

COMPREHENSIVE NURSING INFECTION CONTROL, MOBILITY, SAFETY, AND COMMUNICATION STRATEGIES PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which of the following represents hazards for an immobilized elderly patient in bed?**
 - A. Increased appetite
 - B. Weight gain
 - C. Reduced risk of thromboembolism
 - D. Bone loss, osteoporosis, increased fractures, ischemia, nutritional needs, and cardiac issues
- 2. Why is protecting patient health information (PHI) essential in nursing practice?**
 - A. To maintain privacy and comply with legal regulations regarding patient confidentiality.
 - B. To ensure that all patient data is shared with family at all times.
 - C. To eliminate the need for consent forms.
 - D. To reduce the duration of patient visits.
- 3. What should be done to ensure safe positioning of a patient?**
 - A. Ignore patient comfort.
 - B. Position the patient using only the nurse's preference.
 - C. Move without assistance.
 - D. Determine the amount and type of assistance required.
- 4. What should a nurse do if a patient experiences syncope?**
 - A. Have patient immediately stand and walk to evaluate tolerance.
 - B. Support the patient's body weight and gently lower them to the floor.
 - C. Call family member to assist while patient remains upright.
 - D. Administer a quick dose of stimulant medication.
- 5. What position should a patient be in before standing?**
 - A. Supine with legs elevated
 - B. Sitting with legs dangling over the side of the bed for 1 to 2 minutes
 - C. Standing immediately
 - D. Prone position

- 6. Which practice best supports confidentiality when handling patient health information (PHI)?**
- A. Shred unneeded PHI after use to prevent disclosure.
 - B. Share PHI with anyone who asks.
 - C. Leave PHI unsecured on desks.
 - D. Post PHI publicly for easy access.
- 7. Which technique is not listed as promoting therapeutic communication?**
- A. Using open-ended questions.
 - B. Monologue delivery.
 - C. Silence.
 - D. Active listening.
- 8. Which of the following is a National Patient Safety Goal identified by The Joint Commission for 2025?**
- A. Schedule patient checkouts
 - B. Expand facility capacity
 - C. Identify patients correctly
 - D. Increase hospital revenue
- 9. Which of the following is an example of a reservoir for an infection?**
- A. A patient who is infected
 - B. A disinfected surface
 - C. The habitat of the infectious agent where it lives, grows, and reproduces
 - D. A sterile instrument
- 10. How can prolonged immobility affect adolescents?**
- A. Delays in gaining independence and social skills.
 - B. Accelerated athletic development.
 - C. Improved peer relationships.
 - D. Enhanced exploration of identity.

Answers

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

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Explanations

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1. Which of the following represents hazards for an immobilized elderly patient in bed?

- A. Increased appetite
- B. Weight gain
- C. Reduced risk of thromboembolism
- D. Bone loss, osteoporosis, increased fractures, ischemia, nutritional needs, and cardiac issues**

When a patient is immobilized, the body undergoes several changes that create multiple hazards for an older adult. Lack of movement leads to bone demineralization and loss of bone mass, increasing osteoporosis and the risk of fractures from even minor stresses. Prolonged pressure and reduced perfusion can cause tissue ischemia, contributing to pressure injuries and compromised skin integrity. Immobility also disrupts nutrition and metabolism, heightening the risk of malnutrition and the need for careful nutritional support to maintain energy, protein, and micronutrients. Over time, deconditioning and cardiovascular strain from not moving around can worsen cardiac function and complicate overall health. Together, these factors capture the broad range of dangers in this scenario. Note that increased appetite or weight gain are not typical hazards of immobility in this context, and the risk of thromboembolism is actually increased with immobility, not reduced.

2. Why is protecting patient health information (PHI) essential in nursing practice?

- A. To maintain privacy and comply with legal regulations regarding patient confidentiality.**
- B. To ensure that all patient data is shared with family at all times.
- C. To eliminate the need for consent forms.
- D. To reduce the duration of patient visits.

