

# Clinical Judgment Exam (CJE) 1 Practice (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

- 1. What statement shows a need for further teaching regarding HIV prevention?**
  - A. "I use condoms at all times with new partners."**
  - B. "I stopped using condoms because I've been with my partner for over a year."**
  - C. "I will get tested for HIV regularly."**
  - D. "I discuss safe sex practices with my partner."**
- 2. In a clinical scenario, what does it mean if a patient's airway is compromised?**
  - A. The patient is experiencing normal breathing**
  - B. The patient has difficulty breathing or inadequate oxygenation**
  - C. The patient is fully alert and oriented**
  - D. The patient has a clear airway**
- 3. What condition is indicated by absent pedal and popliteal pulses?**
  - A. Dehydration**
  - B. Ischemia**
  - C. Deep vein thrombosis**
  - D. Neuropathy**
- 4. Which statement requires further teaching for middle-aged men regarding stroke prevention?**
  - A. I will start an exercise program to lose weight**
  - B. I have to stop my daily trip to the donut shop for breakfast**
  - C. I will decrease my consumption of beer to only one per day**
  - D. I will continue smoking but decrease the number of cigarettes**
- 5. Which finding in a client taking hydrochlorothiazide (Microzide) for hypertension should concern the nurse most?**
  - A. Feelings of sadness.**
  - B. Increased urination.**
  - C. Persistent, dry cough.**
  - D. Dizziness when standing.**

- 6. What is a critical reason for nurses to engage in reflective practice?**
- A. To comply with hospital policies**
  - B. To reminisce about past cases only**
  - C. To enhance awareness and learn from their experiences**
  - D. To be able to lecture others about nursing**
- 7. What does the term "patient advocacy" mean in nursing practice?**
- A. Providing financial advice to patients**
  - B. Supporting and representing the interests of patients in their care**
  - C. Ensuring compliance with hospital regulations**
  - D. Delivering technical information about procedures**
- 8. Why is self-assessment important for developing clinical judgment skills?**
- A. It leads to greater job security**
  - B. It promotes personal growth by identifying strengths and areas for improvement**
  - C. It enhances relationships with colleagues**
  - D. It reduces the need for supervision**
- 9. Which client should the nurse assess first based on her condition?**
- A. A client with chronic kidney disease who has a sodium level of 130 mEq/L.**
  - B. A client with hyperparathyroidism who has a calcium level of 11.0 mg/dL.**
  - C. A client with dehydration who has a potassium level of 6.0 mEq/L.**
  - D. A client with alcoholism who has a magnesium level of 1.6 mEq/L.**



**10. What assessment finding is concerning for a client receiving intravenous therapy?**

- A. Urine output of 30 mL over two hours.**
- B. Stable blood pressure.**
- C. Increase in heart rate.**
- D. Intake of 1000 mL of fluid.**

## **Answers**

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

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## **Explanations**

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**1. What statement shows a need for further teaching regarding HIV prevention?**

**A. "I use condoms at all times with new partners."**

**B. "I stopped using condoms because I've been with my partner for over a year."**

**C. "I will get tested for HIV regularly."**

**D. "I discuss safe sex practices with my partner."**

The statement indicating a need for further teaching regarding HIV prevention is the one that mentions no longer using condoms after being with a partner for over a year. This viewpoint reflects a common misconception that long-term relationships guarantee safety from HIV and other sexually transmitted infections (STIs). It overlooks the risk that one or both partners may have been exposed to infections outside of the relationship. Regular testing is essential for all sexually active individuals, regardless of the duration of their relationship, to ensure both partners maintain their health and safety. In contrast, the other statements highlight important aspects of HIV prevention. Using condoms with new partners provides necessary protection against HIV transmission, while regular testing emphasizes a proactive approach to sexual health. Discussing safe sex practices with a partner fosters open communication and responsibility, both of which are critical components of effective sexual health strategies.

**2. In a clinical scenario, what does it mean if a patient's airway is compromised?**

**A. The patient is experiencing normal breathing**

**B. The patient has difficulty breathing or inadequate oxygenation**

**C. The patient is fully alert and oriented**

**D. The patient has a clear airway**

When a patient's airway is compromised, it indicates that there is an obstruction or difficulty that is preventing air from flowing freely into the lungs. This can lead to difficulty breathing or inadequate oxygenation, which is precisely what option B describes. A compromised airway can result from various issues such as swelling, foreign body obstruction, or trauma, all of which can impede airflow. Without prompt intervention to secure the airway and ensure that the patient is able to breathe properly, there can be serious consequences, including hypoxia, respiratory failure, or even death. The other options do not accurately reflect the implications of a compromised airway. Normal breathing, being fully alert and oriented, or having a clear airway suggest that the patient is in a stable condition, which contradicts the meaning of airway compromise. Understanding this distinction is crucial for recognizing when immediate clinical action is necessary to ensure patient safety.

