

Certified Pediatric Nurse (CPN) Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What is one of the first signs of puberty in girls generally observed?**
 - A. Menstruation**
 - B. Height spurt**
 - C. Development of breast buds**
 - D. Development of pubic hair**
- 2. Why is it important to record an infant's length and weight on a growth chart?**
 - A. To see how she grows compared to other 9 month old girls worldwide**
 - B. To determine if she is too heavy or small for her age**
 - C. It's a standard procedure for all babies**
 - D. To show how her height and weight compare to others her age and observe growth patterns**
- 3. What is the best method for helping a frightened 4-year-old with finger sticks?**
 - A. Let her hold a stuffed animal**
 - B. Encourage her mother to coach her**
 - C. Have her count backwards from 10**
 - D. Allow her to practice with dolls**
- 4. During the preschool years, children primarily develop which characteristic?**
 - A. Industry**
 - B. Autonomy**
 - C. Trust**
 - D. Initiative**
- 5. Which of the following is a common assessment finding in a 6-year-old with appendicitis?**
 - A. Diarrhea**
 - B. Right lower quadrant tenderness**
 - C. Fever greater than 102°F**
 - D. Cough or wheeze on auscultation**

- 6. At what age does a child typically master the concept of conservation?**
- A. 4 years**
 - B. 6 years**
 - C. 8 years**
 - D. 12 years**
- 7. When assessing a school age child's development, what is a primary developmental task for this age group?**
- A. Developing friends**
 - B. Learning to read**
 - C. Learning to trust**
 - D. Developing independence**
- 8. A mother expresses concern about her 2-year-old being non-verbal. What is the most appropriate nursing response?**
- A. Try not to worry. Language milestones vary. Boys have a tendency to lag behind girls**
 - B. We should probably test his hearing to be sure that is not the source of his delayed language skills**
 - C. Autism is the most frequent reason why children as old as 2 are non-verbal**
 - D. Let's look at your son's birth order as a predictor of language skills development**
- 9. How many blocks should a 3-year-old typically be able to stack?**
- A. 3 blocks**
 - B. 6 blocks**
 - C. 9 blocks**
 - D. 12 blocks**
- 10. What stage of development is indicated by a 4-year-old who answers factually about behavior expectation?**
- A. Pre-operational stage**
 - B. Concrete operational stage**
 - C. Formal operational stage**
 - D. Sensorimotor stage**

Answers

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

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Explanations

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1. What is one of the first signs of puberty in girls generally observed?

A. Menstruation

B. Height spurt

C. Development of breast buds

D. Development of pubic hair

The development of breast buds is recognized as one of the first signs of puberty in girls because it typically occurs early in the process of sexual maturation. This physical change is part of a series of hormonal changes that signal the onset of puberty, generally occurring between the ages of 8 and 13. The development of breast buds reflects the effects of estrogen and is an important indicator of the body's preparation for potential future reproductive capabilities. While menstruation is a later sign of puberty and marks the ability to conceive, it typically occurs several years after the initial changes, including breast development. The height spurt and the development of pubic hair also occur during puberty, but they are usually seen after the onset of breast development. Understanding the timing of these physical changes is essential for recognizing normal growth patterns and addressing any concerns regarding adolescent development.

2. Why is it important to record an infant's length and weight on a growth chart?

A. To see how she grows compared to other 9 month old girls worldwide

B. To determine if she is too heavy or small for her age

C. It's a standard procedure for all babies

D. To show how her height and weight compare to others her age and observe growth patterns

The importance of recording an infant's length and weight on a growth chart lies in its role in monitoring growth patterns and development over time. By plotting an infant's height and weight on a growth chart, healthcare providers can visually assess how the child's growth compares to established percentiles for their age and sex. This enables the identification of normal growth patterns, as well as potential concerns, such as undernutrition or obesity. Tracking measurements on a growth chart helps in recognizing trends in growth and identifying deviations from expected patterns, which could indicate underlying health issues or nutritional deficiencies. In contrast to simply determining whether the infant is too heavy or small for her age, which can lack nuance, or comparing her growth to infants worldwide, which may not reflect relevant local growth standards, the growth chart provides a comprehensive perspective on the infant's growth trajectory within a specific population. Lastly, though it's a standard procedure for all babies to be measured and recorded, it is the analysis of individual growth data in relation to age and sex that offers valuable insights into the child's development.

