

ANCC Advanced Practice Registered Nurse (APRN) Practice Exam (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. Define collaborative healthcare in the APRN context.**
 - A. Working independently to solve cases**
 - B. Working alongside other healthcare professionals to provide integrated patient care**
 - C. Only consulting with specialists**
 - D. Communicating infrequently with other providers**

- 2. What type of care do Nurse Midwives primarily provide?**
 - A. Emergency medical services**
 - B. Comprehensive prenatal, intrapartum, and postpartum care**
 - C. General pediatric care**
 - D. Oncological care**

- 3. What should be the focus of patient education regarding levothyroxine therapy?**
 - A. Adherence to medication schedule.**
 - B. Dietary restrictions.**
 - C. Symptom monitoring only.**
 - D. Daily exercise recommendations.**

- 4. Before prescribing medication for a patient with cognitive deficits, what should the nurse practitioner do if the patient's medical record is unavailable?**
 - A. Contact the patient's adult child**
 - B. Query the other staff members**
 - C. Rely on the patient's self-report**
 - D. Wait until the patient's chart is available**

- 5. How do APRNs assess the effectiveness of interventions?**
 - A. By using outcome measures and patient feedback to evaluate and adjust care plans**
 - B. Through random sampling of patient charts**
 - C. By relying solely on healthcare provider interpretation**
 - D. With periodic audits of treatment protocols**

- 6. A patient post-total gastrectomy shows symptoms like sore mouth and indigestion. Which test should be ordered?**
- A. Blood urea nitrogen level**
 - B. Complete blood count**
 - C. Liver function study**
 - D. Thyroid function study**
- 7. What is the recommended treatment for viral conjunctivitis?**
- A. Antihistamine/decongestant drops**
 - B. Antihistamine/mast cell stabilizer drops**
 - C. Cold compresses**
 - D. Steroid eyedrops**
- 8. When providing culturally sensitive care, how should a nurse practitioner address a patient's family member present during an examination?**
- A. Ask the father to leave the room due to confidentiality issues**
 - B. Perform the examination without commenting to the father**
 - C. Ask the father if he has any questions regarding his son's care**
 - D. Explain examination findings to the father after the examination**
- 9. What certification is required for Clinical Nurse Specialists?**
- A. Certification in their specialty area**
 - B. General nursing certification**
 - C. Emergency response certification**
 - D. End-of-life care certification**
- 10. In addition to altered mental status, what is the best early indicator of pneumonia in older adults?**
- A. Cough.**
 - B. Fever.**
 - C. Malaise.**
 - D. Tachypnea.**

Answers

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

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Explanations

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1. Define collaborative healthcare in the APRN context.

- A. Working independently to solve cases
- B. Working alongside other healthcare professionals to provide integrated patient care**
- C. Only consulting with specialists
- D. Communicating infrequently with other providers

Collaborative healthcare in the APRN context refers to the practice of working alongside other healthcare professionals to provide integrated patient care. This concept emphasizes the importance of teamwork and shared decision-making among various healthcare providers, including physicians, nurses, therapists, and other specialists. By collaborating effectively, APRNs can ensure that all aspects of a patient's care are considered, leading to more comprehensive and holistic treatment. In this approach, healthcare providers bring their unique expertise and perspectives to the table, which can enhance patient outcomes and improve the overall quality of care. Collaborative healthcare also fosters communication, mutual respect, and understanding among professionals, which is essential in addressing the complex and multifaceted needs of patients. This teamwork is vital in managing chronic illnesses, coordinating treatments, and ensuring continuity of care. Emphasizing collaboration over independent practice or infrequent communication underscores the importance of integrating services to optimize patient health and well-being in today's complex healthcare environment.

2. What type of care do Nurse Midwives primarily provide?

- A. Emergency medical services
- B. Comprehensive prenatal, intrapartum, and postpartum care**
- C. General pediatric care
- D. Oncological care

Nurse Midwives primarily provide comprehensive prenatal, intrapartum, and postpartum care, which is a crucial aspect of maternal and infant health. Their focus is on supporting women throughout the entire childbirth process, from pregnancy through labor and delivery, and into the postpartum period. This care encompasses routine check-ups during pregnancy, education on labor and delivery, assistance during birth, and follow-up care after delivery to ensure the well-being of both the mother and the newborn. Nurse Midwives are trained to manage normal pregnancies and deliveries and are equipped to handle a range of situations involving maternal and fetal health. They emphasize a holistic approach, integrating physical, emotional, and social considerations into their practice to promote a positive birthing experience. This care model recognizes the significance of patient education, shared decision-making, and continuity of care, which are fundamental to the role of Nurse Midwives. Other types of care such as emergency medical services, general pediatric care, and oncological care fall outside the primary scope of practice for Nurse Midwives. Emergency medical services are typically managed by paramedics and emergency physicians, general pediatric care is the domain of pediatricians, and oncological care is handled by oncologists specializing in cancer treatment. Therefore, the focused expertise of Nurse Midwives in

