

CORE CONCEPTS OF NURSING CARE EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



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. What term describes pain that suddenly begins and is temporary and localized?**
 - A. Chronic pain
 - B. Acute pain
 - C. Neuropathic pain
 - D. Phantom pain
- 2. What color wristband indicates a patient is at risk for falls?**
 - A. White
 - B. Yellow
 - C. Pink
 - D. Purple
- 3. Which method primarily involves using non-drug therapies to manage pain?**
 - A. Pharmacologic treatment
 - B. Physical therapy
 - C. Nonpharmacologic interventions
 - D. Surgical options
- 4. What type of assessment includes AIDET, building trust, and a thorough health history?**
 - A. Holistic assessment
 - B. Physical assessment
 - C. Nutritional assessment
 - D. Psychological assessment
- 5. What type of event is described as overwhelming services or interrupting the normal flow of operations?**
 - A. Infection
 - B. Accident
 - C. Disaster
 - D. Emergency

- 6. What is a critical component of effective communication in nursing?**
- A. Active listening
 - B. Providing instruction without feedback
 - C. Relying on written communication only
 - D. Using medical jargon to demonstrate knowledge
- 7. Which of the following is a key component of effective patient identification?**
- A. Using wristbands only
 - B. Relying on staff recognition
 - C. Confirming identity through two identifiers
 - D. Checking medical records solely
- 8. In the context of nursing care, what does 'advocacy' mean?**
- A. Providing medical interventions
 - B. Supporting and promoting the interests of the patient
 - C. Documenting patient concerns
 - D. Assessing patient symptoms
- 9. What type of care is primarily delivered in physicians' offices and community health centers?**
- A. Secondary care
 - B. Tertiary care
 - C. Managed care
 - D. Primary care
- 10. Which approach is recommended for effective patient communication?**
- A. Use medical jargon to ensure understanding
 - B. Speak loudly to emphasize points
 - C. Maintain eye contact and an open demeanor
 - D. Limit the conversation to yes or no questions

Answers

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

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Explanations

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1. What term describes pain that suddenly begins and is temporary and localized?

- A. Chronic pain
- B. Acute pain**
- C. Neuropathic pain
- D. Phantom pain

Acute pain is characterized by its sudden onset and typically short duration, making it distinct from other types of pain. This type of pain usually serves a protective function, alerting an individual to injury or illness and prompting immediate attention. Commonly localized, acute pain can arise from events such as a surgical procedure, an injury like a sprain, or an infection. Its purpose often involves signaling the body to recover from a specific condition, and it generally resolves once the underlying cause is addressed. Chronic pain, in contrast, is ongoing and persists beyond the typical recovery period, often lasting for months or even years. Neuropathic pain arises from damage to the nervous system and can be more diffuse and less predictable. Phantom pain occurs in individuals who have lost a limb and experience sensations in the area where the limb once was, often described as painful despite the absence of physical injury. Understanding these distinctions helps in effectively diagnosing and treating different types of pain in clinical practice.

2. What color wristband indicates a patient is at risk for falls?

- A. White
- B. Yellow**
- C. Pink
- D. Purple

The yellow wristband is used to signal that a patient is at risk for falls. This color-coding system is implemented in many healthcare facilities to quickly communicate important patient safety information. A yellow wristband serves as a visual cue for all members of the healthcare team, including nurses, physicians, and support staff, prompting them to take extra precautions in caring for the patient. This may include implementing measures such as providing bedside assistance, ensuring that the patient's environment is free of hazards, and educating the patient on safety practices. In contrast, the other colors serve different purposes. For instance, white typically indicates a standard patient status with no special alerts, pink may represent a patient who has an allergy, and purple is often used for DNR (Do Not Resuscitate) orders. Understanding the significance of these wristband colors enhances safety protocols and facilitates effective communication among healthcare providers.

