

# Certified Medical-Surgical Registered Nurse Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

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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 statement about informed consent is incorrect?**
  - A. It can be revoked by the state, especially when the benefits outweigh the risks.**
  - B. A person has to be mentally competent to sign an informed consent.**
  - C. Physicians can waive informed consents in emergency situations.**
  - D. The name of the procedure, its risks and benefits, and other alternative procedures make up all the essential elements of informed consent.**
  
- 2. What symptom of hypoglycemia could be masked by the administration of metoprolol tartrate (Lopressor)?**
  - A. Diaphoresis.**
  - B. Tingling.**
  - C. Diplopia.**
  - D. Tachycardia.**
  
- 3. What does a family's assumption about a patient's end-of-life care preferences reflect?**
  - A. Justice**
  - B. Paternalism**
  - C. Pragmatism**
  - D. Veracity**
  
- 4. What intervention may be used after recognizing a patient's hypokalemia?**
  - A. Administer potassium supplements**
  - B. Increase sodium intake**
  - C. Prescribe a potassium-wasting diuretic**
  - D. Restrict fluid intake**
  
- 5. Which website is the most reliable source of information about prostate cancer that the nurse should recommend to Mr. Haverford?**
  - A. [www.wikipedia.org](https://www.wikipedia.org).**
  - B. [www.cancer.gov](https://www.cancer.gov).**
  - C. [www.caringbridge.org](https://www.caringbridge.org).**
  - D. [www.google.com](https://www.google.com).**

**6. Why is it important to educate a patient with diabetes about symptoms of hypoglycemia?**

- A. To improve their diet.**
- B. To prevent long-term complications.**
- C. To ensure timely intervention.**
- D. To avoid medication side effects.**

**7. What is the primary purpose of administering an ACE inhibitor to a patient with an acute myocardial infarction?**

- A. To minimize platelet aggregation**
- B. To reduce preload and afterload**
- C. To reduce myocardial oxygen consumption**
- D. To decrease myocardial oxygen demand**

**8. For effective evaluation feedback, what must a manager do?**

- A. Conduct weekly meetings with staff members**
- B. Consider staff members' interests and abilities when delegating tasks**
- C. Inform staff members regularly of their job performance**
- D. Provide goals for staff members to meet**

**9. What is the first step a nurse should take when planning to implement evidence-based practices to prevent falls?**

- A. Identify the common causes of falls**
- B. Gather and review currently existing literature and guidelines for the prevention of falls**
- C. Identify fall prevention practices that are applicable to the patient care setting**
- D. Gather data to identify the effectiveness of the new practice guidelines**

**10. Which condition increases the risk of an embolic stroke?**

- A. Atrial fibrillation**
- B. Bradycardia**
- C. Deep vein thrombosis**
- D. A history of myocardial infarction**

## **Answers**

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

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## **Explanations**

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**1. Which statement about informed consent is incorrect?**

- A. It can be revoked by the state, especially when the benefits outweigh the risks.**
- B. A person has to be mentally competent to sign an informed consent.**
- C. Physicians can waive informed consents in emergency situations.**
- D. The name of the procedure, its risks and benefits, and other alternative procedures make up all the essential elements of informed consent.**

The statement indicating that the name of the procedure, its risks and benefits, and other alternative procedures encompass all the essential elements of informed consent is incorrect. While these are critical components, informed consent also requires the understanding of the patient regarding the information provided, the voluntary nature of the consent, and the capacity of the patient to make such a decision. Additionally, it is important to consider that informed consent should be comprehensive and made clear so that patients can weigh their choices adequately and make informed healthcare decisions. Other aspects such as the potential consequences of not undergoing the procedure and the need for the patient to have the opportunity to ask questions are also essential and should not be overlooked.

**2. What symptom of hypoglycemia could be masked by the administration of metoprolol tartrate (Lopressor)?**

- A. Diaphoresis.**
- B. Tingling.**
- C. Diplopia.**
- D. Tachycardia.**

The correct choice is tachycardia, which can be masked by the administration of metoprolol tartrate. Metoprolol is a beta-blocker that primarily affects the cardiovascular system, by reducing heart rate and contractility. In cases of hypoglycemia, one of the body's primary responses is to increase heart rate (tachycardia) as part of the fight-or-flight response. However, when a beta-blocker like metoprolol is given, this response is blunted, making it difficult to recognize tachycardia as a symptom of low blood sugar. When considering other symptoms of hypoglycemia, diaphoresis (excessive sweating) is usually not affected by beta-blockers. Tingling and diplopia (double vision) are also not primarily related to adrenergic responses and tend to remain apparent even when beta-blockers are administered. Therefore, the masking effect of metoprolol is specifically relevant to tachycardia in the context of hypoglycemia.