3. What should be the focus of patient education regarding levothyroxine therapy?

- A. Adherence to medication schedule.**
- B. Dietary restrictions.**
- C. Symptom monitoring only.**
- D. Daily exercise recommendations.**

Focusing on adherence to the medication schedule is crucial in patient education regarding levothyroxine therapy. Levothyroxine is a synthetic thyroid hormone used to treat hypothyroidism, and its effectiveness depends significantly on consistent and timely administration. Patients need to understand the importance of taking their medication at the same time every day, ideally on an empty stomach, and to avoid taking it with certain foods or other medications that might interfere with its absorption. While dietary restrictions may be relevant, especially in terms of avoiding certain items that can affect thyroid hormone absorption, the primary emphasis should be on the regularity and timing of the medication. Similarly, monitoring symptoms is important for assessing the effectiveness of the treatment and making necessary adjustments, but without proper adherence to the medication schedule, symptom monitoring would be less effective. Daily exercise recommendations, while beneficial for overall health, are not directly related to the pharmacological aspects of levothyroxine therapy and therefore should not be the primary focus in patient education.

4. Before prescribing medication for a patient with cognitive deficits, what should the nurse practitioner do if the patient's medical record is unavailable?

- A. Contact the patient's adult child**
- B. Query the other staff members**
- C. Rely on the patient's self-report**
- D. Wait until the patient's chart is available**

When a nurse practitioner encounters a situation where a patient's medical record is unavailable, contacting the patient's adult child can be a vital step in obtaining necessary medical history and understanding the patient's condition. The adult child may have critical information regarding the patient's previous diagnoses, current medications, allergies, and any other pertinent health information that can aid in safe and effective medication management. Engaging with a family member, such as an adult child, can provide insights into the cognitive deficits, the patient's usual healthcare routine, and any observed behavioral changes, which can help inform the prescribing decision. This approach aligns with the principles of patient-centered care, ensuring that the nurse practitioner has as much information as possible to make informed choices regarding medication, especially in a patient population with cognitive impairments. Other options may not provide comprehensive or reliable information. Querying other staff members may yield some information, but they might not have detailed insights into the specific medical history of the patient. Relying solely on the patient's self-report can be risky, especially if cognitive deficits impede their ability to provide accurate information. Waiting until the chart is available might delay necessary care and could place the patient at risk, especially if immediate treatment is required. Therefore, engaging the adult child serves as a proactive approach to gather

5. How do APRNs assess the effectiveness of interventions?

- A. By using outcome measures and patient feedback to evaluate and adjust care plans**
- B. Through random sampling of patient charts**
- C. By relying solely on healthcare provider interpretation**
- D. With periodic audits of treatment protocols**

APRNs assess the effectiveness of interventions primarily through the use of outcome measures and patient feedback to evaluate and adjust care plans. This process involves collecting data on the patient's response to treatment, identifying measurable outcomes such as symptom improvement, functional status, and overall satisfaction with care. By engaging with patients and incorporating their feedback, APRNs can better understand the impact of interventions on the patient's health and adjust the care plan accordingly to enhance effectiveness and patient outcomes. Integrating outcome measures and patient feedback allows APRNs not only to evaluate the current effectiveness of the interventions but also facilitates a more personalized approach to care that is responsive to the unique needs and preferences of each patient. This ongoing assessment is crucial for quality improvement within healthcare settings and for ensuring that interventions remain relevant and beneficial over time.

6. A patient post-total gastrectomy shows symptoms like sore mouth and indigestion. Which test should be ordered?

- A. Blood urea nitrogen level**
- B. Complete blood count**
- C. Liver function study**
- D. Thyroid function study**

In the context of a patient who has had a total gastrectomy, symptoms such as a sore mouth and indigestion can indicate nutritional deficiencies or hematological issues. A complete blood count (CBC) is particularly relevant in this scenario because it helps assess several important parameters, such as hemoglobin levels, white blood cell counts, and platelet counts. After total gastrectomy, patients often face challenges with nutrient absorption due to the absence of the stomach, leading to potential deficiencies in vitamin B12, iron, and folate. These deficiencies can manifest as anemia, which would be detectable in the CBC as low hemoglobin and hematocrit levels, or indicative of changes in red blood cell morphology. Ordering a CBC allows for early identification of anemia or other blood disorders, thus enabling timely interventions to manage nutritional deficiencies that could lead to complications. Therefore, it is the most appropriate test in this situation to address the symptoms and monitor the patient's health post-surgery.

