

# AMSA Advanced Nursing 1 Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. What is the function of a Medication Administration Record (MAR)?**
  - A. To document patient allergies**
  - B. To track medication schedules**
  - C. To report adverse effects**
  - D. To record patient vitals**
- 2. What distinguishes qualitative research from quantitative research?**
  - A. Qualitative research collects numerical data**
  - B. Qualitative research uses non-numerical data, while quantitative research uses numerical data**
  - C. Qualitative research is more formal than quantitative research**
  - D. Quantitative research is based on case studies**
- 3. What is the primary feature of a Leur-Lok syringe?**
  - A. Needles are twisted onto the tip of the syringe**
  - B. Needles click into place securely**
  - C. Needles are disposable and pre-attached**
  - D. Needles have a fixed gauge**
- 4. Which of the following best describes an enteric-coated tablet?**
  - A. Encased by gelatin for oral use**
  - B. A preparation usually containing alcohol**
  - C. A tablet for oral use that dissolves in the intestine**
  - D. A solid form of suspension**
- 5. What is an important aspect of conducting risk assessments in nursing?**
  - A. To eliminate all patient interactions**
  - B. To identify potential hazards**
  - C. To increase patient load**
  - D. To simplify medical procedures**

- 6. What is the role of critical thinking in nursing?**
- A. To follow protocols and procedures without question**
  - B. To analyze patient information and make informed decisions**
  - C. To sympathize with patients**
  - D. To provide emotional support to families**
- 7. What defines "evidence-based practice" in nursing?**
- A. The adherence to hospital protocol**
  - B. The integration of best available research with clinical expertise and patient values**
  - C. The application of clinical skills alone**
  - D. The reliance on patient feedback exclusively**
- 8. How is a liniment typically used?**
- A. Orally dissolved**
  - B. Applied to the skin**
  - C. Injected into the bloodstream**
  - D. Inserted into a body orifice**
- 9. What are the components included in a mental status examination?**
- A. Appearance, behavior, cognition, mood, thought process, and insight**
  - B. Memory, attention, language, reasoning, and personality**
  - C. Speech, movement, emotional state, and orientation**
  - D. Mood, social interaction, perception, and judgment**
- 10. What is the correct anatomical area for vaginal medication administration?**
- A. Vulvar area**
  - B. Vaginal canal**
  - C. Cervical canal**
  - D. Urethral opening**

## **Answers**

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

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## **Explanations**

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**1. What is the function of a Medication Administration Record (MAR)?**

- A. To document patient allergies**
- B. To track medication schedules**
- C. To report adverse effects**
- D. To record patient vitals**

The function of a Medication Administration Record (MAR) primarily revolves around tracking medication schedules. This document serves as an essential tool in nursing and clinical practice, allowing healthcare providers to clearly see what medications are prescribed to a patient, the dosages, times for administration, and the route of administration. By meticulously tracking when and how medications are given, staff can ensure adherence to the medication regimen, reduce the risk of errors, and maintain accurate records of patient care. While other options involve important aspects of patient care—documenting allergies can help avoid adverse reactions, reporting adverse effects is crucial for patient safety, and recording patient vitals is vital for monitoring a patient's health status—they do not encapsulate the main purpose of the MAR. The primary aim of the MAR focuses on the specifics of medication administration rather than broader aspects of patient health record-keeping.

**2. What distinguishes qualitative research from quantitative research?**

- A. Qualitative research collects numerical data**
- B. Qualitative research uses non-numerical data, while quantitative research uses numerical data**
- C. Qualitative research is more formal than quantitative research**
- D. Quantitative research is based on case studies**

Qualitative research is characterized by its use of non-numerical data, which allows for the exploration of concepts, experiences, and meanings in more depth. Instead of focusing on quantifying variables through numbers and statistics, qualitative research employs methods such as interviews, focus groups, and observations to gather rich, descriptive information. This approach is particularly valuable for understanding complex phenomena where human behavior, emotions, or social contexts are involved. Quantitative research, on the other hand, relies on numerical data and statistical analysis to identify patterns, test theories, and make generalizations. The distinction in data types is fundamental; qualitative research seeks to capture the nuances of human experience while quantitative research aims for objectivity and replication through measurable data. This difference underlines why qualitative research can provide insights into the motivations or feelings behind certain behaviors, which numbers alone might not convey. Overall, the two methods serve complementary roles in research, catering to different questions and objectives.

