

Arizona State University (ASU) NUR356 Nursing Concepts: Fundamentals and Adult Health Exam 1 Practice (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. What is the first step in the medication administration process?

- A. Dispensing**
- B. Transcribing**
- C. Administering**
- D. Prescribing**

2. What does "quality of practice" in nursing refer to?

- A. Only patient satisfaction ratings**
- B. The effectiveness of care provided to patients**
- C. The financial profitability of healthcare services**
- D. Compliance with legal regulations**

3. A nurse must evaluate the effectiveness of a new treatment approach after two days. What is the best method for assessing this?

- A. Conducting patient interviews regularly**
- B. Reviewing the patient's ongoing symptoms**
- C. Consulting with interdisciplinary teams**
- D. Following predefined treatment protocols**

4. What is the process of implementing interventions to achieve patient goals called?

- A. Evaluation**
- B. Implementation**
- C. Autonomy**
- D. Accountability**

5. In patient care, what is the main focus of a caregiver's role?

- A. To ensure legal protection of patient rights**
- B. To advocate for insurance coverage**
- C. To assist patients in regaining health and independence**
- D. To educate patients on medication adherence**

6. What is the primary focus of the code of ethics for nurses?

- A. Patient confidentiality alone**
- B. Advocacy, responsibility, accountability, and confidentiality**
- C. Public health and safety**
- D. Quality improvement in healthcare**

7. What factors influence a patient's health beliefs?

- A. Environmental factors only**
- B. Culture, religion, personal experiences, and education level**
- C. Medical history alone**
- D. Socioeconomic status only**

8. Which of the following elements contributes to a nurse's clinical decision-making regarding patient pain?

- A. Focusing on immediate medication usage**
- B. Understanding the patient's cultural beliefs**
- C. Considering previous pain management techniques**
- D. Analyzing patient feedback on treatment efficacy**

9. Which of the following is classified as a nursing intervention?

- A. The patient will ambulate using crutches**
- B. Provide assistance while the patient walks**
- C. The patient is unable to bear weight**
- D. Impaired physical mobility**

10. What does the assessment phase of nursing involve?

- A. Creating a nursing diagnosis**
- B. Collecting and interpreting information about a patient**
- C. Determining patient goals**
- D. Monitoring patient progress**

Answers

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

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Explanations

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1. What is the first step in the medication administration process?

- A. Dispensing
- B. Transcribing
- C. Administering
- D. Prescribing**

The first step in the medication administration process is prescribing. This step involves the healthcare provider determining the appropriate medication, dosage, route, and frequency based on the patient's diagnosis and individual needs. It is a critical phase as it lays the foundation for the entire medication administration process. Successful medication administration follows a series of steps, beginning with the healthcare provider's decision to prescribe a certain treatment. Accurate prescribing requires a comprehensive assessment of the patient, including their medical history, current medications, and potential drug interactions. Once the prescription is made, the following steps, including transcribing and dispensing, can occur. Therefore, prescribing is essential to ensure safe and effective medication delivery for the patient.

2. What does "quality of practice" in nursing refer to?

- A. Only patient satisfaction ratings
- B. The effectiveness of care provided to patients**
- C. The financial profitability of healthcare services
- D. Compliance with legal regulations

Quality of practice in nursing primarily refers to the effectiveness of care provided to patients. This encompasses not only the clinical outcomes but also how well the nursing activities align with evidence-based practices and standards of care. Quality of practice involves delivering care that improves patient health outcomes, maintains patient safety, and enhances the overall patient experience. When considering the effectiveness of care, nurses evaluate several factors, including the accuracy of assessments, the appropriateness of interventions, and the timing and coordination of care. Achieving high-quality nursing practice means striving for the best possible health outcomes for patients while also incorporating elements such as continuity of care and patient education. While other options may touch on aspects relevant to nursing, they do not fully capture the comprehensive notion of quality in practice. Patient satisfaction ratings (mentioned in the first option) are an important part of the care experience but do not solely define quality of practice. Financial profitability (the third option) plays a role in healthcare systems but does not reflect the actual quality of clinical nursing care provided. Compliance with legal regulations (the fourth option) is vital for safe practice, yet adhering to laws and regulations is part of maintaining quality, rather than defining what quality itself entails. Thus, focusing on the effectiveness of care is fundamental in understanding quality in

3. A nurse must evaluate the effectiveness of a new treatment approach after two days. What is the best method for assessing this?

