

ATI LVN FUNDAMENTALS EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 factor is essential when cleaning equipment that has been contaminated with blood?**
 - A. All-purpose cleaner is sufficient
 - B. Using gloves and barriers for safety
 - C. Bleach should be used for disinfection
 - D. Rubbing alcohol is the best option
- 2. How should a cane be used by a patient with left-sided weakness?**
 - A. On the left side for support
 - B. On the right side for support
 - C. In front of the patient
 - D. Held by the weaker hand
- 3. What is the best position for a patient receiving a back rub?**
 - A. Seated upright in a chair
 - B. Supine with arms overhead
 - C. Prone position with back facing the caregiver
 - D. Sitting with legs crossed
- 4. How frequently should fluid intake of 8 oz (1 cup) be encouraged?**
 - A. Every hour
 - B. Every two hours
 - C. Every three hours
 - D. Every four hours
- 5. How should an incident report be properly documented?**
 - A. Include assumptions about the incident
 - B. Document only what you heard from others
 - C. Write only what you saw
 - D. Provide a detailed personal opinion

- 6. If a patient claims they are not receiving an enema, what should you do first?**
- A. Administer the enema immediately
 - B. Recheck their chart and verify their orders
 - C. Ask the patient for more details
 - D. Contact the doctor for clarification
- 7. When putting on sterile gloves, which hand should you use first?**
- A. The dominant hand
 - B. The undominant hand
 - C. Either hand
 - D. It doesn't matter
- 8. What is one potential complication of using a chest tube?**
- A. Infection
 - B. Anemia
 - C. Hypertension
 - D. Hypothermia
- 9. Why is following the chain of command important in healthcare?**
- A. To avoid escalation of concerns
 - B. To ensure communication follows a proper protocol
 - C. To solely report grievances
 - D. To simplify job responsibilities
- 10. Which of the following indicates potentially serious complications from immobility?**
- A. Stable vital signs
 - B. Persistent cough
 - C. Crackles in the lungs
 - D. Improved mobility

Answers

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

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Explanations

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1. What factor is essential when cleaning equipment that has been contaminated with blood?

- A. All-purpose cleaner is sufficient
- B. Using gloves and barriers for safety
- C. Bleach should be used for disinfection**
- D. Rubbing alcohol is the best option

The factor that is essential when cleaning equipment that has been contaminated with blood is the use of bleach for disinfection. This is due to its effectiveness in killing a broad spectrum of pathogens, including viruses and bacteria, that may be present in blood. Blood can carry infectious agents like Hepatitis B, Hepatitis C, and HIV, so it is crucial to use a disinfectant that can effectively eliminate these pathogens to ensure safety for both the caregiver and the patients. While other options mention cleaning methods or safety precautions, they do not provide the same level of efficacy in bloodborne pathogen disinfection as bleach. All-purpose cleaners may not have the necessary antimicrobial properties to effectively neutralize pathogens in contaminated environments. Using gloves and barriers is extremely important for personal safety but does not address the effectiveness of the cleaning agent itself. Rubbing alcohol can be effective against certain bacteria and viruses but is typically not as potent or effective as bleach for disinfection in high-risk scenarios involving blood contamination. Therefore, using bleach is the preferred approach in these instances.

2. How should a cane be used by a patient with left-sided weakness?

- A. On the left side for support
- B. On the right side for support**
- C. In front of the patient
- D. Held by the weaker hand

Using a cane is an important technique for providing support and stability for patients with weakness on one side of the body. In this case, a patient with left-sided weakness would benefit from using the cane on the right side. The purpose of positioning the cane in the opposite hand from the weak side is to create a balance and allow the stronger side to bear more weight. When the cane is held on the right side, the patient can use it to support their movement, with the right leg providing strong stability as they step forward with the left weaker leg. This alignment helps to maintain a more upright posture, encourages proper gait mechanics, and minimizes the risk of falling, as it allows for efficient weight distribution. Additionally, when using the cane on the opposite side, the patient engages their stronger side for stability while promoting proper coordination between the cane, the stronger leg, and the weaker leg as they move. This method is recommended by occupational and physical therapists to enhance mobility and safety for individuals with unilateral weakness.

3. What is the best position for a patient receiving a back rub?

- A. Seated upright in a chair
- B. Supine with arms overhead
- C. Prone position with back facing the caregiver**
- D. Sitting with legs crossed

The best position for a patient receiving a back rub is the prone position, where the patient is lying face down with their back exposed to the caregiver. This position allows for optimal access to the back muscles and enables the caregiver to apply effective pressure during the rub. It also helps to ensure the patient's comfort, as lying prone can alleviate strain on the lower back and provide a sense of relaxation. In this position, the caregiver can easily reach the entire back area to provide a thorough and effective massage, promoting relaxation, enhancing circulation, and relieving muscle tension. The design of the back rub itself is to improve comfort and well-being, which is best achieved when the back is directly accessible in this way.

4. How frequently should fluid intake of 8 oz (1 cup) be encouraged?

- A. Every hour
- B. Every two hours**
- C. Every three hours
- D. Every four hours

Encouraging fluid intake of 8 oz (1 cup) every two hours is considered a reasonable approach for maintaining hydration, especially in a healthcare setting. This frequency allows for a consistent intake of fluids throughout the day, preventing dehydration and promoting overall health. Regular hydration is important for various bodily functions, including regulating body temperature, maintaining electrolyte balance, and supporting kidney function. By spacing fluid intake every two hours, it enables individuals to meet their hydration needs without overwhelming the bladder, which could happen with more frequent or larger volumes of fluid consumed in a shorter time frame. Additionally, this schedule aligns with normal daily activities, making it practical for individuals to remember to drink fluids regularly. It encourages a steady habit of hydration that can be easily integrated into daily routines, especially in settings where monitoring fluid intake is essential, such as in hospitals or for patients with specific health concerns.

