

# COMPREHENSIVE CORE NURSING PRACTICE TEST (SAMPLE)

STUDY GUIDE



*Thank you  
Doctors and  
Nurses*

**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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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. In which position should a patient be placed to facilitate optimal lung expansion?**
  - A. Prone
  - B. Sitting upright
  - C. Supine
  - D. Trendelenburg
- 2. What are common side effects of opioid medications?**
  - A. Constipation, drowsiness, nausea
  - B. Headache, rash, insomnia
  - C. Dry mouth, memory loss, anxiety
  - D. Dizziness, vomiting, fever
- 3. What is a classic symptom of hypoglycemia?**
  - A. Increased urination
  - B. Shaking
  - C. Thirst
  - D. Constipation
- 4. How often should a diabetic patient monitor their blood glucose levels?**
  - A. Once a week
  - B. Every meal and bedtime
  - C. Once a day in the morning
  - D. Only when feeling unwell
- 5. What is the first step in the nursing process?**
  - A. Diagnosis
  - B. Planning
  - C. Assessment
  - D. Implementation
- 6. In workplace violence situations, what should the first action be?**
  - A. Resolving the issue without supervision
  - B. Reporting to a supervisor
  - C. Seeking legal guidance first
  - D. Documenting details for future reference

- 7. During patient assessment, which finding may indicate a potential heart failure exacerbation?**
- A. Sudden weight loss
  - B. Increased appetite
  - C. Shortness of breath on exertion
  - D. Stable blood glucose levels
- 8. What is the primary role of the nurse in pain management?**
- A. Administer pain relief medications
  - B. Assess and communicate the patient's pain levels
  - C. Consult with physicians for pain management strategies
  - D. Document pain levels for future reference
- 9. According to OSHA, which part is essential for developing an effective workplace violence prevention program?**
- A. Employee training and engagement
  - B. Emergency response planning
  - C. Hazard prevention and control
  - D. Incident documentation procedures
- 10. What does the term "tachycardia" refer to?**
- A. Low blood pressure
  - B. Elevated heart rate above 100 beats per minute
  - C. Irregular heartbeat pattern
  - D. Chest pain

## **Answers**

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

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## **Explanations**

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## 1. In which position should a patient be placed to facilitate optimal lung expansion?

- A. Prone
- B. Sitting upright**
- C. Supine
- D. Trendelenburg

Placing a patient in a sitting upright position is considered optimal for facilitating lung expansion. This position allows for maximum thoracic volume and encourages diaphragm movement, which is crucial for efficient ventilation. When the patient is upright, gravity aids in lung inflation, helps decrease the work of breathing, and promotes optimal oxygen exchange. In contrast, the prone position can be beneficial in certain scenarios, such as in patients with acute respiratory distress syndrome (ARDS), but it typically does not provide the same level of lung expansion as sitting upright does in general circumstances. Supine positioning can lead to decreased lung volumes due to compressive forces on the diaphragm from abdominal contents. The Trendelenburg position, which involves tilting the patient's body so that the feet are higher than the head, can hinder respiratory mechanics due to increased abdominal pressure and may not be advisable for patients with respiratory issues. Therefore, the sitting upright position ultimately supports the best anatomical and physiological conditions for lung expansion.

## 2. What are common side effects of opioid medications?

- A. Constipation, drowsiness, nausea**
- B. Headache, rash, insomnia
- C. Dry mouth, memory loss, anxiety
- D. Dizziness, vomiting, fever

Opioid medications are known for their pain-relieving properties, but they also come with a range of side effects that are important for healthcare providers to monitor. The most common side effects associated with opioid use include constipation, drowsiness, and nausea. Constipation is one of the hallmark side effects of opioids due to their action on the gastrointestinal tract. Opioids slow down bowel motility, which leads to difficulty in passing stools. This effect is significant enough that prophylactic measures are often taken to manage it in patients who are prescribed long-term opioid therapy. Drowsiness is another prevalent side effect and occurs because opioids can depress the central nervous system. This sedation can be beneficial in providing relief from pain and anxiety but also poses a risk for falls and accidents, especially in older adults or those operating heavy machinery. Nausea is commonly experienced as well since opioids affect the brain's chemoreceptor trigger zone, which can lead to feelings of nausea and vomiting. While antiemetics can help manage this, the occurrence of nausea can lead to decreased compliance with opioid therapy. In contrast, the other answer options list symptoms that are generally less associated with opioid medications or are more common with other conditions or medication classes. For instance,

