

# Core Nursing Competencies Exam 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

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- 1. A nurse is planning diversionary activities for preschoolers on an inpatient pediatric unit. Which option is NOT appropriate?**
  - A. Assembling puzzles**
  - B. Pulling wheeled toys**
  - C. Using musical toys**
  - D. Playing with puppets**
  
- 2. Which ethical principle is described as a commitment to keep promises and be faithful to patients?**
  - A. Fidelity**
  - B. Autonomy**
  - C. Justice**
  - D. Nonmaleficence**
  
- 3. Which situation should the newly licensed nurses identify as an ethical dilemma?**
  - A. A nurse on a medical-surgical unit demonstrates signs of chemical impairment**
  - B. A nurse overhears another nurse telling an older adult client that if he doesn't stay in bed, she will have to apply restraints**
  - C. A family has conflicting feelings about the initiation of enteral tube feedings for their father, who is terminally ill**
  - D. A client who is terminally ill hesitates to name their partner on their durable power of attorney form**
  
- 4. What is a practical step when a parent reports fussiness after starting new foods for a 7-month-old?**
  - A. Encourage bananas to prevent loose stools**
  - B. Advise to resume regular foods without changes**
  - C. Suggest documenting the foods eaten and asking about reactions**
  - D. Recommend delaying all new foods for two more weeks**

- 5. Which finding is expected for a healthy 2-week-old newborn?**
- A. Posterior fontanel closed**
  - B. Pincer grasp present**
  - C. Hands remain in a closed position**
  - D. Sleeps 14 to 16 hr each day**
- 6. Who is ultimately accountable for patient outcomes when a nurse delegates tasks to others?**
- A. The bedside nurse**
  - B. The charge nurse**
  - C. The RN**
  - D. The physician**
- 7. Mr. Davis reports more frequent indigestion; the nurse asks about relation to meals or position and relief; this is an example of which interview technique?**
- A. Direct question**
  - B. Problem solving**
  - C. Problem seeking**
  - D. Open-ended question**
- 8. Evaluation is described as which of the following?**
- A. An Integrated Ongoing Nursing Care Activity**
  - B. A Discrete, Initial Assessment**
  - C. A One-Time Event**
  - D. A Formal Audit Process**
- 9. A family member caring for a diabetic relative's feet should know which safety precaution is important to prevent infection?**
- A. Cut nails frequently**
  - B. Assess skin for redness, abrasions, and open areas daily**
  - C. Soak feet in water at least 10 minutes before nail care**
  - D. Apply lotion to feet daily**

**10. Interventions that require an order from a physician or other health care professionals are called what?**

- A. Dependent**
- B. Independent**
- C. Collaborative**
- D. Interdependent**

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## Answers

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

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## **Explanations**

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**1. A nurse is planning diversionary activities for preschoolers on an inpatient pediatric unit. Which option is NOT appropriate?**

- A. Assembling puzzles**
- B. Pulling wheeled toys**
- C. Using musical toys**
- D. Playing with puppets**

When planning activities for preschoolers in an inpatient setting, choose options that are safe, developmentally appropriate for their age, and doable within a hospital room. Activities like assembling puzzles support problem-solving, fine motor skills, and concentration without requiring much space or risky movement. Musical toys provide multisensory engagement, can be soothing, and help with mood and auditory processing. Puppets encourage imaginative play, language development, and social interaction, which are important for coping with hospitalization. Pulling wheeled toys, on the other hand, requires more mobility and coordination and can pose safety risks in a hospital environment. The child might move beyond safe boundaries, tug on IV lines or other equipment, or accidentally injure themselves or others if wandering or pulling objects around the room. It also increases supervision demands and can disrupt care. For these reasons, wheeled toys are not appropriate in this setting.

