

# Capstone Nursing Care of Children 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

- 1. When observing an infant post-surgery for cleft lip repair, what is the most critical consideration?**
  - A. Implementing feeding techniques**
  - B. Avoiding the infant's attempt to suck**
  - C. Monitoring fluid intake**
  - D. Assessing for signs of pain**
- 2. How should a nurse assess for signs of dehydration in a child?**
  - A. By checking respiratory rate**
  - B. By monitoring body temperature**
  - C. By evaluating skin turgor**
  - D. By counting heartbeats**
- 3. When addressing concerns about immunizations for children with chronic conditions, what is a critical point to discuss with parents?**
  - A. Immunizations can worsen the child's condition**
  - B. Delayed immunization can lead to serious infections**
  - C. Vaccination is unnecessary during chronic illnesses**
  - D. Immunizations should only be given after consultation with a specialist**
- 4. For an infant 6 hours post-pyloromyotomy, what form of feeding should the nurse anticipate?**
  - A. Small, frequent bottle feedings of electrolyte solution**
  - B. Large volume formula feeds**
  - C. Solid foods**
  - D. Continuous IV fluids**
- 5. What approach should a nurse recommend to prevent gastroesophageal reflux in infants?**
  - A. Feed smaller, more frequent meals**
  - B. Ensure baby sleeps on the stomach**
  - C. Limit liquid intake**
  - D. Give formula only**

- 6. Which clinical manifestation is expected in a child with acute renal failure?**
- A. Hyperactivity**
  - B. Fever**
  - C. Edema**
  - D. Weight loss**
- 7. How can parents help manage chronic illnesses in children?**
- A. Encouraging sedentary activities**
  - B. Adhering to prescribed treatment and monitoring symptoms**
  - C. Reducing all types of physical activity**
  - D. Delaying medical interventions**
- 8. Which breakfast food is recommended for an adolescent with celiac disease?**
- A. Pancakes**
  - B. Scrambled eggs**
  - C. Bread toast**
  - D. Oatmeal**
- 9. What should the nurse inform the parents regarding the diagnosis of possible intussusception in their child?**
- A. A barium swallow will confirm the diagnosis**
  - B. Diagnosis can be made based on clinical symptoms alone**
  - C. An abdominal ultrasound will confirm the pocket in the intestine**
  - D. An X-ray is sufficient for diagnosis**
- 10. What action should a nurse take for a child with bacterial meningitis?**
- A. Administer routine immunizations**
  - B. Initiate seizure precautions**
  - C. Encourage high fluid intake**
  - D. Provide a cooling blanket**



## **Answers**

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

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## **Explanations**

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**1. When observing an infant post-surgery for cleft lip repair, what is the most critical consideration?**

- A. Implementing feeding techniques**
- B. Avoiding the infant's attempt to suck**
- C. Monitoring fluid intake**
- D. Assessing for signs of pain**

In the context of an infant who has just undergone surgery for cleft lip repair, avoiding the infant's attempt to suck is paramount because the surgical site is delicate and healing. Sucking can put unnecessary strain on the surgical repair, potentially leading to complications such as wound dehiscence or disruption of the surgical site, which can interfere with healing and result in a need for additional interventions. After this kind of surgery, infants may instinctively want to suck, which is a natural behavior for them, especially if they are feeling discomfort or the urge to self-soothe. However, since the lip has been surgically altered, it is essential to prevent this behavior to ensure that the integrity of the surgical repair is maintained. Alternative feeding techniques and the appropriate administration of nutrition should be implemented carefully, taking into consideration that they should not involve sucking motions. Monitoring fluid intake and assessing for signs of pain are also important aspects of postoperative care, but they do not carry the same immediate risk to the surgical site as allowing sucking does. Therefore, the priority is to avoid the infant's urge to suck to protect the surgical repair during the critical early healing phase.

**2. How should a nurse assess for signs of dehydration in a child?**

- A. By checking respiratory rate**
- B. By monitoring body temperature**
- C. By evaluating skin turgor**
- D. By counting heartbeats**

Evaluating skin turgor is an effective method for assessing signs of dehydration in a child. Skin turgor refers to the skin's elasticity and ability to return to its normal position after being pinched. When a child is dehydrated, the skin loses its elasticity, which can result in a prolonged "tenting" effect when the skin is pinched and then released. This phenomenon occurs because fluid loss reduces the volume of fluid in the tissues, impacting their appearance and texture. In addition to skin turgor, other signs of dehydration include dry mucous membranes, reduced urine output, increased thirst, and changes in behavior or alertness. While factors like respiratory rate, body temperature, and heart rate can be influenced by dehydration and various other conditions, they are not direct assessments of hydration status. Therefore, evaluating skin turgor is a primary, straightforward, and effective method to detect dehydration in children.