Protecting patient health information is essential to keep privacy intact and to meet legal and ethical duties in nursing. PHI includes identifiers and health details, and safeguarding it ensures information is shared only with those who are authorized and for legitimate purposes. Legal protections, such as HIPAA, require safeguards and limit disclosures to the minimum necessary, which helps preserve trust between patients and health professionals. When privacy is protected, patients are more likely to share accurate information, leading to safer, higher-quality care. This is why the best answer emphasizes privacy and compliance with confidentiality regulations. Sharing data with family at all times would violate privacy, consent forms remain important to authorize disclosures beyond allowed purposes, and protecting PHI is not about shortening visits or eliminating consent.

3. What should be done to ensure safe positioning of a patient?

- A. Ignore patient comfort.
- B. Position the patient using only the nurse's preference.
- C. Move without assistance.
- D. Determine the amount and type of assistance required.**

Safe patient positioning starts with assessing what help the patient actually needs and what kind of help will be effective. Determining the amount and type of assistance required sets up a plan that matches the patient's abilities with the right team, equipment, and technique. This approach protects the patient from harm during movement, ensures proper body alignment, and helps prevent pressure injuries, friction, and shearing. It also supports comfort and dignity by adapting the move to the patient's condition, such as using a mechanical lift for heavy patients, a slide sheet for transfers, or additional staff for those with limited mobility. Relying on personal preference alone can lead to mismatches between the patient's needs and the method used, increasing the risk of injury or discomfort. Moving without assistance, especially for a patient who cannot tolerate transfer or repositioning, raises the likelihood of falls or caregiver injury. By explicitly determining the required assistance, you lay the groundwork for a safe, effective repositioning plan that protects both patient and staff.

4. What should a nurse do if a patient experiences syncope?

- A. Have patient immediately stand and walk to evaluate tolerance.
- B. Support the patient's body weight and gently lower them to the floor.**
- C. Call family member to assist while patient remains upright.
- D. Administer a quick dose of stimulant medication.

Syncope is a temporary loss of consciousness from reduced brain blood flow, so the priority is safety and restoring circulation quickly. The best action is to support the patient's body as they lose consciousness and gently lower them to the floor. By keeping them from falling and then laying them flat, you reduce the risk of injury and promote venous return to the heart and brain. If possible, place the patient in a supine position with the legs elevated to help blood flow back toward the brain, as long as there are no injuries or spinal concerns. While the patient is down, check responsiveness, ensure an open airway, and monitor breathing and heart rate. Call for help if the episode lasts longer than a minute, if there are signs of chest pain, or if the patient does not regain consciousness promptly. Avoid standing them up and walking during the episode, which risks another collapse, and avoid giving stimulants acutely, as they don't treat the underlying issue and could cause harm. After they regain consciousness, reassess vital signs and look for reversible causes such as dehydration, hypoglycemia, or arrhythmia.

5. What position should a patient be in before standing?

- A. Supine with legs elevated
- B. Sitting with legs dangling over the side of the bed for 1 to 2 minutes**
- C. Standing immediately
- D. Prone position

Preparing to stand safely requires a transition that helps return blood to the heart and lets the body adjust to upright pressure changes. Sitting with the legs dangling over the side of the bed for 1 to 2 minutes does just that. The slight movement of blood from the legs back toward the core improves venous return, helps stabilize blood pressure, and reduces the risk of dizziness or fainting when you eventually stand. It gives the cardiovascular system time to adapt to being upright, making the transfer safer. Other positions don't provide this transitional step. Lying supine with legs elevated doesn't train the body for standing or help with the immediate upright blood-pressure shift. Standing immediately can provoke a sudden drop in blood pressure if the person is prone to orthostatic hypotension, increasing the risk of lightheadedness or falls. A prone position isn't a stepping-stone to standing at all, since it requires turning and adjusting before any standing occurs.

6. Which practice best supports confidentiality when handling patient health information (PHI)?

- A. Shred unneeded PHI after use to prevent disclosure.**
- B. Share PHI with anyone who asks.
- C. Leave PHI unsecured on desks.
- D. Post PHI publicly for easy access.

