

CERTIFIED NURSES OPERATING ROOM (CNOR) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. When should a patient in a malignant hyperthermia crisis be observed post-operation?**
 - A. 12 hours
 - B. 24 hours
 - C. 36 hours
 - D. 48 hours
- 2. What is the purpose of blood transfusions during surgery?**
 - A. To enhance recovery time
 - B. To replace lost blood volume and maintain hemodynamic stability
 - C. To prevent infections
 - D. To improve visibility for the surgeon
- 3. What does SCIP stand for in a surgical context?**
 - A. Surgical Care Improvement Program
 - B. Standards for Clinical Improvement Practices
 - C. Systematic Care for In-patient Procedures
 - D. Safety Compliance and Improvement Protocol
- 4. What is the recommended position for the arms in the prone position to best practice nerve protection?**
 - A. Arms above head
 - B. Arms crossed over chest
 - C. Arms at sides
 - D. Arms tucked under the body
- 5. What occurs to potassium levels in burn patients and those with tissue trauma when succinylcholine is administered?**
 - A. Decrease potassium levels
 - B. No effect on potassium levels
 - C. Increase potassium levels
 - D. Stabilize potassium levels

- 6. Which symptom is NOT associated with a reaction to blood transfusion?**
- A. Hypotension
 - B. Blood in urine
 - C. Increased blood pressure
 - D. Hyperthermia
- 7. What are the standard precautions for droplet transmission within three feet of a patient?**
- A. Wearing gloves and gown
 - B. Wearing a mask
 - C. Wearing gloves and a mask
 - D. Wearing goggles and gloves
- 8. What foundational elements are involved in the creation of effective nursing interventions?**
- A. Policies and procedures
 - B. Nursing theories and evidence-based practices
 - C. Personal experience and intuition
 - D. Patient preferences and hospital protocols
- 9. Which type of laryngoscope is recommended for pediatric intubation?**
- A. Curved laryngoscope
 - B. Flexible laryngoscope
 - C. Straight laryngoscope
 - D. Video laryngoscope
- 10. What does the acronym MURDER represent in relation to hyperkalemia symptoms?**
- A. Myopathy, Urinary retention, Rapid pulse, Dizziness, ECG changes, Respiratory distress
 - B. Muscle weakness, Urine oliguria/anuria, Respiratory distress, Decreased cardiac contractility, ECG changes, Reflexes flaccid
 - C. Mental confusion, Unusual fatigue, Rapid heart rate, Dehydration, Elevated sodium levels, Respiratory failure
 - D. Muscular cramps, Ulceration, Respiratory asthma, Diabetes, Eye twitching, Restlessness

Answers

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

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Explanations

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1. When should a patient in a malignant hyperthermia crisis be observed post-operation?

- A. 12 hours
- B. 24 hours
- C. 36 hours**
- D. 48 hours

In the context of a malignant hyperthermia crisis, it is crucial to monitor the patient closely for a specific duration after the resolution of the acute episode. The selection of 36 hours reflects the necessity to observe for potential recurrence of symptoms or complications that can arise from malignant hyperthermia. Malignant hyperthermia is a life-threatening condition triggered by certain anesthetic agents, leading to a rapid increase in metabolism and muscle rigidity, potentially resulting in severe complications such as cardiac arrest, renal failure, or disseminated intravascular coagulation if not addressed promptly. The peak symptoms of this crisis often resolve quickly with appropriate treatment, typically involving the administration of dantrolene and supportive care. However, it is essential to recognize that the body may continue to be susceptible to complications even after initial treatment. The 36-hour observation window allows healthcare providers to monitor vital signs, electrolyte levels, temperature, and muscle function to ensure that the patient does not experience a resurgence of symptoms and to manage any complications that may arise during this critical period. Ultimately, a thorough post-anesthetic care protocol is vital to guarantee patient safety and successful recovery following a malignant hyperthermia event.

2. What is the purpose of blood transfusions during surgery?

- A. To enhance recovery time
- B. To replace lost blood volume and maintain hemodynamic stability**
- C. To prevent infections
- D. To improve visibility for the surgeon

The purpose of blood transfusions during surgery is primarily to replace lost blood volume and maintain hemodynamic stability. During surgical procedures, especially those that are extensive or involve significant blood loss, it is critical to ensure that the patient maintains an adequate blood volume to support blood pressure and organ perfusion. Transfusions help restore this lost blood, which is essential for oxygen transport and overall circulation. Ensuring hemodynamic stability with adequate blood volume is crucial because significant blood loss can lead to complications such as shock, reduced organ function, and even death. Therefore, the use of blood transfusions is a fundamental practice in managing surgical patients who experience substantial blood loss, helping to stabilize their condition and promote better outcomes. While other options address related topics, such as recovery time, infection prevention, and visibility for the surgeon, they do not encompass the primary role of blood transfusions during surgery, which is focused on volume replacement and hemodynamic support.