**3. When addressing concerns about immunizations for children with chronic conditions, what is a critical point to discuss with parents?**

**A. Immunizations can worsen the child's condition**

**B. Delayed immunization can lead to serious infections**

**C. Vaccination is unnecessary during chronic illnesses**

**D. Immunizations should only be given after consultation with a specialist**

Addressing concerns about immunizations for children with chronic conditions is crucial, especially considering the potential risks associated with delaying vaccinations. Delayed immunization can expose children to serious infections that could exacerbate existing health issues or lead to complications that might affect their overall health. Children with chronic conditions might already have compromised immune systems or other vulnerabilities, making them more susceptible to vaccine-preventable diseases. Therefore, it's vital to communicate the importance of staying up-to-date with vaccinations to protect these children from serious illnesses that could have significant repercussions on their health. While it is essential to consult healthcare providers about immunization schedules, particularly for children with complex health conditions, the emphasis should always be on the importance of vaccinations in preventing serious infections, which can be life-threatening. Generally, health professionals work to ensure that immunizations are safe and can provide benefits even for those with chronic conditions, reinforcing the idea that timely vaccinations are a key component of maintaining health in these vulnerable populations.

**4. For an infant 6 hours post-pyloromyotomy, what form of feeding should the nurse anticipate?**

**A. Small, frequent bottle feedings of electrolyte solution**

**B. Large volume formula feeds**

**C. Solid foods**

**D. Continuous IV fluids**

In the case of an infant who is 6 hours post-pyloromyotomy, small, frequent bottle feedings of an electrolyte solution are appropriate. Following this surgical procedure, infants typically require cautious reintroduction to feeding to ensure that their newly repaired digestive system can tolerate food without complications. Electrolyte solutions are beneficial as they help maintain hydration and replenish electrolytes, which might have been lost due to vomiting prior to the surgery. Introducing small, frequent feedings allows for careful monitoring of the infant's tolerance to the solution and reduces the risk of overwhelming the stomach, which is particularly important immediately after surgery. Larger volume formula feeds might not be suitable at this early stage, as the infant's digestive tract needs time to adjust after the surgery. Solid foods are generally not introduced until the infant has successfully tolerated liquids for a longer period and has shown signs of readiness. Continuous IV fluids, while important for hydration in certain contexts, would not be the expected next step in feeding management for an infant able to take oral feeds.

**5. What approach should a nurse recommend to prevent gastroesophageal reflux in infants?**

- A. Feed smaller, more frequent meals**
- B. Ensure baby sleeps on the stomach**
- C. Limit liquid intake**
- D. Give formula only**

Feeding smaller, more frequent meals is an effective approach to help prevent gastroesophageal reflux (GER) in infants. This strategy allows for easier digestion and can reduce the amount of stomach content that may flow back into the esophagus, a common issue in infants. By breaking down feedings into smaller volumes, there is less pressure on the gastrointestinal system, which can help minimize reflux episodes. In addition, smaller meals can contribute to a more comfortable feeding experience, as infants may be less likely to become overly full, thus reducing the potential for reflux symptoms. Maintaining an upright position during and after feedings can further support this strategy, as gravity can help keep the stomach contents in place. Other options, such as having the baby sleep on the stomach, are not recommended due to the increased risk of sudden infant death syndrome (SIDS). Limiting liquid intake is not practical or beneficial for infants who need adequate nutrition for growth and development. Providing formula only excludes breast milk, which can be an important source of nutrition and antibodies for infants. Therefore, the recommendation of smaller, more frequent meals aligns best with clinical practices for managing gastroesophageal reflux in infants.

**6. Which clinical manifestation is expected in a child with acute renal failure?**

- A. Hyperactivity**
- B. Fever**
- C. Edema**
- D. Weight loss**

In the context of acute renal failure in children, the presence of edema is a significant clinical manifestation. Acute renal failure, also known as acute kidney injury, often leads to the retention of fluids and waste products in the body due to the kidneys' impaired ability to filter and excrete them. As a result, excess fluid can accumulate in the tissues, leading to swelling, or edema, particularly in areas such as the legs, ankles, and around the eyes. This retention is often due to imbalances in fluid regulation and the body's inability to excrete sodium and water effectively. The other options do not typically correlate directly with acute renal failure. Hyperactivity is not a common symptom and may actually indicate a different set of issues, while fever is more associated with infections than with renal failure specifically. Weight loss may occur over a more extended period due to chronic conditions or malnutrition rather than being a clear indicator of acute renal failure, where there is often more fluid retention than loss at the onset. Therefore, the identification of edema as a manifestation of acute renal failure aligns well with the physiological changes occurring in the child's body when kidney function is compromised.