### 3. What is a classic symptom of hypoglycemia?

- A. Increased urination
- B. Shaking**
- C. Thirst
- D. Constipation

*Shaking is a classic symptom of hypoglycemia because it results from the body's response to low blood sugar levels. When glucose levels drop, the body releases epinephrine (adrenaline) as a counter-regulatory hormone to increase blood glucose. This release can cause various symptoms, including shaking or tremors, which occur due to heightened nervous system activity. The body's fight-or-flight response, triggered by low blood sugar, manifests in physical symptoms aimed at restoring glucose levels, and shaking is one of the most noticeable signs. Recognizing this symptom promptly is crucial for effective management of hypoglycemia, as it can prompt immediate interventions, such as consuming carbohydrates to raise blood sugar levels. In contrast, symptoms like increased urination, thirst, and constipation are more commonly associated with conditions like hyperglycemia or diabetes, rather than hypoglycemia.*

### 4. How often should a diabetic patient monitor their blood glucose levels?

- A. Once a week
- B. Every meal and bedtime**
- C. Once a day in the morning
- D. Only when feeling unwell

*Monitoring blood glucose levels is critical for individuals with diabetes, as it helps manage blood sugar levels effectively and prevents complications. The correct approach involves checking glucose levels before and after meals, as well as at bedtime. This frequent monitoring allows patients to assess how their diet, exercise, and medications are influencing their blood glucose levels throughout the day. Regular testing can guide adjustments in diet or medication, inform patients about trends in their blood sugar levels, and help them make better decisions related to their health. By checking their glucose levels during meals, patients can gain direct insight into how different foods affect their blood sugar and adapt their choices accordingly. The other options do not provide adequate frequency or responsiveness for managing diabetes effectively. Monitoring once a week does not offer timely data to react to daily changes. Checking once a day may miss variations throughout the day that could lead to complications if left unaddressed. Only testing when feeling unwell is risky, as many fluctuations can occur without noticeable symptoms. Frequent monitoring acts as a preventive measure, allowing for proactive management of diabetes.*

### 5. What is the first step in the nursing process?

- A. Diagnosis
- B. Planning
- C. Assessment**
- D. Implementation

*The first step in the nursing process is assessment. This foundational step involves the systematic collection of data about the patient, which includes understanding their medical history, physical examination findings, psychological status, and any other relevant factors that could impact their health and well-being. Assessment allows the nurse to gather comprehensive information needed to make informed decisions regarding the patient's care. It establishes a baseline for what is normal for that patient and identifies any actual or potential health problems. By conducting a thorough assessment, the nurse can create an individualized care plan that is tailored to meet the specific needs of the patient. Once the assessment is complete, the nurse can proceed to the subsequent steps of the nursing process, including diagnosis, planning, and implementation, making assessment a crucial starting point in delivering effective nursing care.*

**6. In workplace violence situations, what should the first action be?**

- A. Resolving the issue without supervision
- B. Reporting to a supervisor**
- C. Seeking legal guidance first
- D. Documenting details for future reference

*In workplace violence situations, the first action should be to report to a supervisor. This step is crucial because supervisors are trained to handle such situations and can take the necessary measures to ensure safety and initiate a response plan. Reporting allows for the escalation of the matter to appropriate authorities who can assess the situation, provide support, and implement safety protocols. Moreover, engaging a supervisor helps maintain a structured response to violence in the workplace, ensuring that all incidents are recorded and addressed appropriately. This is not only critical for immediate safety but also for compliance with workplace policies and legal regulations surrounding workplace violence. The other options, such as attempting to resolve the issue independently, seeking legal guidance first, or merely documenting the details, could undermine safety and fail to address the urgent nature of the situation. Without reporting to a supervisor, there may be inadequate responses to manage the threat effectively or to support affected individuals. Thus, reporting to a supervisor is both a responsible and necessary action in the face of workplace violence.*

**7. During patient assessment, which finding may indicate a potential heart failure exacerbation?**

- A. Sudden weight loss
- B. Increased appetite
- C. Shortness of breath on exertion**
- D. Stable blood glucose levels

