

# Canadian Practical Nurse Registration Examination (CPNRE) Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. What is the maximum duration continuous infusion tubing can be used for?**
  - A. 48 hours**
  - B. 72 hours**
  - C. 96 hours**
  - D. 12 hours**
- 2. Which side effect is associated with glucocorticoids?**
  - A. Hyperkalemia**
  - B. Acne**
  - C. Dry mouth**
  - D. Insomnia**
- 3. Which stage of labor follows the first stage?**
  - A. Third stage of labor**
  - B. Second stage of labor**
  - C. Pre-labor stage**
  - D. Transformation stage**
- 4. What is the primary function of the myocardium?**
  - A. To protect the heart from infection**
  - B. To facilitate heart contractions**
  - C. To transport oxygen in the blood**
  - D. To assist in heart valve function**
- 5. What is indicated by a pulse that is absent in the APGAR assessment?**
  - A. Normal health status**
  - B. Critical condition**
  - C. Possible mild distress**
  - D. Good physical recovery**

- 6. Osteogenic sarcoma is commonly known as what type of cancer?**
- A. Muscle cancer**
  - B. Bone cancer**
  - C. Nerve cancer**
  - D. Kidney cancer**
- 7. How should a PN approach a patient who is resistant to dietary changes for health improvement?**
- A. Forcefully explain the health benefits**
  - B. Provide educational material and support**
  - C. Ignore the resistance and continue the current diet plan**
  - D. Suggest that the patient meets with a dietitian alone**
- 8. The brain injury that occurs on the opposite side of the impact is known as:**
- A. Coup injury**
  - B. Concussion**
  - C. Countercoup injury**
  - D. Diffuse brain injury**
- 9. What are the two types of advance directives in Canada?**
- A. Power of Attorney and Healthcare Directive**
  - B. Palliative care and Living will**
  - C. Instructional and Power of Attorney**
  - D. Do Not Resuscitate and Health Proxy**
- 10. What type of arthritis is a noninflammatory disorder of synovial joints?**
- A. Osteomyelitis**
  - B. Osteoarthritis**
  - C. Subdural hematoma**
  - D. Comminuted fracture**

## **Answers**

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

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## **Explanations**

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**1. What is the maximum duration continuous infusion tubing can be used for?**

- A. 48 hours
- B. 72 hours**
- C. 96 hours
- D. 12 hours

The correct answer is based on guidelines regarding the safe use of continuous infusion tubing in a clinical setting. Continuous infusion tubing is generally recommended to be changed every 72 hours to minimize the risk of complications such as infection or occlusion. This timeframe allows for the safe administration of medications while maintaining the integrity of the IV system. Using tubing for a longer duration could increase the likelihood of contamination or buildup of precipitates from medications, thus compromising patient safety. On the other hand, changing the tubing too frequently could cause unnecessary disruptions for the patient. Therefore, 72 hours strikes a balance between safety and practicality in the administration of intravenous therapies. The other options, while they may seem reasonable, either exceed or do not align with the established best practices for the duration of continuous infusion tubing.

**2. Which side effect is associated with glucocorticoids?**

- A. Hyperkalemia
- B. Acne**
- C. Dry mouth
- D. Insomnia

Glucocorticoids are known for their various side effects, and acne is one of the skin-related issues they can cause. These medications can increase the production of sebum (oil) in the skin, leading to clogged pores and subsequent acne formation. This side effect is particularly noted when glucocorticoids are used long-term or at higher doses. In contrast, hyperkalemia, which is elevated potassium levels in the blood, is typically associated with different classes of medications, particularly those affecting renal function. Dry mouth is more commonly linked to medications that have anticholinergic properties, rather than glucocorticoids specifically. Insomnia can occur with many medications due to various mechanisms but is not a primary or well-documented side effect of glucocorticoids compared to their impact on skin health. Understanding these side effects is critical for monitoring patients who are prescribed glucocorticoids, ensuring any complications can be addressed promptly.

