

# BKAT Nurse Extern Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is the critical level of blood glucose that indicates hypoglycemia?**
  - A. Below 80 mg/dL**
  - B. Below 70 mg/dL**
  - C. Below 60 mg/dL**
  - D. Below 50 mg/dL**
- 2. What is the role of clinical expertise in evidence-based practice?**
  - A. It is less important than research evidence**
  - B. It should be used in isolation**
  - C. It complements the best available research evidence**
  - D. It only supports traditional methods**
- 3. What is the most critical observation in patients with neurological injuries?**
  - A. Heart rate**
  - B. Fluid intake**
  - C. Respirations**
  - D. Blood pressure**
- 4. What does the term "holistic care" mean in nursing?**
  - A. Caring for the patient exclusively physically**
  - B. Addressing a patient's physical, emotional, social, and spiritual needs**
  - C. Focusing only on mental health aspects**
  - D. Providing care based only on scientific evidence**
- 5. What should a nurse do if they make a medication error?**
  - A. Report the error immediately following protocol**
  - B. Wait until the end of the shift to document the error**
  - C. Inform the patient after all other tasks are completed**
  - D. Ignore it if the patient shows no side effects**



- 6. Which vital sign is considered a critical indicator of cardiac function?**
- A. Respiratory rate**
  - B. Heart rate**
  - C. Blood pressure**
  - D. Oxygen saturation**
- 7. Which factor is a known contributor to obesity as a risk factor for DVT?**
- A. Frequent mobility**
  - B. Active lifestyle**
  - C. Lack of physical activity**
  - D. Low-calorie diet**
- 8. What is the primary purpose of using aseptic technique in nursing?**
- A. To save time during procedures**
  - B. To prevent infection**
  - C. To improve patient comfort**
  - D. To ensure accurate diagnosis**
- 9. What is one effective method for pneumonia prevention in postoperative patients?**
- A. Encourage bed rest**
  - B. Cough and deep breathe, up in chair, turn every 2 hours, incentive spirometer**
  - C. Administer antibiotics**
  - D. Provide supplemental oxygen continuously**
- 10. What is a primary goal of effective discharge planning as per the BKAT?**
- A. Ensuring continuity of care and patient education**
  - B. Rushing the discharge for bed availability**
  - C. Providing minimal follow-up**
  - D. Not including family in the planning**

## **Answers**

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

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## **Explanations**

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**1. What is the critical level of blood glucose that indicates hypoglycemia?**

- A. Below 80 mg/dL
- B. Below 70 mg/dL**
- C. Below 60 mg/dL
- D. Below 50 mg/dL

The critical level of blood glucose that indicates hypoglycemia is recognized as being below 70 mg/dL. This threshold is supported by clinical guidelines, as individuals typically begin to experience adverse symptoms such as shakiness, confusion, irritability, and in more severe cases, loss of consciousness when blood glucose levels fall to this point. It is important for healthcare providers to be aware of this level to correctly assess the condition of patients and intervene appropriately. In clinical practice, while levels below 80 mg/dL may be concerning in some patients, especially those with diabetes, the clear and clinical definition for hypoglycemia is set at below 70 mg/dL. Lower thresholds like below 60 mg/dL or below 50 mg/dL represent more severe cases of hypoglycemia, but the immediate recognition of hypoglycemia begins at the 70 mg/dL mark, allowing timely recognition and treatment to prevent severe complications.

**2. What is the role of clinical expertise in evidence-based practice?**

- A. It is less important than research evidence
- B. It should be used in isolation
- C. It complements the best available research evidence**
- D. It only supports traditional methods

The role of clinical expertise in evidence-based practice is to complement the best available research evidence. This means that clinical expertise allows healthcare professionals to integrate their own clinical knowledge and experience with the latest research findings, ensuring that patient care is both scientifically informed and tailored to individual patient needs. In practice, this integration is crucial because research evidence may not always apply directly to every unique clinical situation or individual patient. The expertise gained through hands-on clinical experience helps practitioners interpret and apply research findings effectively, considering factors such as the patient's specific circumstances, preferences, and values. Combining clinical expertise with research evidence leads to more comprehensive decision-making and ultimately improves patient outcomes by allowing for a more personalized approach to care.

