

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

Study Guide



Everything you need from our exam experts!

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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 is a common symptom of pneumonia?**
 - A. Severe chest pain**
 - B. Weight loss**
 - C. Productive cough**
 - D. Muscle weakness**
- 2. For a patient who requires partial assistance with personal care but has a faster method of care available, what should the practical nurse do?**
 - A. Provide complete assistance immediately**
 - B. Collaborate with the client and staff to develop a care plan**
 - C. Leave the patient to manage on his own**
 - D. Document the patient's preferences and move on**
- 3. What does a superficial partial thickness burn involve?**
 - A. Epidermis only**
 - B. Dermis and epidermis**
 - C. Fat and muscle**
 - D. Bone**
- 4. Which vital sign measurement might become critical if a COPD patient is on opioid analgesics?**
 - A. Blood pressure**
 - B. Respiratory rate**
 - C. Pulse rate**
 - D. Temperature**
- 5. Why is the left lateral position used when administering an enema?**
 - A. It allows for easier patient comfort**
 - B. It stimulates intestinal peristalsis**
 - C. It helps to administer medication more effectively**
 - D. It allows gravity to take the fluid into the colon**

6. What happens to muscle function as body water decreases with aging?

- A. Muscle function generally improves**
- B. Muscle function remains unaffected**
- C. Muscle function declines along with strength**
- D. Muscular endurance increases while strength declines**

7. What is the primary characteristic of sickle cell disease?

- A. It's a viral infection that affects red blood cells**
- B. It's a genetic disorder causing a distortion in hemoglobin shape**
- C. It's an autoimmune disease attacking lymphoid tissues**
- D. It's a clotting disorder affecting blood flow**

8. What is the definition of para in the context of pregnancy?

- A. The number of pregnancies a woman has had**
- B. The number of live births after 20 weeks**
- C. The total number of miscarriages a woman has experienced**
- D. The number of pregnancies leading to stillbirth**

9. What does the term 'labor' primarily refer to?

- A. The mother's emotional state during pregnancy**
- B. The process of giving birth including contractions and delivery**
- C. The prenatal care provided to expectant mothers**
- D. The duration of the entire pregnancy**

10. What are the extrapyramidal symptoms associated with antipsychotics primarily characterized by?

- A. Skin rashes**
- B. Neurological issues**
- C. Gastrointestinal disturbances**
- D. Respiratory problems**

Answers

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

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Explanations

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1. What is a common symptom of pneumonia?

- A. Severe chest pain**
- B. Weight loss**
- C. Productive cough**
- D. Muscle weakness**

A productive cough is a hallmark symptom of pneumonia, as it involves the expulsion of mucus or phlegm from the respiratory tract. This symptom arises due to the infection process, where the lungs become inflamed, and the body produces mucus in an attempt to trap and eliminate pathogens. Individuals with pneumonia typically experience a cough that may be accompanied by discolored sputum, often indicating the presence of bacteria or other infectious agents. This symptom is crucial in diagnosing pneumonia as it reflects the body's response to the infection and assists healthcare providers in determining the severity and appropriate treatment. The other options present symptoms that may be associated with different medical conditions but are not typically primary indicators of pneumonia. For instance, severe chest pain might occur in various respiratory issues but does not specifically point to pneumonia. Weight loss can indicate chronic conditions or prolonged illness but is not a direct symptom of pneumonia, and muscle weakness is often associated with a range of conditions including various infections or systemic illnesses, rather than being specific to pneumonia.

2. For a patient who requires partial assistance with personal care but has a faster method of care available, what should the practical nurse do?

- A. Provide complete assistance immediately**
- B. Collaborate with the client and staff to develop a care plan**
- C. Leave the patient to manage on his own**
- D. Document the patient's preferences and move on**

In situations where a patient requires partial assistance with personal care, collaborating with the client and staff to develop a care plan is the most appropriate and beneficial approach. This method respects the patient's autonomy and preferences, ensuring that they are involved in their own care decisions. By engaging the patient in discussions about their needs and preferences, the nurse can foster a sense of control and dignity for the patient. Moreover, collaborating with the healthcare team ensures that everyone is on the same page regarding the patient's care goals, which can lead to more efficient and effective support. This coordinated effort can incorporate any faster methods of care available, optimally addressing the patient's needs while still offering the necessary assistance. The aim is to empower the patient while still providing the support they require, making this option the most comprehensive and patient-centered choice. While other options may suggest various levels of involvement or oversight, they do not prioritize the patient's involvement or the creation of a tailored approach in care delivery, which is crucial in nursing practice.

