

AMSA ADVANCED NURSING 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What is the term for the phase of healing characterized by the appearance of new blood vessels?**
 - A. Inflammatory phase
 - B. Proliferative phase
 - C. Maturation phase
 - D. Regenerative phase
- 2. Which of the following could indicate an infection in a wound?**
 - A. Healing without complications
 - B. Consistent color and temperature
 - C. Presence of fever and malaise
 - D. Absence of pain and swelling
- 3. Which method uses the body's own enzymes to break down nonviable tissue?**
 - A. Mechanical debridement
 - B. Autolytic dressings
 - C. Sharp debridement
 - D. Enzymatic debridement
- 4. What should be verified before initiating an IV?**
 - A. Patient's allergy status
 - B. Doctor's orders
 - C. Available equipment
 - D. Medication compatibility
- 5. What does the T wave in an ECG represent?**
 - A. Electrical conduction through both ventricles
 - B. Charge rebuilding within the ventricles
 - C. Depolarization of the atria
 - D. Repolarization of the atria

- 6. What factors should be evaluated when assessing a wound?**
- A. Diet, exercise routine, and family history
 - B. Location, extent, and type of tissue in the wound
 - C. Emotional state, past injuries, and medication
 - D. Financial status and accessibility to medical care
- 7. What is the main way a full thickness wound heals?**
- A. By regenerating epidermal cells
 - B. By forming new tissue
 - C. Through scab formation
 - D. By promoting bacterial growth
- 8. What type of dressing is most suitable for advancing healing in burn wounds?**
- A. Dry gauze
 - B. Wet dressings that dry quickly
 - C. Moist burn dressing
 - D. Absorbent pads
- 9. What is a pressure ulcer?**
- A. A localized injury to the skin over a bony prominence
 - B. A type of allergic skin reaction
 - C. An infection in the skin
 - D. A superficial skin irritation
- 10. What is the concentration of a one third normal saline solution?**
- A. 0.9% NaCl
 - B. 0.45% NaCl
 - C. 0.33% NaCl
 - D. 1.0% NaCl

Answers

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

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Explanations

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1. What is the term for the phase of healing characterized by the appearance of new blood vessels?

- A. Inflammatory phase
- B. Proliferative phase**
- C. Maturation phase
- D. Regenerative phase

The phase of healing characterized by the appearance of new blood vessels is known as the proliferative phase. This phase typically follows the inflammatory phase and plays a crucial role in wound healing. During the proliferative phase, various cellular and molecular processes occur, including angiogenesis, which is the formation of new blood vessels that supply oxygen and nutrients to the healing tissue. This process is vital for the regeneration of tissue and the closure of wounds. In addition to angiogenesis, other key processes in this phase include the proliferation of fibroblasts, which are key cells that synthesize collagen and form the extracellular matrix. These activities lead to granulation tissue formation, which is essential for filling and covering the wound. The inflammatory phase, which precedes the proliferative phase, primarily focuses on controlling bleeding and preventing infection through the actions of inflammatory cells. The maturation phase, which follows the proliferative phase, involves remodeling and strengthening of the newly formed tissue, which may take weeks to months, depending on the wound severity and location. Understanding these phases is critical for nurses and healthcare providers as they manage and assess wound healing in patients, tailoring interventions to support optimal recovery.

2. Which of the following could indicate an infection in a wound?

- A. Healing without complications
- B. Consistent color and temperature
- C. Presence of fever and malaise**
- D. Absence of pain and swelling

The presence of fever and malaise is an important indicator of infection in a wound. When an infection occurs, the body's immune response kicks in, which can lead to systemic symptoms like fever—an elevation in body temperature as the body attempts to fight off the infection. Additionally, malaise, which refers to a general feeling of discomfort or uneasiness, is common during infections. These signs suggest that the body is under stress due to pathogens, and they can help healthcare professionals assess the severity of the wound and the need for further interventions. The other options do not indicate infection. Healing without complications reflects a proper recovery process, consistent color and temperature suggest stability and lack of infection, and the absence of pain and swelling are signs of a well-healing wound.