**3. What is the primary feature of a Leur-Lok syringe?**

- A. Needles are twisted onto the tip of the syringe**
- B. Needles click into place securely**
- C. Needles are disposable and pre-attached**
- D. Needles have a fixed gauge**

The primary feature of a Leur-Lok syringe is that the needles are twisted onto the tip of the syringe. This design allows for a secure connection between the syringe and the needle, minimizing the risk of disconnection during procedures. The threading mechanism of the Leur-Lok connection creates a tight seal, making it suitable for various types of injections, especially in situations where a secure fit is critical to prevent leaks and ensure accurate delivery of medication. This secure connection is particularly important in clinical settings where the risk of contamination or improper administration can have significant consequences. The twisted design ensures that needles can be easily attached and removed while maintaining a reliable interface between the components. This feature differentiates the Leur-Lok syringe from other syringes that may use different mechanisms for connecting needles.

**4. Which of the following best describes an enteric-coated tablet?**

- A. Encased by gelatin for oral use**
- B. A preparation usually containing alcohol**
- C. A tablet for oral use that dissolves in the intestine**
- D. A solid form of suspension**

An enteric-coated tablet is specifically designed to withstand the acidic environment of the stomach and to dissolve instead in the more neutral pH of the intestine. This coating helps ensure that the active ingredients are released and absorbed where they are most effective, which can be particularly important for medications that could be irritating to the stomach lining or that need to be absorbed in the intestine for optimal effect. This design also helps protect the drug from being degraded by stomach acid, thereby enhancing absorption and therapeutic efficacy. In contrast, other forms of tablets or capsules may not have this protective feature and might dissolve prematurely in the stomach, leading to unwanted side effects or reduced effectiveness of the medication.

**5. What is an important aspect of conducting risk assessments in nursing?**

- A. To eliminate all patient interactions**
- B. To identify potential hazards**
- C. To increase patient load**
- D. To simplify medical procedures**

Identifying potential hazards is critical in the nursing profession because it forms the foundation for ensuring patient safety and providing high-quality care. During risk assessments, nurses evaluate the environment, the patient population, and the specific circumstances of care to foresee what could pose a threat to a patient's health or well-being. By recognizing these potential risks early, nurses can implement appropriate measures to mitigate them, which may include modifying care plans, ensuring proper equipment usage, or creating safer environments for patients. This proactive approach not only enhances patient safety but also contributes to better health outcomes. By addressing risks before they result in harm, nurses can improve the overall care experience, reduce the incidence of adverse events, and promote a culture of safety within healthcare settings. This aspect of conducting risk assessments aligns with the nursing responsibilities to advocate for and protect patients.

**6. What is the role of critical thinking in nursing?**

- A. To follow protocols and procedures without question**
- B. To analyze patient information and make informed decisions**
- C. To sympathize with patients**
- D. To provide emotional support to families**

The role of critical thinking in nursing is fundamentally about analyzing patient information and making informed decisions. Critical thinking involves the ability to assess and evaluate complex situations, integrate diverse pieces of information, and apply knowledge in practical scenarios. In nursing, this skill enables practitioners to interpret clinical data, consider various treatment options, anticipate potential complications, and develop comprehensive care plans tailored to the unique needs of each patient. By utilizing critical thinking, nurses can prioritize patient care effectively, engage in rapid problem-solving, and adapt to changing circumstances in a healthcare environment. This not only enhances patient safety but also supports better health outcomes by ensuring that decisions are based on evidence and sound reasoning rather than merely following standard protocols or procedures. Sympathizing with patients and providing emotional support to families are important aspects of nursing practice but do not encompass the analytical and decision-making dimensions that critical thinking involves. While emotional intelligence is valuable in nursing, it is through critical thinking that nurses can ensure they are meeting the clinical needs of patients effectively.

