

CORE CONCEPTS OF NURSING CARE EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 a normal adult respiratory rate range?**
 - A. 10 to 15 breaths per minute
 - B. 12 to 20 breaths per minute
 - C. 16 to 24 breaths per minute
 - D. 18 to 30 breaths per minute
- 2. What color wristband is commonly used to denote allergy alerts?**
 - A. Yellow
 - B. Red
 - C. Green
 - D. Blue
- 3. What is defined as the opposite of comfort and is a subjective response?**
 - A. Discomfort
 - B. Stress
 - C. Pain
 - D. Anxiety
- 4. What does the term 'comfort' imply in nursing practice?**
 - A. A temporary relief from symptoms
 - B. An overall state of well-being
 - C. Physical and emotional support
 - D. A measure of health improvement
- 5. Which type of pain may include symptoms such as burning, pins and needles, or aching?**
 - A. Phantom pain
 - B. Central pain
 - C. Neuropathic pain
 - D. Somatic pain
- 6. What factors influence medication absorption in the body?**
 - A. Type of medication and patient's age
 - B. Route of administration, blood flow, and formulation
 - C. Patient's diet and exercise routine
 - D. Time of day and frequency of administration

- 7. What does the 'Q' in the PQRST method represent?**
- A. Quality
 - B. Quote
 - C. Quantity
 - D. Question
- 8. What term describes a state of complete physical, mental, and social well-being?**
- A. Health
 - B. Illness
 - C. Fitness
 - D. Wellness
- 9. What is the purpose of patient education in nursing?**
- A. To inform patients about hospital policies
 - B. To empower patients to make informed health decisions and manage their care
 - C. To promote nurse-led initiatives
 - D. To limit patients' choices in their treatment
- 10. What is the goal of holistic nursing care?**
- A. To treat only physical symptoms
 - B. To focus on the emotional aspects of care exclusively
 - C. To address the physical, emotional, social, and spiritual needs of patients
 - D. To minimize patient interactions

Answers

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

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Explanations

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1. What is a normal adult respiratory rate range?

- A. 10 to 15 breaths per minute
- B. 12 to 20 breaths per minute**
- C. 16 to 24 breaths per minute
- D. 18 to 30 breaths per minute

The normal adult respiratory rate range is 12 to 20 breaths per minute. This range is established based on physiological studies and clinical observations of healthy adults at rest. It reflects the optimal rates at which the body can effectively exchange oxygen and carbon dioxide during breathing. Ventilation rates outside this range may indicate underlying health issues. Rates lower than 12 breaths per minute might suggest bradypnea, which can occur in conditions such as respiratory depression or brain injury. Conversely, rates higher than 20 breaths per minute could indicate tachypnea, commonly seen in cases of anxiety, fever, or respiratory distress. Understanding this normal range is crucial for nursing assessments and interventions, as it allows clinicians to monitor patient status and respond promptly to changes that may suggest deteriorating health.

2. What color wristband is commonly used to denote allergy alerts?

- A. Yellow
- B. Red**
- C. Green
- D. Blue

The use of a red wristband to indicate allergy alerts is a widely recognized practice in healthcare settings. Red is chosen because it is a color that typically signifies caution and draws immediate attention. By standardizing the use of a red wristband for patients with allergies, healthcare professionals can quickly identify individuals who may be at risk of an allergic reaction. This alert can prompt necessary precautions, such as checking medication lists or asking about allergies before administering treatments or medications. In contrast, other colors have different meanings in many healthcare facilities. For example, yellow wristbands might indicate a fall risk, green could be used for patients requiring specific precautions related to their condition, and blue is often associated with Do Not Resuscitate (DNR) orders. The differentiation in color coding aids in the quick identification of patient needs and enhances overall safety in patient care.

