

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 should you always do while walking with a walker?**
 - A. Look down
 - B. Look forward
 - C. Look to the side
 - D. Look backward
- 2. Which of the following conditions could warrant caution in administering tetracyclines?**
 - A. Asthma
 - B. Kidney disease
 - C. Pneumonia
 - D. Peptic ulcer
- 3. Can vacuum extraction be safely used for premature infants?**
 - A. Yes
 - B. No
 - C. Only for infants over 4 lbs
 - D. Only in certain cases
- 4. What does the term "diaphoretic" refer to?**
 - A. Feeling excessively warm
 - B. Being excessively thirsty
 - C. Being sweaty
 - D. Increased heart rate
- 5. Which of the following indicates a possible perforation or rupture of the appendix?**
 - A. Rovsing's sign
 - B. Cullen's sign
 - C. Murphy's sign
 - D. Brudzinski's sign

- 6. Which of the following is NOT a common cause of hypernatremia?**
- A. Thirst
 - B. Lethargy
 - C. Overhydration
 - D. Hallucinations
- 7. Which of the following is a symptom of Hyponatremia?**
- A. Nausea
 - B. Blurred vision
 - C. High blood pressure
 - D. Chest pain
- 8. What key factor contributes to the development of COPD?**
- A. Regular physical activity
 - B. Environmental pollutants
 - C. High fiber diet
 - D. Hydration levels
- 9. What suffix is commonly associated with phenothiazines?**
- A. -pam
 - B. -sartan
 - C. -zine
 - D. -prazole
- 10. What is the major side effect associated with the use of phenothiazines?**
- A. Photosensitivity
 - B. Nausea
 - C. Respiratory depression
 - D. Headaches

Answers

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

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Explanations

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1. What should you always do while walking with a walker?

- A. Look down
- B. Look forward**
- C. Look to the side
- D. Look backward

When using a walker, it is essential to look forward while walking. This practice helps in maintaining balance and stability, as well as ensuring awareness of the surroundings, which can prevent falls and accidents. Looking forward allows the user to navigate obstacles and changes in terrain more effectively while providing a clear line of sight that contributes to overall safety. In contrast, looking down could lead to misjudging distance and height, which may result in trips or falls. Looking to the side could distract from the immediate path and the stability provided by the walker. Looking backward is particularly dangerous because it may cause the user to misstep or lose their balance, as they are not attentive to what lies directly in front of them. Therefore, maintaining a forward gaze is crucial for safe and effective walker use.

2. Which of the following conditions could warrant caution in administering tetracyclines?

- A. Asthma
- B. Kidney disease**
- C. Pneumonia
- D. Peptic ulcer

Tetracyclines are a class of antibiotics that can have significant implications for individuals with kidney disease. This is primarily because tetracyclines are excreted through the kidneys, and impaired kidney function can lead to decreased clearance of the drug from the body. As a result, using tetracyclines in patients with kidney disease necessitates caution, as it can increase the risk of drug accumulation and potential toxicity. In addition to kidney health, tetracyclines can influence other conditions, but they are notably less affected by asthma, pneumonia, or peptic ulcers in the same manner. While these conditions may have their own implications for antibiotic use, they do not have the same direct relationship with tetracycline risk factors as kidney disease does. Therefore, patients with compromised renal function require careful consideration regarding dose adjustments, monitoring, and potential alternative treatments to avoid adverse effects.

3. Can vacuum extraction be safely used for premature infants?

- A. Yes
- B. No**
- C. Only for infants over 4 lbs
- D. Only in certain cases

Vacuum extraction is a method used to assist in the delivery of a baby when necessary, but it comes with specific risks and considerations, especially for premature infants. Premature babies typically have underdeveloped organs and structures, including the skin, brain, and lungs, making them more vulnerable to complications. Using vacuum extraction on premature infants can increase the risk of traumatic injuries, such as intracranial hemorrhage or skull fractures, due to their fragile physical state. The application of suction can also expose them to prolonged labor or stress, which is particularly detrimental for infants who are already at higher risk for adverse outcomes. While vacuum extraction may be appropriate in certain specific circumstances for preterm infants — such as if they are closer to term or if there are urgent medical indications — the general consensus among medical professionals is to avoid its use for most premature deliveries due to the potential complications and risks involved. Hence, blanket statements about its safety for premature infants, without significant qualifications, would be inaccurate.

4. What does the term "diaphoretic" refer to?

- A. Feeling excessively warm
- B. Being excessively thirsty
- C. Being sweaty
- D. Increased heart rate

The term "diaphoretic" specifically refers to the state of being sweaty or the condition that promotes sweating. It comes from the Greek word "diaphorein," which means "to carry through" and relates to the production of perspiration as a physiological response. In the context of nursing and healthcare, understanding this term is essential as it often indicates underlying conditions such as fever, anxiety, or significant stress responses in a patient. Monitoring for diaphoretic symptoms can help in assessing a patient's health status and guiding further investigation or treatment. The other concepts—feeling excessively warm, being excessively thirsty, and having an increased heart rate—are related to different physiological responses and conditions but do not accurately define the specific term "diaphoretic."