**3. What is the most critical observation in patients with neurological injuries?**

- A. Heart rate**
- B. Fluid intake**
- C. Respirations**
- D. Blood pressure**

In patients with neurological injuries, monitoring respirations is crucial because the respiratory system is directly influenced by neurological function. Damage to specific areas of the brain, such as the brainstem, can impair the body's ability to control breathing. This can lead to respiratory failure or compromised airway management, both of which can rapidly become life-threatening. Ensuring that the patient maintains adequate ventilation is essential. Changes in the quality or pattern of respirations may indicate increased intracranial pressure or neurological deterioration, which require immediate intervention. Therefore, assessing respirations allows healthcare providers to respond quickly to any signs of respiratory distress or changes in neurological status that could further endanger the patient's life. While heart rate, fluid intake, and blood pressure are also important indicators of a patient's overall health and stability, they do not have the same direct and immediate connection to neurological function as respiratory observations do.

**4. What does the term "holistic care" mean in nursing?**

- A. Caring for the patient exclusively physically**
- B. Addressing a patient's physical, emotional, social, and spiritual needs**
- C. Focusing only on mental health aspects**
- D. Providing care based only on scientific evidence**

The term "holistic care" in nursing refers to addressing a patient's physical, emotional, social, and spiritual needs. This approach recognizes that a person's health is influenced not just by physical well-being but also by mental health, social interactions, and spiritual beliefs. By considering all these dimensions, nurses can provide comprehensive care that promotes overall health and well-being. Focusing on only physical care would neglect vital aspects of a patient's experience and can lead to less effective outcomes. Concentrating solely on mental health ignores important physical and social factors that can also affect a patient's well-being. Providing care based exclusively on scientific evidence can overlook the individual unique needs of the patient, as holistic care emphasizes the importance of personalizing treatment plans to the whole person, not just their symptoms or medical conditions.

**5. What should a nurse do if they make a medication error?**

- A. Report the error immediately following protocol**
- B. Wait until the end of the shift to document the error**
- C. Inform the patient after all other tasks are completed**
- D. Ignore it if the patient shows no side effects**

When a nurse makes a medication error, the immediate and correct action is to report the error following established protocols. This response is critical because timely reporting allows for swift interventions that may be necessary to mitigate any potential harm to the patient. Protocols typically include notifying the charge nurse or supervisor and document the incident in the appropriate system, ensuring that all relevant information is captured accurately for ongoing patient safety and quality improvement. This approach also promotes a culture of safety within the healthcare environment, encouraging transparency and learning from mistakes to prevent future occurrences. Timely reporting helps in assessing whether any corrective actions, such as additional monitoring of the patient or administration of an antidote, are required based on the nature of the error. A focus on immediate reporting rather than waiting or ignoring the situation upholds the nurse's ethical and legal responsibilities to the patient's safety and well-being.

**6. Which vital sign is considered a critical indicator of cardiac function?**

- A. Respiratory rate**
- B. Heart rate**
- C. Blood pressure**
- D. Oxygen saturation**

Blood pressure is considered a critical indicator of cardiac function because it reflects the force that circulating blood exerts against the walls of blood vessels. It is a direct measure of the heart's ability to pump blood effectively and can provide vital information regarding both cardiac output and systemic vascular resistance. A stable blood pressure indicates that the heart is functioning properly and supplying adequate blood flow to organs and tissues. Changes in blood pressure can signal various cardiac issues; for example, hypotension may indicate inadequate blood flow due to heart failure, while hypertension can suggest increased workload on the heart and potential arterial damage. Monitoring blood pressure regularly allows healthcare providers to assess the cardiovascular health of a patient and respond promptly to any significant changes that may require intervention.

