

CANADIAN PRACTICAL NURSE REGISTRATION EXAMINATION (CPNRE) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Which of the following is NOT a symptom of hyperglycemia?**
 - A. Polydipsia
 - B. Blurred vision
 - C. Weight loss
 - D. Polyphagia

- 2. How much water should an older patient drink while taking medications?**
 - A. 50-100 ml
 - B. 100-150 ml
 - C. 150-180 ml
 - D. 200-250 ml

- 3. What is one of the primary uses of Ginkgo?**
 - A. Improves memory
 - B. Reduces fever
 - C. Treats anxiety disorders
 - D. Increases appetite

- 4. What is a potential side effect of angiotensin receptor blockers?**
 - A. Extrapyramidal symptoms
 - B. Dry mouth
 - C. Dizziness
 - D. Dehydration

- 5. Which symptom can indicate otitis media?**
 - A. Ringing in the ears
 - B. Drainage from the ear
 - C. Severe ear pain
 - D. Difficulty swallowing

- 6. Where is the vastus lateralis muscle located for injections?**
 - A. On the posterior aspect of the arm
 - B. On the anterior-lateral aspect of the thigh
 - C. On the medial side of the abdomen
 - D. On the upper back near the scapula

- 7. What signs would indicate that Ms. Mother's condition is in the manic phase?**
- A. Increased sleep and weight loss
 - B. Distractibility, elated mood, and delusions of grandeur
 - C. Withdrawal and decreased activity
 - D. Low energy and sadness
- 8. What does hematology primarily involve?**
- A. Testing of plasma
 - B. Examination of bone marrow
 - C. Testing of whole blood and examination of blood cells
 - D. Measurement of serum proteins
- 9. What is the weight range that typically defines a large for gestational age (LGA) baby?**
- A. 5.5-7 lbs
 - B. 7-9 lbs
 - C. 8.8-10 lbs
 - D. 10-12 lbs
- 10. What is a common side effect of Lasix that may necessitate potassium supplementation?**
- A. Dehydration
 - B. Hypokalemia
 - C. Hypertension
 - D. Hyperglycemia

Answers

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

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Explanations

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1. Which of the following is NOT a symptom of hyperglycemia?

- A. Polydipsia
- B. Blurred vision
- C. Weight loss**
- D. Polyphagia

Weight loss is the correct answer as it is not a direct symptom of hyperglycemia, which refers to high blood sugar levels. Hyperglycemia typically indicates that there is an excess of glucose in the bloodstream, prompting various physiological responses. In conditions such as diabetes, hyperglycemia often leads to symptoms like polydipsia, which is excessive thirst due to dehydration from increased urination, and blurred vision caused by fluid shifts in the eye. Polyphagia, or increased hunger, occurs because the body is unable to utilize glucose for energy effectively, causing an energy deficit that the body interprets as hunger. Weight loss, on the other hand, is more commonly associated with chronic hyperglycemia when there is insufficient insulin or insulin resistance, which can lead to the body breaking down fat and muscle for energy. Thus, while weight loss may eventually occur in individuals who have prolonged uncontrolled hyperglycemia, it does not present as an immediate symptom associated with acute hyperglycemia itself.

2. How much water should an older patient drink while taking medications?

- A. 50-100 ml
- B. 100-150 ml
- C. 150-180 ml**
- D. 200-250 ml

The recommendation for older patients to drink 150-180 ml of water while taking medications is based on the understanding that adequate hydration is crucial for medication absorption and metabolic processes. This amount helps ensure that oral medications dissolve properly, which can facilitate more effective absorption in the gastrointestinal tract. Moreover, sufficient fluid intake can assist in preventing potential side effects of medications, such as constipation or kidney issues, particularly important in older adults who may already be at higher risk for these conditions. The choice of 150-180 ml strikes a balance that considers both the typical medication requirements and the physiological changes that can affect hydration in older adults. Their bodies may have reduced thirst sensation or renal function, which makes it necessary for healthcare providers to encourage consistent and adequate hydration habits while medications are being taken. Additionally, staying within this range helps to avoid discomfort or any adverse effects associated with consuming excessive amounts of fluid, which could lead to issues like bloating or increased demands on the cardiovascular system. Thus, this specific amount is tailored not only to ensure optimal medication efficacy but also to promote overall health and safety within this population group.

