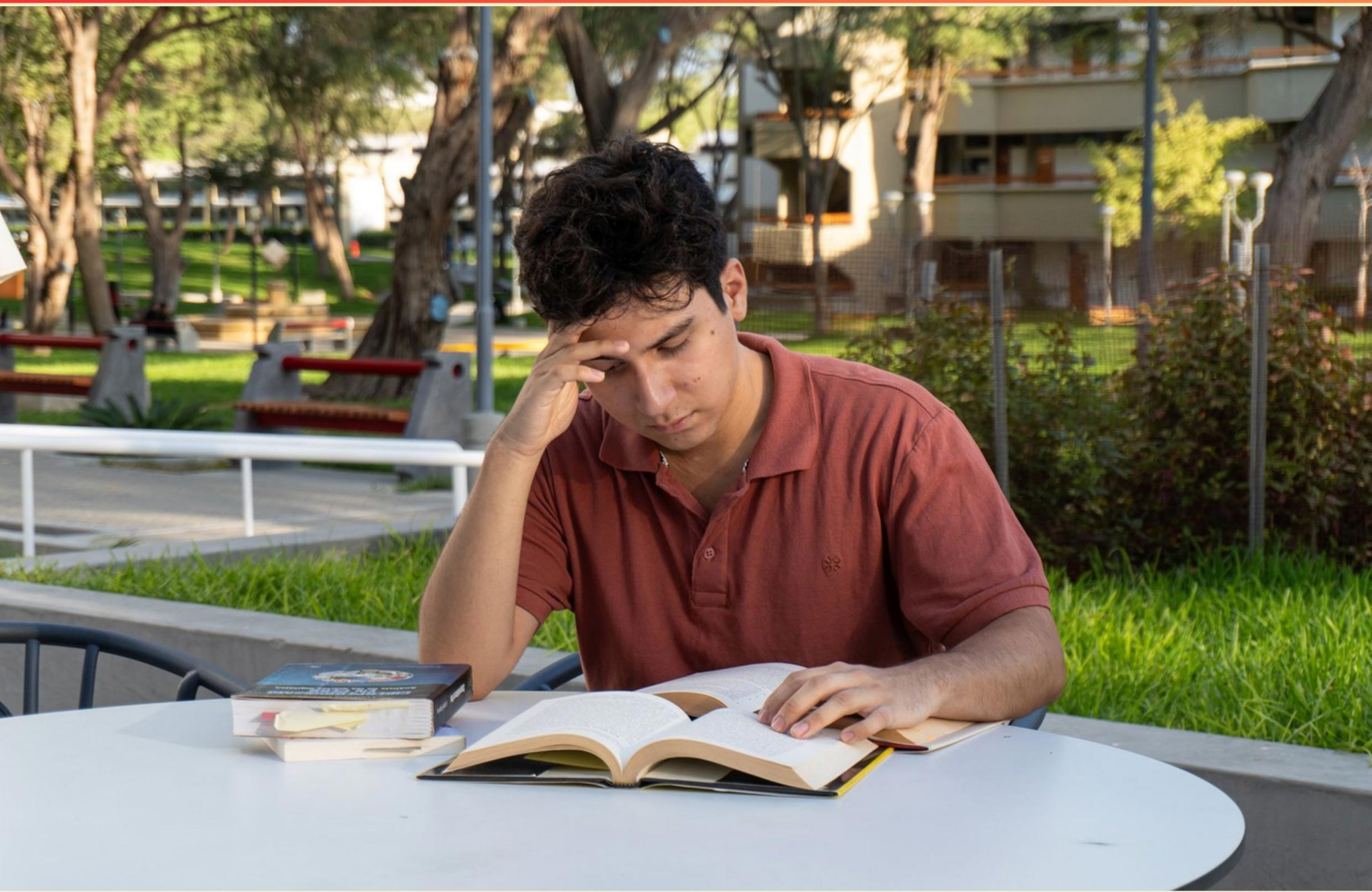


BACHELOR OF SCIENCE IN NURSING (BSN DEGREE) PRACTICE EXAM (SAMPLE) STUDY GUIDE



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. Which stage of grief involves negotiating to change a situation?**
 - A. Denial
 - B. Anger
 - C. Bargaining
 - D. Acceptance
- 2. Which of the following best describes the implementation phase in nursing?**
 - A. Creating a nursing diagnosis
 - B. Carrying out the planned interventions for patient care
 - C. Evaluating the effectiveness of care plans
 - D. Gathering information about the patient
- 3. Which statement about Western medicine and CIHP is accurate?**
 - A. Western medicine fully integrates all CIHPs
 - B. Western medicine typically does not utilize CIHP
 - C. CIHPs are banned in Western medical practice
 - D. CIHP cannot be ethically applied in any nursing context
- 4. When must science courses applicable to the nursing program have been completed?**
 - A. Within the last five years
 - B. Within the last ten years
 - C. Anytime before graduation
 - D. Prior to enrollment at the community college
- 5. Which of the following is a benefit of obtaining a bachelor's degree in nursing instead of an associate degree?**
 - A. Less coursework required
 - B. Higher salary for all nursing roles
 - C. Increased job opportunities
 - D. No additional training required

- 6. Which term refers to recognizing the unique worth of each client in holistic care?**
- A. Standardization
 - B. Uniformity
 - C. Individuality
 - D. Generic care
- 7. What is the nursing process?**
- A. A set of rigid protocols for patient care
 - B. A systematic method including assessment, diagnosis, planning, implementation, and evaluation
 - C. A checklist of procedures for nurses to follow
 - D. A process exclusively for administrative tasks
- 8. What was the recommended proportion of registered nurses (RNs) with baccalaureate degrees by the Institute of Medicine's "Future of Nursing" report?**
- A. 70%
 - B. 80%
 - C. 60%
 - D. 50%
- 9. What does the holistic caring process integrate?**
- A. Physical treatment methods alone
 - B. Diagnoses from technology only
 - C. Forces of nature in healthcare
 - D. Dimensions of physical, emotional, and social health
- 10. Which of the following actions relates to the 'Act' phase of the nursing process?**
- A. Make modifications to the change
 - B. Collect and analyze outcome data
 - C. Implement the change
 - D. Evaluate effectiveness of the change

Answers

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

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Explanations

