

CAPSTONE NURSING CARE OF CHILDREN 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. What symptom should be monitored in a child recovering from a cleft palate repair?**
 - A. Fever
 - B. Difficulty swallowing
 - C. Excessive saliva production
 - D. Ear drainage

- 2. What is the role of the family in pediatric nursing care?**
 - A. To provide transportation for medical visits
 - B. To directly administer medication to the child
 - C. To be part of support and decision-making in care
 - D. To oversee daily routines only

- 3. What is an expected physical finding in a child with a kidney infection?**
 - A. Abdominal pain
 - B. Flank pain
 - C. Chest pain
 - D. Headache

- 4. A toddler who consumes excessive milk daily and has a poor appetite is at risk for which condition?**
 - A. Obesity
 - B. Vitamin D deficiency
 - C. Iron deficiency anemia
 - D. Dehydration

- 5. During a well-child visit, which speech development characteristic is expected in a 3-year-old preschooler?**
 - A. Full sentences with complex structure
 - B. Primarily single words
 - C. Primarily two-word phrases
 - D. Frequent use of gestures instead of words

- 6. Which symptom indicates a possible complication of viral gastroenteritis in children?**
- A. Loose stools
 - B. Dehydration
 - C. Elevated temperature
 - D. Vomiting
- 7. How can nurses promote knowledge about growth and development among parents?**
- A. By avoiding discussions on child development
 - B. Providing education and resources at health visits
 - C. Focusing solely on illness prevention
 - D. Limiting communication to written materials
- 8. Which of the following is a sign of anaphylaxis in children?**
- A. Headache and fatigue
 - B. Hives and difficulty breathing
 - C. Fever and cough
 - D. Abdominal pain and diarrhea
- 9. What symptom is expected in a toddler with measles?**
- A. Rash
 - B. High fever
 - C. Koplik spots
 - D. Coughing
- 10. Which dietary modification may be necessary for a toddler who drinks a lot of milk?**
- A. Increase solid food consumption
 - B. Introduce more dairy products
 - C. Limit fruits and vegetables
 - D. Decrease fluid intake

Answers

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

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Explanations

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1. What symptom should be monitored in a child recovering from a cleft palate repair?

- A. Fever
- B. Difficulty swallowing**
- C. Excessive saliva production
- D. Ear drainage

In a child recovering from a cleft palate repair, monitoring for difficulty swallowing is crucial. After the surgical procedure, the child's palate and related tissues are healing, which can affect their ability to swallow safely and effectively. Swallowing difficulties may lead to complications such as aspiration or choking, particularly since the child is likely to be on a modified diet during recovery. This symptom reflects the operation's impact on the anatomy and the need for careful dietary management to ensure safe feeding practices as healing progresses. While fever, excessive saliva production, and ear drainage can also be relevant in the post-operative period, they do not specifically indicate complications associated with the surgical repair of a cleft palate as directly as swallowing difficulties. Fever may suggest an infection, excessive saliva could be a natural response during healing, and ear drainage may indicate a separate issue unrelated to the cleft repair itself. Thus, difficulty swallowing stands out as a more critical symptom in this context that directly relates to the surgical procedure.

2. What is the role of the family in pediatric nursing care?

- A. To provide transportation for medical visits
- B. To directly administer medication to the child
- C. To be part of support and decision-making in care**
- D. To oversee daily routines only

The role of the family in pediatric nursing care is crucial, particularly in being involved in support and decision-making processes regarding the child's healthcare. Families serve as the primary caregivers for children and play a significant part in understanding their needs, preferences, and responses to treatment. They are often the first to notice changes in a child's condition and can provide valuable insights that inform care decisions. In pediatric settings, family-centered care emphasizes collaboration between nurses, physicians, and the family. When families are included in decision-making, they can better support treatment plans and adhere to healthcare recommendations, which ultimately leads to improved health outcomes for the child. Families also provide emotional support, stability, and comfort, which are essential elements in managing a child's health effectively. Transporting the child for medical visits, directly administering medication, and overseeing daily routines are important roles but do not encapsulate the broader and more impactful involvement that families have in decision-making and providing emotional support during the care process. Therefore, emphasizing the family's role in support and decision-making is key to understanding effective pediatric nursing care.