**7. How can parents help manage chronic illnesses in children?**

- A. Encouraging sedentary activities**
- B. Adhering to prescribed treatment and monitoring symptoms**
- C. Reducing all types of physical activity**
- D. Delaying medical interventions**

Parents play a crucial role in managing chronic illnesses in children, and one of the most effective ways they can do this is by adhering to prescribed treatment and closely monitoring symptoms. Following the treatment plan set by healthcare professionals is essential for controlling the condition, reducing symptoms, and preventing complications. This involves ensuring that children take their medications as directed, attending regular medical appointments, and following any therapeutic recommendations, such as dietary changes or physical therapy. Monitoring symptoms helps parents identify any changes in their child's condition, allowing for early intervention if issues arise. Recognizing signs of worsening illness or side effects from treatments can facilitate timely communication with healthcare providers, ensuring the child receives necessary adjustments to their care plan. This proactive approach is vital in helping manage chronic illnesses effectively, promoting better health outcomes and enhancing the child's quality of life.

**8. Which breakfast food is recommended for an adolescent with celiac disease?**

- A. Pancakes**
- B. Scrambled eggs**
- C. Bread toast**
- D. Oatmeal**

Scrambled eggs are recommended for an adolescent with celiac disease because they are gluten-free and provide a good source of protein, which is essential for growth and development during adolescence. Celiac disease is an autoimmune disorder where the ingestion of gluten, a protein found in wheat, barley, and rye, triggers an immune response that damages the lining of the small intestine. Therefore, it is critical for individuals with this condition to avoid foods containing gluten. In contrast, pancakes typically use wheat flour, which contains gluten, making them unsuitable. Bread toast is also made from wheat or other gluten-containing grains and would similarly not be appropriate. While oatmeal might seem benign, it can often be contaminated with gluten during processing unless specifically labeled as gluten-free. Thus, scrambled eggs stand out as a safe, nutritious option for breakfast in this context.

**9. What should the nurse inform the parents regarding the diagnosis of possible intussusception in their child?**

- A. A barium swallow will confirm the diagnosis**
- B. Diagnosis can be made based on clinical symptoms alone**
- C. An abdominal ultrasound will confirm the pocket in the intestine**
- D. An X-ray is sufficient for diagnosis**

When communicating with parents about the diagnosis of possible intussusception, it is essential to emphasize the role of imaging studies in confirming the condition. An abdominal ultrasound is a non-invasive and effective diagnostic tool that can identify the presence of a "target sign" or "doughnut sign," which are characteristic indicators of intussusception. This method is particularly useful in children as it avoids exposure to radiation and is sensitive in detecting this condition. Parents should understand that while clinical symptoms—such as intermittent abdominal pain, vomiting, and red currant jelly stools—are critical in suspecting intussusception, confirming the diagnosis relies on imaging. Therefore, an abdominal ultrasound is a key step in the diagnosis process and provides valuable information that guides further management and treatment options for their child.

**10. What action should a nurse take for a child with bacterial meningitis?**

- A. Administer routine immunizations**
- B. Initiate seizure precautions**
- C. Encourage high fluid intake**
- D. Provide a cooling blanket**

For a child diagnosed with bacterial meningitis, initiating seizure precautions is crucial because this condition can lead to increased intracranial pressure and neurological complications, which may precipitate seizures. Bacterial meningitis is characterized by inflammation of the protective membranes covering the brain and spinal cord, leading to symptoms that may include fever, irritability, and changes in consciousness. The risk of seizure activity can increase due to irritation of the central nervous system. Implementing seizure precautions involves measures such as ensuring a safe environment, keeping the child in a vigilant observation state, and having emergency equipment readily available. These actions are important to protect the child from injury should a seizure occur. While administering routine immunizations is vital in the overall prevention of infectious diseases, it is not an immediate action relevant to the management of an acutely ill child with bacterial meningitis. Encouraging high fluid intake, although generally beneficial, must be approached cautiously because fluid overload can be harmful, especially in cases where cerebral edema is a concern. Providing a cooling blanket could be helpful for managing fever, but it does not address the immediate risks associated with potential seizures that arise from the disease. Therefore, focusing on seizure precautions is the most appropriate nursing action in this context.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://capstonenursingcareofchildren.examzify.com>**

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