

AMSA Basic Nursing 103 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 of the following is an objective datum?**
 - A. Blood pressure 120/80 mmHg**
 - B. The patient reports feeling chilly**
 - C. The patient says their pain is 8/10**
 - D. Nausea reported by patient**

- 2. What are the normal adult ranges for systolic blood pressure, diastolic blood pressure, pulse, respirations, and oral temperature?**
 - A. Systolic 90-120; Diastolic 60-80; Pulse 60-100; Respirations 12-20; Temperature 36.5-37.5 C**
 - B. Systolic 100-130; Diastolic 70-90; Pulse 50-90; Respirations 14-22; Temperature 37-38 C**
 - C. Systolic 80-110; Diastolic 50-70; Pulse 55-85; Respirations 10-18; Temperature 35-36 C**
 - D. Systolic 90-120; Diastolic 60-80; Pulse 60-100; Respirations 12-20; Temperature 36.5-37.5 C**

- 3. Which of the following is NOT a potential reservoir for a pathogen?**
 - A. Vaccines**
 - B. Water**
 - C. Food**
 - D. Contaminated instruments or equipment**

- 4. Which statement is NOT a described benefit of back massage?**
 - A. Communicates caring**
 - B. Fosters trust between provider and patient**
 - C. Stimulates blood circulation**
 - D. Increases appetite**

- 5. When do you change the sharp's container?**
 - A. 3/4 full.**
 - B. 1/2 full.**
 - C. When it becomes full.**
 - D. At the end of the shift.**

- 6. What does a partial bed bath include?**
- A. Washing the face, hands, axillae, back, buttocks, and perineal area**
 - B. Washing only the face**
 - C. Washing the legs and feet**
 - D. Washing the chest and abdomen**
- 7. Which sign indicates systemic infection?**
- A. Redness around wound**
 - B. Warmth at wound site**
 - C. Purulent drainage from wound**
 - D. Fever**
- 8. What is an infectious agent?**
- A. A host's immune response**
 - B. A non-pathogenic organism**
 - C. An environmental toxin**
 - D. A pathogen causing disease such as viruses, bacteria, protozoa, helminths, and fungi**
- 9. Which description best fits hypoactive bowel sounds?**
- A. Hyperactive: increased sounds (>30/min)**
 - B. Hypoactive: decreased sounds (<5/min)**
 - C. Normoactive: normal 5-30/min**
 - D. Absent: no sounds**
- 10. What is significant about behavioral health medical records?**
- A. They are kept separate from other medical records**
 - B. They are not used in readiness assessments**
 - C. They are only for inpatient treatment**
 - D. They help ensure members are mentally worldwide qualified**

Answers

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

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Explanations

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1. Which of the following is an objective datum?

- A. Blood pressure 120/80 mmHg**
- B. The patient reports feeling chilly**
- C. The patient says their pain is 8/10**
- D. Nausea reported by patient**

Objective data are things you can observe or measure with a device, not based on what the patient says about how they feel. A blood pressure reading is obtained with a sphygmomanometer and yields a numerical value that you can verify and document, making it objective. In contrast, the patient's report of feeling chilly, their pain rating, and their nausea are all subjective experiences—they depend on the patient's personal sensation and description, even though we can quantify pain with a scale or note associated signs.

2. What are the normal adult ranges for systolic blood pressure, diastolic blood pressure, pulse, respirations, and oral temperature?

- A. Systolic 90-120; Diastolic 60-80; Pulse 60-100; Respirations 12-20; Temperature 36.5-37.5 C**
- B. Systolic 100-130; Diastolic 70-90; Pulse 50-90; Respirations 14-22; Temperature 37-38 C**
- C. Systolic 80-110; Diastolic 50-70; Pulse 55-85; Respirations 10-18; Temperature 35-36 C**
- D. Systolic 90-120; Diastolic 60-80; Pulse 60-100; Respirations 12-20; Temperature 36.5-37.5 C**

Normal adult vital signsCluster around these values: systolic blood pressure 90-120 mmHg, diastolic blood pressure 60-80 mmHg, pulse 60-100 beats per minute, respirations 12-20 breaths per minute, and oral temperature about 36.5-37.5 C. These ranges reflect typical resting measurements for a healthy adult. Values outside this set can indicate potential issues—higher blood pressure ranges may signal hypertension, a pulse outside 60-100 bpm could be bradycardia or tachycardia, respirations outside 12-20 may reflect respiratory or metabolic problems, and a temperature outside 36.5-37.5 C could mean hypothermia or fever. The listed combination represents the standard reference for normal adult vitals.

3. Which of the following is NOT a potential reservoir for a pathogen?

A. Vaccines

B. Water

C. Food

D. Contaminated instruments or equipment

A reservoir is a habitat where a pathogen can survive, multiply, and potentially be transmitted to others. Water and food can become contaminated and harbor microorganisms, allowing infections to spread to people who consume or contact them. Contaminated instruments or equipment can shelter pathogens between patients and procedures, making them sources of infection if not properly sterilized. Vaccines, however, are designed to be free of viable pathogens or to contain only inactivated or attenuated components that cannot cause disease or sustain transmission. They're meant to stimulate immunity, not to serve as living habitats for pathogens. Because of that, vaccines do not act as reservoirs for pathogens.

