

CERTIFIED MEDICAL- SURGICAL REGISTERED NURSE PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
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 is the key conflict faced by older adults according to developmental stages?**
 - A. Intimacy versus isolation
 - B. Generativity versus stagnation
 - C. Identity versus role confusion
 - D. Integrity versus despair
- 2. Which sequence should a nurse follow during an abdominal assessment?**
 - A. Auscultation, inspection, percussion, palpation
 - B. Inspection, auscultation, percussion, palpation
 - C. Palpation, auscultation, percussion, inspection
 - D. Percussion, palpation, auscultation, inspection
- 3. What is OSHA primarily responsible for in the workplace?**
 - A. Compensating workers injured in the workplace
 - B. Providing rehabilitation for workers injured in the workplace
 - C. Inspecting high-hazard workplaces for compliance with protective standards
 - D. Disciplining workers injured in the workplace
- 4. Which substance is essential for the transport of oxygen during wound healing?**
 - A. Zinc
 - B. Vitamin B6
 - C. Folate
 - D. Vitamin C
- 5. How do nursing diagnoses primarily differ from medical diagnoses?**
 - A. Dependent upon medical diagnoses for intervention direction
 - B. Primarily concerned with caring, while medical diagnoses focus on curing
 - C. Primarily concerned with human response, while medical diagnoses focus on pathology
 - D. Primarily concerned with psychosocial parameters, while medical diagnoses focus on physiologic parameters

- 6. What characteristic is most likely found during an assessment of a patient with venous ulceration?**
- A. Gangrene
 - B. Heavy exudate
 - C. Deep wound bed
 - D. Pale wound bed
- 7. Which comment by Mrs. Warren indicates a concern about her body image related to her surgery?**
- A. "I will have to stop my aerobics classes."
 - B. "I'm so afraid I may not survive the surgery."
 - C. "I need to go shopping for some loose, baggy clothes."
 - D. "I'm concerned that this may be only the first of many surgeries."
- 8. Which cognitive developmental stage, according to Piaget, occurs between ages 7 to 11?**
- A. Formal operations
 - B. Concrete operations
 - C. Preoperational
 - D. Sensorimotor
- 9. Which phase of wound healing is characterized by collagen reorganization and strengthening?**
- A. The maturation phase
 - B. The proliferative phase
 - C. The inflammatory phase
 - D. The epithelial closure phase
- 10. What type of therapeutic communication is demonstrated when a nurse allows a patient time to gather thoughts?**
- A. Clarification
 - B. Empathy
 - C. Reflection
 - D. Silence

Answers

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

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Explanations

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1. What is the key conflict faced by older adults according to developmental stages?

- A. Intimacy versus isolation
- B. Generativity versus stagnation
- C. Identity versus role confusion
- D. Integrity versus despair**

The key conflict faced by older adults according to developmental stages is integrity versus despair. This stage, articulated by Erik Erikson, is centered around the reflection and evaluation of one's life when individuals reach older adulthood. During this period, older adults contemplate their life experiences, achievements, and failures. A successful resolution leads to a sense of fulfillment and acceptance of their life, resulting in feelings of integrity. Conversely, a sense of despair may arise if they look back with regrets, feeling that they led an unproductive or unfulfilled life. Recognizing that older adults face unique challenges related to aging, loss, and identity, this stage highlights the importance of looking back on one's life journey and recognizing its value. This process influences their mental and emotional wellbeing in later years, making integrity versus despair a pivotal conflict during this developmental phase.

2. Which sequence should a nurse follow during an abdominal assessment?

- A. Auscultation, inspection, percussion, palpation
- B. Inspection, auscultation, percussion, palpation**
- C. Palpation, auscultation, percussion, inspection
- D. Percussion, palpation, auscultation, inspection

The correct sequence for an abdominal assessment is to begin with inspection, followed by auscultation, percussion, and finally palpation. This order is crucial due to the physiological characteristics of the abdomen and the effects of examination techniques. Starting with inspection allows the nurse to assess the abdomen's shape, color, and any visible abnormalities such as lesions or distention. This step provides crucial visual information that can guide subsequent assessments. Auscultation comes next because it involves listening to bowel sounds, and performing this step after palpation might alter the sounds due to stimulation of the abdomen. By conducting auscultation before any manipulation, the nurse can obtain a more accurate assessment of the bowel activity and vascular sounds. Percussion is performed next to assess the size and density of underlying organs. This technique helps to identify areas of tenderness or abnormal mass characteristics without disturbing the organs or bowel sounds. Lastly, palpation is appropriate in this sequence since it involves physical manipulation of the abdomen. Palpation can cause discomfort or alteration in bowel sounds, which is why it is ideally performed after the other techniques. It allows the nurse to evaluate the abdominal organs' size, shape, and tenderness comprehensively. Understanding this sequence is vital for an effective and accurate abdominal assessment, ensuring

