

CERTIFIED PEDIATRIC NURSE (CPN) 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 most important consideration when explaining a procedure to a 4 year old child?**
 - A. Use simple terms
 - B. Speak loudly and clearly
 - C. Offer a toy to keep the child happy
 - D. Include every detail
- 2. What is the significance of tanner stages in pediatric healthcare?**
 - A. To assess motor skills
 - B. To determine cognitive development
 - C. To evaluate sexual maturity
 - D. To measure health diagnosis
- 3. What is the appropriate response for a nurse when a teenage patient requests birth control without parental notification?**
 - A. We can give you birth control and not tell your parents
 - B. We are not permitted to give you birth control without parental consent
 - C. Is there someone else I can talk to about this?
 - D. You will need to become emancipated before we can give you birth control without parental consent
- 4. What is the best way for the nurse to advise a mother worried about her 2-year-old child's reaction to her leaving the hospital briefly?**
 - A. Tell Maria that you need to get Christie and you will be back when lunch is over and Dora the Explorer comes on TV
 - B. Tell Maria that you need to leave to get Christie and if she doesn't cry, you will bring her a surprise
 - C. Wait until Maria starts her nap and quietly sneak out. You'll be back before she wakes up
 - D. I'll distract Maria while you leave, we'll bring her a special toy to keep her entertained
- 5. What aspect is most important to include in the care plan of a 14-year-old with acute renal failure?**
 - A. Provide privacy and respect her need for modesty
 - B. Promptly respond to her call light
 - C. Encourage a parent to spend the night
 - D. Provide opportunities to participate in care

- 6. Why should a mother wait a few days before introducing a new food to her infant's diet?**
- A. To determine if he has allergies to the new foods
 - B. To allow his stomach to adjust to the mixture of foods
 - C. To find out what foods he likes
 - D. To help his digestive system adapt to individual foods
- 7. What is the primary reason for scheduling the repair of the cleft lip and palate separately?**
- A. A. They prefer to schedule the repairs separately to avoid using too much anesthesia
 - B. B. The palate is generally not repaired until the child begins talking
 - C. C. The palate needs to have an opportunity to grow and requires the child to drink from an open cup, usually between 6-12 months of age
 - D. D. It sounds like you have some unanswered questions. I can arrange to have you speak to the surgeon
- 8. If Emily was 22 inches at birth and now measures 44 inches, how old is she most likely?**
- A. 1 year old
 - B. 2 years old
 - C. 3 years old
 - D. 4 years old
- 9. What is true about foreign body aspiration in children?**
- A. All items can be expelled spontaneously
 - B. Small toys are less harmful than food items
 - C. Aspirated items can cause complete airway obstruction
 - D. All items are likely to lodge in the right bronchus
- 10. What is a hallmark of asthma that affects the airway?**
- A. Narrowing and obstruction due to inflammation
 - B. Immediate response to all environmental allergens
 - C. Excessive mucus production only during winter
 - D. Increased airway dilation

Answers

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

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Explanations

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1. What is the most important consideration when explaining a procedure to a 4 year old child?

- A. Use simple terms**
- B. Speak loudly and clearly
- C. Offer a toy to keep the child happy
- D. Include every detail

Using simple terms is crucial when explaining a procedure to a 4-year-old child because young children have limited vocabulary and comprehension skills. At this age, children are often concrete thinkers and may struggle to understand complex language or abstract concepts. By breaking down the explanation into simple, age-appropriate language, the caregiver can help the child grasp the essential points without overwhelming them. Additionally, using familiar words and relatable concepts can ease the child's anxiety and promote a sense of security, making it easier for them to process what will happen during the procedure. This approach fosters understanding and trust, which are essential in helping children feel more comfortable in medical environments.

2. What is the significance of tanner stages in pediatric healthcare?

- A. To assess motor skills
- B. To determine cognitive development
- C. To evaluate sexual maturity**
- D. To measure health diagnosis

The Tanner stages are crucial in pediatric healthcare primarily because they provide a systematic way to evaluate sexual maturity in children and adolescents. These stages, developed by Dr. James Tanner, help healthcare professionals assess the development of secondary sexual characteristics during puberty, which can aid in determining whether an individual is on track developmentally for their age. Understanding Tanner stages allows for monitoring growth patterns, which can be critical for identifying potential health issues related to puberty, such as precocious or delayed sexual maturation. This assessment not only informs healthcare providers about the maturation process but also serves as a foundation for discussions with families regarding normal development, potential concerns, and educational needs related to sexual health. The other options do not accurately represent the primary function of Tanner stages. While motor skills and cognitive development are also important aspects of pediatric health, they are evaluated through different developmental assessments and tools, not through Tanner stages. Additionally, Tanner stages do not measure diseases or conditions, so health diagnosis is not relevant to their purpose.