3. Which method primarily involves using non-drug therapies to manage pain?

- A. Pharmacologic treatment
- B. Physical therapy
- C. Nonpharmacologic interventions**
- D. Surgical options

The focus on non-drug therapies to manage pain aligns perfectly with nonpharmacologic interventions. This approach encompasses a wide range of techniques designed to alleviate pain without the use of medications. These can include therapies such as cognitive-behavioral therapy, relaxation techniques, acupuncture, massage, and physical therapy methods that emphasize movements and exercises to improve function and reduce discomfort. Nonpharmacologic interventions prioritize holistic care by addressing the psychological, emotional, and physical aspects of pain, which can be especially beneficial for patients who may wish to minimize their reliance on medications due to concerns about side effects or potential dependency. This is particularly relevant in pain management, where a multifaceted approach often yields the best results by directly targeting the different dimensions of pain experience. In contrast, pharmacologic treatment refers to using medications to relieve pain, which would not fit the criteria of primarily utilizing non-drug therapies. Surgical options involve invasive procedures to eliminate the source of pain. While physical therapy is a component of managing pain through physical means, it does not encompass the wider range of techniques available under nonpharmacologic interventions, making it less comprehensive for this question's context.

4. What type of assessment includes AIDET, building trust, and a thorough health history?

- A. Holistic assessment**
- B. Physical assessment
- C. Nutritional assessment
- D. Psychological assessment

A holistic assessment encompasses AIDET (Acknowledge, Introduce, Duration, Explanation, Thank You), building trust with the patient, and gathering a thorough health history. This approach goes beyond merely assessing physical symptoms and focuses on the whole person, considering emotional, social, and spiritual factors in addition to physical health. AIDET is particularly important in establishing rapport and trust, which are essential components of a patient-centered care approach. In contrast, a physical assessment primarily involves the examination of the body to identify signs of disease, a nutritional assessment focuses on dietary habits and nutritional status, and a psychological assessment centers on mental health and emotional well-being. While these assessments may contribute to a comprehensive understanding of a patient's health, they do not necessarily encompass the broader, integrative approach of a holistic assessment.

5. What type of event is described as overwhelming services or interrupting the normal flow of operations?

- A. Infection
- B. Accident
- C. Disaster**
- D. Emergency

The term that best fits the description of overwhelming services or interrupting the normal flow of operations is indeed a disaster. Disasters are large-scale events that result in significant disruption to communities or systems, often leading to extensive damage and requiring an organized response to restore normalcy. They can include natural events like hurricanes or floods, or man-made events such as industrial accidents or terrorist attacks. Disasters typically exceed the immediate capabilities of local resources, necessitating aid from external organizations and government bodies to manage the aftermath and recovery. This distinguishes them from emergencies, which may also disrupt operations but do not usually overwhelm the capabilities of a single organization or community. While accidents can lead to emergencies, they generally do not have the broad impact characteristic of a disaster. Infections can disrupt healthcare environments but do not fit the broader definition of an event that overwhelms services on a large scale.

6. What is a critical component of effective communication in nursing?

- A. Active listening**
- B. Providing instruction without feedback
- C. Relying on written communication only
- D. Using medical jargon to demonstrate knowledge

Active listening is a critical component of effective communication in nursing because it ensures that healthcare professionals fully understand patients' needs, concerns, and preferences. This process involves not just hearing the words spoken by the patient, but also interpreting and responding to their non-verbal cues, emotions, and underlying messages. By practicing active listening, nurses can build a trustworthy relationship with their patients, promote better patient satisfaction, and improve overall health outcomes. Effective communication can lead to more accurate assessments, foster collaboration within the healthcare team, and empower patients to engage in their care. Other approaches, such as providing instruction without feedback, relying solely on written communication, or using medical jargon, can create barriers to understanding. These methods do not encourage two-way communication or patient engagement, diminishing the potential for effective interaction. Therefore, active listening stands out as a foundational skill that enhances the nurse-patient relationship and facilitates comprehensive care.