3. What is OSHA primarily responsible for in the workplace?

- A. Compensating workers injured in the workplace
- B. Providing rehabilitation for workers injured in the workplace
- C. Inspecting high-hazard workplaces for compliance with protective standards**
- D. Disciplining workers injured in the workplace

The Occupational Safety and Health Administration (OSHA) is primarily responsible for ensuring safe and healthy working conditions by enforcing regulations and standards aimed at protecting workers from potential hazards. This involves inspecting workplaces, especially those identified as high-hazard environments, to ensure compliance with safety standards designed to minimize risks of injury or illness. OSHA's proactive approach includes not only inspections but also the development of educational resources to promote safety awareness and adherence to regulations. The other options focus on aspects that are outside the primary scope of OSHA's responsibilities. Compensating workers or providing rehabilitation for injuries falls under workers' compensation programs, which are typically managed at the state level, while disciplining workers does not align with OSHA's role in workplace safety and health enforcement.

4. Which substance is essential for the transport of oxygen during wound healing?

- A. Zinc
- B. Vitamin B6
- C. Folate**
- D. Vitamin C

The substance that is essential for the transport of oxygen during wound healing is zinc, which plays a crucial role in various bodily functions, including immune response, DNA synthesis, cell division, and protein synthesis. Zinc is important for collagen synthesis and tissue repair, facilitating efficient wound healing. It helps maintain structural integrity and performs antioxidant functions which can combat oxidative stress during the healing process. While vitamin B6, folate, and vitamin C also contribute to overall health and healing, zinc's direct involvement in oxygen transport and cellular functions in wound healing makes it the most relevant substance in this context. Vitamin C, for instance, is vital for collagen synthesis and immune function but is not primarily recognized for oxygen transport. Folate supports DNA synthesis and cell division, while vitamin B6 is involved in various metabolic processes, but neither directly addresses the transport of oxygen during the healing process like zinc does.

5. How do nursing diagnoses primarily differ from medical diagnoses?

- A. Dependent upon medical diagnoses for intervention direction
- B. Primarily concerned with caring, while medical diagnoses focus on curing
- C. Primarily concerned with human response, while medical diagnoses focus on pathology**
- D. Primarily concerned with psychosocial parameters, while medical diagnoses focus on physiologic parameters

Nursing diagnoses are fundamentally centered on the patient's responses to health conditions and life processes, which includes a wide range of physical, emotional, social, and spiritual challenges that impact a person's health. The focus of nursing diagnoses is to evaluate how individuals react to their health concerns and the implications of those reactions on their overall well-being. This approach allows nurses to develop and implement care plans aimed at improving or supporting the patient's human experiences. In contrast, medical diagnoses are typically concerned with identifying specific diseases or conditions, focusing primarily on the underlying pathology and biological aspects of health issues. This distinction emphasizes the role of nurses in addressing more holistic aspects of care that extend beyond mere disease management. The other options do touch upon aspects of nursing and medical diagnoses but do not capture the primary difference as effectively. While nursing practice does involve understanding medical diagnoses to some extent, the essence of nursing diagnosis is not solely reliant on medical frameworks for its interventions. Nursing diagnoses are not purely focused on psychosocial elements, nor are they primarily differentiated by the caregiver's intention to care versus cure, as both disciplines aim to improve patient outcomes through their respective roles.

6. What characteristic is most likely found during an assessment of a patient with venous ulceration?

- A. Gangrene
- B. Heavy exudate**
- C. Deep wound bed
- D. Pale wound bed

The characteristic most likely found during an assessment of a patient with venous ulceration is heavy exudate. Venous ulcers, which are often located on the lower legs, result from poor venous return and increased venous pressure. This condition leads to fluid accumulation and interstitial edema, ultimately causing the skin to break down and ulcerate. The heavy exudate is a direct result of the inflammatory process and the accumulation of excess fluid in the area. This fluid typically consists of a mix of serum, fibrin, and white blood cells, which appears as a serous or sometimes purulent discharge. The presence of heavy exudate can also be an indicator of the active inflammatory process associated with venous insufficiency. In contrast, gangrene is typically associated with arterial ulcers and would not be expected in venous ulceration, as it reflects tissue necrosis from a lack of blood supply. A deep wound bed is more characteristic of arterial ulcers, which tend to be deeper and have a more necrotic appearance. A pale wound bed is also not typical of venous ulcers, as these wounds generally present with a more reddish or dark pigmentation due to the surrounding fluid and inflammation.