3. What does SCIP stand for in a surgical context?

- A. Surgical Care Improvement Program**
- B. Standards for Clinical Improvement Practices
- C. Systematic Care for In-patient Procedures
- D. Safety Compliance and Improvement Protocol

In a surgical context, SCIP refers to the Surgical Care Improvement Program. This program was established to improve the quality of surgical care by reducing the incidence of complications and enhancing patient safety. SCIP focuses on evidence-based practices to ensure that patients receive the best possible care, particularly in the areas of infection prevention, proper timing of prophylactic antibiotics, and management of postoperative pain. The successful implementation of the SCIP measures contributes to improved patient outcomes and satisfaction, while also leading to cost savings for healthcare facilities due to reduced complications and length of stay. By adhering to SCIP guidelines, surgical teams can significantly enhance their quality of care and patient safety. The other options, while they may seem plausible in terms of healthcare and surgical practice, do not accurately represent the established initiative aimed at improving surgical outcomes as the Surgical Care Improvement Program does.

4. What is the recommended position for the arms in the prone position to best practice nerve protection?

- A. Arms above head
- B. Arms crossed over chest
- C. Arms at sides**
- D. Arms tucked under the body

Positioning the arms at the sides when a patient is in the prone position is essential for ensuring nerve protection during surgical procedures. This method minimizes the risk of nerve compression or stretching, particularly of the brachial plexus, which can occur when the arms are placed improperly. When arms are by the sides, there is less tension and potential for injury to the nerves that run from the neck to the arm, as well as to the shoulders and upper back areas. In contrast, arms above the head could lead to upward stretching of nerves in the shoulder region, potentially causing strain or injury. Crossing the arms over the chest may also create pressure points and can risk compressing vital nerves in forearms and wrists. Tucking the arms under the body is similarly problematic, as it may subject them to pressure from the body weight, increasing the likelihood of nerve damage or circulation issues. Thus, maintaining the arms at the sides is recognized as the safest position for protecting nerve function in the prone position.

5. What occurs to potassium levels in burn patients and those with tissue trauma when succinylcholine is administered?

- A. Decrease potassium levels
- B. No effect on potassium levels
- C. Increase potassium levels**
- D. Stabilize potassium levels

When succinylcholine is administered, especially in burn patients and individuals with significant tissue trauma, there is a notable rise in potassium levels in the bloodstream. This is primarily due to the drug's mechanism of action as a depolarizing neuromuscular blocker, which mimics acetylcholine at the neuromuscular junction. In the context of burn injuries or tissue damage, there can be a disruption in the normal cellular membrane integrity, leading to an efflux of potassium ions from the intracellular space to the extracellular space. This is exacerbated when succinylcholine is used, as the drug causes muscle fasciculations and subsequent depolarization, promoting further potassium release from damaged tissues. The rise in potassium levels can be particularly concerning in these patient populations because it can lead to hyperkalemia, a condition where elevated potassium causes disturbances in cardiac rhythm and can lead to severe complications. Thus, monitoring potassium levels becomes critical when administering succinylcholine in patients with burns or significant tissue injuries.

6. Which symptom is NOT associated with a reaction to blood transfusion?

- A. Hypotension
- B. Blood in urine
- C. Increased blood pressure**
- D. Hyperthermia

In the context of blood transfusion reactions, it is important to recognize the various symptoms that can occur. Symptoms such as hypotension, blood in urine, and hyperthermia are commonly associated with adverse reactions to transfusions. Hypotension, or low blood pressure, can occur as a result of a transfusion reaction, particularly in cases like acute hemolytic reactions. Blood in the urine, or hematuria, can indicate damage to the kidneys or urinary tract caused by antigen-antibody reactions affecting red blood cells. Hyperthermia, or elevated body temperature, can also manifest as a response to the transfused blood, particularly in febrile non-hemolytic transfusion reactions. In contrast, the presence of increased blood pressure is not typically associated with a transfusion reaction. Instead, transfusion reactions usually lead to a decrease in blood pressure due to fluid shifts and shock in severe cases. Understanding these symptoms helps healthcare professionals monitor patients effectively during and after blood transfusions, ensuring quick identification and management of any adverse reactions.