### 3. Which stage of labor follows the first stage?

- A. Third stage of labor
- B. Second stage of labor**
- C. Pre-labor stage
- D. Transformation stage

The second stage of labor follows the first stage because it is characterized by the descent and birth of the baby. In this stage, the cervix is fully dilated (typically to 10 centimeters), and the uterine contractions help the baby move down the birth canal. This stage is often referred to as the "pushing" phase, where the mother actively participates in bringing the baby into the world. The other stages mentioned do not directly follow the first stage. The third stage involves the delivery of the placenta after the baby has been born. The pre-labor stage refers to the period before regular contractions begin, and the transformation stage is not a recognized phase in the traditional stages of labor. Understanding this sequence is crucial for comprehending the overall process of labor and delivery.

### 4. What is the primary function of the myocardium?

- A. To protect the heart from infection
- B. To facilitate heart contractions**
- C. To transport oxygen in the blood
- D. To assist in heart valve function

The primary function of the myocardium, the middle layer of the heart wall, is to facilitate heart contractions. This muscular layer is responsible for the contractile force needed to pump blood throughout the body. Myocardial cells, or cardiomyocytes, possess specialized properties that allow them to contract rhythmically and involuntarily, which is essential for maintaining proper blood circulation. Other functions such as protecting the heart from infection or assisting in heart valve function are important in their contexts but do not pertain directly to the primary role of the myocardium. Similarly, while the cardiovascular system as a whole is responsible for transporting oxygen in the blood, this function is primarily carried out by red blood cells and the overall functioning of the heart and lungs, rather than the myocardium itself.

**5. What is indicated by a pulse that is absent in the APGAR assessment?**

- A. Normal health status**
- B. Critical condition**
- C. Possible mild distress**
- D. Good physical recovery**

In the APGAR assessment, an absent pulse indicates a critical condition for the newborn. The APGAR score is used to quickly evaluate a newborn's health immediately after birth, focusing on five criteria: Appearance, Pulse, Grimace response, Activity, and Respiration. Each criterion is assigned a score between 0 and 2, with a total score ranging from 0 to 10. The pulse measurement is critical because it reflects the heart rate. An absent pulse signifies a severe lack of circulation and indicates that the baby is in distress, possibly leading to organ failure or death if not addressed immediately. A score of 0 on the pulse component directly correlates with a need for urgent medical intervention. In contrast, a normal health status would typically show a healthy pulse, and possible mild distress would often allow for some sign of a heartbeat. Good physical recovery would again reflect a functional pulse. Thus, the absence of a pulse is a clear indication of a critical situation requiring immediate action.

**6. Osteogenic sarcoma is commonly known as what type of cancer?**

- A. Muscle cancer**
- B. Bone cancer**
- C. Nerve cancer**
- D. Kidney cancer**

Osteogenic sarcoma, commonly referred to as osteosarcoma, is classified as bone cancer. This type of cancer originates in the osteoblasts, the cells responsible for bone formation. Osteosarcoma typically affects the long bones, such as those in the arms and legs, and is most frequently diagnosed in adolescents and young adults. Understanding the specific nature of osteosarcoma highlights its classification as a malignancy arising from the bone itself, distinguishing it from cancers originating in other tissues or organs, such as muscles, nerves, or kidneys. This context is crucial for medical professionals as it informs diagnosis, treatment strategies, and the identification of potential metastases.