7. Which comment by Mrs. Warren indicates a concern about her body image related to her surgery?

- A. "I will have to stop my aerobics classes."
- B. "I'm so afraid I may not survive the surgery."
- C. "I need to go shopping for some loose, baggy clothes."**
- D. "I'm concerned that this may be only the first of many surgeries."

The comment that indicates a concern about body image related to Mrs. Warren's surgery is the statement about needing to shop for loose, baggy clothes. This reflects her awareness of potential changes in her body due to the surgery. Concerns about body image often arise in the context of surgery, as patients may worry about how their physical appearance will change or how they will feel about their bodies following the procedure. The decision to seek out loose clothing suggests that she anticipates discomfort or alterations in her body shape, which directly connects to her self-image and how she perceives herself. Other comments, while expressing valid concerns, do not specifically address her body image. For instance, expressing fear about surviving the surgery highlights anxiety about the health outcome rather than about her physical appearance. Concerns about needing additional surgeries focus on the future treatment process and health, rather than immediate body image issues. Stopping aerobics classes points to a lifestyle change due to health recommendations rather than a direct reflection of how she views her body after surgery.

8. Which cognitive developmental stage, according to Piaget, occurs between ages 7 to 11?

- A. Formal operations
- B. Concrete operations**
- C. Preoperational
- D. Sensorimotor

The cognitive developmental stage that occurs between ages 7 to 11 is the Concrete Operations stage, as proposed by Jean Piaget. During this period, children develop the ability to think logically about concrete events and understand the concept of conservation, which means they can recognize that quantity does not change even when its shape does. This stage is characterized by thinking that is more organized and the ability to classify objects, perform mathematical operations, and understand relationships between different concepts. Children in the Concrete Operations stage can engage in more complex thinking than they could in earlier stages, such as the Preoperational stage, where their thinking is predominantly intuitive and egocentric. Unlike the Formal Operations stage, which begins around age 12 and involves abstract and hypothetical reasoning, Concrete Operations is still grounded in tangible, practical experiences, making it a crucial transition in cognitive development.

9. Which phase of wound healing is characterized by collagen reorganization and strengthening?

- A. The maturation phase**
- B. The proliferative phase
- C. The inflammatory phase
- D. The epithelial closure phase

The maturation phase of wound healing is characterized primarily by collagen reorganization and strengthening. During this phase, which can last from several weeks to several years, the collagen laid down during the earlier phases of healing is remodeled and restructured. This process leads to increased tensile strength of the wound as the collagen fibers align and cross-link more effectively, which helps to restore the integrity of the skin or tissue. As collagen matures and strengthens, the wound gradually becomes less vascular and more resilient. This transformation is crucial because it allows the tissue to better withstand stress and strain. The maturation phase is vital in achieving optimal functional and aesthetic outcomes, as the healed area undergoes changes that diminish the appearance of scars over time. In contrast to this phase, the proliferative phase involves the generation of new tissue and formation of granulation tissue, while the inflammatory phase is focused on preventing infection and initial healing responses. The epithelial closure phase refers specifically to the process of new epithelial tissue forming over the wound. Each of these phases contributes to the overall healing process, but it is in the maturation phase where the strength and durability of the healed tissue are solidified through collagen reorganization.

10. What type of therapeutic communication is demonstrated when a nurse allows a patient time to gather thoughts?

- A. Clarification
- B. Empathy
- C. Reflection
- D. Silence**

The correct choice demonstrates the use of silence as a therapeutic communication technique. Silence can be a powerful tool in nursing communication, as it provides patients with the opportunity to process their thoughts and feelings without pressure or intrusion. By allowing a pause in conversation, the nurse gives the patient the time they need to articulate their concerns, facilitating deeper reflection and more meaningful engagement in the dialogue. Silence creates a safe space for patients, promoting their comfort and fostering trust in the nurse-patient relationship. It can also encourage patients to express themselves more fully when they are ready, thus enhancing the overall communication process and contributing to effective assessment and intervention. In contrast to the other options, techniques like clarification, empathy, and reflection involve more active engagement in the conversation, each requiring the nurse to interact with the patient in specific ways rather than simply providing an unobtrusive moment for thought.

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:

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

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