3. What is the appropriate response for a nurse when a teenage patient requests birth control without parental notification?

- A. We can give you birth control and not tell your parents**
- B. We are not permitted to give you birth control without parental consent
- C. Is there someone else I can talk to about this?
- D. You will need to become emancipated before we can give you birth control without parental consent

In many jurisdictions, minors have the right to access certain reproductive health services, including birth control, without parental consent or notification. This is based on the understanding that it is essential for individuals to have the ability to make confidential healthcare decisions regarding their sexual and reproductive health. When the nurse affirms the patient's request by stating they can receive birth control without parental notification, it supports the autonomy of the teenager in seeking healthcare that is relevant to their well-being. This approach not only respects the privacy of the adolescent but also encourages them to access preventive healthcare measures that can foster responsible decision-making regarding sexual health. Acknowledging the potential barriers that a young person may face in discussing these matters with their parents can be important for building trust and rapport. In addition, it emphasizes the importance of providing comprehensive education and support to help the teenager understand the implications of their choices regarding sexual health.

4. What is the best way for the nurse to advise a mother worried about her 2-year-old child's reaction to her leaving the hospital briefly?

- A. Tell Maria that you need to get Christie and you will be back when lunch is over and Dora the Explorer comes on TV**
- B. Tell Maria that you need to leave to get Christie and if she doesn't cry, you will bring her a surprise
- C. Wait until Maria starts her nap and quietly sneak out. You'll be back before she wakes up
- D. I'll distract Maria while you leave, we'll bring her a special toy to keep her entertained

Advising the mother that she needs to leave briefly with a clear indication of when she will return, such as after lunch and during a specific TV show, is an effective approach to help ease the child's anxiety. This method provides the child with a tangible timeframe, allowing her to understand that the separation is temporary. By mentioning familiar routines like lunchtime and a favorite show, the nurse reinforces a sense of security and normalcy for the child. It establishes a connection based on the child's familiarity with her environment, which can reduce fear and anxiety associated with separation. Using the context of a TV show that the child enjoys helps anchor her expectations and provides a comforting distraction. This strategy aligns well with developmental understanding at the age of 2, as children at this stage can begin to grasp simple concepts of time and routine. It promotes reassurance for both the child and the mother, as the mother will feel more at ease knowing her child has a frame of reference for when she will return. The other options, while aiming to provide comfort, do not offer the same level of reassurance or predictability. For example, promising a surprise for not crying could inadvertently create anxiety about the child's emotional response, while sneaking out risks further distress if the child feels abandoned.

5. What aspect is most important to include in the care plan of a 14-year-old with acute renal failure?

- A. Provide privacy and respect her need for modesty**
- B. Promptly respond to her call light
- C. Encourage a parent to spend the night
- D. Provide opportunities to participate in care

Including respect for privacy and modesty in the care plan of a 14-year-old with acute renal failure is crucial due to the developmental stage of adolescence. During this period, teenagers often become more aware of their bodies and sensitive to feelings of vulnerability, especially when dealing with health issues that may involve physical examinations, treatments, and changes in bodily functions. Creating an environment that respects a young person's modesty can help foster a sense of autonomy and dignity, which is vital for their emotional and psychological well-being. By ensuring that the patient feels comfortable and respected, healthcare providers can significantly reduce anxiety and promote a more positive experience during hospitalization and treatment. In this context, while responding promptly to call lights, encouraging parental presence, and providing opportunities for participation in care are all important elements in patient care, they do not address the unique psychosocial and emotional needs of adolescents as directly as ensuring privacy and modesty do.

6. Why should a mother wait a few days before introducing a new food to her infant's diet?

- A. To determine if he has allergies to the new foods**
- B. To allow his stomach to adjust to the mixture of foods
- C. To find out what foods he likes
- D. To help his digestive system adapt to individual foods

The correct choice emphasizes the importance of monitoring for potential allergies when introducing new foods to an infant's diet. Since infants' immune systems are still developing, they can be more susceptible to allergic reactions. Introducing one new food at a time allows the mother to observe any adverse reactions, such as rashes, gastrointestinal issues, or respiratory problems, which may indicate an allergy. By waiting a few days between new food introductions, parents can accurately identify which specific food may have caused any reaction. This methodical approach not only helps in recognizing food allergies but also facilitates a more successful transition to a varied diet by ensuring safety first. Understanding and addressing potential allergies is a crucial aspect of pediatric nutrition, as allergies can lead to severe complications if not recognized promptly.