**7. Which factor is a known contributor to obesity as a risk factor for DVT?**

- A. Frequent mobility**
- B. Active lifestyle**
- C. Lack of physical activity**
- D. Low-calorie diet**

Lack of physical activity is a significant contributor to obesity and is linked to an increased risk of deep vein thrombosis (DVT). Individuals who do not engage in regular physical activity are more likely to accumulate excess weight, which can lead to obesity. Obesity itself is a well-established risk factor for DVT because it can impede blood flow, increase venous pressure, and contribute to a sedentary lifestyle, further exacerbating the risk of clot formation. In contrast, frequent mobility and an active lifestyle promote healthy blood circulation and reduce the likelihood of blood pooling in the veins, which is a critical factor in preventing DVT. Additionally, a low-calorie diet typically supports weight management, which helps in reducing the risk of obesity and its related complications. Therefore, the lack of physical activity stands out as the correct answer due to its direct correlation with both obesity and the increased risk for DVT.

**8. What is the primary purpose of using aseptic technique in nursing?**

- A. To save time during procedures**
- B. To prevent infection**
- C. To improve patient comfort**
- D. To ensure accurate diagnosis**

The primary purpose of using aseptic technique in nursing is to prevent infection. This is crucial in healthcare settings where patients may have weakened immune systems or be undergoing invasive procedures that increase their risk of exposure to pathogens. Aseptic technique involves practices and procedures designed to eliminate or reduce the presence of harmful microorganisms, thereby minimizing the likelihood of infections. Implementing these techniques helps maintain a sterile environment, protects both the patient and healthcare providers, and supports overall patient safety and well-being. Other considerations, such as saving time, improving patient comfort, or ensuring accurate diagnosis, may be beneficial outcomes or concerns in nursing practice, but they do not address the core intention behind aseptic technique. The focus is fundamentally on infection control, making it a critical component of patient care in promoting safety and health outcomes.



**9. What is one effective method for pneumonia prevention in postoperative patients?**

- A. Encourage bed rest**
- B. Cough and deep breathe, up in chair, turn every 2 hours, incentive spirometer**
- C. Administer antibiotics**
- D. Provide supplemental oxygen continuously**

Coughing and deep breathing, along with encouraging the patient to be up in a chair and turning them every two hours, while using an incentive spirometer, significantly contribute to pneumonia prevention in postoperative patients. This method works by promoting lung expansion, enhancing ventilation, and facilitating the clearance of secretions. When patients are encouraged to take deep breaths, it helps to open up the alveoli, which can prevent atelectasis (collapse of the lung), a common complication after surgery. Additionally, changing positions regularly and getting up helps to improve circulation and respiratory function, further reducing the risk of pneumonia. The use of an incentive spirometer specifically provides visual feedback to the patient, motivating them to take deeper breaths and maintaining lung health post-surgery. This multifaceted approach is vital in preventing respiratory complications, making it an effective strategy for pneumonia prevention in these patients.

**10. What is a primary goal of effective discharge planning as per the BKAT?**

- A. Ensuring continuity of care and patient education**
- B. Rushing the discharge for bed availability**
- C. Providing minimal follow-up**
- D. Not including family in the planning**

Ensuring continuity of care and patient education is a fundamental goal of effective discharge planning. This process aims to prepare patients for a successful transition from the healthcare setting back to their home or another care environment. By focusing on continuity of care, healthcare providers can ensure that all necessary medications, follow-up appointments, and instructions for home care are clearly communicated and understood by the patient. This reduces the risk of complications and readmissions. Patient education plays a crucial role in enabling individuals to manage their health effectively post-discharge. When patients are educated about their condition, treatment plans, and how to access resources they may need, they are more likely to engage actively in their recovery. Discharge planning that emphasizes these elements contributes to improved health outcomes and enhances patient satisfaction, fostering a more positive healthcare experience.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://bkatnurseextern.examzify.com>**

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