

Certified Specialist in Pediatrics Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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 recommended iron intake for standard and premie infants?**
 - A. 1 mg/kg/day; 100 kcal/kg/day**
 - B. 2 mg/kg/day; 120 kcal/kg/day**
 - C. 3 mg/kg/day; 150 kcal/kg/day**
 - D. 4 mg/kg/day; 200 kcal/kg/day**

- 2. What is the maximum duration of action for intermediate-acting insulin?**
 - A. Up to 12 hours**
 - B. Up to 18 hours**
 - C. Up to 24 hours**
 - D. Up to 36 hours**

- 3. What is the goal GIR for children aged 1-10 years?**
 - A. 8-10 mg/kg/min**
 - B. 10-12 mg/kg/min**
 - C. 12-14 mg/kg/min**
 - D. 14-16 mg/kg/min**

- 4. What risk is associated with excess glucose provision in parenteral nutrition?**
 - A. Hypoglycemia**
 - B. Hepatic steatosis**
 - C. Weight gain**
 - D. Dehydration**

- 5. What is the tolerance volume for continuous feeds in older children (over 7 years)?**
 - A. 1-5 mL/hour**
 - B. 25 mL/hour**
 - C. 100-150 mL/hour**
 - D. 90-120 mL**

- 6. The prevalence of bone disease in CF patients increases with what factor?**
- A. Age of the patient**
 - B. Severity of lung disease and malnutrition**
 - C. Number of medications taken**
 - D. Frequency of doctor visits**
- 7. Which of the following can help improve poor milk supply?**
- A. Breastfeeding on a strict schedule**
 - B. Limiting feedings to every five hours**
 - C. Breastfeeding frequently on demand**
 - D. Using formula exclusively**
- 8. What is the phosphorus requirement for infants in NICU for growth?**
- A. 3-4 mmol/kg**
 - B. 1.5-2 mmol/kg**
 - C. 2-3 mmol/kg**
 - D. 4-5 mmol/kg**
- 9. What is the recommended initial GIR for pre-term and term infants?**
- A. 3-4 mg/kg/min**
 - B. 6-8 mg/kg/min**
 - C. 10-12 mg/kg/min**
 - D. 12-14 mg/kg/min**
- 10. What is the adequate intake for a preterm infant less than 34 weeks?**
- A. 160mL/kg/day of fortified human milk**
 - B. 180mL/kg/day of fortified human milk**
 - C. 150mL/kg/day of 24-26kcal/oz formula**
 - D. 170mL/kg/day of preterm formula**

Answers

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

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Explanations

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1. What is the recommended iron intake for standard and premie infants?

- A. 1 mg/kg/day; 100 kcal/kg/day
- B. 2 mg/kg/day; 120 kcal/kg/day**
- C. 3 mg/kg/day; 150 kcal/kg/day
- D. 4 mg/kg/day; 200 kcal/kg/day

For standard and premature infants, the recommended iron intake is 2 mg/kg/day. Adequate iron is crucial for infant growth and development, as it plays a vital role in hemoglobin formation and oxygen transport. Full-term infants typically have sufficient iron stores to last their first six months, but after that, supplemental iron becomes important, especially if they are being exclusively breastfed. Premature infants, on the other hand, are at a higher risk of iron deficiency due to the limited stores they have at birth and the increased demands for growth and development. Therefore, they require a higher intake of iron. The caloric intake recommendation of 120 kcal/kg/day aligns with the growth needs of infants, taking into account the increased energy expenditure associated with their rapid growth phases. These values ensure that infants receive adequate nutrition to support their development while preventing iron deficiency anemia.

2. What is the maximum duration of action for intermediate-acting insulin?

- A. Up to 12 hours
- B. Up to 18 hours
- C. Up to 24 hours**
- D. Up to 36 hours

Intermediate-acting insulin, such as NPH insulin, is designed to provide a duration of action that typically lasts up to 24 hours. This class of insulin is formulated to have a slower onset and a more prolonged glycemic effect compared to short-acting insulins. The peak effect usually occurs between 4 to 12 hours after administration, supporting a sustained level of insulin in the bloodstream that helps maintain blood glucose control throughout the day. The duration of action being up to 24 hours makes intermediate-acting insulin suitable for use in certain therapeutic regimens, particularly for patients who require coverage of their basal insulin needs over a longer period but still want the flexibility for meal-time coverage that shorter-acting insulins might provide. Understanding the pharmacokinetics of different types of insulin is crucial for effective diabetes management, and recognizing the characteristics of intermediate-acting insulin helps healthcare professionals tailor individualized treatment plans for their patients.

