

ATI FUNDAMENTALS OF NURSING PRACTICE EXAM (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 formula to calculate a patient's BMI (Body Mass Index)?**
 - A. BMI = weight (kg) / height (m²)
 - B. BMI = weight (lbs) / height (inches²) x 703
 - C. BMI = height (cm) / weight (kg)
 - D. BMI = weight (kg) x height (m²)
- 2. What practice helps in the prevention of healthcare-associated infections?**
 - A. Reusing sterile equipment
 - B. Frequent hand washing and using hand sanitizer
 - C. Minimizing patient contact
 - D. Delaying patient care until full staff is available
- 3. What is the primary rationale for implementing fall precautions for elderly patients?**
 - A. Decreased mobility and strength
 - B. High medication compliance
 - C. Increased social activities
 - D. Regular physical exercise
- 4. Which method is crucial in preventing healthcare-associated infections?**
 - A. Hand hygiene practices
 - B. Using antibiotics for all patients
 - C. Avoiding all forms of patient contact
 - D. Relying solely on protective equipment
- 5. How can a nurse promote effective sleep for hospitalized patients?**
 - A. Providing medication only when needed
 - B. Implementing a quiet environment and maintaining a routine schedule for care activities
 - C. Encouraging exercise during the day
 - D. Limiting fluid intake before bedtime

- 6. What action should a nurse take to ensure a client feels comfortable during a health assessment?**
- A. Provide privacy for the client
 - B. Keep the lights at a dim level
 - C. Expose half of the body at a time
 - D. Encourage the client's friend to remain in the room
- 7. Which finding should a nurse report when assessing multiple clients?**
- A. Heart rate of 62/min
 - B. Urine output of 200 mL over 8 hours
 - C. Pulse oximetry at 95% on room air
 - D. Blood pressure of 112/76 mm Hg
- 8. How should a nurse properly dispose of client information written on paper?**
- A. Obscure the client's name with a marker
 - B. Place it in the trash at the nurse's station
 - C. Shred the paper in a secure container
 - D. Secure it in the nurse's personal locker
- 9. How can nurses advocate for their patients effectively?**
- A. By voicing patient concerns and preferences in the care planning process
 - B. By making decisions on behalf of the patient without their input
 - C. By limiting patient information sharing within the healthcare team
 - D. By prioritizing hospital policies over patient needs
- 10. When educating a client about dietary restrictions for chronic kidney disease, which aspect should be emphasized?**
- A. Limiting protein intake
 - B. Increasing sodium intake
 - C. Focusing on high-potassium foods
 - D. Exceeding fluid intake limitations

Answers

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

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Explanations

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1. What is the formula to calculate a patient's BMI (Body Mass Index)?

- A. BMI = weight (kg) / height (m²)
- B. BMI = weight (lbs) / height (inches²) x 703
- C. BMI = height (cm) / weight (kg)
- D. BMI = weight (kg) x height (m²)

The formula to calculate a patient's Body Mass Index (BMI) is accurately represented by the expression that states: BMI equals weight in kilograms divided by height in meters squared. This calculation provides a straightforward way to assess whether a person has a healthy body weight relative to their height. Using this method, the weight is measured in kilograms, and the height is measured in meters, which are standard units in the metric system. Squaring the height is essential because BMI is a ratio that compares weight to the area of height—a concept rooted in physics, where mass is compared to volume. This formula is helpful in clinical settings to categorize individuals into different weight status categories, such as underweight, normal weight, overweight, or obese, which in turn can guide treatment and health recommendations. The other choices either misrepresent the units used, apply incorrect operations, or simply do not align with the standardized method of calculating BMI, which emphasizes the need for using specific measurements to ensure accuracy in categorizing individuals based on body weight and height.

2. What practice helps in the prevention of healthcare-associated infections?

- A. Reusing sterile equipment
- B. Frequent hand washing and using hand sanitizer
- C. Minimizing patient contact
- D. Delaying patient care until full staff is available