3. Which method uses the body's own enzymes to break down nonviable tissue?

- A. Mechanical debridement
- B. Autolytic dressings**
- C. Sharp debridement
- D. Enzymatic debridement

Autolytic dressings employ the body's own enzymes and moisture to facilitate the breakdown of nonviable tissue in a wound environment. This method utilizes the natural processes of the body to dissolve necrotic tissue, effectively promoting healing while maintaining a moist wound bed. The dressings help create an environment that supports autolysis, where the body's own fluids soften and break down dead tissue without the necessity for surgical intervention or additional chemical agents. This allows for a more comfortable and less invasive approach to debridement, as it encourages the body's own healing mechanisms to resolve issues naturally. It's particularly beneficial for patients who may not be suitable for more aggressive methods, such as sharp or enzymatic debridement, allowing for tissue regeneration in a controlled manner.

4. What should be verified before initiating an IV?

- A. Patient's allergy status
- B. Doctor's orders**
- C. Available equipment
- D. Medication compatibility

Verifying the doctor's orders before initiating an IV is crucial for several reasons. The doctor's orders provide essential information regarding the type of IV fluids to be administered, the rate of infusion, and any specific medications that may need to be added to the IV. This ensures that the nurse has a clear understanding of the treatment plan and can proceed safely and effectively. It is essential to confirm that the orders are accurate and appropriate for the patient's clinical condition. This includes checking for potential discrepancies, such as incorrect dosages or unintended duplications of therapy. Following the doctor's orders not only supports adherence to legal and professional standards but also safeguards the patient's health and well-being by ensuring they receive the correct treatment as intended. While verifying a patient's allergy status, available equipment, and medication compatibility are all important components of safe IV administration, they are secondary steps that should all follow the confirmation of doctor's orders. Ensuring the orders are in place provides the foundation for the safe execution of the procedure.

5. What does the T wave in an ECG represent?

- A. Electrical conduction through both ventricles
- B. Charge rebuilding within the ventricles**
- C. Depolarization of the atria
- D. Repolarization of the atria

The T wave in an electrocardiogram (ECG) represents the process of repolarization of the ventricles. When the ventricles contract, they depolarize, resulting in the QRS complex. After contraction, the ventricles need to recover and reset their electrical state, which is represented by the T wave. During this phase, the myocardial cells of the ventricles restore their resting potential, preparing them for the next heartbeat. This charge rebuilding is crucial for the heart's rhythmic function, ensuring that the ventricles are ready to depolarize again during the next cycle. Understanding the T wave's role is essential for interpreting ECG readings, as it provides information about the heart's electrical recovery phase and can indicate various cardiac conditions if abnormalities are present.

6. What factors should be evaluated when assessing a wound?

- A. Diet, exercise routine, and family history
- B. Location, extent, and type of tissue in the wound**
- C. Emotional state, past injuries, and medication
- D. Financial status and accessibility to medical care

When assessing a wound, it is crucial to evaluate factors that directly relate to the wound's healing process and the condition of the surrounding tissue. The location of the wound provides information regarding potential complications, such as exposure to infection or the ability to maintain cleanliness. The extent of the wound indicates how deep or wide the injury is, which helps in determining the appropriate treatment plan and potential for healing. Finally, identifying the type of tissue present in the wound—such as whether it is necrotic, granulation tissue, or epithelial tissue—allows healthcare professionals to gauge the healing stage and make informed decisions regarding wound care. Recognizing these factors enables an accurate assessment of the wound, guiding interventions to promote healing effectively. Other options, while relevant in health assessments, do not directly focus on wound evaluation. Dietary habits and exercise routines affect overall health but are more about maintenance than immediate wound care. Emotional state and medications can influence healing indirectly but do not provide specific information about the wound itself. Financial status and access to medical care affect healthcare delivery and compliance but again do not assess the wound directly. Thus, concentrating on the characteristics specific to the wound is essential for effective management and healing.

