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

Study Guide

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Questions

1. What does Chvostek's sign indicate?

A. Hyperkalemia

B. Hypercalcemia

C. Hypocalcemia

D. Hyponatremia

2. What does polyuria refer to?

A. Excessive thirst

B. Excessive hunger

C. Excessive urination

D. Excess fatigue

3. Which sign is indicative of hypocalcemia?

A. Trousseau's sign

B. Cullen's sign

C. Brudzinski's sign

D. Babinski's sign

4. What are signs of left-sided heart failure that a PN should recognize?

A. Swelling in the feet and ascites

B. Activity intolerance, hemoptysis, and cyanosis

C. Increased appetite and energy

D. Frequent urination and dry mouth

5. What is a common side effect of naproxen?

A. Constipation

B. Gastric irritation

C. Weight gain

D. Blurry vision

6. What is one potential outcome of untreated glaucoma?

A. Increased peripheral vision

B. Complete restoration of vision

C. Death of the optic nerve

D. Enhanced color vision

7. What is the first action a practical nurse should take after administering Furosemide (Lasix) to a patient with acute pulmonary edema?

A. Assess the patient's breathing

B. Assess urine output

C. Monitor vital signs

D. Document the medication administration

8. How is chronic pain defined?

A. Sudden onset pain that lasts less than 2 weeks

B. Develops quickly and resolves in a few months

C. Pain that develops slowly and lasts a lifetime

D. Pain only present during certain activities

9. During which developmental stage are the themes of independence and fear of losing control most prominent in clients?

A. Infancy

B. Adolescence

C. Adulthood

D. Older adulthood

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

A. Muscle cancer

B. Bone cancer

C. Nerve cancer

D. Kidney cancer

Answers

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

Explanations

1. What does Chvostek's sign indicate?

A. Hyperkalemia

B. Hypercalcemia

C. Hypocalcemia

D. Hyponatremia

Chvostek's sign is a clinical indication of hypocalcemia, which refers to low levels of calcium in the blood. When a healthcare professional taps on the facial nerve in front of the ear, a positive Chvostek's sign is observed when there is a twitching of the facial muscles. This sign occurs due to heightened neuromuscular excitability caused by the deficiency of calcium, which is essential for proper muscle contraction and nerve transmission. In conditions of hypocalcemia, the level of calcium becomes inadequate, leading to increased irritability of the nerves and muscles. As a result, the characteristic twitching response seen with Chvostek's sign reflects the underlying biochemical disturbances associated with low calcium levels. Understanding Chvostek's sign is vital for practitioners, as it assists in the early recognition of hypocalcemia. Other conditions listed, such as hyperkalemia, hypercalcemia, and hyponatremia, do not produce Chvostek's sign; instead, they are associated with different physiological responses and clinical signs. Thus, recognizing Chvostek's sign as an indicator of hypocalcemia aids in addressing this electrolyte imbalance promptly and effectively.

2. What does polyuria refer to?

A. Excessive thirst

B. Excessive hunger

C. Excessive urination

D. Excess fatigue

Polyuria specifically refers to the condition of producing an excessive volume of urine. This symptom can be a significant indicator of underlying health issues, particularly related to conditions such as diabetes mellitus or diabetes insipidus, where the body is unable to properly regulate fluid balance. The excessive urination can lead to dehydration and an imbalance of electrolytes, making it important to understand and recognize in a clinical context. The other options describe different physiological changes or sensations: excessive thirst indicates polydipsia, excessive hunger refers to polyphagia, and excessive fatigue can result from a variety of issues but does not pertain to urination. Thus, recognizing that polyuria specifically means an increase in urine output is essential for accurate patient assessment and management.

3. Which sign is indicative of hypocalcemia?

A. Trousseau's sign

B. Cullen's sign

C. Brudzinski's sign

D. Babinski's sign

Trousseau's sign is indicative of hypocalcemia due to its association with neuromuscular excitability resulting from low serum calcium levels. This sign is demonstrated when a blood pressure cuff is inflated around the upper arm to a pressure greater than the systolic blood pressure. A positive Trousseau's sign is observed when the hand and fingers spasm and flex into the "carpopedal spasm" position. This occurs because low calcium levels lead to increased neuromuscular excitability, causing these involuntary contractions. In contrast, Cullen's sign indicates the presence of internal bleeding, often seen in cases of ectopic pregnancy or pancreatitis, rather than signifying hypocalcemia. Brudzinski's sign is associated with meningitis and reflects irritation of the meninges, not calcium levels. Babinski's sign assesses neurological function indicating central nervous system dysfunction when an infant's reflex is seen; it's unrelated to calcium status. Therefore, Trousseau's sign specifically points to the calcium deficiency, making it the correct choice for identifying hypocalcemia.

4. What are signs of left-sided heart failure that a PN should recognize?

A. Swelling in the feet and ascites

B. Activity intolerance, hemoptysis, and cyanosis

C. Increased appetite and energy

D. Frequent urination and dry mouth

In left-sided heart failure, the heart struggles to effectively pump blood out of the left ventricle, leading to a buildup of fluid in the lungs and reduced oxygenation of blood. This can present as specific signs and symptoms that a practical nurse should be vigilant for. Activity intolerance is a common sign, as the body is unable to meet oxygen demands during exertion due to compromised oxygen delivery. Hemoptysis, or coughing up blood, can occur due to pulmonary congestion and increased pressure in the blood vessels of the lungs. Cyanosis, a bluish discoloration of the skin or mucous membranes, indicates inadequate oxygenation of the blood, typically seen in cases where fluid accumulation severely impacts respiratory function. These manifestations are directly related to the impact of left-sided heart failure on pulmonary circulation and overall oxygen status in the body, which is why recognizing them is crucial in nursing care. The other options presented do not align with the typical manifestations of left-sided heart failure, focusing instead on symptoms that are either unrelated or characteristic of different conditions.