Frequent hand washing and the use of hand sanitizer are critical measures in preventing healthcare-associated infections (HAIs). Proper hand hygiene significantly reduces the transmission of pathogens in healthcare settings, which can lead to infections that patients may acquire during their stay. The skin and hands can harbor microorganisms even after routine care, so washing hands with soap and water or using alcohol-based hand sanitizers before and after patient contact, before aseptic procedures, and after exposure to bodily fluids can break the chain of infection. Hand hygiene is one of the most effective ways to prevent the spread of infections among patients and staff. The effectiveness of this practice is well-supported by evidence from infection control studies, emphasizing that maintaining clean hands can disrupt the transfer of harmful germs that cause HAIs. This practice is universally recommended and is a fundamental aspect of nursing and healthcare protocol. In contrast, reusing sterile equipment poses a significant risk of infection, as it can easily lead to cross-contamination. Minimizing patient contact may not effectively address the underlying issue of pathogens' transmission, and continual patient care, with proper hygiene practices, is essential for patient well-being. Delaying patient care until full staff is available could prolong suffering and increase the risk of adverse outcomes for patients, while also not addressing infection.

3. What is the primary rationale for implementing fall precautions for elderly patients?

A. Decreased mobility and strength

B. High medication compliance

C. Increased social activities

D. Regular physical exercise

The primary rationale for implementing fall precautions for elderly patients is decreased mobility and strength. As individuals age, they often experience a decline in their physical capabilities, which can lead to an increased risk of falls. This decline may be due to various factors such as muscle weakness, balance issues, or joint problems, all of which contribute to an unstable gait and a heightened susceptibility to falls. Falls in the elderly can have serious consequences, including fractures and head injuries, which may further impact their ability to perform daily activities and diminish their overall quality of life. Therefore, healthcare providers implement fall precautions to mitigate these risks, ensuring the safety and well-being of elderly patients in various settings, such as hospitals or long-term care facilities. The other options, while they may have an impact on overall health and well-being, do not directly address the primary concern of fall risk related to mobility issues in the elderly. High medication compliance, increased social activities, and regular physical exercise can promote general health but are not the foremost reasons for needing fall precautions. Instead, they might play a role in preventing falls when incorporated into a comprehensive care plan.

4. Which method is crucial in preventing healthcare-associated infections?

A. Hand hygiene practices

B. Using antibiotics for all patients

C. Avoiding all forms of patient contact

D. Relying solely on protective equipment

Hand hygiene practices are essential in preventing healthcare-associated infections because they significantly reduce the transmission of pathogens between healthcare personnel, patients, and the environment. Effective hand hygiene, which includes proper handwashing with soap and water or using alcohol-based hand sanitizers, removes or reduces the presence of harmful microorganisms on the hands. This practice is particularly important in healthcare settings, where the risk of infection is higher due to invasive procedures, open wounds, and a higher concentration of susceptible patients. By maintaining rigorous hand hygiene standards, healthcare workers can interrupt the chain of infection transmission, protecting both themselves and their patients. This method is widely supported by research and guidelines from organizations like the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), which emphasize the importance of handwashing as a primary line of defense against infections in healthcare environments.

5. How can a nurse promote effective sleep for hospitalized patients?

- A. Providing medication only when needed
- B. Implementing a quiet environment and maintaining a routine schedule for care activities**
- C. Encouraging exercise during the day
- D. Limiting fluid intake before bedtime

Promoting effective sleep for hospitalized patients is crucial for their recovery and overall well-being. The option involving the implementation of a quiet environment and maintaining a routine schedule for care activities is particularly important. A quiet environment minimizes disturbances that can disrupt a patient's ability to fall asleep or maintain deep sleep. Noise can be a significant barrier to rest, especially in a hospital setting where alarms, conversations, and the sounds of medical equipment can create an environment that is not conducive to sleep. Establishing a routine schedule for care activities also contributes to better sleep. When patients know what to expect in terms of their care – for example, when vital signs will be checked or when medications will be administered – it can reduce anxiety and help them relax. Predictability in their daily routine reassures patients, fostering an atmosphere that encourages restful sleep. This approach also considers the holistic needs of the patient, recognizing that sleep is vital for recovery. By attending to environmental factors and the structure of care, nurses can significantly enhance the likelihood of patients achieving restorative sleep. While other options may also contribute to overall well-being, the combination of a serene atmosphere and a consistent routine addresses both physiological and psychological factors related to sleep.

6. What action should a nurse take to ensure a client feels comfortable during a health assessment?

- A. Provide privacy for the client**
- B. Keep the lights at a dim level
- C. Expose half of the body at a time
- D. Encourage the client's friend to remain in the room

Providing privacy for the client is essential in a health assessment as it fosters an environment of trust and safety. When clients feel that their personal space is respected, they are more likely to share sensitive information and feel comfortable discussing their health concerns openly with the nurse. This confidentiality is not only integral to building rapport but also aligns with ethical nursing practices, ensuring the client's dignity and comfort are prioritized. Creating privacy may involve closing the door, using curtains, or positioning the examination area to restrict visibility from others. Moreover, this approach can help reduce anxiety, allowing the client to focus on the conversation and the assessment process. By prioritizing privacy, the nurse sets a positive tone for the assessment and builds a therapeutic relationship crucial for effective care.