**3. What does a family's assumption about a patient's end-of-life care preferences reflect?**

- A. Justice**
- B. Paternalism**
- C. Pragmatism**
- D. Veracity**

The family's assumption about a patient's end-of-life care preferences is indicative of paternalism, which involves making decisions for someone else's well-being, often with the belief that it is in their best interest. In this context, the family may feel they know what the patient would want based on their values or past conversations, even if they have not explicitly discussed their preferences. This stems from a desire to protect the patient or alleviate suffering, but can overlook the patient's autonomy and right to make their own choices. Justice relates to fairness and equality in healthcare distribution, pragmatism emphasizes practical approaches to care, and veracity pertains to truth-telling and honesty in clinician-patient interactions. These concepts do not directly encompass the idea of assuming another's preferences without explicit consent or discussion. Therefore, the focus on making decisions based on assumed preferences aligns well with the definition of paternalism.

**4. What intervention may be used after recognizing a patient's hypokalemia?**

- A. Administer potassium supplements**
- B. Increase sodium intake**
- C. Prescribe a potassium-wasting diuretic**
- D. Restrict fluid intake**

Administering potassium supplements is a critical intervention after recognizing hypokalemia, which is characterized by lower than normal levels of potassium in the blood. Potassium plays a vital role in various physiological processes, including muscle contractions, nerve function, and maintaining proper heart rhythm. When levels fall, it can lead to serious complications such as muscle weakness, cardiac arrhythmias, and overall impaired physiological functions. In this context, potassium supplements can either be administered orally or intravenously, depending on the severity of the hypokalemia and the patient's clinical situation. This direct replacement of potassium helps to restore normal serum levels, alleviating associated symptoms and preventing complications. The other options provided do not effectively address the condition of hypokalemia. Increasing sodium intake does not aid in correcting potassium levels and may actually worsen the situation. Prescribing a potassium-wasting diuretic would further deplete potassium levels, exacerbating hypokalemia rather than treating it. Restricting fluid intake does not have a direct effect on potassium levels and is not a recommended intervention for hypokalemia. Thus, potassium supplementation is the most appropriate and direct intervention to correct hypokalemia.

**5. Which website is the most reliable source of information about prostate cancer that the nurse should recommend to Mr. Haverford?**

- A. [www.wikipedia.org](http://www.wikipedia.org).**
- B. [www.cancer.gov](http://www.cancer.gov).**
- C. [www.caringbridge.org](http://www.caringbridge.org).**
- D. [www.google.com](http://www.google.com).**

The most reliable source of information about prostate cancer for Mr. Haverford is the website [www.cancer.gov](http://www.cancer.gov). This site is managed by the National Cancer Institute (NCI) and offers comprehensive, accurate, and up-to-date information about various types of cancer, including prostate cancer. It provides evidence-based details on the disease, treatment options, research updates, statistics, support services, and published studies, making it a trusted resource for patients, families, and healthcare professionals. Other options, while they may offer useful information, do not meet the same standards of reliability and authority. Wikipedia is a user-edited platform, which means that while it can provide general information, the accuracy and reliability can vary since the content may not be verified by medical experts. CaringBridge is a website primarily designed for people to share health updates with their family and friends. It focuses on personal stories and experiences rather than providing authoritative medical information about conditions like prostate cancer. Google, as a search engine, can provide access to a vast range of information, but it does not guarantee the reliability or credibility of the sources returned in search results. Users may encounter a mix of reliable and questionable information. In summary, the National Cancer Institute at [www.cancer.gov](http://www.cancer.gov) is specifically

**6. Why is it important to educate a patient with diabetes about symptoms of hypoglycemia?**

- A. To improve their diet.**
- B. To prevent long-term complications.**
- C. To ensure timely intervention.**
- D. To avoid medication side effects.**

Educating a patient with diabetes about the symptoms of hypoglycemia is crucial for ensuring timely intervention. Hypoglycemia, or low blood sugar, can occur suddenly and, if not recognized and treated promptly, can lead to severe complications such as seizures, loss of consciousness, and even death. By understanding the signs and symptoms of hypoglycemia—such as sweating, trembling, confusion, and irritability—a patient is empowered to take immediate action, which typically involves consuming carbohydrates to raise their blood sugar level. Knowledge of these symptoms fosters responsiveness and encourages patients to monitor their blood sugar levels regularly, thus reducing the risk of severe hypoglycemic episodes. This proactive approach is vital because the earlier a patient recognizes their hypoglycemic symptoms, the more likely they are to manage their condition effectively and prevent serious health consequences. Educating patients solely for reasons like improving their diet or preventing long-term complications may not lead to immediate and critical responses necessary for managing episodes of hypoglycemia. Furthermore, while awareness of medication side effects is valuable, it does not directly address the acute nature of hypoglycemia's effects on patient safety. Thus, the emphasis on timely intervention is the most pertinent reason for this education.