3. What is the goal GIR for children aged 1-10 years?

- A. 8-10 mg/kg/min**
- B. 10-12 mg/kg/min**
- C. 12-14 mg/kg/min**
- D. 14-16 mg/kg/min**

The goal glucose infusion rate (GIR) for children aged 1-10 years is typically established to ensure that the energy needs of their growing bodies are met while avoiding potential complications related to hyperglycemia. In this age range, the recommended GIR of 8-10 mg/kg/min is appropriate as it aligns with the metabolic requirements of children. This rate allows for adequate glucose supply to support ongoing metabolic processes without overwhelming the child's ability to manage glucose levels. Maintaining this GIR helps prevent both hypoglycemia and hyperglycemia, which can occur if the rate is too high. It recognizes that the demands for glucose in children are unique due to their growth and development needs, which differ significantly from those of adults or infants. While other rates mentioned in the choices may be relevant in certain clinical situations or populations, they are typically too high for this specific age group, potentially leading to the aforementioned complications. Thus, the GIR of 8-10 mg/kg/min is established as the safe and effective target.

4. What risk is associated with excess glucose provision in parenteral nutrition?

- A. Hypoglycemia**
- B. Hepatic steatosis**
- C. Weight gain**
- D. Dehydration**

Excess glucose provision in parenteral nutrition can lead to hepatic steatosis, a condition where there is an accumulation of fat in the liver. This occurs because the liver is responsible for metabolizing glucose, and when it is overwhelmed by excessive amounts, the excess glucose is converted into fatty acids and glycerol, leading to fat deposition in hepatic tissue. The liver tries to store this excess energy, but when the input exceeds the liver's ability to metabolize it, lipid accumulation occurs. Hepatic steatosis is particularly concerning in patients receiving long-term parenteral nutrition because it can progress to more serious liver conditions, such as steatohepatitis and ultimately liver failure if not addressed. Monitoring of liver function tests and careful calculation of carbohydrate needs are crucial in managing patients on parenteral nutrition to avoid this complication. Other potential outcomes may not be directly linked to excess glucose provision in the same straightforward manner. For instance, hypoglycemia is more commonly associated with insufficient glucose rather than excess, and while weight gain can occur as a result of caloric surplus, it is not as specific to glucose as hepatic steatosis. Dehydration typically relates to fluid management rather than glucose administration directly.

5. What is the tolerance volume for continuous feeds in older children (over 7 years)?

A. 1-5 mL/hour

B. 25 mL/hour

C. 100-150 mL/hour

D. 90-120 mL

The tolerance volume for continuous feeds in older children (over 7 years) is typically around 100-150 mL/hour. This volume supports adequate nutritional intake through enteral feeding while minimizing the risk of gastrointestinal complications such as vomiting or diarrhea. For older children, their gastrointestinal tract is generally more developed and capable of handling larger volumes compared to younger infants or children. As a result, they can tolerate higher feed rates which help ensure that they receive sufficient calories and nutrients to support their growth and energy needs. Different factors can influence the exact tolerance volume for each child, including their medical condition, age, and overall health status, but the range of 100-150 mL/hour is a standard reference for continuous feeding in this age group. This allows healthcare providers to adjust feeding rates based on clinical observations while staying within a safe and effective range.

6. The prevalence of bone disease in CF patients increases with what factor?

A. Age of the patient

B. Severity of lung disease and malnutrition

C. Number of medications taken

D. Frequency of doctor visits

The prevalence of bone disease in cystic fibrosis (CF) patients is significantly affected by the severity of lung disease and malnutrition. In CF, the body struggles with the production of digestive enzymes that are essential for nutrient absorption. This malnutrition can lead to deficiencies in key vitamins and minerals, including vitamin D and calcium, which are critical for maintaining bone health. Additionally, the chronic lung infections and inflammation associated with the severity of lung disease contribute to an overall increased metabolic demand on the body. This, combined with decreased physical activity due to respiratory issues, can further exacerbate the risk of developing osteoporosis or other bone diseases. In summary, both malnutrition, stemming from pancreatic insufficiency and related complications, and the impact of severe lung disease create a perfect storm that increases the likelihood of bone disease in patients with CF. Thus, the connection between these factors and the prevalence of bone disease is well-established in clinical practice and research.