5. What is a common side effect of naproxen?

A. Constipation

B. Gastric irritation

C. Weight gain

D. Blurry vision

Naproxen is a nonsteroidal anti-inflammatory drug (NSAID) commonly used to relieve pain, inflammation, and fever. One notable side effect associated with naproxen is gastric irritation. This occurs because NSAIDs can inhibit the production of prostaglandins, which are substances that help protect the stomach lining. When the protective lining is compromised, the stomach becomes more susceptible to irritation and ulceration, leading to symptoms such as nausea, heartburn, stomach pain, or even gastrointestinal bleeding in more severe cases. The other side effects listed do not have a direct and common association with naproxen. For instance, while constipation can occur with various medications, it is not considered a prevalent side effect of naproxen. Weight gain is not typically linked to its use, and blurry vision is also not a recognized common side effect of this medication. Therefore, gastric irritation stands out as a direct and well-documented side effect related to naproxen usage.

6. What is one potential outcome of untreated glaucoma?

A. Increased peripheral vision

B. Complete restoration of vision

C. Death of the optic nerve

D. Enhanced color vision

Untreated glaucoma can lead to the death of the optic nerve, which is a serious and irreversible consequence of this condition. Glaucoma is characterized by increased intraocular pressure that damages the optic nerve over time. As the nerve becomes progressively damaged, the visual field begins to narrow, and the individual may not notice changes in vision until significant damage has occurred. If left untreated, this damage can culminate in complete vision loss. The other options do not accurately reflect the potential consequences of untreated glaucoma. For instance, increased peripheral vision or enhanced color vision would be improvements, which are not outcomes associated with the disease's progression. Similarly, complete restoration of vision is not feasible once the optic nerve has been damaged due to glaucoma. Thus, recognizing the potential for optic nerve death underscores the importance of regular eye examinations and timely intervention for individuals at risk of glaucoma.

7. What is the first action a practical nurse should take after administering Furosemide (Lasix) to a patient with acute pulmonary edema?

A. Assess the patient's breathing

B. Assess urine output

C. Monitor vital signs

D. Document the medication administration

After administering Furosemide (Lasix), which is a diuretic used to treat acute pulmonary edema, the primary focus should be on assessing urine output. Furosemide works by promoting diuresis (increased urine production), which helps to reduce fluid overload in the lungs, a key issue in pulmonary edema. Therefore, monitoring how much urine the patient produces is crucial. This assessment provides immediate feedback on the effectiveness of the medication and the patient's response to treatment. While assessing the patient's breathing, monitoring vital signs, and documenting the medication administration are all important actions, they are secondary to evaluating urine output in this scenario. The effectiveness of Furosemide is reflected initially in the patient's urine output, indicating whether the body is effectively eliminating excess fluid. This information is vital for determining the next steps in managing the patient's condition.

8. How is chronic pain defined?

A. Sudden onset pain that lasts less than 2 weeks

B. Develops quickly and resolves in a few months

C. Pain that develops slowly and lasts a lifetime

D. Pain only present during certain activities

Chronic pain is characterized by its duration and persistence, making the definition of it as pain that develops slowly and lasts a lifetime accurate. This type of pain typically exceeds the usual course of healing and can be ongoing for an extended period, often defined as being present for more than three months. Chronic pain can arise from various underlying conditions, including diseases, injuries, or unknown causes, and it significantly affects an individual's quality of life. In contrast to the other descriptions: sudden onset pain that lasts less than 2 weeks is indicative of acute pain; pain that develops quickly and resolves in a few months also pertains to acute pain or subacute pain; and pain only present during certain activities refers to situational pain, which does not align with the continuous nature of chronic pain. Recognizing these differences is essential for understanding pain management and treatment in clinical settings.

9. During which developmental stage are the themes of independence and fear of losing control most prominent in clients?

A. Infancy

B. Adolescence

C. Adulthood

D. Older adulthood

The themes of independence and fear of losing control are most prominent during the stage of older adulthood. At this stage, individuals often face significant life changes such as retirement, loss of loved ones, and declining health, which can challenge their sense of autonomy and control over their lives. Older adults may struggle with the idea of relying on others for assistance with daily activities, which can create a fear of losing independence. Additionally, the societal expectations surrounding aging can further exacerbate these feelings. Many older adults seek to maintain their independence and autonomy, yet the realities of aging can lead to fears about becoming dependent on caregivers or family members. The psychological and emotional impacts of these changes make the themes of independence and control particularly salient during older adulthood. In contrast, during infancy, clients are primarily dependent on caregivers as they start to develop their basic trust and attachment. Adolescence is a time characterized by the struggle for independence, but it often comes with a different set of concerns about identity rather than fear of losing control. Adulthood certainly involves independence and responsibilities, but it typically lacks the pronounced fear of losing control that is more evident in older adulthood.

10. 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.