- A. Conducting patient interviews regularly**
- B. Reviewing the patient's ongoing symptoms**
- C. Consulting with interdisciplinary teams**
- D. Following predefined treatment protocols**

Assessing the effectiveness of a new treatment approach after two days requires directly evaluating the patient's ongoing symptoms. This method provides immediate and relevant insights into how the patient is responding to the treatment, allowing the nurse to determine if there are improvements, persistency, or worsening of symptoms.

Monitoring ongoing symptoms is essential for understanding the real impact of the treatment on the patient's health condition. While conducting patient interviews regularly is a valuable tool for gathering qualitative data, it may not provide the objective measures needed to assess treatment efficacy as effectively as tracking symptoms does. Consulting with interdisciplinary teams can offer additional perspectives and recommendations, but it does not directly evaluate the patient's response to the specific treatment. Following predefined treatment protocols ensures structure in care delivery, but it doesn't address immediate patient outcomes that indicate how well the treatment is working. Thus, focusing on the patient's ongoing symptoms is the most direct and practical approach to evaluate the new treatment's effectiveness within a short timeframe.

4. What is the process of implementing interventions to achieve patient goals called?

- A. Evaluation**
- B. Implementation**
- C. Autonomy**
- D. Accountability**

The process of implementing interventions to achieve patient goals is referred to as "Implementation." This phase is a critical component of the nursing process, which consists of assessment, diagnosis, planning, implementation, and evaluation. During implementation, nurses carry out the interventions that were planned based on the patient's needs, preferences, and the best available evidence. This may involve administering medications, providing patient education, or coordinating care with other healthcare professionals. Effective implementation directly impacts the patient's progress towards their goals and requires the nurse to apply clinical judgment, coordinate resources, and communicate effectively with the patient and other team members. This stage is where the theoretical aspects of nursing practice are translated into practical actions that aim to promote healing, prevent complications, and improve overall patient outcomes.

5. In patient care, what is the main focus of a caregiver's role?

- A. To ensure legal protection of patient rights**
- B. To advocate for insurance coverage**
- C. To assist patients in regaining health and independence**
- D. To educate patients on medication adherence**

The main focus of a caregiver's role centers on assisting patients in regaining their health and independence. This encompasses a holistic approach to patient care, often involving support in physical, emotional, and social aspects, enabling patients to achieve their personal health goals. Caregivers collaborate with patients to create a safe environment that fosters recovery and encourages self-management of health conditions. This might include providing physical support, emotional encouragement, and resources necessary for patients to take an active role in their care. While protecting patient rights, advocating for insurance coverage, and educating patients on medication adherence are important aspects of a caregiver's responsibilities, these activities serve to support the overarching goal of promoting health and independence. By focusing on empowering patients, caregivers play a crucial role in facilitating recovery and improving quality of life, ultimately helping individuals become more self-sufficient in managing their health outcomes.

6. What is the primary focus of the code of ethics for nurses?

- A. Patient confidentiality alone**
- B. Advocacy, responsibility, accountability, and confidentiality**
- C. Public health and safety**
- D. Quality improvement in healthcare**

The primary focus of the code of ethics for nurses encompasses advocacy, responsibility, accountability, and confidentiality. This comprehensive approach underscores the ethical obligations of nurses to their patients, the profession, and society as a whole. Advocacy is a fundamental tenet of nursing ethics, promoting the rights and well-being of patients while ensuring their voices are heard in decisions about their care. Responsibility and accountability highlight the nurse's duty to provide competent and safe care, as well as to be answerable for their actions and decisions. Confidentiality is also crucial, ensuring that patient information is protected and shared only within appropriate bounds. By integrating these core principles, the code of ethics guides nursing practice and fosters trust between nurses and patients, ultimately enhancing the quality of care provided in the healthcare system. While aspects related to patient confidentiality, public health, safety, and quality improvement are important in nursing, they are not the sole or primary focus of the ethical framework guiding the profession. The holistic nature of ethical practice encompasses a broader scope, highlighting the interconnectedness of these concepts.