5. Which of the following indicates a possible perforation or rupture of the appendix?

- A. Rovsing's sign
- B. Cullen's sign
- C. Murphy's sign
- D. Brudzinski's sign

Rovsing's sign is an important clinical indicator that can suggest possible perforation or rupture of the appendix. This sign is elicited by palpating the left lower quadrant of the abdomen, which causes pain in the right lower quadrant if appendicitis is present. When the appendix becomes inflamed, increased pressure can lead to complications such as perforation. Therefore, a positive Rovsing's sign, indicating this referred pain, may suggest a worsening condition, including the potential rupture of the appendix. Cullen's sign, while significant, typically indicates internal bleeding rather than specifically a perforated appendix. It presents as a bluish discoloration around the umbilicus due to hemorrhage in the peritoneal cavity. Murphy's sign is used to assess gallbladder inflammation and isn't specifically related to appendicitis or its complications. Brudzinski's sign is associated with meningitis and involves involuntary flexion of the legs when the neck is flexed, making it unrelated to appendiceal issues. Each of these signs points to different clinical scenarios that do not directly indicate a perforated appendix as effectively as Rovsing's sign does.

6. Which of the following is NOT a common cause of hypernatremia?

- A. Thirst
- B. Lethargy
- C. Overhydration
- D. Hallucinations

Hypernatremia, which refers to an elevated sodium level in the blood, typically arises from a combination of factors related to water loss, inadequate water intake, or an increase in sodium intake. Thirst is a natural physiological response to hypernatremia and serves as a protective mechanism to encourage fluid intake and dilute the sodium concentration in the body. Lethargy and hallucinations are neurological manifestations that can occur due to hypernatremia, reflecting the impact of elevated sodium levels on brain function. Overhydration, on the other hand, generally leads to hyponatremia, as it dilutes the concentration of sodium in the blood. In cases of overhydration, the excess fluid intake can cause sodium levels to drop, resulting in a condition opposite to hypernatremia. Therefore, recognizing that overhydration does not contribute to hypernatremia provides a clearer understanding of the fluid and electrolyte balance involved in maintaining normal sodium levels in the body.

7. Which of the following is a symptom of Hyponatremia?

- A. Nausea
- B. Blurred vision
- C. High blood pressure
- D. Chest pain

Nausea is indeed a common symptom of hyponatremia, which is a condition characterized by low sodium levels in the bloodstream. When sodium levels drop, it can lead to various neurological and physiological disturbances, including gastrointestinal symptoms. The body may react to the electrolyte imbalance by inducing nausea, which can be a way to signal distress and is linked to the central nervous system's response to changes in sodium concentration. In contrast, blurred vision, high blood pressure, and chest pain are not typical symptoms associated with hyponatremia. Blurred vision could result from other conditions, while high blood pressure is generally not a direct consequence of low sodium levels. Chest pain may relate to numerous cardiac or respiratory issues but does not specifically indicate hyponatremia. Recognizing the symptoms of this electrolyte disturbance is crucial for effective patient assessment and management.

8. What key factor contributes to the development of COPD?

- A. Regular physical activity
- B. Environmental pollutants
- C. High fiber diet
- D. Hydration levels

The development of Chronic Obstructive Pulmonary Disease (COPD) is significantly influenced by environmental pollutants. These pollutants include tobacco smoke, industrial emissions, and exposure to chemicals and fumes, which can cause chronic inflammation and damage to the lung tissue. Over time, this damage leads to the progressive airflow limitation characteristic of COPD. While regular physical activity can help manage and improve the quality of life in individuals with COPD, it is not a contributing factor to the development of the disease. A high-fiber diet and adequate hydration levels are important for overall health but do not play a direct role in the onset of COPD. Therefore, exposure to environmental pollutants is the primary concern when considering factors that lead to the development of this condition.

9. What suffix is commonly associated with phenothiazines?

- A. -pam
- B. -sartan
- C. -zine
- D. -prazole

The suffix commonly associated with phenothiazines is "-zine." This is significant because phenothiazines are a class of medications primarily used as antipsychotics and for the treatment of various psychiatric disorders, as well as nausea and vomiting. The "-zine" suffix helps identify these drugs within pharmacology. In the context of drug classifications, recognizing this suffix can aid healthcare professionals in understanding the pharmacological properties and therapeutic uses of the medications they encounter. Each class of drugs often has distinct suffixes that can provide clinicians with hints regarding the function and mechanism of action of the drugs. Other suffixes mentioned in the question correspond to different classes of medications. For example, "-pam" is associated with benzodiazepines, which are used primarily for anxiety and sedation; "-sartan" indicates angiotensin receptor blockers, commonly used to treat hypertension; and "-prazole" refers to proton pump inhibitors, which are utilized in treating gastrointestinal conditions like GERD and ulcers. Each of these suffixes reflects a different pharmacological action, further highlighting the importance of recognizing drug suffixes in clinical practice.

10. What is the major side effect associated with the use of phenothiazines?

A. Photosensitivity

B. Nausea

C. Respiratory depression

D. Headaches

Phenothiazines, which are commonly used as antipsychotic medications, are primarily associated with extrapyramidal symptoms (EPS), which can include a range of movement disorders. Among the various side effects, photosensitivity is prominently noted. This side effect occurs because phenothiazines can make the skin more sensitive to sunlight, leading to an increased risk of sunburn or rashes when exposed to UV light. Photosensitivity results from the drug's interaction with light and can lead to discomfort and adverse skin reactions, making it crucial for patients on phenothiazines to take precautions against sun exposure. Understanding this risk is essential for effective patient education, as well as for the health and safety of individuals taking these medications. Nausea, respiratory depression, and headaches are other potential side effects seen with various medications but are not considered the major side effect associated specifically with phenothiazines. Recognizing the distinct profile of side effects for different drug classes is key for safe medication management and patient care.

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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