5. How should an incident report be properly documented?

- A. Include assumptions about the incident
- B. Document only what you heard from others
- C. Write only what you saw**
- D. Provide a detailed personal opinion

The correct approach to documenting an incident report focuses on providing an accurate and objective account of the events as they occurred. Writing only what you saw means that the report will reflect firsthand observations, which helps to ensure the information is reliable and verifiable. This method emphasizes the importance of sticking to factual details, which is crucial for accountability and clarity in any incident report. Such documentation should convey who was involved, what actions were taken, and the circumstances surrounding the situation without inserting personal interpretations or assumptions. Other options do not align with best practices for incident reporting. For example, including assumptions about the incident can lead to misunderstandings and miscommunications, while documenting only what you heard from others can compromise the report's reliability, as it lacks direct evidence. Providing detailed personal opinions can also bias the report, leading to a skewed representation of the facts. Accurate incident reporting ultimately seeks to convey evident facts rather than subjective viewpoints, making the observation of what was seen paramount.

6. If a patient claims they are not receiving an enema, what should you do first?

- A. Administer the enema immediately
- B. Recheck their chart and verify their orders**
- C. Ask the patient for more details
- D. Contact the doctor for clarification

The most appropriate initial action is to recheck the patient's chart and verify their orders. This step is crucial because it ensures you have a clear understanding of the patient's treatment plan and any orders related to enemas, thus confirming whether an enema is indeed required. By reviewing the chart, you can determine if there was an intended order for the procedure or if there may have been changes that the patient is not aware of. This helps in avoiding potential errors, such as administering a treatment that was not ordered or missing medication or treatments that should have been given. Once you have verified the information in the chart, you can then proceed with the next appropriate steps based on what you find, whether that involves discussing it further with the patient or addressing anything with the doctor. The focus on verifying existing orders puts patient safety first and ensures that you are acting on the most accurate information available.

7. When putting on sterile gloves, which hand should you use first?

- A. The dominant hand
- B. The nondominant hand**
- C. Either hand
- D. It doesn't matter

When putting on sterile gloves, it is recommended to start with the nondominant hand. This technique is important because it allows you to use your dominant hand to handle the glove without needing to touch the outer surface of the glove during its application. By starting with the nondominant hand, you can maintain sterility and minimize the risk of contaminating the gloves as you put them on. After the nondominant glove is secure, you can then use your dominant hand to pull on the glove for that hand, ensuring that the process remains as sterile as possible. Starting with the nondominant hand also aligns with standard procedures in clinical settings, helping to reinforce consistent practices among healthcare professionals. This method not only protects the sterility of the gloves but also allows for greater control when applying gloves, particularly in environments where maintaining clean techniques is crucial for patient safety.

8. What is one potential complication of using a chest tube?

- A. Infection**
- B. Anemia
- C. Hypertension
- D. Hypothermia

Using a chest tube, which is a common procedure to drain air, fluid, or blood from the pleural space, indeed carries the risk of infection. This complication can arise due to several factors, including the invasive nature of the procedure, the presence of a foreign body (the tube itself), and the potential for bacteria to enter the pleural space. Infection can lead to serious conditions like pleuritis or empyema, where pus collects in the pleural cavity. In contrast, complications such as anemia, hypertension, and hypothermia are less directly associated with the placement of a chest tube. Anemia may result from blood loss but is not a common or immediate complication of the procedure. Hypertension is typically a result of other underlying health conditions and is not specifically linked to chest tube use. Hypothermia can occur in various medical situations but is not a direct complication of a chest tube insertion. Thus, the risk of infection is a primary concern that healthcare providers must monitor.

9. Why is following the chain of command important in healthcare?

- A. To avoid escalation of concerns
- B. To ensure communication follows a proper protocol**
- C. To solely report grievances
- D. To simplify job responsibilities

Following the chain of command in healthcare is crucial primarily to ensure that communication adheres to proper protocols. This structured approach facilitates effective information flow between different levels of staff and management, promoting clarity and accountability. When team members communicate through the designated levels of authority, it minimizes misunderstandings and ensures that the right individuals are involved in decision-making processes. Proper communication channels help in resolving issues more efficiently and allow for a coordinated response to patient needs or organizational challenges. Additionally, following this hierarchy encourages respect for roles and responsibilities among staff, which is essential in maintaining a professional environment. It also aids in the proper escalation of critical issues, ensuring that they reach the appropriate level of authority for timely and effective resolution. This systematic approach contributes to patient safety and overall healthcare quality, making it a fundamental aspect of effective healthcare delivery.

10. Which of the following indicates potentially serious complications from immobility?

- A. Stable vital signs
- B. Persistent cough
- C. Crackles in the lungs**
- D. Improved mobility

The presence of crackles in the lungs indicates potentially serious complications from immobility. When a person is immobile, fluid can accumulate in the lungs due to stasis and impaired circulation, leading to conditions such as pneumonia or atelectasis. Crackles, which are abnormal lung sounds, can be heard during auscultation and suggest that there may be fluid in the alveoli or that airway obstruction is present. This symptom necessitates further assessment and intervention to prevent serious respiratory complications. Other options, while they may indicate different health statuses, do not specifically signal complications stemming from immobility. Stable vital signs suggest that the individual is stable and not exhibiting immediate signs of distress, while a persistent cough could have various causes unrelated to immobility. Improved mobility is a positive sign indicating recovery and is opposite to the complications that arise from being immobile. Thus, among the choices, crackles in the lungs are most directly related to the risks associated with prolonged immobility.

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://atilvnfundamentals1.examzify.com>

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

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