3. What is the best method for helping a frightened 4-year-old with finger sticks?

- A. Let her hold a stuffed animal**
- B. Encourage her mother to coach her**
- C. Have her count backwards from 10**
- D. Allow her to practice with dolls**

The best method for helping a frightened 4-year-old with finger sticks is to allow her to practice with dolls. This approach is effective because it provides a safe and non-threatening environment where the child can familiarize herself with the concept of having a finger stick without experiencing pain or anxiety. Through this play-based method, she can gain a sense of control and understanding, which may help reduce her fear. Interactive play with dolls lets the child explore emotions associated with medical procedures, enabling her to act out the experience. This method also allows caregivers to explain the procedure in child-friendly terms, reinforcing the idea that finger sticks are a part of health care that can help her feel better. The other methods, while potentially helpful, may not address the root of the child's fear as effectively as this one. For example, letting her hold a stuffed animal could provide comfort, but it does not actively engage her in understanding what will happen. Encouraging her mother to coach her might have some positive effects; however, it might also increase anxiety if the child is looking to her mother for reassurance. Counting backwards could act as a distraction but may not contribute significantly to reducing fear regarding the procedure. Thus, practicing with dolls is the most comprehensive and beneficial approach in this scenario.

4. During the preschool years, children primarily develop which characteristic?

- A. Industry**
- B. Autonomy**
- C. Trust**
- D. Initiative**

During the preschool years, children are primarily focused on developing the characteristic of initiative. This period, typically ranging from ages 3 to 6, is crucial for a child's emotional and social development. During this stage, children start to assert control and power over their environment through directing play and other social interactions. They are learning to initiate activities, which leads to a sense of purpose and the ability to follow through with tasks. The development of initiative is characterized by the child's eagerness to explore new roles, engage in imaginative play, and start projects without needing to be told what to do. This initiative allows children to gain confidence in their abilities and fosters a sense of leadership. When they successfully navigate these experiences, they develop a healthy sense of self-worth, which is essential for their overall emotional well-being. In contrast, characteristics like autonomy, which is closely related but more prevalent in the toddler stage, focus on independence and self-control. Trust is fundamental at an even earlier stage of development, during infancy; it revolves around establishing a dependable relationship with caregivers. Industry typically emerges later, during the school-age years, where children learn to work with others and develop skills in a structured environment.

5. Which of the following is a common assessment finding in a 6-year-old with appendicitis?

- A. Diarrhea**
- B. Right lower quadrant tenderness**
- C. Fever greater than 102°F**
- D. Cough or wheeze on auscultation**

Right lower quadrant tenderness is indeed a classic assessment finding in a 6-year-old with appendicitis. This tenderness arises due to inflammation of the appendix, which is located in the right lower abdomen. When palpating this area, children with appendicitis typically exhibit increased sensitivity or pain, which is a sign of irritation and inflammation. This finding is particularly significant because it helps to differentiate appendicitis from other conditions that may present with abdominal pain. In the case of appendicitis, as the condition progresses, children may also display guarding or rebound tenderness, which further indicates irritation in the abdominal cavity. The other options do not align as closely with the classic presentation of appendicitis. Diarrhea, while it can occur, is not a defining feature and is less common than constipation in these cases. Fever can be present but is not consistently greater than 102°F in all cases, and respiratory symptoms such as cough or wheezing are generally unrelated to appendicitis. Understanding these clinical signs allows for a more accurate assessment and timely diagnosis.

6. At what age does a child typically master the concept of conservation?

- A. 4 years**
- B. 6 years**
- C. 8 years**
- D. 12 years**

The concept of conservation, which refers to the understanding that certain properties of an object remain the same despite changes in the object's form or appearance, typically develops during the concrete operational stage of cognitive development as described by Jean Piaget. This stage usually spans from around 7 to 11 years of age. At 6 years of age, children may begin to grasp some elements of conservation but often do not fully understand that the quantity or volume remains unchanged despite changes in shape or appearance. By the age of 8, most children have a more robust understanding of conservation, as they are more adept at reasoning logically and can consider multiple aspects of objects simultaneously. Thus, the mastery of conservation is generally observed around 8 years of age, marking a significant cognitive milestone in a child's development.