3. What is an expected physical finding in a child with a kidney infection?

- A. Abdominal pain
- B. Flank pain**
- C. Chest pain
- D. Headache

Flank pain is a common and expected physical finding in a child with a kidney infection, also known as pyelonephritis. This pain typically occurs in the lower back on the side of the affected kidney. In children, a kidney infection may cause inflammation and irritation in the renal tissue, leading to discomfort that can be felt in the flank area. While abdominal pain may sometimes accompany a kidney infection, it is not as specific or characteristic as flank pain. Chest pain is not associated with kidney infections and could suggest a different type of condition, such as a respiratory issue. Likewise, headaches, while they can occur for various reasons, are not a direct indication of a kidney infection. The presence of flank pain in the context of other symptoms such as fever, urinary urgency, and possibly nausea strongly suggests the presence of a kidney infection in children, making it the correct expected physical finding in this scenario.

4. A toddler who consumes excessive milk daily and has a poor appetite is at risk for which condition?

- A. Obesity
- B. Vitamin D deficiency
- C. Iron deficiency anemia**
- D. Dehydration

A toddler who consumes excessive amounts of milk generally has a reduced appetite for other foods that are necessary for a balanced diet. This can lead to iron deficiency anemia due to insufficient intake of iron-rich foods, which are critical for proper growth and development. Milk is low in iron and, when consumed in large quantities, can inhibit the absorption of iron from other foods, further compounding the risk of developing this condition. Iron is essential for producing hemoglobin, and without adequate intake, a toddler may not get enough iron, leading to anemia, which can cause fatigue, weakness, and developmental delays. In contrast, while excessive milk consumption can potentially lead to obesity, vitamin D deficiency through insufficient absorption of other nutrients or dehydration are less directly correlated with milk consumption. Vitamin D deficiency typically relates more to sunlight exposure and dietary sources rather than milk alone, and while consuming milk does contribute to hydration, it is not primarily associated with dehydration in the same way that inadequate fluid intake from other sources would be. Understanding these nuances helps to pinpoint the specific nutritional risks associated with excessive milk consumption in toddlers.

5. During a well-child visit, which speech development characteristic is expected in a 3-year-old preschooler?

- A. Full sentences with complex structure
- B. Primarily single words
- C. Primarily two-word phrases**
- D. Frequent use of gestures instead of words

By age three, children typically demonstrate a significant advancement in their speech development. At this age, it is expected that a preschooler will primarily use two-word phrases. This is indicative of their growing vocabulary and the ability to combine words to express simple ideas or desires, such as "want juice" or "big truck." This stage marks a critical transition from single words, which they would commonly use at around 18 months to two years, to more complex speech patterns. The use of two-word phrases reflects the preschooler's cognitive and linguistic development, as they begin to form more complex thoughts and communicate them effectively. It is also an important milestone as they start to engage in more conversations and express their feelings, needs, and thoughts. In contrast, full sentences with complex structure are more typical of children aged four and older. Similarly, relying primarily on single words or gestures without using phrases would indicate a delay in speech development for a three-year-old. Thus, the expectation for a 3-year-old is to be able to use their developing language skills to communicate effectively through two-word combinations, signaling their progression toward more advanced speech development.

6. Which symptom indicates a possible complication of viral gastroenteritis in children?

- A. Loose stools
- B. Dehydration**
- C. Elevated temperature
- D. Vomiting

Dehydration is a significant complication of viral gastroenteritis in children because this condition often leads to a loss of fluids and electrolytes due to diarrhea and vomiting. When a child experiences gastroenteritis, their gastrointestinal tract is inflamed, causing frequent loose stools and vomiting, which can quickly lead to dehydration. Signs of dehydration in children include decreased urine output, dry mouth and tongue, sunken eyes, and lethargy. Assessing hydration status is critical in managing children with viral gastroenteritis, as adequate hydration is essential for recovery. It's vital for healthcare providers to monitor for these signs and intervene appropriately, as severe dehydration may require intravenous fluids and medical attention. While loose stools, elevated temperature, and vomiting are common symptoms associated with viral gastroenteritis, they do not directly indicate a complication in the same way that dehydration does. Recognizing dehydration is crucial to ensure timely and effective treatment.