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1. Which stage of grief involves negotiating to change a situation?

- A. Denial
- B. Anger
- C. Bargaining**
- D. Acceptance

The stage of grief that involves negotiating to change a situation is bargaining. This stage often occurs after the individual has processed some of the pain associated with their loss or hardship. During bargaining, individuals may try to regain control by making deals or promises to a higher power or themselves in an effort to reverse or lessen their suffering. This can manifest in thoughts such as "If only I could have done this differently" or "I will change if I can have this person back." Bargaining serves as a coping mechanism, allowing individuals to negotiate their way out of the distress brought on by the loss. It reflects a desire to find a way to avoid the inevitable or to minimize the impact of the event on their lives. This stage is often characterized by hope that the individual can avoid a cause of grief through their actions or changes in behavior. Understanding bargaining helps to recognize that this is a normal part of the grieving process as individuals seek to make sense of their loss and to cope with the reality of their situation.

2. Which of the following best describes the implementation phase in nursing?

- A. Creating a nursing diagnosis
- B. Carrying out the planned interventions for patient care**
- C. Evaluating the effectiveness of care plans
- D. Gathering information about the patient

The implementation phase in nursing is centered on executing the planned interventions that have been established to achieve desired patient outcomes. This phase follows the planning stage, where specific nursing diagnoses have been identified and interventions developed. During implementation, nurses actively carry out these interventions, which may include administering medications, providing patient education, performing procedures, and coordinating care with other healthcare professionals. The focus during this phase is on applying the nursing care plan in real-time within the healthcare setting, ensuring that interventions are performed safely and effectively to support the patient's recovery or management of their condition. While the other stages of the nursing process involve key activities such as forming nursing diagnoses, evaluating care plans, and gathering patient information, they do not encapsulate the essence of implementation, which is about action and execution in response to the care plan designed for the patient.

