

Durham College Consolidation Practice Exam (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. Which factor is a larger contributor to the increased need for and use of home care?**
 - A. Increased number of nurses in hospitals**
 - B. Public awareness campaigns**
 - C. Government funding for home care has increased greatly**
 - D. Improved outpatient clinic efficiency**

- 2. Which statement best describes the passive immunity provided to infants through breastfeeding?**
 - A. Breastfeeding provides complete immunity to all infections.**
 - B. Breast milk contains live pathogens that boost immunity.**
 - C. Breastfeeding eliminates the need for vaccines.**
 - D. Breastfeeding provides passive immunity against some viral and bacterial infections.**

- 3. Mrs. gengie, age 92, has bilateral below-the-knee amputation due to peripheral vascular disease and diabetes. Which action should the nurse perform during the initial post-op period?**
 - A. Assess stump bandage for bleeding and drainage**
 - B. Change stump dressing hourly**
 - C. Initiate ambulation with crutches immediately**
 - D. Administer pain meds on a fixed schedule**

- 4. Which statement indicates the patient understands the signs of postpartum hemorrhage?**
 - A. My discharge wound changed from pink or white to red**
 - B. My discharge wound remained pink or white**
 - C. I should stop bleeding with a tampon**
 - D. I will rest and avoid movement**

- 5. Which finding is most consistent with cor pulmonale?**
 - A. Cyanosis only**
 - B. Increased jugular venous pressure**
 - C. Bilateral flank tenderness**
 - D. Decreased breath sounds**

- 6. An ileal conduit diverts urine to a reservoir formed from which part of the intestine?**
- A. Duodenum**
 - B. Jejunum**
 - C. Terminal ileum**
 - D. Sigmoid colon**
- 7. After kidney removal, which practice best supports fluid balance monitoring?**
- A. Monitor fluid balance by measuring urine output and body weight**
 - B. Check daily vitamin levels**
 - C. Monitor only blood pressure**
 - D. Assess appetite every shift**
- 8. If a nurse enters a late entry, is this correct and what should be included?**
- A. No. Do not chart late entries.**
 - B. Yes. Late Entry with the time of entry and the time of the event.**
 - C. Yes. Late Entry with the date only.**
 - D. No. Just add a note without times.**
- 9. When is puberty education introduced to girls by a community nurse?**
- A. 6**
 - B. 10**
 - C. 12**
 - D. 8**
- 10. An elderly client says, 'I have nothing to live for.' Which response demonstrates therapeutic communication?**
- A. You should just adjust to your circumstances.**
 - B. Let's talk about something else.**
 - C. I understand you're feeling down; would you like to talk?**
 - D. I see you're having a rough day, let's talk about it.**

Answers

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

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Explanations

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1. Which factor is a larger contributor to the increased need for and use of home care?

- A. Increased number of nurses in hospitals**
- B. Public awareness campaigns**
- C. Government funding for home care has increased greatly**
- D. Improved outpatient clinic efficiency**

The main idea here is that policy-directed funding directly expands what can be done at home. When government funding for home care increases greatly, programs have more money to hire and train caregivers, purchase equipment, and subsidize services. That means more people can access home care, and services can be offered to a wider range of patients who otherwise might rely on hospitals or long-term facilities. In short, the funding boost expands both the capacity and the affordability of home care, driving a larger increase in use. Other options don't have the same direct effect. More nurses in hospitals strengthens hospital care, not home-based services. Public awareness can raise demand, but without funding to supply services, it won't translate into substantial growth in actual use. Improving outpatient clinic efficiency can change care pathways, but doesn't inherently increase home-care availability or utilization as a primary driver.

2. Which statement best describes the passive immunity provided to infants through breastfeeding?

- A. Breastfeeding provides complete immunity to all infections.**
- B. Breast milk contains live pathogens that boost immunity.**
- C. Breastfeeding eliminates the need for vaccines.**
- D. Breastfeeding provides passive immunity against some viral and bacterial infections.**

Breastfeeding transfers maternal antibodies to the infant, providing passive immunity. The main protective component is secretory IgA in breast milk, which coats the infant's gut and other mucosal surfaces, helping neutralize certain viruses and bacteria. This protection is temporary and supports the infant while their own immune system matures. It does not give complete protection against all infections, and it does not replace vaccines, which are needed to develop the infant's active, long-lasting immunity. It also does not involve live pathogens. So breastfeeding provides passive immunity against some viral and bacterial infections.

3. Mrs. gengie, age 92, has bilateral below-the-knee amputation due to peripheral vascular disease and diabetes. Which action should the nurse perform during the initial post-op period?

- A. Assess stump bandage for bleeding and drainage**
- B. Change stump dressing hourly**
- C. Initiate ambulation with crutches immediately**
- D. Administer pain meds on a fixed schedule**

After amputation, the priority is to protect the surgical site and start correct limb shaping while watching for complications. Assessing the stump bandage for bleeding and drainage is essential because fresh bleeding or unexpected drainage can signal postoperative hemorrhage or wound problems, and the amount and type of drainage help indicate how healing is progressing. The dressing also helps control edema and gradually shape the residual limb for eventual prosthesis fitting, so checking it closely supports both safety and rehabilitation. Other actions either don't address the immediate risk or aren't appropriate yet: changing the stump dressing too often can disturb healing; starting ambulation with crutches right away isn't safe in the immediate postoperative period; and while pain management is important, it doesn't take precedence over monitoring the dressing for signs of bleeding or drainage.