7. Which finding should a nurse report when assessing multiple clients?

- A. Heart rate of 62/min
- B. Urine output of 200 mL over 8 hours**
- C. Pulse oximetry at 95% on room air
- D. Blood pressure of 112/76 mm Hg

When assessing multiple clients, a urine output of 200 mL over 8 hours is a finding that warrants reporting. Normal urine output is typically around 30 mL per hour, which translates to approximately 240 mL over an 8-hour period. A total output of 200 mL in that timeframe indicates oliguria, or decreased urine production, which can be a significant concern in assessing renal function and overall fluid balance in a client. Reduced urine output can suggest dehydration, kidney impairment, or other underlying health issues that may require immediate intervention or further evaluation by the healthcare team. Reporting this finding allows for timely assessment and necessary actions to address any potential complications.

8. How should a nurse properly dispose of client information written on paper?

- A. Obscure the client's name with a marker
- B. Place it in the trash at the nurse's station
- C. Shred the paper in a secure container**
- D. Secure it in the nurse's personal locker

The proper disposal of client information written on paper is essential to maintain patient confidentiality and comply with legal and ethical standards, such as the Health Insurance Portability and Accountability Act (HIPAA). Using a secure container for shredding protects sensitive information from unauthorized access. This process ensures that all identifiable information is rendered unreadable and irrecoverable, significantly reducing the risk of a data breach. Shredding not only follows best practices for data protection but also demonstrates a commitment to safeguarding patient privacy. In a healthcare environment, where trust and confidentiality are paramount, the practice of thoroughly shredding documents containing personal health information is a critical responsibility for nurses. Other methods of disposal, such as obscuring names with a marker or placing documents in unsecured trash, do not adequately protect client confidentiality and leave information at risk of being reconstructed or accessed by unauthorized individuals. Similarly, keeping written information in a personal locker can pose a risk if the locker is not secure and accessible by others, making it an inappropriate method for disposing of sensitive client information.

9. How can nurses advocate for their patients effectively?

- A. By voicing patient concerns and preferences in the care planning process**
- B. By making decisions on behalf of the patient without their input
- C. By limiting patient information sharing within the healthcare team
- D. By prioritizing hospital policies over patient needs

Advocating for patients involves representing their needs, preferences, and concerns within the healthcare system. Voicing patient concerns and preferences during the care planning process is essential because it empowers patients and ensures they are an integral part of their own care. This approach fosters a collaborative relationship between the healthcare team and the patient, leading to better outcomes and increased patient satisfaction. Involving patients in the decision-making process respects their autonomy and promotes informed consent, which is a fundamental principle in nursing and healthcare. It allows the healthcare team to tailor interventions to meet individual patient needs and preferences, ultimately enhancing the quality of care. By actively participating in discussions regarding their treatment, patients are more likely to adhere to recommendations and feel valued in their healthcare journey. The other options do not align with the principles of patient advocacy, as they either undermine patient autonomy, limit effective communication, or prioritize institutional policies over individualized care.

10. When educating a client about dietary restrictions for chronic kidney disease, which aspect should be emphasized?

- A. Limiting protein intake**
- B. Increasing sodium intake
- C. Focusing on high-potassium foods
- D. Exceeding fluid intake limitations

In the context of chronic kidney disease (CKD), emphasizing the limitation of protein intake is crucial for managing the condition. As kidney function declines, the ability to excrete the waste products from protein metabolism diminishes. High protein intake can lead to an increased buildup of urea and other nitrogenous waste in the bloodstream, potentially worsening kidney function and leading to complications such as uremia. By reducing protein consumption, clients can help decrease the workload on their kidneys, slow the progression of the disease, and manage symptoms more effectively. This dietary adjustment is often tailored based on the individual's stage of CKD, their current kidney function, and overall health status. Therefore, the focus on limiting protein intake aligns with standard dietary recommendations for those with chronic kidney disease, promoting better health outcomes and quality of life.

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://atifundamentalsnursing.examzify.com>

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

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