**7. How should a PN approach a patient who is resistant to dietary changes for health improvement?**

- A. Forcefully explain the health benefits**
- B. Provide educational material and support**
- C. Ignore the resistance and continue the current diet plan**
- D. Suggest that the patient meets with a dietitian alone**

Providing educational material and support is an effective approach when dealing with a patient resistant to dietary changes. This method recognizes the patient's autonomy and encourages participation in their own care. By offering educational resources, the practical nurse can help the patient understand the reasons behind dietary recommendations and how they might positively impact their health. Additionally, providing support creates a collaborative environment, where the patient feels valued and understood, which can facilitate a more open dialogue about their concerns or hesitations regarding dietary changes. This approach aligns with patient-centered care principles, emphasizing the importance of involving patients in decisions about their health. It also allows for the nurse to identify any misconceptions the patient may have about dietary changes and to address those directly, facilitating a more constructive conversation. The other options do not promote effective communication or collaboration. Forcing an explanation may lead to further resistance, while ignoring the patient's concerns undermines the therapeutic relationship. Suggesting the patient meet with a dietitian alone could isolate the patient in their dietary journey, potentially leaving them feeling unsupported.

**8. The brain injury that occurs on the opposite side of the impact is known as:**

- A. Coup injury**
- B. Concussion**
- C. Countercoup injury**
- D. Diffuse brain injury**

A countercoup injury refers to the brain injury that occurs on the side opposite to where the impact took place. This type of injury happens when the force of an impact causes the brain to move within the skull, leading to damage not only at the site of impact (coup injury) but also at the area that rebounds against the skull. In practice, when an object strikes the head, the initial impact can cause immediate injury to the brain tissue at the point of contact. However, the force can also cause the brain to move and then strike the opposite side of the skull, resulting in additional injury. This understanding is critical in assessing traumatic brain injuries, as recognizing both coup and countercoup injuries is important for diagnosis and treatment. Additionally, the other terms in the options refer to different concepts. A concussion relates to a mild traumatic brain injury often characterized by temporary symptoms. A diffuse brain injury generally refers to widespread damage across brain tissue, often due to acceleration and deceleration forces. Knowing the distinctions among these terms helps in accurately identifying and treating specific brain injuries.

**9. What are the two types of advance directives in Canada?**

- A. Power of Attorney and Healthcare Directive**
- B. Palliative care and Living will**
- C. Instructional and Power of Attorney**
- D. Do Not Resuscitate and Health Proxy**

The correct answer identifies the two main types of advance directives in Canada, which are instructional directives and power of attorney. Instructional directives are specific instructions about the type of medical care a person wishes to receive or not receive in certain situations. These directives provide clear guidance to healthcare providers and loved ones about an individual's preferences regarding treatment, especially in circumstances where they may not be able to communicate their wishes. On the other hand, a power of attorney is a legal designation that allows a person to appoint someone else to make decisions on their behalf, often concerning medical or financial matters. This encompasses broader decision-making authority compared to instructional directives. It's important to distinguish these types of advance directives from terms used in the other options. For instance, while a living will and palliative care relate to end-of-life decisions, they do not encompass the full scope of advance directives. Similarly, terms like Do Not Resuscitate and health proxy pertain to specific directives or appointing individuals for care decisions but do not broadly represent the two main categories of advance directives in Canada. Understanding these distinctions helps individuals make informed choices about their healthcare preferences and ensure that their wishes are respected.

**10. What type of arthritis is a noninflammatory disorder of synovial joints?**

- A. Osteomyelitis**
- B. Osteoarthritis**
- C. Subdural hematoma**
- D. Comminuted fracture**

Osteoarthritis is the correct answer as it is characterized as a noninflammatory disorder affecting synovial joints. This degenerative joint disease results from the breakdown of cartilage, leading to pain and stiffness, particularly with movement. Unlike inflammatory types of arthritis, such as rheumatoid arthritis, osteoarthritis does not involve the immune system attacking the joint tissues and does not typically lead to swelling or systemic symptoms. The other options do not represent arthritis or joint disorders. Osteomyelitis refers to an infection in the bone, which is an entirely different condition. A subdural hematoma is a type of bleeding that occurs on the surface of the brain, unrelated to joint disorders. Similarly, a comminuted fracture describes a condition where a bone is broken into multiple pieces, which pertains to bone trauma rather than a joint disease. Thus, osteoarthritis stands out as the only noninflammatory arthritic condition among the choices provided.