## 7. What defines "evidence-based practice" in nursing?

- A. The adherence to hospital protocol
- B. The integration of best available research with clinical expertise and patient values**
- C. The application of clinical skills alone
- D. The reliance on patient feedback exclusively

Evidence-based practice in nursing is defined by the integration of the best available research with clinical expertise and patient values. This approach ensures that patient care is grounded in the most current and relevant evidence, enhancing the quality and effectiveness of care provided. It encourages nurses to evaluate and apply scientific studies, clinical expertise, and the preferences and values of patients to make informed decisions regarding patient care. In this context, the combination of research evidence with clinical expertise allows healthcare providers to tailor interventions that are not only effective but also appropriate to individual patients' needs and circumstances. By considering patient values, nurses can ensure that the care plan aligns with what is important to the patient, leading to improved satisfaction and health outcomes. This approach stands in contrast to simply adhering to hospital protocols, applying clinical skills in isolation, or relying solely on patient feedback. Those options do not encompass the comprehensive and holistic approach of evidence-based practice, which requires a balance of robust research, professional skill, and a focus on patient-centered care.

## 8. How is a liniment typically used?

- A. Orally dissolved
- B. Applied to the skin**
- C. Injected into the bloodstream
- D. Inserted into a body orifice

A liniment is typically used by being applied to the skin. This formulation is intended for topical use, where it is massaged into the skin to relieve pain or stiffness in muscles and joints. Liniments often contain active ingredients like menthol or eucalyptus oil that provide a soothing or warming effect upon application, aiding in the alleviation of discomfort. The other options don't align with the intended use of a liniment. For example, while some medications are taken orally or injected, liniments are expressly designed for external application to deliver localized effects without systemic absorption. Similarly, insertion into a body orifice is characteristic of different types of medications or treatments, not liniments. Thus, the correct response reflects the conventional and proper use of liniment as a topical preparation.

**9. What are the components included in a mental status examination?**

**A. Appearance, behavior, cognition, mood, thought process, and insight**

**B. Memory, attention, language, reasoning, and personality**

**C. Speech, movement, emotional state, and orientation**

**D. Mood, social interaction, perception, and judgment**

The comprehensive assessment of a person's mental status is encapsulated in the components that evaluate various domains of psychological functioning. The correct response includes appearance, behavior, cognition, mood, thought process, and insight as key areas of focus during a mental status examination. - **Appearance** assesses how individuals present themselves, affecting how they are perceived and can provide insights into their mental condition. - **Behavior** refers to the observable actions and reactions, which can indicate disorders or irregularities in mental health. - **Cognition** pertains to various cognitive functions, such as concentration and thinking patterns, which are crucial for understanding overall mental function. - **Mood** evaluates the prevailing emotional state of the individual, which can reveal significant information about depressive or anxious conditions. - **Thought process** examines the organization and coherence of the individual's thoughts, which is critical in identifying any disorganization or disturbances in thinking. - **Insight** assesses the individual's awareness and understanding of their condition, which is vital for treatment planning and efficacy. These components work together to create a well-rounded picture of an individual's mental health, thereby guiding further assessment and intervention strategies. Other options may touch on relevant aspects, but they do not encompass the comprehensive breadth covered by the correct choice, combining critical observational

**10. What is the correct anatomical area for vaginal medication administration?**

**A. Vulvar area**

**B. Vaginal canal**

**C. Cervical canal**

**D. Urethral opening**

The correct anatomical area for vaginal medication administration is the vaginal canal. This area is specifically designed to absorb medications effectively, as it has a rich blood supply and an appropriate pH environment that helps with the dissolution and absorption of the medication. Administering medications in the vaginal canal allows for local effects or systemic absorption, depending on the type of medication. The vaginal canal is also a mucous membrane that can readily take in medications, making it an ideal route for certain treatments, such as antifungals, hormone therapies, or contraceptives. Other anatomical areas listed, such as the vulvar area, cervical canal, and urethral opening, do not serve the same purpose for medication delivery. The vulvar area is external and does not provide a suitable environment for absorption. The cervical canal is an internal passage that leads to the uterus and is not typically involved in medication administration. The urethral opening is related to urinary function and also does not facilitate the intended absorption of vaginal medications. Thus, the vaginal canal is the only appropriate site for this type of administration.