4. Which statement indicates the patient understands the signs of postpartum hemorrhage?

- A. My discharge wound changed from pink or white to red**
- B. My discharge wound remained pink or white**
- C. I should stop bleeding with a tampon**
- D. I will rest and avoid movement**

Recognizing signs of postpartum hemorrhage means noticing when bleeding changes from normal healing to something heavier that needs attention. The statement about the discharge wound changing from pink or white to red shows the patient identifies a shift to bright red bleeding, which indicates active or renewed bleeding rather than healing. That understanding is key because red, heavier bleeding is a warning sign to seek medical care promptly. In contrast, if the discharge stayed pink or white, it would suggest normal healing. Trying to stop bleeding with a tampon is not an appropriate or safe method after delivery, and resting and avoiding movement alone doesn't address a potential bleed or signal when to get help.

5. Which finding is most consistent with cor pulmonale?

- A. Cyanosis only
- B. Increased jugular venous pressure**
- C. Bilateral flank tenderness
- D. Decreased breath sounds

Cor pulmonale occurs when chronic lung disease causes pulmonary hypertension that strains and ultimately fails the right side of the heart. The most consistent clinical sign of this right-sided heart failure is elevated jugular venous pressure, reflecting systemic venous congestion as the right ventricle can't effectively move blood into the pulmonary circulation. You may also see other signs like edema or liver enlargement, but the raised neck veins are the hallmark. Cyanosis can occur with long-standing hypoxemia, but it's less consistently present than the venous congestion sign. Bilateral flank tenderness and decreased breath sounds aren't typical indicators of cor pulmonale itself, since they point more to renal, abdominal, or primary lung issues rather than right-heart failure.

6. An ileal conduit diverts urine to a reservoir formed from which part of the intestine?

- A. Duodenum
- B. Jejunum
- C. Terminal ileum**
- D. Sigmoid colon

Diverting urine through an ileal conduit uses a segment of the small intestine to act as a channel and a storage reservoir. The segment chosen is from the ileum, typically the terminal portion, because it can be easily isolated with its blood supply and fashioned into a compliant, roomy space that adheres well to a stoma. Using the terminal ileum helps preserve the rest of the bowel and minimizes metabolic and digestive disturbances that can occur with other segments. Duodenum or jejunum would bring more secretions and potential electrolyte issues when exposed to urine, while the sigmoid colon is more associated with other types of urinary reservoirs. So, the reservoir is formed from the terminal ileum.

7. After kidney removal, which practice best supports fluid balance monitoring?

- A. Monitor fluid balance by measuring urine output and body weight**
- B. Check daily vitamin levels**
- C. Monitor only blood pressure**
- D. Assess appetite every shift**

After kidney removal, the remaining kidney must keep fluid and electrolyte balance, so the most useful monitoring is tracking how the body handles fluids in real time. Measuring urine output and daily body weight gives direct, timely insight into fluid status. Urine output reflects how well the kidney is producing urine and indicates perfusion and hydration; a drop can signal dehydration or reduced kidney function, while a rise can point to diuresis or fluid shifts. Daily weight changes show net fluid gain or loss, and when measured consistently at the same time with similar clothing, small shifts become meaningful trends. Together, they provide a practical, ongoing picture of fluid balance and guide fluid management effectively. Vitamins don't reveal hydration status, blood pressure alone can be influenced by many factors and may not track immediate fluid shifts, and appetite isn't a reliable proxy for fluid balance.

8. If a nurse enters a late entry, is this correct and what should be included?

- A. No. Do not chart late entries.**
- B. Yes. Late Entry with the time of entry and the time of the event.**
- C. Yes. Late Entry with the date only.**
- D. No. Just add a note without times.**

Recording both when events happen and when you document them is essential. If a late entry is needed, mark it as a late entry and include the time of the event and the time of the entry. This keeps the chart's timeline accurate, showing exactly when care occurred and when it was recorded, which is crucial for patient safety and legal accountability. It's also helpful to note the reason for the delay and sign the entry so the record clearly reflects who documented it and why. Entries that omit the event time or the entry time blur the sequence of events, and a note without times fails to provide the complete context for subsequent care decisions.

9. When is puberty education introduced to girls by a community nurse?

- A. 6
- B. 10**
- C. 12
- D. 8

Introducing puberty education to girls around ten years old targets a developmental window just before puberty typically begins, which helps them grasp changes, hygiene, and emotional adjustments before they occur. Puberty in girls usually starts between ages nine and twelve, with menstruation often beginning around twelve to thirteen. Offering information at ten gives enough lead time for understanding body changes, learning practical self-care, and having questions answered by a trusted health professional. Starting too early, like at six or eight, can mean the topic isn't yet relatable or memorable, while waiting until twelve risks addressing changes after they've begun and may miss the chance to prepare proactively. So, ten is the most appropriate age for a community nurse to introduce puberty education to girls.

10. An elderly client says, 'I have nothing to live for.' Which response demonstrates therapeutic communication?

- A. You should just adjust to your circumstances.
- B. Let's talk about something else.
- C. I understand you're feeling down; would you like to talk?
- D. I see you're having a rough day, let's talk about it.**

Therapeutic communication centers on acknowledging the person's distress and inviting them to share more in a nonjudgmental, collaborative way. The response, "I see you're having a rough day, let's talk about it," does this effectively: it names the observable mood without judging it, which validates the client's experience. It then offers a concrete invitation to discuss what's going on, keeping the control with the client and signaling support. This combination of empathy, nonjudgment, and an open invitation to talk helps build trust and safety, making it easier for the client to express thoughts and feelings. Telling someone to adjust to their circumstances dismisses their feelings. Directing to talk about something else avoids addressing the distress. While a statement like "I understand you're feeling down; would you like to talk?" is empathetic, the chosen option more clearly invites dialogue in a collaborative way, which strengthens therapeutic engagement.

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://durhamcollegeconsolidation.examzify.com>

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

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