3. Which statement about Western medicine and CIHP is accurate?

- A. Western medicine fully integrates all CIHPs
- B. Western medicine typically does not utilize CIHP**
- C. CIHPs are banned in Western medical practice
- D. CIHP cannot be ethically applied in any nursing context

Western medicine typically does not utilize Complementary, Integrative, Holistic Practices (CIHP), which reflects a traditional approach that often focuses on evidence-based treatment methods and pharmaceuticals. While there may be a growing interest in incorporating certain complementary practices, such as acupuncture or mindfulness, into treatment plans, these are not universally integrated or accepted within Western medical frameworks. This observation highlights the distinction between conventional practices and CIHP, where the latter may be viewed as alternative rather than essential components of care. The context also elaborates on other options: Western medicine does not fully integrate all CIHPs, as many of these practices are viewed with skepticism due to the lack of rigorous scientific evidence backing their efficacy. Banning CIHPs in Western medicine is not accurate, as many are allowed but not commonly practiced or integrated into standard care. Lastly, the notion that CIHP cannot be ethically applied in any nursing context overlooks the instances in which nurses may thoughtfully incorporate complementary practices for holistic patient care, provided they do so ethically and based on informed consent.

4. When must science courses applicable to the nursing program have been completed?

- A. Within the last five years**
- B. Within the last ten years
- C. Anytime before graduation
- D. Prior to enrollment at the community college

The requirement for science courses applicable to a nursing program to be completed within the last five years is grounded in the need for current and relevant knowledge in the field. Nursing practice is continually evolving, with new research and evidence-based practices emerging regularly. Recent coursework ensures that students are familiar with the latest scientific principles, clinical practices, and advancements in healthcare. Completing the science courses within this time frame helps in maintaining a competency level that aligns with contemporary standards in nursing, ultimately ensuring that graduates can provide safe and effective care based on the most current knowledge. This is particularly crucial for foundational sciences like biology, chemistry, and anatomy, which form the basis for understanding complex patient care situations. Courses completed beyond this five-year period may not adequately reflect the current knowledge needed in nursing, potentially impacting a student's ability to apply their learning effectively in a clinical setting. Therefore, the emphasis on a five-year timeline ensures that nursing students are well-prepared to meet the demands of modern nursing practice.

5. Which of the following is a benefit of obtaining a bachelor's degree in nursing instead of an associate degree?

- A. Less coursework required
- B. Higher salary for all nursing roles
- C. Increased job opportunities**
- D. No additional training required

Obtaining a bachelor's degree in nursing provides the benefit of increased job opportunities, which is an important factor in the competitive healthcare field. A BSN program prepares nurses with a broader scope of training that includes more comprehensive education in leadership, critical thinking, and community health, which are highly valued in many healthcare settings. Employers often prefer or require a BSN for certain positions, especially in hospitals and healthcare organizations that aim to improve patient outcomes and adhere to higher standards of care. Research has shown that higher levels of nursing education correlate with lower mortality rates in patients and better overall quality of care. Therefore, those with a BSN may find a wider range of job opportunities available to them, including roles in management, education, and specialty areas that may not be open to those with an associate degree. In contrast, while an associate degree can lead to basic nursing roles, it may limit the nurse's ability to advance in their career or take on higher responsibilities. This emphasis on education and continued professional development is increasingly important in the evolving landscape of healthcare.

6. Which term refers to recognizing the unique worth of each client in holistic care?

- A. Standardization
- B. Uniformity
- C. Individuality**
- D. Generic care

The term that refers to recognizing the unique worth of each client in holistic care is individuality. In holistic nursing, the focus is on treating each client as a distinct person with their own specific needs, preferences, and circumstances. This approach acknowledges that every individual brings their own experiences, values, and beliefs into their health care situation. By emphasizing individuality, nurses can tailor their care to align with each client's unique profile, fostering a more personalized and effective care experience. Standardization and uniformity imply a one-size-fits-all approach, which does not accommodate the varied needs and backgrounds of individual clients. Generic care suggests a standard treatment protocol without recognition of individual differences, further distancing it from the concept of holistic care that values and respects each client's uniqueness. Thus, individuality is the term that best encapsulates the essence of holistic nursing care.