*Shortness of breath on exertion is a significant clinical finding that can indicate a potential exacerbation of heart failure. In heart failure, the heart's ability to pump blood effectively is compromised, leading to fluid accumulation, particularly in the lungs. This fluid overload can manifest as dyspnea, or difficulty breathing, especially during physical activity. When a patient experiences shortness of breath during exertion, it suggests that the heart is struggling to meet the body's increased demands for oxygen, which is a common symptom when heart failure worsens. In contrast, sudden weight loss and increased appetite are not typical indicators of heart failure exacerbation. Sudden weight loss might suggest other underlying issues, such as dehydration or an acute illness, while increased appetite could indicate improvement in the patient's condition or stress-related eating rather than a decline in heart function. Stable blood glucose levels are also not directly related to heart failure exacerbation; they imply that the patient's metabolic state is stable, which doesn't provide information about the heart's condition. Thus, shortness of breath on exertion is a vital symptom for assessing potential deterioration in heart failure.*

## 8. What is the primary role of the nurse in pain management?

- A. Administer pain relief medications
- B. Assess and communicate the patient's pain levels**
- C. Consult with physicians for pain management strategies
- D. Document pain levels for future reference

*The primary role of the nurse in pain management is to assess and communicate the patient's pain levels. This is essential because understanding the nature of a patient's pain—its intensity, location, duration, and characteristics—enables the healthcare team to tailor an effective pain management plan. The nurse plays a crucial role in establishing a trusting relationship with patients, allowing them to express their pain experiences openly. This assessment not only informs medication administration and interventions but also aids in monitoring the effectiveness of pain relief strategies over time. Although administering pain relief medications, consulting with physicians, and documenting pain levels are important aspects of pain management, they stem from the foundational knowledge gained through thorough assessment and communication. Without reliable assessments, medication and interventions may not be aligned with the patient's individual pain experience, leading to inadequate pain control. Therefore, effective assessment and communication are pivotal in promoting optimal pain management and ensuring patient comfort.*

## 9. According to OSHA, which part is essential for developing an effective workplace violence prevention program?

- A. Employee training and engagement
- B. Emergency response planning
- C. Hazard prevention and control**
- D. Incident documentation procedures

*Developing an effective workplace violence prevention program requires a structured approach that includes comprehensive hazard prevention and control measures. This component is critical because it focuses on identifying, assessing, and mitigating potential sources of violence in the workplace. It involves implementing strategies to minimize risk, which may include environmental design changes, administrative policies, and personal protective measures. The essence of hazard prevention and control lies in proactively addressing the factors that could lead to violence, rather than merely reacting to incidents after they occur. By prioritizing prevention and control, an organization can create a safer environment that not only minimizes the likelihood of violent incidents but also promotes a culture of safety for all employees. Other important elements, such as employee training and engagement, emergency response planning, and incident documentation procedures, play supportive roles in the overall program. While these aspects are crucial for ensuring readiness and response, without a strong foundation in hazard prevention and control, the program may fail to address the root causes of workplace violence effectively. Thus, this foundational element is vital for establishing a comprehensive and effective workplace violence prevention program.*

## 10. What does the term "tachycardia" refer to?

- A. Low blood pressure
- B. Elevated heart rate above 100 beats per minute**
- C. Irregular heartbeat pattern
- D. Chest pain

*Tachycardia specifically refers to an elevated heart rate that exceeds 100 beats per minute in adults. This condition can occur due to various physiological or pathological factors, such as anxiety, fever, or underlying cardiac issues. Understanding tachycardia is crucial for healthcare professionals, as it can indicate the heart's response to stress, the presence of a medical condition, or the necessity for further evaluation and intervention. In clinical practice, recognizing tachycardia is vital because it can lead to decreased cardiac output and other complications if not addressed promptly. Monitoring heart rates in patients helps in early identification of potential problems and effective management of patient care. In contrast, the other options relate to different medical conditions: low blood pressure refers to hypotension, an irregular heartbeat pattern is more aligned with arrhythmias, and chest pain can indicate various cardiac or non-cardiac issues but does not specifically describe heart rate. Each of these conditions is clinically significant but distinct from the definition of tachycardia.*

## 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:

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

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