7. When assessing a school age child's development, what is a primary developmental task for this age group?

- A. Developing friends**
- B. Learning to read**
- C. Learning to trust**
- D. Developing independence**

For school-age children, the primary developmental task revolves around the formation of friendships and developing social skills. During this stage, children begin to interact more with their peers and place significant value on these relationships. Friendships provide opportunities for children to learn cooperation, empathy, and conflict resolution. Establishing friendships is critical as it enhances their social development and helps in building self-esteem. This peer interaction is essential for children to navigate social norms, gain acceptance, and develop a sense of belonging. While learning to read, developing independence, and learning to trust are also important aspects of development, the formation of friendships stands out as a key task during the school-age years, as children become more socially aware and begin to prioritize their relationships with peers outside the family unit.

8. A mother expresses concern about her 2-year-old being non-verbal. What is the most appropriate nursing response?

- A. Try not to worry. Language milestones vary. Boys have a tendency to lag behind girls**
- B. We should probably test his hearing to be sure that is not the source of his delayed language skills**
- C. Autism is the most frequent reason why children as old as 2 are non-verbal**
- D. Let's look at your son's birth order as a predictor of language skills development**

The most appropriate nursing response focuses on addressing the potential underlying causes of a child's delayed language skills, and testing the child's hearing is a critical first step in this process. Hearing is essential for language acquisition; if a child cannot hear well, it will greatly affect their ability to develop verbal communication skills. By suggesting a hearing test, the nurse is prioritizing a thorough assessment to rule out impaired hearing as a contributing factor to the child's non-verbal status. This approach aligns with a comprehensive assessment strategy in pediatric nursing, which often involves considering physiological aspects before jumping to conclusions about developmental delays. Conducting a hearing test can provide valuable information and guide subsequent interventions. It shows sensitivity to the mother's concerns and a proactive stance in determining the cause of her child's communication issues.

9. How many blocks should a 3-year-old typically be able to stack?

- A. 3 blocks
- B. 6 blocks**
- C. 9 blocks
- D. 12 blocks

A 3-year-old typically has the motor skills and cognitive development necessary to stack about six blocks. At this age, children are refining their fine motor skills and hand-eye coordination, which allows them to manipulate objects with greater precision. Stacking blocks is an important developmental milestone, showcasing not only motor skills but also cognitive skills such as spatial awareness and planning. The ability to stack this number of blocks also reflects the child's understanding of balance and gravity. While younger children might only manage to stack three blocks due to limited skills, a 3-year-old is better equipped to add to that with practice. This ability to stack six blocks indicates growth in coordination and cognitive development, making this answer consistent with typical developmental benchmarks for children around this age.

10. What stage of development is indicated by a 4-year-old who answers factually about behavior expectation?

- A. Pre-operational stage**
- B. Concrete operational stage
- C. Formal operational stage
- D. Sensorimotor stage

The pre-operational stage is characterized by significant advancements in a child's ability to engage in symbolic thinking and understand concepts, but they still rely heavily on intuition and subjective experiences. A 4-year-old demonstrating factual answers about expected behaviors indicates that the child is beginning to grasp certain social norms and rules, which are foundations of cognitive development within this stage. At this age, children start using language more effectively, can engage in make-believe play, and begin to understand the difference between reality and fantasy. They are learning how to navigate social interactions and norms, suggesting a developing capability to articulate behavioral expectations. However, their reasoning is still largely egocentric, and they may struggle with understanding perspectives that differ from their own. The other stages do not align as closely with the described behavior. The concrete operational stage follows the pre-operational stage and is associated with children aged 7 to 11, who can think logically about concrete events, understand the concept of conservation, and organize objects into categories but are not yet capable of abstract thought. The formal operational stage introduces abstract and hypothetical thinking typically in adolescents, while the sensorimotor stage encompasses infancy where children primarily learn through sensory experiences and motor activities. Thus, the understanding of factual behavior expectations at age