7. How can nurses promote knowledge about growth and development among parents?

- A. By avoiding discussions on child development
- B. Providing education and resources at health visits**
- C. Focusing solely on illness prevention
- D. Limiting communication to written materials

Providing education and resources at health visits is an effective way for nurses to promote knowledge about growth and development among parents. During regular health visits, nurses have the opportunity to engage parents in discussions about their child's developmental milestones, emotional and social growth, and the importance of nutrition and physical activity. This direct interaction allows nurses to address specific questions and concerns that parents may have, reinforcing their understanding of the normal parameters of child development. By offering a combination of verbal guidance, practical tips, and supplementary resources, nurses can help parents feel more informed and confident in their parenting abilities. This proactive approach not only enhances the parents' knowledge but also fosters a supportive environment where they can discuss their child's needs and seek advice when necessary. Engaging parents during health visits promotes a holistic approach to child care, ensuring that developmental aspects are included alongside health concerns.

8. Which of the following is a sign of anaphylaxis in children?

- A. Headache and fatigue
- B. Hives and difficulty breathing**
- C. Fever and cough
- D. Abdominal pain and diarrhea

Hives and difficulty breathing are classic signs of anaphylaxis in children, a severe and potentially life-threatening allergic reaction. Anaphylaxis is characterized by a rapid onset of symptoms following exposure to an allergen, which can include foods, medications, insect stings, or latex. Hives, or urticaria, present as raised, red welts on the skin and are indicative of the body's immune response to an allergen. Difficulty breathing may manifest as wheezing, stridor, or a feeling of tightness in the chest, caused by swelling in the airways or bronchospasms. These symptoms typically occur very quickly—often within minutes of exposure to the allergen—and require immediate medical intervention, including the administration of epinephrine and potentially other supportive measures. The other options present symptoms that do not align with the acute and severe nature of anaphylaxis. Headache and fatigue are general symptoms that could relate to numerous non-allergic conditions but are not specific to an anaphylactic reaction. Fever and cough suggest an infectious process rather than an allergic one, and abdominal pain and diarrhea may point to food intolerance or a gastrointestinal issue but would not typically indicate anaphylaxis unless accompanied by severe respiratory symptoms or hives.

9. What symptom is expected in a toddler with measles?

- A. Rash
- B. High fever
- C. Koplik spots**
- D. Coughing

Koplik spots are a hallmark symptom of measles, specifically appearing in the prodromal phase of the illness, which generally occurs two to three days before the measles rash develops. These small, white lesions with a bluish-white center appear on the buccal mucosa and are a distinctive diagnostic feature of the disease. The presence of Koplik spots can help healthcare providers confirm a suspected measles infection, especially since they typically precede the more noticeable symptoms like the rash and high fever. Individuals may also present with a high fever, cough, and general malaise, but the appearance of Koplik spots is unique to measles and serves as an important clinical indicator. Recognizing these spots in conjunction with other symptoms informs the healthcare approach and emphasizes the importance of vaccination and public health measures against measles outbreaks in the pediatric population.

10. Which dietary modification may be necessary for a toddler who drinks a lot of milk?

- A. Increase solid food consumption**
- B. Introduce more dairy products
- C. Limit fruits and vegetables
- D. Decrease fluid intake

For a toddler who drinks a lot of milk, increasing solid food consumption is a sound dietary modification. When toddlers consume excessive amounts of milk, it can lead to a condition known as "milk anemia," where they may not be getting enough iron and other essential nutrients that are vital for their growth and development. This is primarily due to the fact that milk is filling and can reduce the child's appetite for other foods that provide important nutrients. By increasing the consumption of solid foods, particularly those rich in iron, fruits, vegetables, and a variety of other food groups, the toddler can achieve a more balanced and nutritious diet. This modification helps ensure that they receive not only the necessary calories for growth but also the essential vitamins and minerals that might be lacking due to high milk intake. Consequently, it supports overall developmental needs and helps prevent nutritional deficiencies, which are important considerations in early childhood nutrition.

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://capstonenursingcareofchildren.examzify.com>

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

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