3. What does a superficial partial thickness burn involve?

- A. Epidermis only
- B. Dermis and epidermis**
- C. Fat and muscle
- D. Bone

A superficial partial thickness burn primarily involves the epidermis and the upper layers of the dermis. This type of burn is characterized by blisters, redness, and pain, and it typically heals without significant scarring as the deeper layers of the skin remain intact. While the epidermis is affected, the depth of this burn is significant as it does include some involvement of the dermis, which allows for the formation of blisters and a wet appearance. Thus, the choice indicating only the epidermis does not accurately represent the characteristics of a superficial partial thickness burn. The other options describe different levels of skin and tissue involvement: a full thickness burn would damage deeper tissues, including fat, muscle, and bone, which is not consistent with a superficial partial thickness burn. The correct understanding is that superficial partial thickness burns involve both the epidermis and the upper layers of the dermis, which is crucial for recognizing the severity and the healing process of this type of injury.

4. Which vital sign measurement might become critical if a COPD patient is on opioid analgesics?

- A. Blood pressure
- B. Respiratory rate**
- C. Pulse rate
- D. Temperature

In patients with chronic obstructive pulmonary disease (COPD) who are receiving opioid analgesics, monitoring the respiratory rate becomes critical due to the risk of respiratory depression. Opioids can depress the central nervous system, which may lead to a reduction in the respiratory drive. In patients with COPD, this is particularly concerning because their ability to breathe is already compromised. A decreased respiratory rate can lead to inadequate ventilation, resulting in elevated carbon dioxide levels and decreased oxygen levels in the blood. Therefore, close observation of the respiratory rate is essential to identify any signs of respiratory distress or decline in function, allowing for timely interventions to ensure the patient's safety and stability. Monitoring other vital signs, such as blood pressure and pulse rate, while important, does not carry the same level of immediate risk related to opioid use in these patients.

5. Why is the left lateral position used when administering an enema?

- A. It allows for easier patient comfort
- B. It stimulates intestinal peristalsis
- C. It helps to administer medication more effectively
- D. It allows gravity to take the fluid into the colon**

The left lateral position is often used when administering an enema because it allows gravity to assist in delivering the fluid into the colon effectively. When the patient is positioned on the left side, the anatomy of the colon helps facilitate the flow of the enema solution. This position aligns the sigmoid colon with the direction of the solution, making it easier for the fluid to travel downward and reach the upper sections of the colon. Utilizing gravity in this way not only enhances the distribution of the solution throughout the bowel but also may help minimize cramping and discomfort for the patient, as the enema solution can be absorbed more readily. While the other options might touch on aspects of comfort or peristalsis, the primary advantage of the left lateral position for enema administration is its relationship with gravity and the anatomical orientation of the colon.

6. What happens to muscle function as body water decreases with aging?

- A. Muscle function generally improves
- B. Muscle function remains unaffected
- C. Muscle function declines along with strength**
- D. Muscular endurance increases while strength declines

As the body experiences a decrease in water content with aging, muscle function tends to decline alongside strength. This decline can be attributed to several factors. Aging is often associated with changes in body composition, including a reduction in muscle mass and an increase in fat mass, which directly affects strength and overall muscle performance. Dehydration, which becomes more prevalent with age due to factors such as decreased thirst perception and kidney function, can also negatively impact muscle function. Adequate hydration is crucial for maintaining muscle cell hydration, metabolic functions, and electrolyte balance, all of which are essential for optimal muscle performance. When the body is dehydrated, the ability of muscles to contract efficiently is compromised. Moreover, aging muscles may also exhibit a decreased capacity for protein synthesis, leading to sarcopenia (age-related muscle loss), further contributing to the decline in strength and muscle function. Therefore, the relationship between decreased body water and muscle function in older adults highlights the importance of hydration and maintaining muscle health throughout the aging process.