**3. What condition is indicated by absent pedal and popliteal pulses?**

- A. Dehydration**
- B. Ischemia**
- C. Deep vein thrombosis**
- D. Neuropathy**

The absence of pedal and popliteal pulses is a significant clinical finding that suggests ischemia, which refers to the insufficient blood supply to a tissue or organ. This condition often arises when there is obstruction or narrowing of blood vessels, commonly due to atherosclerosis or acute arterial occlusion. When blood flow is reduced or eliminated to the limbs, as evidenced by the absence of pulses in the feet and knees, it indicates that the tissues may not be receiving adequate oxygen and nutrients, leading to ischemic symptoms such as pain or even tissue necrosis if the situation is severe and prolonged. In contrast, dehydration typically presents with symptoms such as dry mucous membranes, decreased urine output, and increased heart rate, but it is not specifically linked to the absence of peripheral pulses. Deep vein thrombosis (DVT) usually involves the presence of clots in the deep venous system, which might lead to swelling, pain, and tenderness, but this condition does not directly cause the absence of arterial pulses like ischemia does. Neuropathy often presents with sensory disturbances, tingling, or loss of sensation, but again, it does not correlate with the absence of pulses as seen in ischemic conditions. Thus, the notable absence of vascular pulsations in

**4. Which statement requires further teaching for middle-aged men regarding stroke prevention?**

- A. I will start an exercise program to lose weight**
- B. I have to stop my daily trip to the donut shop for breakfast**
- C. I will decrease my consumption of beer to only one per day**
- D. I will continue smoking but decrease the number of cigarettes**

The statement about continuing to smoke but simply decreasing the number of cigarettes indicates a misunderstanding about the relationship between smoking and stroke risk. It fails to acknowledge that any level of smoking contributes to an increased risk of stroke, cardiovascular disease, and other health issues. Stroke prevention emphasizes not just reducing smoking but entirely quitting it. While reducing the number of cigarettes is a positive step compared to no reduction at all, it does not suffice as a strategy for effective stroke prevention, as the health risks remain significant even at lower levels of smoking. In contrast, the other statements reflect healthier lifestyle choices that contribute to stroke prevention, such as starting an exercise program, altering dietary habits, and moderating alcohol consumption. These actions are generally recognized as beneficial in reducing stroke risk. Consequently, the need for further teaching is clear when it comes to the understanding that to mitigate the risk of stroke, stopping smoking altogether is essential rather than just decreasing the quantity.

**5. Which finding in a client taking hydrochlorothiazide (Microzide) for hypertension should concern the nurse most?**

- A. Feelings of sadness.**
- B. Increased urination.**
- C. Persistent, dry cough.**
- D. Dizziness when standing.**

The most concerning finding in a client taking hydrochlorothiazide (Microzide) for hypertension is dizziness when standing, which indicates a potential issue known as orthostatic hypotension. Hydrochlorothiazide is a diuretic that promotes the excretion of sodium and water from the body, which can lead to dehydration and electrolyte imbalances. As a result, when a patient stands up, blood pressure may drop, leading to dizziness or lightheadedness. This can increase the risk of falls and injury, making it essential for the nurse to assess the client further and intervene if necessary. Monitoring for signs of dehydration, evaluating blood pressure regularly, and educating the client about changing positions slowly are crucial in managing this effect. Increased urination is a common and expected side effect of diuretics, as they are meant to increase urine output to help lower blood pressure. Feelings of sadness could be related to various factors, including situational depression, and while they warrant attention, they are not an immediate concern related to the use of hydrochlorothiazide. A persistent, dry cough is more indicative of an adverse reaction related to medications like ACE inhibitors rather than thiazide diuretics, thus making it less relevant in this scenario.

**6. What is a critical reason for nurses to engage in reflective practice?**

- A. To comply with hospital policies**
- B. To reminisce about past cases only**
- C. To enhance awareness and learn from their experiences**
- D. To be able to lecture others about nursing**

Engaging in reflective practice is essential for nurses as it promotes enhanced awareness and allows them to learn from their experiences. This process encourages nurses to critically evaluate their actions, consider the outcomes of their decisions, and understand their professional growth over time. By reflecting on what went well and what could be improved, nurses can gain insights that inform future practice, ultimately leading to better patient care and professional development. This self-awareness fosters continuous learning, which is vital in a constantly evolving field like healthcare. The other choices do not capture the true essence of reflective practice. Complying with hospital policies or reminiscing about past cases does not contribute to the forward-thinking and growth that reflective practice provides. Additionally, lecturing others about nursing misses the objective of personal growth and insight that reflective practice is intended to achieve.