3. What is one of the primary uses of Ginkgo?

- A. Improves memory
- B. Reduces fever
- C. Treats anxiety disorders
- D. Increases appetite

One of the primary uses of Ginkgo is its potential to improve memory. Ginkgo biloba, an herbal supplement derived from the leaves of the Ginkgo tree, is often used by individuals seeking cognitive enhancement. Research has suggested that Ginkgo may enhance blood flow to the brain and has antioxidant properties, which can contribute to better cognitive function, especially in older adults or in people with certain cognitive impairments. Many people take Ginkgo with the hope of improving memory performance, particularly in the context of age-related memory decline or conditions such as dementia. In contrast, while reducing fever, treating anxiety disorders, and increasing appetite may be benefits associated with other herbs or medications, they are not the primary indications for Ginkgo. Its effectiveness and primary role are linked specifically to cognitive enhancement and memory improvement, making it a popular choice among those looking for natural cognitive support.

4. What is a potential side effect of angiotensin receptor blockers?

- A. Extrapyramidal symptoms
- B. Dry mouth
- C. Dizziness
- D. Dehydration

Angiotensin receptor blockers (ARBs) are medications commonly used to manage hypertension and heart failure. One of the potential side effects associated with ARBs is dizziness. This can occur due to the drug's effect on blood pressure; when blood pressure is lowered, especially when standing up quickly, it can lead to symptoms of dizziness or lightheadedness. This is a result of orthostatic hypotension, which is a sudden drop in blood pressure upon standing. Dizziness can be particularly significant when initiating therapy with an ARB or when increasing the dosage. Patients may be advised to rise slowly from sitting or lying positions to help mitigate this effect. Understanding this side effect prepares healthcare providers to monitor patients closely and provide education to manage or prevent dizziness effectively.

5. Which symptom can indicate otitis media?

- A. Ringing in the ears
- B. Drainage from the ear
- C. Severe ear pain
- D. Difficulty swallowing

Severe ear pain is a classic symptom of otitis media, which is an infection or inflammation of the middle ear. This discomfort occurs due to increased pressure from fluid build-up within the middle ear, resulting from infection. The pain is often a key indicator that prompts individuals to seek medical attention for further evaluation and management. Ringing in the ears, known as tinnitus, may be associated with various ear conditions but is not specific to otitis media. Drainage from the ear can occur with many ear conditions, including otitis media with perforation of the tympanic membrane or other infections, but is not a defining characteristic of otitis media itself. Difficulty swallowing is generally related to issues with the throat or esophagus and does not directly indicate middle ear problems.

6. Where is the vastus lateralis muscle located for injections?

- A. On the posterior aspect of the arm
- B. On the anterior-lateral aspect of the thigh**
- C. On the medial side of the abdomen
- D. On the upper back near the scapula

The vastus lateralis muscle is located on the anterior-lateral aspect of the thigh, making this the correct choice for where to administer injections. This muscle is one of the four quadriceps muscles and is particularly favored for intramuscular injections, especially in children and infants, due to its good muscle mass and relatively low risk of damaging major nerves and blood vessels. Injections into the vastus lateralis muscle are ideal for promoting absorption of medications, especially in patients who may not have well-developed deltoid muscles or in cases where other injection sites are contraindicated. This muscle's location allows for adequate access while minimizing the likelihood of complications associated with intramuscular injections. The other options refer to locations that are not suitable for injections into the vastus lateralis. The posterior aspect of the arm is more associated with the deltoid muscle, while the medial side of the abdomen and the upper back near the scapula are not appropriate sites for injecting into the vastus lateralis. These alternative sites either do not contain the vastus lateralis muscle or are associated with nerves and structures that could be potentially damaged during an injection.