7. What is the main way a full thickness wound heals?

- A. By regenerating epidermal cells
- B. By forming new tissue**
- C. Through scab formation
- D. By promoting bacterial growth

The main way a full thickness wound heals is by forming new tissue. Full thickness wounds, which extend through the epidermis and dermis into the underlying subcutaneous tissue, require a complex healing process that involves several stages. Initially, the body responds to the injury with hemostasis, followed by inflammation, where the area becomes red and swollen as immune cells migrate to the site to prevent infection. After the inflammatory phase, the body enters the proliferative phase, where granulation tissue is formed. This new tissue is rich in blood vessels and collagen and serves as a scaffold for further healing. Finally, in the maturation phase, the newly formed tissue strengthens and remodels over time. Regenerating epidermal cells primarily pertains to superficial wounds that only involve the epidermis and some parts of the dermis. Scab formation is part of the healing process, but it does not constitute the primary mechanism of healing in full thickness wounds, which involves deeper tissue repair. Promoting bacterial growth is not a healing process and instead complicates recovery, emphasizing the importance of maintaining a clean environment during wound healing.

8. What type of dressing is most suitable for advancing healing in burn wounds?

- A. Dry gauze
- B. Wet dressings that dry quickly
- C. Moist burn dressing**
- D. Absorbent pads

Moist burn dressings are the most suitable choice for advancing healing in burn wounds. This type of dressing promotes a moist wound environment, which is crucial for the healing process. Maintaining moisture helps to prevent the formation of eschar (a dead tissue layer) and facilitates cell migration, thereby accelerating healing. Moreover, moist dressings can reduce pain and minimize the risk of infection by providing a protective barrier against external contaminants while still allowing for gas exchange, which is essential for wound healing. In contrast, dry gauze and wet dressings that dry quickly can potentially disrupt the healing process by adhering to the wound bed and causing pain or trauma when removed. Dry gauze might also not provide the necessary moisture, leading to delayed healing. Absorbent pads primarily focus on managing exudate and do not create an optimal environment for healing burns, which requires a strategy that supports moisture retention rather than absorption. Therefore, the use of a moist burn dressing stands out as the most effective approach for promoting an optimal healing environment in burn wounds.

9. What is a pressure ulcer?

- A. A localized injury to the skin over a bony prominence**
- B. A type of allergic skin reaction
- C. An infection in the skin
- D. A superficial skin irritation

A pressure ulcer is specifically defined as a localized injury to the skin and/or underlying tissue that typically occurs over a bony prominence due to pressure, shear, or friction. This condition arises when blood flow to an area is compromised, usually in individuals with limited mobility who cannot shift their weight to relieve that pressure. Recognizing this definition emphasizes the importance of prevention strategies in patient care, such as regular repositioning and the use of specialized cushioning to protect vulnerable areas of the body. The other options describe different conditions that do not align with the specific characteristics of pressure ulcers. For example, an allergic skin reaction refers to a response of the skin to allergens, while an infection in the skin involves the presence of pathogens leading to symptoms like redness and swelling. A superficial skin irritation can occur due to various causes but does not imply the deeper tissue damage associated with pressure ulcers. Therefore, understanding the unique clinical presentation of pressure ulcers is crucial for effective nursing practice and patient care.

10. What is the concentration of a one third normal saline solution?

- A. 0.9% NaCl
- B. 0.45% NaCl
- C. 0.33% NaCl**
- D. 1.0% NaCl

A one third normal saline solution is defined as a solution with a sodium chloride (NaCl) concentration that is one third the concentration of normal saline. Normal saline is a solution that contains 0.9% NaCl, which is isotonic with human blood plasma. Therefore, to determine the concentration of a one third normal saline solution, you take one third of 0.9%. Calculating this gives: $0.9\% \text{ NaCl} \div 3 = 0.3\% \text{ NaCl}$. However, in the context of available options and common medical terminology, the designation "one third normal saline" refers to a 0.33% NaCl solution, which is the same proportion expressed in simpler terms. It is important in clinical practice to understand these concentrations for proper intravenous fluid administration, as different saline concentrations can have diverse physiological effects. In summary, one third normal saline is recognized as a 0.33% NaCl solution, making it the correct answer.

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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.

Or visit your dedicated course page for more study tools and resources:

<https://amsaadvnursing2.examzify.com>

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

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