**7. What does the term "patient advocacy" mean in nursing practice?**

- A. Providing financial advice to patients**
- B. Supporting and representing the interests of patients in their care**
- C. Ensuring compliance with hospital regulations**
- D. Delivering technical information about procedures**

The term "patient advocacy" in nursing practice refers to the process of supporting and representing the interests of patients in their care. This involves understanding a patient's needs, preferences, and values and ensuring these are prioritized in the decision-making process regarding their healthcare. Nurses as advocates play a critical role in facilitating communication between patients, families, and healthcare providers, ensuring that patients are informed and empowered to make choices about their treatment options. Patient advocacy can also involve helping patients navigate the healthcare system, addressing their concerns, and ensuring they receive appropriate care and resources. This practice is vital because it promotes patient-centered care, enhances patient satisfaction, and can lead to better health outcomes. The other options do not encompass the comprehensive role of advocacy. Providing financial advice, ensuring compliance with hospital regulations, or delivering technical information primarily focus on specific aspects of care or operational requirements, rather than the holistic support and representation of the patient's voice and interests in their healthcare journey.

**8. Why is self-assessment important for developing clinical judgment skills?**

- A. It leads to greater job security**
- B. It promotes personal growth by identifying strengths and areas for improvement**
- C. It enhances relationships with colleagues**
- D. It reduces the need for supervision**

Self-assessment plays a crucial role in developing clinical judgment skills because it promotes personal growth by identifying strengths and areas for improvement. By engaging in self-reflection, healthcare professionals can evaluate their own knowledge, skills, and experiences objectively. This process allows them to recognize what they excel at, which can bolster their confidence and reinforce effective practices. Additionally, identifying areas that require improvement is fundamental to professional development. This awareness encourages ongoing learning and adaptation, essential components in the rapidly evolving field of healthcare. While aspects like job security, relationships with colleagues, and supervision reduction may seem beneficial, they are secondary to the primary motive of self-assessment. Focused personal growth fosters a mindset of continuous improvement and lifelong learning, enabling practitioners to enhance their clinical judgment and ultimately lead to better patient outcomes.



**9. Which client should the nurse assess first based on her condition?**

- A. A client with chronic kidney disease who has a sodium level of 130 mEq/L.**
- B. A client with hyperparathyroidism who has a calcium level of 11.0 mg/dL.**
- C. A client with dehydration who has a potassium level of 6.0 mEq/L.**
- D. A client with alcoholism who has a magnesium level of 1.6 mEq/L.**

The rationale for prioritizing the client with dehydration and a potassium level of 6.0 mEq/L lies in the potential severity of hyperkalemia, which is defined as a potassium level greater than 5.0 mEq/L. In this case, the client's potassium level is critically elevated at 6.0 mEq/L, which poses a serious risk for life-threatening cardiac dysrhythmias and other complications. It is imperative to assess this client first to monitor their cardiac status and potentially initiate treatment to lower their potassium levels, as this can have immediate and significant implications for their health. In contrast, while the other patients have concerning lab values, they do not present the same immediate threat. The client with chronic kidney disease and a sodium level of 130 mEq/L is experiencing hyponatremia, which should be addressed, but it typically does not pose as urgent a risk as hyperkalemia. The client with hyperparathyroidism and a calcium level of 11.0 mg/dL is slightly elevated but may not require immediate intervention depending on their symptoms. Lastly, the client with alcoholism and a magnesium level of 1.6 mEq/L is also low, but, in the context of acute conditions,

**10. What assessment finding is concerning for a client receiving intravenous therapy?**

- A. Urine output of 30 mL over two hours.**
- B. Stable blood pressure.**
- C. Increase in heart rate.**
- D. Intake of 1000 mL of fluid.**

A urine output of 30 mL over two hours raises a significant concern for a client receiving intravenous therapy. This finding indicates a potential issue with kidney function or fluid balance. Normal urine output is typically about 30 mL per hour, so a total of 30 mL over two hours falls below this benchmark, suggesting the client may be experiencing inadequate renal perfusion or dehydration. It may also indicate that the body is retaining fluid due to potential heart failure or other complications related to intravenous therapy. In contrast, stable blood pressure is generally considered a positive sign, indicating that the client's hemodynamic status is stable and may not be experiencing significant fluid volume overload or deficit. An increase in heart rate could potentially signal an adverse reaction or the body's response to fluid status changes, but it must be assessed in the context of other vitals and symptoms. Lastly, an intake of 1000 mL of fluid might not inherently be concerning, especially if it aligns with what the client needs according to their treatment plan; it could indicate adequate hydration rather than a problem.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cjeexam1.examzify.com>**

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