Protecting confidentiality of patient health information means preventing unauthorized access or disclosure. The most effective practice is to shred unneeded PHI after use. Secure destruction of physical documents containing identifiable health data minimizes the chance that sensitive information can be retrieved from trash or recycling, reducing the risk of a breach. This supports the need-to-know principle and aligns with privacy obligations and professional ethics. By contrast, sharing PHI with anyone who asks, leaving PHI unsecured on desks, or posting PHI publicly create clear opportunities for disclosure and violate confidentiality. In daily practice, limit access to PHI to those who need it, store records in locked places, log off systems, and use a shredder for disposal.

7. Which technique is not listed as promoting therapeutic communication?

- A. Using open-ended questions.
- B. Monologue delivery.**
- C. Silence.
- D. Active listening.

Therapeutic communication centers on creating a patient-centered exchange that invites sharing, understanding, and support. Open-ended questions invite the patient to describe experiences and concerns in their own words, rather than restricting responses to yes or no. Silence offers a respectful pause, giving the patient time to think, process emotions, and share more deeply. Active listening involves truly paying attention, reflecting back what the patient says, and validating feelings, which builds trust and ensures accurate understanding. Monologue delivery does not promote this interaction. It is a one-way, clinician-centered approach where the nurse talks more than listens, often dominating the conversation and leaving little room for the patient to express thoughts or concerns. This can feel dismissive or overpowering and undermines rapport and patient engagement. So, monologue delivery is not a therapeutic communication technique.

8. Which of the following is a National Patient Safety Goal identified by The Joint Commission for 2025?

- A. Schedule patient checkouts
- B. Expand facility capacity
- C. Identify patients correctly**
- D. Increase hospital revenue

The main idea is preventing errors by making sure you know exactly who you're caring for before giving care, meds, or performing procedures. The Joint Commission's National Patient Safety Goals for 2025 emphasize identifying patients correctly, which means using at least two identifiers—such as the patient's name and date of birth or medical record number—and confirming these before any procedure, medication administration, or transfer. Practically, this includes checking the patient's wristband, asking for their full name and date of birth, and using barcode scans when available. Relying on room numbers or bed locations isn't reliable for identification, so they're not acceptable identifiers. Administrative tasks like scheduling checkouts, expanding facility capacity, or increasing hospital revenue don't target patient safety in the same way, so they aren't the focus of the Joint Commission's safety goals.

9. Which of the following is an example of a reservoir for an infection?

- A. A patient who is infected
- B. A disinfected surface
- C. The habitat of the infectious agent where it lives, grows, and reproduces**
- D. A sterile instrument

The main concept is that a reservoir is the place where an infectious agent can survive, thrive, and multiply, providing a continual source for transmission. The statement describing the habitat where the agent lives, grows, and reproduces fits this definition exactly, so it's the best example of a reservoir. A patient who is infected can harbor and shed organisms and thus become a source of infection, but the term reservoir emphasizes the location that sustains the agent. A disinfected surface and a sterile instrument are not reservoirs because they no longer harbor live organisms. Understanding reservoirs helps inform infection control measures like cleaning, disinfection, sterilization, and environmental controls to interrupt transmission.

10. How can prolonged immobility affect adolescents?

- A. Delays in gaining independence and social skills.**
- B. Accelerated athletic development.
- C. Improved peer relationships.
- D. Enhanced exploration of identity.

Prolonged immobility disrupts the way adolescents practice independence and engage with peers, which are critical parts of this developmental stage. When movement is limited, teens miss opportunities to do for themselves, participate in school and extracurricular activities, and interact with friends in person. That restriction can delay learning how to manage self-care tasks, plan their day, and handle social situations, all of which contribute to autonomy and social skill development. This is why the option describing delays in gaining independence and social skills fits best. Immobility reduces chances to exercise choice, take on responsibilities, and build peer relationships through shared activities. In contrast, accelerated athletic development would require physical activity and training that mobility limits. Improved peer relationships or enhanced exploration of identity typically rely on active social engagement and diverse experiences, which immobility can hinder rather than enhance. In practice, supporting an adolescent with immobility involves promoting adaptive ways to participate in daily life and social interaction, such as assistive devices, modified activities, and coordinated efforts to maintain school and peer connections as much as possible.

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:

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

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