**2. Which ethical principle is described as a commitment to keep promises and be faithful to patients?**

- A. Fidelity**
- B. Autonomy**
- C. Justice**
- D. Nonmaleficence**

Fidelity is about trust and keeping promises in the patient relationship. When a nurse commits to a plan, follows through on care, and maintains confidentiality and loyalty, they are upholding fidelity. This principle underpins reliability, so patients can count on the nurse to act in their best interests and not abandon them, even when situations are challenging. By being faithful to agreements about care, explanations, and follow-up, the nurse builds a trusting therapeutic relationship that supports effective treatment. Autonomy focuses on respecting a patient's right to make their own decisions; justice deals with fairness and resource distribution; nonmaleficence is about avoiding harm. Fidelity complements these by ensuring the nurse's actions align with promises and commitments made to patients.

- 3. Which situation should the newly licensed nurses identify as an ethical dilemma?**
- A. A nurse on a medical-surgical unit demonstrates signs of chemical impairment**
  - B. A nurse overhears another nurse telling an older adult client that if he doesn't stay in bed, she will have to apply restraints**
  - C. A family has conflicting feelings about the initiation of enteral tube feedings for their father, who is terminally ill**
  - D. A client who is terminally ill hesitates to name their partner on their durable power of attorney form**

End-of-life decision making often presents ethical dilemmas when family members disagree about what care aligns with the patient's values and wishes. In this scenario, the family's conflicting feelings about starting enteral tube feeding for their terminally ill father require the nurse to navigate differing goals of care, quality of life concerns, and the patient's previously expressed preferences or surrogate decisions. This sits at the heart of an ethical dilemma because it involves balancing beneficence (doing what might prolong life or improve nutrition) with nonmaleficence (avoiding burdens or harms that may not align with the patient's wishes) and honoring autonomy when the patient's own preferences may be unclear or superseded by family beliefs. The nurse's role is to foster open communication, clarify goals, assess any advance directives, and involve appropriate support (such as ethics consultation or palliative care) to align care with what the patient would want. The other scenarios reflect safety, abuse, or straightforward autonomy issues rather than a conflict about the patient's goals of care among family members.

- 4. What is a practical step when a parent reports fussiness after starting new foods for a 7-month-old?**
- A. Encourage bananas to prevent loose stools**
  - B. Advise to resume regular foods without changes**
  - C. Suggest documenting the foods eaten and asking about reactions**
  - D. Recommend delaying all new foods for two more weeks**

When a parent reports fussiness after starting new foods for a 7-month-old, the most helpful step is to have them document the foods eaten and note any reactions. A simple food diary helps identify if a specific new item is linked to the discomfort or if the fussiness is due to other factors like hunger, gas, or sleep. Parents should record what was given, the timing and amount, and any symptoms such as changes in stool, rashes, vomiting, swelling, or irritability, along with how soon after eating the symptom occurs. This information makes it easier to spot patterns and to decide what to reintroduce or avoid, and it guides the clinician in assessing possible allergies or intolerances. If reactions are severe or involve breathing issues, swelling, or widespread hives, seek urgent care. The other options don't address identifying a potential trigger or tracking symptoms, and delaying all new foods isn't typically necessary or beneficial for a 7-month-old.

**5. Which finding is expected for a healthy 2-week-old newborn?**

- A. Posterior fontanel closed**
- B. Pincer grasp present**
- C. Hands remain in a closed position**
- D. Sleeps 14 to 16 hr each day**

Healthy newborns in the first weeks sleep a lot, and by two weeks they typically average about 14 to 16 hours of sleep in a 24-hour period. This abundant sleep fits their rapid growth and high energy needs, with wakeful periods mainly for feeding and interaction. The other options reflect milestones that aren't expected yet: the posterior fontanel remains open for several weeks to months, not closed at this age; the pincer grasp appears much later, around 9 to 12 months; and while newborns often keep their hands flexed, the most consistent, expected finding to highlight at this age is the extended sleep pattern.