7. What is the primary reason for scheduling the repair of the cleft lip and palate separately?

- A. A. They prefer to schedule the repairs separately to avoid using too much anesthesia
- B. B. The palate is generally not repaired until the child begins talking
- C. C. The palate needs to have an opportunity to grow and requires the child to drink from an open cup, usually between 6-12 months of age**
- D. D. It sounds like you have some unanswered questions. I can arrange to have you speak to the surgeon

The primary reason for scheduling the repair of the cleft lip and palate separately is that the palate needs to have adequate opportunity for growth and development prior to repair. Repairing the palate too early can interfere with that natural growth process. This timing is particularly important because, around the age of 6 to 12 months, children typically begin to drink from an open cup, which promotes the development of oral skills necessary for later speech. The palate plays a critical role in speech production, as it separates the nasal cavity from the oral cavity and is essential for articulating sounds. Thus, delays in repair allow for more effective oral function and development prior to surgery. This approach not only supports physical growth but also aids in the timing of interventions to optimize the child's speech and overall developmental outcomes.

8. If Emily was 22 inches at birth and now measures 44 inches, how old is she most likely?

- A. 1 year old
- B. 2 years old
- C. 3 years old
- D. 4 years old**

To determine Emily's age based on her height, it's informative to understand the growth patterns of children in the early years of life. At birth, the average length for infants is typically around 19 to 21 inches. By the age of 1 year, children generally double their birth length, reaching approximately 28 to 30 inches. As they continue to grow, by the age of 2 years, many children are about 34 to 36 inches tall, and by age 3, they commonly reach around 36 to 40 inches. Finally, at age 4, children typically reach heights between 40 to 44 inches or sometimes even taller. Since Emily was 22 inches at birth and now measures 44 inches, this significant increase aligns with the expected growth chart data. The growth from 22 inches to 44 inches indicates that she has likely reached the age where children often measure around 40 to 44 inches, which corresponds most accurately to being 4 years old. This understanding of typical growth progression in children's heights supports identifying 4 years as the most likely age for Emily.

9. What is true about foreign body aspiration in children?

- A. All items can be expelled spontaneously
- B. Small toys are less harmful than food items
- C. Aspirated items can cause complete airway obstruction**
- D. All items are likely to lodge in the right bronchus

Aspirated items can indeed cause complete airway obstruction, which is a critical concern in pediatric care. When a child inhales a foreign object, it may lodge in the airway and block airflow completely. This can lead to severe respiratory distress, hypoxia, and potentially life-threatening situations. Prompt recognition and intervention are essential because even small objects can cause significant harm by obstructing the airway, especially in young children who may have smaller tracheas. The other options highlight misconceptions. For instance, while some items may be expelled spontaneously, not all objects can be passed without intervention. Additionally, small toys can be more harmful than food items because they can create sharp edges or have shapes that easily fit into the airway, increasing the risk of obstruction. It is also a common belief that aspirated items tend to lodge in the right bronchus due to anatomical differences, but not all items will do so. The right main bronchus is wider and more perpendicular to the trachea than the left, which can lead to a higher likelihood of objects entering it; however, foreign bodies can lodge in either bronchus and are not limited to one side. Understanding these dynamics is crucial for effectively responding to foreign body aspirations in children.

10. What is a hallmark of asthma that affects the airway?

- A. Narrowing and obstruction due to inflammation**
- B. Immediate response to all environmental allergens
- C. Excessive mucus production only during winter
- D. Increased airway dilation

The hallmark of asthma that affects the airway is characterized by narrowing and obstruction due to inflammation. Asthma is primarily an inflammatory condition of the airways that leads to increased airway responsiveness to various stimuli. In response to triggers such as allergens, irritants, or exercise, the airway walls become inflamed, causing swelling and resulting in narrowing. This narrowing can lead to difficulty breathing, wheezing, coughing, and a feeling of tightness in the chest. The inflammation in asthma is often accompanied by other changes in the respiratory system, such as bronchoconstriction and increased mucus production, but it is the inflammation-induced narrowing that is particularly critical. This can result in obstruction that may be partially or completely reversible with treatment, such as bronchodilators or anti-inflammatory medications. In contrast, the other options address aspects that do not represent the core issues associated with asthma. An immediate response to all environmental allergens is not a hallmark of asthma, as not all individuals with asthma respond the same way to different allergens. Excessive mucus production is often a feature of asthma but is not restricted to winter nor is it the primary defining characteristic. Increased airway dilation does not occur in asthma; rather, bronchoconstriction and narrowing are the significant concerns in this condition.

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://cpn.examzify.com>

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

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