7. What factors influence a patient's health beliefs?

- A. Environmental factors only
- B. Culture, religion, personal experiences, and education level**
- C. Medical history alone
- D. Socioeconomic status only

The selected answer highlights the multifaceted nature of health beliefs, encompassing various influential factors such as culture, religion, personal experiences, and education level. Each of these elements plays a crucial role in shaping how individuals perceive health and wellness. Culture significantly affects health beliefs by determining values, practices, and norms that influence health behaviors and attitudes toward illness. For example, cultural beliefs can dictate how symptoms are interpreted and the types of treatments that are considered acceptable. Religion can also have a profound impact on health beliefs, as it may provide frameworks for understanding health and illness, including concepts of spirituality and divine intervention. Personal experiences, such as past illnesses or encounters with healthcare systems, shape individuals' beliefs regarding health and the effectiveness of treatments. Additionally, education level is vital as it affects one's ability to understand health information and make informed decisions. Individuals with higher education may have better access to accurate health information, leading to more proactive health management. In contrast, focusing solely on environmental factors, medical history, or socioeconomic status overlooks the comprehensive interplay of these various elements. Health beliefs are not determined by a single aspect but rather by the integration of personal and contextual factors that together inform an individual's approach to health and wellness.

8. Which of the following elements contributes to a nurse's clinical decision-making regarding patient pain?

- A. Focusing on immediate medication usage
- B. Understanding the patient's cultural beliefs**
- C. Considering previous pain management techniques
- D. Analyzing patient feedback on treatment efficacy

Understanding the patient's cultural beliefs plays a crucial role in a nurse's clinical decision-making regarding patient pain. Cultural factors can significantly influence how individuals perceive and express pain, as well as their attitudes toward treatment and pain management options. Recognizing these beliefs allows the nurse to tailor interventions that are respectful and effective, ensuring that they align with the patient's values and preferences. This understanding can also help facilitate better communication between the nurse and the patient, leading to more accurate assessments of pain and more appropriate response strategies. Involving cultural considerations in pain management acknowledges the diverse backgrounds of patients and the varying beliefs they hold about health, illness, and treatment. This approach enhances the nurse's ability to provide holistic care and supports better patient outcomes by creating a trusting relationship.

9. Which of the following is classified as a nursing intervention?

- A. The patient will ambulate using crutches**
- B. Provide assistance while the patient walks**
- C. The patient is unable to bear weight**
- D. Impaired physical mobility**

Providing assistance while the patient walks is classified as a nursing intervention because it involves direct actions taken by the nurse to support the patient's mobility and safety. This intervention is part of the nursing care plan aimed at helping the patient achieve their mobility goals. Assisting patients during ambulation can prevent falls, ensure proper use of mobility aids, and promote independence as much as possible. In this context, the other options do not represent nursing interventions. The first option indicates a patient goal or outcome rather than an action taken by the nurse. The third option describes a patient's condition and limitations without indicating a response or action by the nurse. The last option identifies a nursing diagnosis related to mobility but does not specify an action or intervention. Thus, the correct answer reflects an active role in patient care, focusing on supporting the patient during a specific task.

10. What does the assessment phase of nursing involve?

- A. Creating a nursing diagnosis**
- B. Collecting and interpreting information about a patient**
- C. Determining patient goals**
- D. Monitoring patient progress**

The assessment phase of nursing is fundamentally about gathering and interpreting information regarding a patient's health status. This includes a thorough collection of data from various sources such as the patient's medical history, physical examinations, laboratory results, and reports from other healthcare professionals. The goal of this phase is to gain a comprehensive understanding of the patient's condition, needs, and potential health problems. During this phase, nurses also observe and recognize signs and symptoms, obtaining both subjective information (what the patient reports) and objective information (what the nurse observes or measures). This information forms the basis for subsequent phases of the nursing process, including diagnosing, planning, and implementing care. By focusing on a holistic view of the patient, nurses can provide tailored interventions and monitor progress effectively in later stages of 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://asu-nur356exam1.examzify.com>

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

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