7. What is the nursing process?

- A. A set of rigid protocols for patient care
- B. A systematic method including assessment, diagnosis, planning, implementation, and evaluation**
- C. A checklist of procedures for nurses to follow
- D. A process exclusively for administrative tasks

The correct answer describes the nursing process as a systematic method that includes five key components: assessment, diagnosis, planning, implementation, and evaluation. This approach is central to nursing practice and emphasizes critical thinking and evidence-based care. In the assessment phase, nurses gather comprehensive data about the patient's health status, including their medical history, physical examination, and emotional aspects. The diagnosis phase involves analyzing this data to identify actual or potential health problems. Following this, the planning phase formulates tailored care plans based on the specific needs and goals for the patient. Implementation then puts the plans into action, with nurses providing interventions and treatments to meet the patient's needs. Finally, evaluation assesses the effectiveness of the care provided and determines if the goals have been met, which may lead to adjustments in the care plan as necessary. This systematic approach is flexible and dynamic, allowing nurses to adapt their care based on ongoing patient assessments and responses. It highlights the uniqueness of nursing as a profession, focusing on holistic patient care rather than strictly adhering to protocols or checklists.

8. What was the recommended proportion of registered nurses (RNs) with baccalaureate degrees by the Institute of Medicine's "Future of Nursing" report?

- A. 70%
- B. 80%**
- C. 60%
- D. 50%

The Institute of Medicine's "Future of Nursing" report emphasizes the importance of higher education within the nursing profession and sets a goal for the future workforce. The report specifically recommends that 80% of registered nurses hold a baccalaureate degree by the year 2020. This recommendation is rooted in research indicating that higher education levels among nurses correlate with improved patient outcomes, better critical thinking skills, and enhanced ability to navigate the complexities of healthcare environments. By advocating for an increased proportion of RNs with baccalaureate degrees, the report highlights the need for a well-educated nursing workforce capable of responding effectively to the evolving demands of the healthcare system. Higher education fosters skills that are essential for leadership, collaboration, and the provision of comprehensive patient care, thus improving overall healthcare quality. Understanding this context underscores why the recommendation is set at 80%, as it aligns with the overarching goals of professional development and improved healthcare delivery.

9. What does the holistic caring process integrate?

- A. Physical treatment methods alone
- B. Diagnoses from technology only
- C. Forces of nature in healthcare
- D. Dimensions of physical, emotional, and social health**

The holistic caring process integrates dimensions of physical, emotional, and social health, which acknowledges that an individual's well-being is influenced by multiple interrelated factors. This comprehensive approach recognizes that healthcare extends beyond just treating physical ailments; it involves understanding and addressing emotional states, social interactions, lifestyle choices, and environmental influences. By focusing on the interconnectedness of these dimensions, nursing care can be tailored to meet the full spectrum of a patient's needs, promoting overall wellness and improving patient outcomes. This method aligns with the philosophy of holistic nursing, which seeks to treat the whole person rather than just specific symptoms or conditions, thereby facilitating a more personalized and effective healthcare experience. Other options focus too narrowly on specific aspects of care, such as relying solely on physical treatments or technological diagnoses, which do not encompass the broader perspective essential to holistic nursing. The consideration of natural forces, while interesting, does not capture the full integration of health dimensions necessary for comprehensive patient care.

10. Which of the following actions relates to the 'Act' phase of the nursing process?

- A. Make modifications to the change**
- B. Collect and analyze outcome data
- C. Implement the change
- D. Evaluate effectiveness of the change

The 'Act' phase of the nursing process is focused on taking action based on the analysis of data and the outcomes identified in previous phases. Within this framework, the pivotal action is to implement the change identified as necessary for improving patient outcomes. This aligns directly with the choice that states to "Implement the change," as it signifies putting into practice the proposed interventions or strategies derived from the assessment and planning phases. While adjustments or modifications to the change could occur after an initial implementation, they represent a reflective or evaluative process that occurs later. Collecting and analyzing outcome data and evaluating the effectiveness of the change are also foundational components but belong to more specific phases of the nursing process, focused on measurement and assessment, rather than active implementation. Thus, implementing the change is the core activity of the 'Act' phase, making it the appropriate action within the context of the nursing process.

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://bsndegree.examzify.com>

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

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