**7. What is the primary purpose of administering an ACE inhibitor to a patient with an acute myocardial infarction?**

- A. To minimize platelet aggregation**
- B. To reduce preload and afterload**
- C. To reduce myocardial oxygen consumption**
- D. To decrease myocardial oxygen demand**

The primary purpose of administering an ACE inhibitor to a patient with an acute myocardial infarction is to reduce preload and afterload. ACE inhibitors help to decrease the blood volume returning to the heart (reducing preload) and lower peripheral vascular resistance (reducing afterload). This overall reduction in workload on the heart can lead to improved hemodynamics, reducing the strain on a damaged cardiac muscle. In this context, lowering preload diminishes the fluid returning to the heart, which is particularly important after a myocardial infarction, as the heart may be compromised in its ability to handle increased volume. Additionally, by reducing the afterload, the heart can pump more efficiently, leading to better perfusion and potentially minimizing further ischemic damage. Other options, while they may seem relevant, do not play the primary role in the context of administering ACE inhibitors post-MI. For instance, minimizing platelet aggregation is typically managed through antiplatelet therapy rather than ACE inhibitors. Although myocardial oxygen consumption and demand are critical considerations in managing an infarction, the direct impacts of ACE inhibitors are most significantly attributed to their effects on preload and afterload, which facilitate enhanced cardiac performance during recovery.

**8. For effective evaluation feedback, what must a manager do?**

- A. Conduct weekly meetings with staff members**
- B. Consider staff members' interests and abilities when delegating tasks**
- C. Inform staff members regularly of their job performance**
- D. Provide goals for staff members to meet**

The answer focuses on the importance of regular communication regarding job performance as a critical component of effective evaluation feedback. By informing staff members regularly about how they are performing in their roles, a manager ensures that employees are aware of their strengths and areas for improvement. This continuous feedback loop fosters professional growth, encourages better performance, and enhances overall job satisfaction. While conducting weekly meetings is beneficial for team cohesion and updates, it may not necessarily provide individualized feedback on performance. Considering interests and abilities when delegating tasks is essential for ensuring that the right person is matched with the right job, but it does not directly equate to evaluation feedback. Providing goals for staff members is important for setting expectations, but without regular feedback on performance, employees may lack clarity on their progress toward these goals. Regular performance communication bridges these elements by keeping staff informed and engaged in their development.

**9. What is the first step a nurse should take when planning to implement evidence-based practices to prevent falls?**

- A. Identify the common causes of falls**
- B. Gather and review currently existing literature and guidelines for the prevention of falls**
- C. Identify fall prevention practices that are applicable to the patient care setting**
- D. Gather data to identify the effectiveness of the new practice guidelines**

The first step a nurse should take when planning to implement evidence-based practices to prevent falls is to gather and review currently existing literature and guidelines for the prevention of falls. This foundational step allows the nurse to understand the most recent research, best practices, and evidence-based interventions related to fall prevention. By doing so, the nurse can ensure that any initiatives are grounded in established knowledge, supporting a more effective approach tailored to the needs of the patient population. Having a solid understanding of the literature enables the nurse to critically evaluate which strategies and interventions could be most appropriate for their specific setting. This comprehensive review serves as a basis for subsequently identifying common causes of falls, determining applicable practices, and assessing the effectiveness of implementing new guidelines. Thus, gathering and reviewing the already existing literature is essential for establishing a strong groundwork for fall prevention efforts.

**10. Which condition increases the risk of an embolic stroke?**

- A. Atrial fibrillation**
- B. Bradycardia**
- C. Deep vein thrombosis**
- D. A history of myocardial infarction**

Atrial fibrillation is a condition that significantly increases the risk of an embolic stroke. This irregular heart rhythm can lead to the formation of blood clots in the atria, particularly in the left atrial appendage. When the heart contracts in an erratic manner, it is less effective at moving blood, which can cause stasis or pooling. If a clot forms and subsequently dislodges, it can travel through the bloodstream to the brain, resulting in an embolic stroke. The other conditions listed do not pose the same level of risk for embolic strokes. While bradycardia can affect heart function, it does not typically lead to the formation of blood clots as atrial fibrillation does. Deep vein thrombosis, while related to clot formation, usually involves clots forming in the veins of the legs and is more commonly associated with venous thromboembolism rather than embolic strokes directly. A history of myocardial infarction indicates past episodes of coronary artery disease and heart issues, which can increase cardiac risk factors but is less directly linked to the process of embolic stroke compared to atrial fibrillation.

# 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://certifiedmedical-surgicalregisterednurse.examzify.com>**

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

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