7. What are the standard precautions for droplet transmission within three feet of a patient?

- A. Wearing gloves and gown
- B. Wearing a mask
- C. Wearing gloves and a mask**
- D. Wearing goggles and gloves

The standard precautions for droplet transmission specifically emphasize the importance of wearing a mask when within three feet of a patient who is known or suspected to be transmitting infectious agents through respiratory droplets. This practice is essential as droplets can be expelled through coughing, sneezing, or talking, and they can travel a short distance before settling on surfaces. In addition to wearing a mask, wearing gloves is also appropriate when there is a possibility of contact with respiratory secretions or contaminated surfaces. While gowns, goggles, and other protective equipment are important in different contexts or types of transmission, the combination of a mask and gloves directly addresses the specific risk of droplet transmission. This is because the mask provides a barrier to inhalation of infectious droplets, and gloves protect against contact with potentially infectious materials. Thus, this choice encompasses both critical components of infection control for droplet precautions, ensuring that healthcare providers are safeguarded against potential exposure to pathogens in respiratory secretions.

8. What foundational elements are involved in the creation of effective nursing interventions?

- A. Policies and procedures
- B. Nursing theories and evidence-based practices**
- C. Personal experience and intuition
- D. Patient preferences and hospital protocols

The creation of effective nursing interventions is grounded in nursing theories and evidence-based practices, as these elements provide a systematic and scientifically validated approach to patient care. Nursing theories offer frameworks that guide the development and implementation of interventions, ensuring that they are consistent with established principles of nursing practice. These theories help nurses to understand the underlying concepts of patient care, such as how to assess and meet the needs of patients based on their unique situations. In addition, evidence-based practices refer to the integration of the best available research evidence, clinical expertise, and patient values. This approach promotes interventions that are supported by scientific research, which enhances the effectiveness and efficiency of care provided to patients. By relying on this combination of theoretical knowledge and empirical evidence, nurses can tailor interventions that not only address the clinical issue at hand but also improve patient outcomes. While other options, such as policies and procedures, personal experience, intuition, and patient preferences, play roles in the overall nursing process, they do not alone encompass the foundational elements needed for creating effective nursing interventions. Policies and procedures provide guidelines for practice, but they should be based on sound theory and evidence. Personal experience and intuition can inform decision-making, but they need to be complemented by evidence to ensure best practices. Patient preferences and hospital

9. Which type of laryngoscope is recommended for pediatric intubation?

- A. Curved laryngoscope
- B. Flexible laryngoscope
- C. Straight laryngoscope**
- D. Video laryngoscope

The recommended type of laryngoscope for pediatric intubation is the straight laryngoscope. This tool is designed specifically to provide better access and visibility when inserting the endotracheal tube in the smaller anatomical structures of a child's airway. The design of a straight blade helps in lifting the epiglottis directly, which is crucial in pediatric patients since their airways have different proportions and shapes compared to adults. In pediatric cases, the ease of maneuverability and direct visualization of the vocal cords can significantly affect intubation success rates. The straight laryngoscope's blade shape is particularly suited for the unique challenges posed by the pediatric population, where certain anatomical variances can complicate intubation processes.

10. What does the acronym MURDER represent in relation to hyperkalemia symptoms?

- A. Myopathy, Urinary retention, Rapid pulse, Dizziness, ECG changes, Respiratory distress
- B. Muscle weakness, Urine oliguria/anuria, Respiratory distress, Decreased cardiac contractility, ECG changes, Reflexes flaccid**
- C. Mental confusion, Unusual fatigue, Rapid heart rate, Dehydration, Elevated sodium levels, Respiratory failure
- D. Muscular cramps, Ulceration, Respiratory asthma, Diabetes, Eye twitching, Restlessness

The acronym MURDER is a mnemonic used to remember the symptoms associated with hyperkalemia, particularly emphasizing the systemic effects the condition can have. The correct option details various clinical manifestations of hyperkalemia, which include muscle weakness, urine oliguria or anuria, respiratory distress, decreased cardiac contractility, ECG changes, and flaccid reflexes. Muscle weakness occurs because elevated potassium levels can interfere with the normal electrical activity in muscle cells, leading to diminished strength. The urinary symptoms like oliguria or anuria indicate the kidneys are struggling to excrete potassium efficiently due to hyperkalemia. Respiratory distress arises as muscle weakness extends to respiratory muscles, impacting the ability to breathe effectively. Decreased cardiac contractility means the heart's ability to pump effectively is compromised, which can be life-threatening. ECG changes are critical in diagnosing hyperkalemia, as they can reveal characteristics such as peaked T waves, widened QRS complexes, or prolonged PR intervals. Lastly, reflexes may become flaccid due to the disruption of neuromuscular transmission caused by high potassium levels. The other options present symptoms or manifestations that do not accurately correspond to the hyperkalemia scenario described by the MURDER acronym. Thus, the correct answer provides

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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