3. What is defined as the opposite of comfort and is a subjective response?

- A. Discomfort
- B. Stress
- C. Pain**
- D. Anxiety

The concept that is defined as the opposite of comfort and is a subjective response is discomfort. Discomfort encompasses various unpleasant sensations or states that an individual may experience, which can include physical sensations or emotional states. When discussing discomfort, it's important to note that it is a personal experience, meaning that what one person finds uncomfortable, another may not. This subjective nature makes discomfort a complex phenomenon that can arise from numerous factors, including physical ailments, emotional stress, or environmental conditions. In contrast, while pain and anxiety can certainly be subjective, they are specific types of discomfort. Pain refers primarily to a physical sensation that can range in severity and quality, and anxiety pertains to emotional distress or worry, which can also lead to discomfort but is not synonymous with it. Stress, on the other hand, is a broader term that encompasses various responses to demands or threats, both physical and psychological, and can lead to discomfort but does not define it. Therefore, discomfort stands out as the broad, general term that encapsulates the experience of feeling uncomfortable, making it the correct answer in this context.

4. What does the term 'comfort' imply in nursing practice?

- A. A temporary relief from symptoms
- B. An overall state of well-being
- C. Physical and emotional support**
- D. A measure of health improvement

In nursing practice, the term 'comfort' encompasses a vital aspect of patient care that goes beyond just physical sensations. It implies providing both physical and emotional support to patients throughout their healthcare journey. This means addressing not only a patient's physical needs, such as pain management and symptom relief, but also their emotional and psychosocial needs, helping to alleviate anxiety, fear, and distress. By ensuring patients feel supported on multiple levels, nurses can promote a sense of security and peace, enhancing the overall patient experience. This holistic approach is essential in nursing, as it recognizes that comfort is not merely a momentary respite but a sustained feeling that contributes to a patient's well-being. While other options may relate to specific aspects of comfort, such as temporary relief or measures of health improvement, they do not encapsulate the comprehensive nature of comfort as it involves both physical and emotional dimensions, making it a fundamental goal in nursing care.

5. Which type of pain may include symptoms such as burning, pins and needles, or aching?

- A. Phantom pain
- B. Central pain
- C. Neuropathic pain**
- D. Somatic pain

Neuropathic pain is characterized by symptoms such as burning, pins and needles, or aching sensations. This type of pain arises from damage or dysfunction in the nervous system, which can occur due to conditions like diabetes, shingles, or injuries affecting the nerves. The abnormal processing of pain signals in the nervous system leads to these distinctive symptoms, making neuropathic pain particularly complex and often challenging to manage. In contrast, phantom pain typically occurs after an amputation and involves sensations in a body part that is no longer there, often described as sharp or throbbing. Central pain is related to damage in the central nervous system, such as from a stroke or multiple sclerosis, and may have different characteristics. Somatic pain is generally localized and might feel more like a dull ache or sharp pain, resulting from tissue damage or injury. Understanding these distinctions is critical for effective pain management and treatment strategies.

6. What factors influence medication absorption in the body?

- A. Type of medication and patient's age
- B. Route of administration, blood flow, and formulation**
- C. Patient's diet and exercise routine
- D. Time of day and frequency of administration

The selection of route of administration, blood flow, and formulation as influential factors in medication absorption is based on fundamental principles of pharmacology. Each of these factors plays a significant role in determining how well and how quickly a medication reaches systemic circulation. The route of administration is crucial because it directly affects how the medication is absorbed into the bloodstream. For example, intravenous (IV) administration allows for immediate absorption since the medication is delivered directly into the circulation, whereas oral medications must pass through the gastrointestinal tract, which can delay absorption. Blood flow also has a significant impact on absorption. Areas of the body with higher blood flow, such as muscles (while exercising) or well-vascularized organs, tend to facilitate more rapid absorption of medications. Conversely, areas with poor blood circulation can result in slower absorption rates. Formulation refers to how the medication is prepared—whether it is a tablet, capsule, liquid, or injectable form. Different formulations can influence the rate of dissolution and subsequently the rate at which the medication is absorbed. For instance, liquid formulations might be absorbed faster than solid tablets because they do not require dissolution in the gastrointestinal tract. These aspects highlight why B is the correct choice when considering the key factors that influence how medications are absorbed in the body.

