

DURHAM COLLEGE CONSOLIDATION PRACTICE EXAM (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. A client is taking digoxin. Which lab value is most important to check regularly?**
 - A. Creatinine
 - B. Potassium
 - C. Calcium
 - D. Sodium
- 2. The client draws back when the nurse reaches over the side rails to take his blood pressure. What should the nurse do?**
 - A. Presume the patient does not want the measurement and stop
 - B. Apologize for straddling the client and explain the need for contact
 - C. Resume measurement regardless of patient reaction
 - D. Call for assistance before proceeding
- 3. After a knee replacement, what is the safest way to rise from bed using a walker?**
 - A. Stand from a sitting position on the bed, and push up on the bed.
 - B. Stand and push up on the walker.
 - C. Stand from the chair and push up on the walker.
 - D. Sit back down and call for assistance.
- 4. Mrs. SIA 83 years old has to be sent back to long term care facility after replacement of her left hip. On the day of discharge she complains of pain. On assessment the left leg was shorter and foot turned inward. What should the nurse do?**
 - A. Reassure patient and discharge
 - B. Apply traction
 - C. Encourage patient to walk
 - D. Call physician and request discharge to be cancelled
- 5. Which factor is NOT a suicide risk factor among the following?**
 - A. Regular exercise
 - B. Divorce
 - C. Alcoholism
 - D. Living alone

- 6. Wheezing is most commonly caused by what physiological change?**
- A. Infection
 - B. Fluid overload
 - C. Narrowing airway
 - D. Muscle weakness
- 7. The RPN working for a community agency has been asked to teach UCP how to suction the tracheostomy of a client. The nurse determines that the client is stable and has had a tracheostomy for many years. What is the nurse's next step?**
- A. Assist UCP ability to learn this procedure
 - B. Perform suctioning to demonstrate once
 - C. Decline to teach due to risk
 - D. Wait for formal competency before any training
- 8. 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.
- 9. Which approach has been shown to be an effective deterrent to suicide in Indigenous communities?**
- A. Teaching youth how to make traditional Indigenous art
 - B. Having a suicide prevention team flown into the community
 - C. Information nights about suicide
 - D. Having discussions with Indigenous youth about their suicidal thoughts
- 10. Which approach best supports autonomy for clients in home health care?**
- A. Encouraging self-care and independence
 - B. Clinician makes all decisions
 - C. Collaborative planning with patient and family
 - D. Relying on caregiver to implement plan

Answers

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

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Explanations

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1. A client is taking digoxin. Which lab value is most important to check regularly?

- A. Creatinine
- B. Potassium**
- C. Calcium
- D. Sodium

Potassium level is the most important lab to monitor regularly with digoxin because potassium and the digoxin-affected Na⁺/K⁺-ATPase pump directly interact. Digoxin increases intracellular calcium to boost heart contraction, but its effect depends on how much the pump is blocked, which in turn depends on potassium competing for the same site. When potassium is low, more digoxin can bind to the pump, increasing the risk of toxicity and dangerous heart rhythms. Keeping potassium in the normal range reduces the chance of digoxin toxicity while the drug does its job. While kidney function (creatinine) is also important for dosing and clearance, the electrolyte status—especially potassium—has the most immediate impact on safety.

2. The client draws back when the nurse reaches over the side rails to take his blood pressure. What should the nurse do?

- A. Presume the patient does not want the measurement and stop
- B. Apologize for straddling the client and explain the need for contact**
- C. Resume measurement regardless of patient reaction
- D. Call for assistance before proceeding

When a patient pulls away, the essential idea is to respect their autonomy while still obtaining necessary information. Your next move is to acknowledge the intrusion, apologize for crossing over the client, and briefly explain why contact is needed. Blood pressure measurement requires placing a cuff on the arm and inflating it, which involves physical contact; clarifying that the contact is for an accurate reading and patient safety helps the patient understand the purpose and may make them more willing to proceed. If they agree, proceed with the measurement; if they don't, pause and address concerns or discuss alternatives rather than pressing on. Reserve calling for assistance for situations where there's safety risk or aggression, not simply for a patient who pulls back.

3. After a knee replacement, what is the safest way to rise from bed using a walker?

- A. Stand from a sitting position on the bed, and push up on the bed.**
- B. Stand and push up on the walker.
- C. Stand from the chair and push up on the walker.
- D. Sit back down and call for assistance.

The safest way to rise from bed after knee replacement is to use your arms to push up from the bed so you can stand with a stable, upright position, then bring the walker into place for support. Starting from a seated position at the edge of the bed, press through your arms to lift your body up, using the bed edge as a strong lever. This helps protect the operated knee by minimizing how much bending and loading occurs during the initial rise and reduces the chance of losing balance. Once you're standing, you can reach for the walker and begin to ambulate with its support. Pushing up on the walker while you're still rising can be less stable because the walker may shift or slip before you're fully upright. Standing from a chair or other surface is not applicable when you're getting out of bed, and calling for assistance, while safe, doesn't address the immediate need to move to a standing position with proper support.

4. Mrs. SIA 83 years old has to be sent back to long term care facility after replacement of her left hip. On the day of discharge she complains of pain. On assessment the left leg was shorter and foot turned inward. What should the nurse do?