7. What is the primary characteristic of sickle cell disease?

- A. It's a viral infection that affects red blood cells
- B. It's a genetic disorder causing a distortion in hemoglobin shape**
- C. It's an autoimmune disease attacking lymphoid tissues
- D. It's a clotting disorder affecting blood flow

Sickle cell disease is fundamentally characterized as a genetic disorder that results in the production of abnormal hemoglobin, known as hemoglobin S. In this condition, the red blood cells become rigid and crescent-shaped (or sickle-shaped), especially under low oxygen conditions. This distortion affects their ability to flow smoothly through blood vessels, leading to blockages, pain, and a variety of complications related to insufficient blood supply in different tissues. This genetic aspect is crucial; sickle cell disease is inherited in an autosomal recessive manner, which means a person must inherit two copies of the mutated gene (one from each parent) to be affected by the disease. As a result, this malfunctioning hemoglobin contributes to a range of symptoms and complications, including anemia, frequent pain crises, increased risk of infections, and organ damage over time. The other options describe conditions unrelated to the primary characteristic of sickle cell disease. A viral infection would not typically result in the characteristic red blood cell shape change, autoimmune diseases involve a different pathological mechanism where the immune system attacks the body's tissues, and clotting disorders pertain to issues with blood coagulation rather than the structural alteration of red blood cells.

8. What is the definition of para in the context of pregnancy?

- A. The number of pregnancies a woman has had
- B. The number of live births after 20 weeks**
- C. The total number of miscarriages a woman has experienced
- D. The number of pregnancies leading to stillbirth

In the context of pregnancy, "para" refers specifically to the number of live births a woman has had after the gestational age of 20 weeks. This parameter includes all live births, regardless of whether those infants were born single or as multiples (twins, triplets, etc.). Understanding the definition of para is crucial for medical professionals as it helps them assess a woman's reproductive history and potential complications related to pregnancy. This term is used alongside "gravida," which refers to the total number of pregnancies a woman has had, regardless of the outcome. Therefore, while "gravida" gives a complete count of pregnancy experiences, "para" focuses exclusively on successful live births beyond the threshold of 20 weeks, when the fetus is considered viable. Other options in the question refer to different aspects of pregnancy and reproductive history, which do not align with the specific definition of "para."

9. What does the term 'labor' primarily refer to?

- A. The mother's emotional state during pregnancy**
- B. The process of giving birth including contractions and delivery**
- C. The prenatal care provided to expectant mothers**
- D. The duration of the entire pregnancy**

'Labor' primarily refers to the process of giving birth, encompassing the series of physical changes and contractions that lead to the delivery of the baby. This term includes the various stages of labor, such as early labor, active labor, and the delivery of the placenta. During this process, the mother experiences rhythmic contractions of the uterus that help to push the baby through the birth canal. Understanding labor is crucial for practical nurses, as they play an essential role in monitoring and supporting the mother throughout this critical period. They assess the progress of labor, manage pain relief, and provide emotional support, ensuring both the mother and baby are safe during the birthing process. The other options, while related to pregnancy and childbirth, do not encapsulate the specific clinical definition of labor. The mother's emotional state is important but not what 'labor' specifically refers to. Prenatal care is critical for a healthy pregnancy but occurs before labor begins. The duration of the entire pregnancy includes many phases beyond just labor itself, making it broader than the direct process of giving birth.

10. What are the extrapyramidal symptoms associated with antipsychotics primarily characterized by?

- A. Skin rashes**
- B. Neurological issues**
- C. Gastrointestinal disturbances**
- D. Respiratory problems**

Extrapyramidal symptoms (EPS) associated with antipsychotics are primarily characterized by neurological issues. These symptoms arise due to the impact of these medications on the dopaminergic pathways in the brain, particularly those that regulate motor control such as the extrapyramidal system. Patients may experience a range of symptoms including tremors, rigidity, bradykinesia, and tardive dyskinesia, all of which are linked to disruptions in normal motor function. In contrast, skin rashes, gastrointestinal disturbances, and respiratory problems do not define the neurological dysfunctions caused by antipsychotics; rather, they may be related to other class-related side effects or adverse reactions of these medications. Thus, the focus on neurological issues in the context of EPS accurately reflects the main characteristic of these symptoms related to antipsychotic treatment.

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://cpnre.examzify.com>

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

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