressure. While other factors such as sympathetic system stimulation can contribute to hypertension, they are typically more relevant in primary hypertension or acute situations rather than being the common cause of secondary hypertension. The options of smoking and vasodilation, although related to blood pressure regulation, do not specifically represent the most common underlying cause in the context of secondary hypertension. Hence, renal conditions are recognized as the leading cause in this clinical context.

8. Which of the following is considered a metabolic cause of constipation?

- A. Spinal cord lesions
- B. Hirschsprung's disease
- C. Anorexia nervosa
- D. Hypokalemia**

Hypokalemia is recognized as a metabolic cause of constipation due to its direct effect on muscle function, including smooth muscle contraction in the gastrointestinal tract. Potassium is essential for maintaining cellular homeostasis and is critical for muscle contractions. Low levels of potassium can lead to decreased muscular activity, which results in slowed intestinal transit time and an increased likelihood of constipation. This is particularly relevant in the context of the colon, where motility can be diminished, leading to difficult bowel movements. In contrast, conditions like spinal cord lesions and Hirschsprung's disease pertain more to structural or neurological factors affecting bowel function rather than metabolic imbalances. Anorexia nervosa involves a range of psychological and nutritional issues, but while it can lead to constipation, the underlying cause is not primarily metabolic in nature, focusing instead on dietary insufficiencies and psychological effects on the body. Thus, hypokalemia stands out as specifically linked to metabolic mechanisms influencing bowel motility.

9. Which financial term represents resources allocated for claims that cover partial services rendered?

- A. Line of credit
- B. Interim financing**
- C. Cost recovery
- D. Indirect costs

Interim financing refers to temporary funding designed to cover short-term expenses or to support ongoing operations until permanent financing can be secured. In the context of healthcare, it can specifically be appropriated to manage costs associated with claims that cover partial services rendered, allowing healthcare providers to maintain functioning while waiting for payments or reimbursements. This kind of financing ensures that there are adequate funds to address immediate obligations despite delays in receiving payment for the services rendered, which is crucial in a sector where cash flow can be highly variable. Other terms, like line of credit, typically involve broader access to credit for general expenses rather than specifically for claims on partial services. Cost recovery usually refers to measures taken to recover costs incurred rather than to cover immediate obligations. Indirect costs relate to expenses that cannot be directly tied to specific services but support overall operations, which do not align with the concept of financing claims for specific services.

10. What model of decision making assumes that all choices and consequences are known?

- A. Normative model**
- B. Descriptive model
- C. Decision-tree model
- D. Strategic model

The normative model of decision making is grounded in the idea that all possible choices and their associated consequences are known and quantifiable. This model is often used for decision-making scenarios where a clear framework can be established to guide the decision process towards the optimal choice. It relies on the principle of utility maximization, where the decision-maker evaluates all potential options based on their outcomes to select the one that provides the highest benefit or least cost. In practice, this model is implemented by establishing criteria for evaluating alternatives, calculating the likely consequences of each choice, and making a selection that maximizes expected benefits or minimizes risks. The normative model does not take into account the complexities or uncertainties often present in real-world decision-making, but rather assumes a rational agent acting under full knowledge, making it an idealized approach. Other models, such as descriptive models, focus on how decisions are actually made, often highlighting the cognitive biases and limitations that affect human decision-making. The decision-tree model serves as a visual representation of choices and probabilities, while strategic models consider broader contexts and goals, which may involve uncertainties. In contrast to these, the normative model's assumption of complete knowledge distinguishes it clearly.

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!

SAMPLE