- A. Reassure patient and discharge
- B. Apply traction
- C. Encourage patient to walk
- D. Call physician and request discharge to be cancelled**

Recognize signs of a possible hip dislocation after a hip replacement and respond with urgent medical assessment. If a patient who just had a hip arthroplasty reports pain and the leg appears shorter with the foot rotated inward, this pattern strongly suggests dislocation of the prosthesis. That situation is an emergency: delaying evaluation can lead to nerve or blood vessel injury, avascular necrosis, and worse outcomes. The appropriate action is to involve the physician immediately to evaluate for dislocation, obtain imaging, and determine the need for reduction in an appropriate setting. Discharging the patient at this moment would be unsafe. While awaiting care, continue to minimize movement and follow orders for immobilization and neurovascular checks, but the central priority is arranging timely medical management and keeping the patient in a setting where reduction or further treatment can be performed.

5. Which factor is NOT a suicide risk factor among the following?

- A. Regular exercise**
- B. Divorce
- C. Alcoholism
- D. Living alone

Distinguishing protective factors from risk factors for suicide helps you see why regular exercise is not a risk factor. Regular exercise tends to improve mood, reduce depressive symptoms, relieve anxiety, improve sleep, and boost self-esteem and resilience. It often brings social interaction or a structured routine, both of which lower the likelihood of suicidal thoughts or behavior. The other factors are associated with higher risk: divorce can bring emotional pain, loss of social support, and financial stress that increase vulnerability; alcoholism adds biological and behavioral risks through mood instability, impulsivity, and access to means; living alone can lead to social isolation and fewer opportunities for support during crises. Because regular exercise supports mental and social well-being, it is not a suicide risk factor, unlike the others.

6. Wheezing is most commonly caused by what physiological change?

- A. Infection
- B. Fluid overload
- C. Narrowing airway**
- D. Muscle weakness

Wheezing arises mainly from narrowing of the airways. When the airways become constricted—whether from bronchoconstriction, inflammation, or excess mucus—the air must squeeze through a tighter passage. This creates turbulent flow that makes the airway walls vibrate, producing a high-pitched whistling sound, especially during exhalation. Infections can trigger wheeze by causing inflammation or increased secretions, but the audible wheeze itself comes from narrowed airways rather than the infection alone. Fluid overload tends to produce crackles from fluid in the lungs, not the musical wheeze. Muscle weakness affects the strength of breathing but does not create the narrowed-airway sound.

7. The RPN working for a community agency has been asked to teach UCP how to suction the tracheostomy of a client. The nurse determines that the client is stable and has had a tracheostomy for many years. What is the nurse's next step?

- A. Assist UCP ability to learn this procedure
- B. Perform suctioning to demonstrate once
- C. Decline to teach due to risk
- D. Wait for formal competency before any training

This item tests safe delegation and supervision in nursing practice. Because the client is stable and has had a tracheostomy for years, the nurse should help the UCP learn how to suction the tracheostomy under proper supervision. The next step is to provide structured teaching and oversight: assess the UCP's current knowledge, cover safety and infection-control basics, demonstrate the technique, and then have the UCP perform a return demonstration while the nurse observes and corrects as needed. Ensure the client remains monitored during training and that the UCP can recognize signs of distress and know when to stop and seek help. After the learner consistently shows safe practice, document formal competency. This approach expands the UCP's responsibilities while prioritizing patient safety, rather than performing the procedure oneself for demonstration, withholding training due to risk, or waiting for formal competency before any training.

8. 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.

9. Which approach has been shown to be an effective deterrent to suicide in Indigenous communities?

- A. Teaching youth how to make traditional Indigenous art**
- B. Having a suicide prevention team flown into the community
- C. Information nights about suicide
- D. Having discussions with Indigenous youth about their suicidal thoughts

Engaging youth in culturally grounded activities strengthens identity and social connectedness, which are powerful protective factors against suicide in Indigenous communities. Teaching youth how to make traditional Indigenous art provides a meaningful, ongoing way to express themselves, learn skills, and connect with elders and peers, creating pride, self-worth, and a supportive community network. This approach is sustainability-focused and locally driven, which helps sustain protective effects over time. External suicide prevention teams may address immediate concerns but often lack cultural relevance and long-term local capacity. Information nights raise awareness but don't always translate into lasting support or meaningful engagement. Discussions about suicidal thoughts are important, but they work best when embedded in culturally resonant activities and accessible follow-up resources.

10. Which approach best supports autonomy for clients in home health care?

- A. Encouraging self-care and independence
- B. Clinician makes all decisions
- C. Collaborative planning with patient and family**
- D. Relying on caregiver to implement plan

Autonomy in home health care is best supported when care is planned collaboratively with the patient and their family. This approach respects the patient's right to shape their own care by incorporating their goals, values, and preferences into the plan. When everyone contributes—patient, family, and care team—the resulting plan is more aligned with what the patient wants and can realistically follow, which boosts engagement and adherence. Encouraging self-care and independence is important, but autonomy grows strongest when the patient actively participates in decisions about what and how care will be provided, not just in performing tasks. If the clinician makes all decisions, the patient loses influence over their own care. Similarly, if a caregiver implements the plan without the patient's input, the patient's preferences and goals aren't being honored. Collaborative planning brings these elements together, supporting true autonomy.

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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