7. What does the 'Q' in the PQRST method represent?

- A. Quality**
- B. Quote
- C. Quantity
- D. Question

In the PQRST method, which is a mnemonic used for assessing pain, the 'Q' stands for Quality. This aspect refers to the character of the pain experienced by a patient. It is important because it helps healthcare providers understand what kind of pain the patient is experiencing, which can range from sharp, dull, throbbing, or burning, among other descriptors. This qualitative information is essential for diagnosing the underlying cause of the pain and determining the most effective treatment strategy. In terms of the other options, while 'Quote', 'Quantity', and 'Question' are relevant in different contexts, they do not specifically address the qualitative assessment of pain in the PQRST method. Quality is crucial for tailoring patient care and ensuring that interventions align with the patient's specific experiences with pain.

8. What term describes a state of complete physical, mental, and social well-being?

- A. Health**
- B. Illness
- C. Fitness
- D. Wellness

The term that describes a state of complete physical, mental, and social well-being is health. The World Health Organization (WHO) defines health this way, emphasizing that it is not merely the absence of disease or infirmity but rather a holistic state of well-being. This definition highlights the importance of various dimensions of well-being, including not only physical health but also emotional stability and social connections that contribute to overall quality of life. While fitness and wellness are related concepts, they do not encompass the entire breadth of health. Fitness typically refers to an individual's physical capabilities, especially in terms of exercise and physical activity, while wellness often focuses on lifestyle choices and practices that contribute to a healthy lifestyle. Illness, on the other hand, denotes a state of unhealthy functioning or disease. Understanding health in this comprehensive manner aids in promoting overall well-being and the pursuit of optimal life quality.

9. What is the purpose of patient education in nursing?

- A. To inform patients about hospital policies
- B. To empower patients to make informed health decisions and manage their care**
- C. To promote nurse-led initiatives
- D. To limit patients' choices in their treatment

Patient education in nursing serves a crucial function in empowering individuals to take active roles in their health and wellness. This approach focuses on equipping patients with the knowledge and skills necessary to understand their health conditions, make informed decisions, and manage their care effectively. By providing comprehensive education, nurses help to ensure that patients understand their treatment options, the reasoning behind prescribed medications or therapies, and the importance of lifestyle choices that impact health outcomes. Empowering patients through education fosters greater involvement in their care, enhances compliance with treatment plans, and encourages patients to ask questions or seek clarification about their health status. This empowerment can lead to better health outcomes, as informed patients are more likely to adhere to medical instructions, recognize symptoms that warrant attention, and engage in preventive health measures. In contrast, educating patients about hospital policies does not directly enhance their ability to manage health effectively. Promoting nurse-led initiatives may contribute to institutional goals, but it does not prioritize the individual patient's understanding or involvement in their care. Limiting patients' choices runs counter to the principles of patient-centered care, which aim to respect and support the autonomy and preferences of individuals in health decision-making. Thus, the core purpose of patient education is to empower patients, which is encapsulated in the correct answer

10. What is the goal of holistic nursing care?

- A. To treat only physical symptoms
- B. To focus on the emotional aspects of care exclusively
- C. To address the physical, emotional, social, and spiritual needs of patients
- D. To minimize patient interactions

The goal of holistic nursing care is to address the physical, emotional, social, and spiritual needs of patients. This comprehensive approach recognizes that individuals are not defined solely by their medical conditions but are multifaceted beings with diverse needs and experiences. By taking into account various aspects of a patient's life, holistic nursing ensures that care is patient-centered and tailored to the unique circumstances of each individual. This philosophy also acknowledges that wellness is influenced by a multitude of factors beyond just physical health, such as emotional well-being, social connections, and spiritual beliefs. Therefore, holistic nursing promotes a balance among these elements, aiming to enhance overall quality of life, improve health outcomes, and foster healing in a more complete sense. This contrasts sharply with focusing only on physical symptoms or emotional aspects in isolation, as understanding a patient's needs holistically leads to more effective and compassionate care strategies. It also emphasizes the importance of meaningful interactions with patients rather than minimizing contact, which could hamper the development of a therapeutic relationship necessary for comprehensive care.

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://coreconcepts nursingcare1.examzify.com>

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

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