4. Which statement is NOT a described benefit of back massage?

A. Communicates caring

B. Fosters trust between provider and patient

C. Stimulates blood circulation

D. Increases appetite

Back massage aims to promote relaxation and strengthen the caregiver-patient relationship. Through soothing touch, it communicates caring and can help foster trust between the nurse and patient. The described physical effects include improved circulation and reduced muscle tension, which support comfort and stress relief. Increasing appetite is not a typical direct benefit attributed to back massage; while relaxation can influence overall well-being, it is not a standard outcome used to describe the benefits of this technique.

5. When do you change the sharp's container?

A. 3/4 full.

B. 1/2 full.

C. When it becomes full.

D. At the end of the shift.

Disposal of sharps is kept as safe as possible by replacing the container when it reaches the fill line, which is typically three-quarters full. This practice creates room for the lid to close securely and reduces the chance of leaks or punctures when the container is moved or disposed of. Waiting until the container is full increases the risk of spills or exposure during handling, while changing earlier than three-quarters full wastes space. Ending the shift with an already full or near-full container isn't ideal either. Follow this three-quarters-full rule because it balances safe handling with proper containment, and always adhere to your facility's specific policy and the container's manufacturer guidelines.

6. What does a partial bed bath include?

- A. Washing the face, hands, axillae, back, buttocks, and perineal area**
- B. Washing only the face**
- C. Washing the legs and feet**
- D. Washing the chest and abdomen**

Partial bed bath means cleansing select body areas to maintain hygiene when a full bath isn't feasible. It focuses on areas most prone to odor and moisture and that contribute to comfort, typically including the face and hands along with moist, odorous, or prone-to-contamination regions such as the axillae, back, buttocks, and perineal area. This combination provides thorough cleansing without the gentler full-body wash, making it common in bedside care when energy or mobility is limited. Washing only the face is a facial cleanse rather than a partial bed bath, washing just the legs and feet excludes the upper body, and washing the chest and abdomen targets only part of the torso rather than a multi-area cleanse typical of a partial bed bath.

7. Which sign indicates systemic infection?

- A. Redness around wound**
- B. Warmth at wound site**
- C. Purulent drainage from wound**
- D. Fever**

Systemic infection shows itself through signs that involve the whole body, not just the wound area. Fever is a body-wide response caused by immune chemicals called pyrogens that tell the brain to raise the body's temperature. This systemic response is part of fighting infection and often accompanies other systemic symptoms like malaise or chills. Local signs like redness and warmth at the wound occur from increased blood flow and inflammation at the specific site, while purulent drainage reflects pus formation at the wound itself. These are localized rather than systemic features. So fever best indicates systemic involvement, whereas the other signs point to a localized infection at the wound.

8. What is an infectious agent?

- A. A host's immune response**
- B. A non-pathogenic organism**
- C. An environmental toxin**
- D. A pathogen causing disease such as viruses, bacteria, protozoa, helminths, and fungi**

An infectious agent is a biological entity capable of causing infection by invading and multiplying within a host. It includes viruses, bacteria, protozoa, helminths, and fungi, which are the organisms that can spread and lead to disease. This differs from a host's immune response, which is the body's reaction to infection; a non-pathogenic organism, which may be present without causing disease; and environmental toxins, which cause damage through chemicals rather than infection.

9. Which description best fits hypoactive bowel sounds?

- A. Hyperactive: increased sounds (>30/min)**
- B. Hypoactive: decreased sounds (<5/min)**
- C. Normoactive: normal 5-30/min**
- D. Absent: no sounds**

Bowel sounds reflect how actively the intestines are moving. Normal activity is about 5-30 sounds per minute. When movement slows, the sounds become quieter and less frequent, which is described as hypoactive. This pattern, decreased sounds, occurs with reduced intestinal activity and is commonly seen after surgery, with opioid pain medications, or electrolyte imbalances. The other patterns describe different states: hyperactive means sounds are frequent and increased (more than about 30 per minute), normal means within the 5-30 per minute range, and absent means no sounds at all. So hypoactive fits best with decreased sounds, specifically fewer than 5 per minute.

10. What is significant about behavioral health medical records?

- A. They are kept separate from other medical records**
- B. They are not used in readiness assessments**
- C. They are only for inpatient treatment**
- D. They help ensure members are mentally worldwide qualified**

Behavioral health records are kept to document a person's mental health history, diagnoses, treatments, and current status so that care can be coordinated safely and effectively. This information is used to guide treatment decisions, manage medications (including potential interactions and side effects), and assess risk. In many settings—such as before readiness-for-duty evaluations or eligibility for certain programs—the records provide evidence about a member's mental health status to determine if they meet the required criteria to participate or be deployed in different contexts, including worldwide assignments. This makes the behavioral health record a critical tool for ensuring that a member is appropriately qualified to engage in activities and programs that involve mental health considerations. Other options don't fit as well because behavioral health information is typically integrated into the broader medical record but handled with appropriate privacy protections, it is frequently used in readiness or eligibility assessments, and it encompasses more than just inpatient care.

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://amsabasicnursing103.examzify.com>

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

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