7. Which of the following is a key component of effective patient identification?

- A. Using wristbands only
- B. Relying on staff recognition
- C. Confirming identity through two identifiers**
- D. Checking medical records solely

Confirming identity through two identifiers is a critical component of effective patient identification because it significantly reduces the risk of errors in patient care. By employing two identifiers—such as the patient's name, date of birth, or medical record number—healthcare providers can verify that they are correctly identifying the patient before administering treatments, medications, or procedures. This practice adheres to established safety protocols and guidelines that emphasize accuracy in patient identification to enhance safety and minimize the potential for adverse events. Wristbands alone do not guarantee accurate identification, as they can be misread or misplaced. Relying solely on staff recognition can lead to errors due to changes in personnel or the potential for similar patient names within a healthcare facility. Checking medical records solely also poses risks, as discrepancies can occur between records and the actual patient at the bedside. Therefore, using two patient identifiers serves as a robust method to ensure accuracy in patient identification and improve overall patient safety in healthcare settings.

8. In the context of nursing care, what does 'advocacy' mean?

- A. Providing medical interventions
- B. Supporting and promoting the interests of the patient**
- C. Documenting patient concerns
- D. Assessing patient symptoms

Advocacy in nursing refers to the active support and promotion of the patient's interests, ensuring their needs and rights are respected within the healthcare system. This role includes empowering patients to make informed decisions about their care and acting on their behalf when necessary. Nurses advocate for patient safety, quality of care, and ethical treatment, highlighting the importance of the patient's perspective in their care plan. While providing medical interventions, documenting patient concerns, and assessing symptoms are integral aspects of nursing practice, they do not encompass the broader role of advocacy. Advocacy focuses on the nurse's responsibility to stand up for the patients' well-being, ensuring that their voices are heard and their preferences are taken into account in all healthcare decisions. This function is essential for fostering trust and collaboration between patients and healthcare providers.

9. What type of care is primarily delivered in physicians' offices and community health centers?

- A. Secondary care
- B. Tertiary care
- C. Managed care
- D. Primary care**

Primary care is the correct answer because it refers to the first point of contact in the healthcare system where individuals seek routine care, preventive services, and treatment for common illnesses. These services are typically delivered in settings such as physicians' offices and community health centers, which focus on health maintenance, wellness checks, and managing chronic conditions. Primary care is characterized by its emphasis on long-term relationships between patients and their healthcare providers, facilitating personalized care and support for overall health and wellbeing. In contrast, secondary care generally involves more specialized treatment that is often provided by specialists following a referral from a primary care provider. Tertiary care pertains to highly specialized services, usually delivered in specialized facilities or hospitals, often involving advanced procedures and technologies. Managed care refers to a healthcare delivery system designed to manage costs, utilization, and quality, typically involving a network of providers and specific protocols for patient care, but it is not a type of care itself. Thus, primary care remains the foundational level of healthcare delivered in community settings.

10. Which approach is recommended for effective patient communication?

- A. Use medical jargon to ensure understanding
- B. Speak loudly to emphasize points
- C. Maintain eye contact and an open demeanor**
- D. Limit the conversation to yes or no questions

Maintaining eye contact and an open demeanor is essential for effective patient communication because it fosters a trusting relationship between the nurse and the patient. Eye contact signifies attentiveness and respect, encouraging patients to engage fully in the conversation, share their concerns, and ask questions. An open demeanor, including a relaxed posture and welcoming facial expressions, helps patients feel more comfortable and willing to communicate openly about their symptoms, fears, and preferences. This approach also facilitates a supportive environment where patients feel valued and understood, which can lead to better patient outcomes, as they are more likely to be forthcoming about their health and treatment preferences. Active listening, which often accompanies these non-verbal cues, allows nurses to respond appropriately to the patient's needs and make them feel that their opinions matter in the care process. The focus on cultivating rapport and understanding through body language and attentiveness is crucial in nursing, where effective communication significantly impacts patient satisfaction and adherence to treatment plans.

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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