7. What is the recommended treatment for viral conjunctivitis?

- A. Antihistamine/decongestant drops**
- B. Antihistamine/mast cell stabilizer drops**
- C. Cold compresses**
- D. Steroid eyedrops**

The recommended treatment for viral conjunctivitis emphasizes supportive care, as it is primarily a self-limiting condition. Cold compresses are particularly beneficial because they can help alleviate the discomfort associated with the condition. They provide symptomatic relief by reducing inflammation and soothing irritation of the eyes. Viral conjunctivitis is typically caused by adenoviruses, and because antibiotics do not work against viral infections, treatment focuses on managing symptoms rather than eradicating the virus. Cold compresses are easy to administer and can significantly enhance comfort without any adverse effects, making them an ideal recommendation for patients suffering from viral conjunctivitis. In contrast, other treatments like antihistamine/decongestant drops, antihistamine/mast cell stabilizer drops, and steroid eyedrops are not indicated for viral infections. Antihistamines and decongestants primarily target allergic causes of conjunctivitis, while steroids can have complications, such as increased intraocular pressure or secondary infections, and are generally not recommended unless specifically indicated for other ocular conditions.

8. When providing culturally sensitive care, how should a nurse practitioner address a patient's family member present during an examination?

- A. Ask the father to leave the room due to confidentiality issues**
- B. Perform the examination without commenting to the father**
- C. Ask the father if he has any questions regarding his son's care**
- D. Explain examination findings to the father after the examination**

Choosing to ask the family member if they have any questions regarding the patient's care embodies culturally sensitive practice by promoting inclusion and open communication. This approach recognizes the important role that family members often play in the healthcare process, particularly in cultures where family decisions are made collectively. It acknowledges their potential influence on the patient's healthcare choices while ensuring that the patient's autonomy and confidentiality are still respected. Engaging the family member can help in building trust and rapport, which are crucial to providing effective care. By inviting questions, the nurse practitioner shows respect for the family member's concern, which can also help in alleviating any anxiety they may have regarding the patient's condition. In contrast to this approach, asking a family member to leave solely due to confidentiality concerns may overlook the unique dynamics and support needs that families might have in certain cultural contexts. Performing the examination without engaging with the family member can lead to feelings of exclusion, which could harm the therapeutic relationship. Additionally, explaining examination findings only after the examination can miss an opportunity for providing immediate support and clarification that the family member may need during the process. Engaging in conversation during the examination can enhance understanding and foster a more holistic approach to patient care.

9. What certification is required for Clinical Nurse Specialists?

- A. Certification in their specialty area**
- B. General nursing certification**
- C. Emergency response certification**
- D. End-of-life care certification**

Clinical Nurse Specialists (CNSs) are advanced practice registered nurses who possess a specialized body of knowledge and expertise in a specific area of nursing practice. The required certification reflects their advanced education and clinical training in their chosen specialty, allowing them to provide high-level patient care, influence healthcare policy, and contribute to nursing education within that specialty area. Obtaining certification in their specific specialty area demonstrates their competency and proficiency, which are essential for delivering advanced nursing care and improving patient outcomes. This certification also ensures that the CNS has met the necessary standards and is qualified to practice at this advanced level, which is critical for the role they play in the healthcare system.

10. In addition to altered mental status, what is the best early indicator of pneumonia in older adults?

- A. Cough.**
- B. Fever.**
- C. Malaise.**
- D. Tachypnea.**

In the context of pneumonia in older adults, tachypnea, or an increased respiratory rate, serves as a key early indicator. This is particularly important because older adults may present with atypical symptoms when they have respiratory infections. While a cough, fever, and malaise are also common signs of pneumonia, tachypnea can indicate a more immediate physiological response to respiratory distress or decreased oxygenation, which is likely to be a critical part of how the body attempts to compensate for infection. Older adults may not always exhibit classic symptoms like fever due to changes in immune response as they age, making tachypnea a more reliable early indicator. Recognizing tachypnea allows healthcare providers to initiate prompt evaluation and treatment, which is essential in managing pneumonia effectively in this population. Therefore, it is important to be vigilant about respiratory patterns, as this can significantly influence the approach to care and early intervention.

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://anccaprn.examzify.com>

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

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