7. What signs would indicate that Ms. Mother's condition is in the manic phase?

- A. Increased sleep and weight loss
- B. Distractibility, elated mood, and delusions of grandeur**
- C. Withdrawal and decreased activity
- D. Low energy and sadness

The signs that indicate Ms. Mother's condition is in the manic phase primarily include distractibility, elated mood, and delusions of grandeur. During this phase, individuals often exhibit overly heightened energy levels, increased enthusiasm, and a marked sense of euphoria. The distractibility leads to difficulty concentrating, as their thoughts may race from one idea to another, significantly affecting their ability to focus on tasks. An elated mood is a hallmark of mania, as individuals may feel abnormally happy or excited, sometimes with an exaggerated sense of importance. Delusions of grandeur are also common, where the individual may believe they have exceptional abilities, powers, or significance that far exceeds reality, reflecting their inflated self-esteem. The other options describe symptoms associated with depressive episodes or other mental health issues rather than the manic phase. These include increased sleep and weight loss, which suggest a depressive state rather than increased energy and activity. Withdrawal and decreased activity are also indicative of depression. Low energy and sadness are classic signs of a depressive episode and do not represent the heightened state characteristic of mania. Thus, the presence of distractibility, elated mood, and delusions of grandeur specifically point to the manic phase of the condition.

8. What does hematology primarily involve?

- A. Testing of plasma
- B. Examination of bone marrow
- C. Testing of whole blood and examination of blood cells**
- D. Measurement of serum proteins

Hematology primarily involves testing of whole blood and examination of blood cells. This field of medicine focuses on the study of blood, blood disorders, and the components of blood, which include red blood cells, white blood cells, and platelets. By analyzing whole blood, hematologists can diagnose a variety of conditions such as anemia, infections, clotting disorders, and hematologic malignancies. In hematology, blood tests are conducted to evaluate the count, shape, size, and function of these blood cells. This includes a complete blood count (CBC), which provides crucial information about the overall health of a patient and helps in identifying various diseases. While testing of plasma, examination of bone marrow, and measurement of serum proteins are all relevant to understanding various hematological conditions, they are more specialized components or sub-disciplines within the broader context of hematology. Plasma testing typically focuses on the liquid part of the blood, bone marrow examination is often done when a deeper understanding of blood cell production is needed, and serum protein measurement helps evaluate the immune response and liver function. However, the cornerstone of hematology is its comprehensive assessment of whole blood and blood cells, making it fundamental to diagnosing and managing blood-related diseases.

9. What is the weight range that typically defines a large for gestational age (LGA) baby?

- A. 5.5-7 lbs
- B. 7-9 lbs
- C. 8.8-10 lbs**
- D. 10-12 lbs

A large for gestational age (LGA) baby is typically defined as being above the 90th percentile for weight in relation to their gestational age. This means that most LGA infants weigh significantly more than the average newborn. The weight range of 8.8 to 10 pounds aligns with this definition, as it exceeds the average weight for newborns, which usually falls between about 5.5 to 8.8 pounds. Babies in this weight range are more likely to experience complications such as birth trauma or needing interventions during delivery due to their size. Understanding this classification is important for monitoring fetal growth and planning for potential delivery complications.

10. What is a common side effect of Lasix that may necessitate potassium supplementation?

- A. Dehydration
- B. Hypokalemia**
- C. Hypertension
- D. Hyperglycemia

Lasix, also known as furosemide, is a loop diuretic commonly used to treat conditions such as heart failure and edema. One of the well-known effects of Lasix is that it promotes the excretion of sodium and water through the kidneys, which can lead to significant loss of potassium as it increases urine output. This mechanism can result in hypokalemia, a condition characterized by low levels of potassium in the blood. Potassium is essential for many bodily functions, including muscle contraction, nerve transmission, and maintaining a stable heartbeat. When potassium levels drop due to the effects of Lasix, supplementation may be necessary to prevent complications such as muscle cramps, weakness, or even serious heart rhythm disturbances. In contrast, while dehydration can occur as a side effect due to increased urination, it is not specific to potassium levels. Hypertension and hyperglycemia are not typically associated with Lasix use and do not directly relate to the need for potassium supplementation. Thus, hypokalemia is the primary concern that indicates the necessity for potassium supplementation when patients are on Lasix.

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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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