7. Which of the following can help improve poor milk supply?

- A. Breastfeeding on a strict schedule**
- B. Limiting feedings to every five hours**
- C. Breastfeeding frequently on demand**
- D. Using formula exclusively**

Breastfeeding frequently on demand is a crucial factor in improving poor milk supply. The principle behind this approach is based on the supply-and-demand mechanism that governs lactation. When a baby breastfeeds more often, it stimulates the mother's body to produce more milk due to increased demand. Additionally, frequent breastfeeding helps ensure that the baby's nutritional needs are met and can aid in establishing a robust milk supply. By allowing the baby to feed whenever they show signs of hunger, the mother's breasts are emptied more regularly. This emptying is important, as it signals the body to produce more milk. A well-established milk supply is often the result of frequent and effective feeding. The other approaches, such as breastfeeding on a strict schedule or limiting feedings, do not align with the natural needs of the infant. Such methods can lead to decreased milk supply because they do not stimulate the breasts as effectively as frequent, demand-driven feedings would. Using formula exclusively may also lead to less frequent breastfeeding, ultimately diminishing the natural stimulation needed to support milk production.

8. What is the phosphorus requirement for infants in NICU for growth?

- A. 3-4 mmol/kg**
- B. 1.5-2 mmol/kg**
- C. 2-3 mmol/kg**
- D. 4-5 mmol/kg**

For infants in the NICU, the phosphorus requirement for optimal growth is typically around 1.5 to 2 mmol/kg/day. Phosphorus is essential in various metabolic processes, including energy production, bone mineralization, and nucleic acid synthesis. In preterm or ill infants, who are often in a catabolic state or have higher demands for growth, maintaining an appropriate phosphorus intake is crucial for neonatal growth and development. The recommendation of 1.5 to 2 mmol/kg/day reflects the needs of these vulnerable patients, ensuring they receive enough phosphorus to support their metabolic activities and developmental processes during critical growth phases. This intake helps to prevent potential complications associated with phosphorus deficiency, such as impaired bone mineralization and metabolic bone disease. Higher intake levels, such as those in the incorrect options, could lead to excessive phosphorus, which may not be necessary or could cause other metabolic imbalances, while lower levels could jeopardize growth and development. Thus, the specified range supports balanced growth and metabolic health for infants in the NICU setting.

9. What is the recommended initial GIR for pre-term and term infants?

- A. 3-4 mg/kg/min
- B. 6-8 mg/kg/min**
- C. 10-12 mg/kg/min
- D. 12-14 mg/kg/min

The recommended initial glucose infusion rate (GIR) for both pre-term and term infants is typically between 6-8 mg/kg/min. This rate is significant because it helps to ensure adequate glucose supply to the infant's brain and body during a critical period of growth and development. Newborns have limited glycogen stores and may be at risk for hypoglycemia, especially if they are pre-term or if there are additional metabolic stressors. Starting within this range provides sufficient energy and minimizes the risk of fluctuations that could lead to adverse outcomes. Infants, particularly those who are preterm, require careful management of their glucose levels to prevent complications associated with both hypoglycemia and hyperglycemia. The 6-8 mg/kg/min range strikes a balance, allowing the body to utilize glucose effectively without overwhelming immature metabolic systems. While higher rates are sometimes used in specific clinical situations, the initial GIR typically starts at this level to monitor for the infant's response and adjust as necessary based on their clinical condition.

10. What is the adequate intake for a preterm infant less than 34 weeks?

- A. 160mL/kg/day of fortified human milk**
- B. 180mL/kg/day of fortified human milk
- C. 150mL/kg/day of 24-26kcal/oz formula
- D. 170mL/kg/day of preterm formula

For preterm infants less than 34 weeks gestational age, the recommended adequate intake is typically around 160 mL/kg/day of fortified human milk. This volume is essential to ensure that these infants receive sufficient nutrients to support their rapid growth and development, which is crucial due to their increased nutritional needs compared to full-term infants. Fortified human milk is specially designed to provide the additional calories, proteins, and minerals that preterm infants require to achieve optimal growth and to minimize the risks of complications associated with prematurity. The importance of adequate intake in this population cannot be overstated, as preterm infants are at risk for growth failure and other nutritional deficiencies. Ensuring they receive the appropriate volume of fortified milk helps in addressing these risks and supports their development in the neonatal period. The other options suggest varying volumes or formulas that may not meet the specific needs of infants under 34 weeks gestation. For instance, the higher volume suggestions could lead to excessive intake or complications, while lower volumes do not provide sufficient nutrition for the demanding growth and developmental needs of preterm infants at this stage. Thus, the intake of 160 mL/kg/day of fortified human milk is recognized as adequate and beneficial for promoting health outcomes in this vulnerable population.

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://specialistinpediatrics.examzify.com>

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

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