**6. Who is ultimately accountable for patient outcomes when a nurse delegates tasks to others?**

- A. The bedside nurse**
- B. The charge nurse**
- C. The RN**
- D. The physician**

When tasks are delegated, the nurse who delegates remains ultimately accountable for patient outcomes. The RN is responsible for the plan of care, ensuring that delegated tasks are appropriate for the delegatee's scope of practice, that the staff are competent, and that clear instructions, supervision, and evaluation are in place. If a patient isn't progressing as expected or a safety issue arises, the accountability traces back to the RN who made the delegation and oversees the care, not to the person who performed the task. The bedside nurse may carry out delegated work, but the overall responsibility for the patient's outcome rests with the RN. The charge nurse has a supervisory role over unit functions, not individual patient outcomes, and the physician is responsible for medical orders and treatment, while nursing accountability centers on the nurse coordinating and supervising the nursing care.

**7. Mr. Davis reports more frequent indigestion; the nurse asks about relation to meals or position and relief; this is an example of which interview technique?**

- A. Direct question**
- B. Problem solving**
- C. Problem seeking**
- D. Open-ended question**

This scenario illustrates problem seeking. By asking about how the indigestion relates to meals, body position, and relief, the nurse is probing to uncover patterns and triggers that define the patient's problem. This focused questioning helps reveal when symptoms occur, what seems to worsen or relieve them, and how the problem behaves over time. That information is crucial for shaping the diagnostic picture and next steps in assessment. It isn't just a broad open-ended prompt or a simple yes/no query, and it isn't aimed at guiding the patient to a solution. Instead, it tunes in on the data that define the problem itself by exploring relationships and causative factors.

**8. Evaluation is described as which of the following?**

- A. An Integrated Ongoing Nursing Care Activity**
- B. A Discrete, Initial Assessment**
- C. A One-Time Event**
- D. A Formal Audit Process**

Evaluation is an integrated ongoing nursing care activity because it continually monitors how the patient responds to interventions and whether goals are being met as care unfolds. It uses current and past data to compare actual outcomes with expected ones, guiding adjustments to the plan as needed. This keeps the plan aligned with the patient's changing needs and ensures care remains effective. This differs from an initial assessment, which sets baselines at the start, and from a one-time event, which would occur only once. It's also not a formal audit, which focuses on reviewing processes for quality improvement rather than guiding ongoing bedside care.

**9. A family member caring for a diabetic relative's feet should know which safety precaution is important to prevent infection?**

**A. Cut nails frequently**

**B. Assess skin for redness, abrasions, and open areas daily**

**C. Soak feet in water at least 10 minutes before nail care**

**D. Apply lotion to feet daily**

Daily inspection of the feet is the most important step because diabetes can blunt sensation and slow healing, so injuries or skin breakdown may develop without obvious pain. By checking the skin every day for redness, abrasions, or open areas, you can catch problems early, clean and dress small injuries promptly, and seek medical care before an infection-ulcer-complication cycle starts. This proactive check helps prevent infections that can escalate into serious issues. To do this effectively, have a routine: look at every part of the feet, including the bottoms and between the toes, using a mirror or asking for help if needed. Notice any redness that persists, new cuts, blisters, cracks, or warm or swollen areas. If you find a small, clean wound, keep the area dry, clean, and protected, and monitor for signs of infection (increasing redness, warmth, swelling, pus, or fever) and contact a clinician if it worsens. Other practices, like cutting nails carefully and keeping feet clean and moisturized, are important but don't replace the need for daily skin checks. Soaking feet before nail care can soften skin but increases infection risk, and doing this routinely is not advised for someone with diabetes.

**10. Interventions that require an order from a physician or other health care professionals are called what?**

**A. Dependent**

**B. Independent**

**C. Collaborative**

**D. Interdependent**

Interventions that require an order from a physician or other health care professional are categorized as dependent interventions. The nurse follows the prescribed plan and cannot initiate the action without authorization, ensuring safety, accountability, and alignment with the diagnosis and treatment goals. For example, administering a med or starting a therapy as ordered by a clinician must wait for the formal order. Independent interventions, by contrast, are actions a nurse can perform without a physician's order, such as patient education or basic comfort measures. Collaborative or interdependent care involves coordinating with other health professionals, but the key distinction here is that dependent actions require an official order to proceed.

## 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://corenursingcomp1.examzify.com>**

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

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