

Evidence-Based Practice (EBP) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. In which stage of the literature review process does a nurse evaluate the consistency of evidence across studies?**
 - A. Identifying relevant literature**
 - B. Evaluate and analyze the studies**
 - C. Formulating a research question**
 - D. Gathering articles for review**

- 2. Which models are related to evidence-based practice in large organizations? (Select all that apply)**
 - A. Stetler Model**
 - B. Iowa Model**
 - C. A-GAME Model**
 - D. None of the above**

- 3. Which role specifically describes the nurse who develops policies and procedures for a health care agency after analyzing the available research?**
 - A. Conducting clinical trials**
 - B. Critique relevant research studies**
 - C. Educating patients and families**
 - D. Implementing health promotion activities**

- 4. What defines a well-formulated research question?**
 - A. It is broad and open-ended**
 - B. It aligns with methodological standards**
 - C. It is based solely on anecdotal evidence**
 - D. It can be answered with a simple yes or no**

- 5. What ethical principle requires that vulnerable populations receive special consideration in research?**
 - A. Justice**
 - B. Autonomy**
 - C. Beneficence**
 - D. Nonmaleficence**

- 6. Evidence-based practice (EBP) focuses on integrating which of the following components for clinical decisions?**
- A. Economic constraints**
 - B. Standardized protocols**
 - C. Evidenced-based theories and patient preferences**
 - D. Provider opinions and historical practices**
- 7. Which best describes randomized controlled trials (RCTs)?**
- A. They are observational in nature.**
 - B. They involve random assignment to treatment or control groups.**
 - C. They are based on expert consensus.**
 - D. They are retrospective studies.**
- 8. What component of PICOT do "hospitalized adults with diabetes" and "infants with feeding problems" belong to?**
- A. Comparison**
 - B. Time**
 - C. Population**
 - D. Outcome**
- 9. Which of the following is a challenge to evidence-based practice (EBP) in nursing?**
- A. Lack of organizational support for research**
 - B. Excessive funding for qualitative studies**
 - C. High turnover rates among nursing staff**
 - D. Overwhelming empirical data availability**
- 10. Which type of study design would provide the weakest evidence?**
- A. Randomized controlled trial**
 - B. Single qualitative study**
 - C. Case-control study**
 - D. Systematic review**

Answers

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

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Explanations

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1. In which stage of the literature review process does a nurse evaluate the consistency of evidence across studies?

- A. Identifying relevant literature**
- B. Evaluate and analyze the studies**
- C. Formulating a research question**
- D. Gathering articles for review**

Evaluating the consistency of evidence across studies is a critical aspect of the literature review process, specifically occurring in the stage where studies are evaluated and analyzed. During this phase, the nurse assesses the quality, findings, and relevance of the research articles identified in previous stages. This evaluation entails a careful examination of the methodologies used, the populations studied, and the outcomes reported, allowing the nurse to identify patterns, similarities, and discrepancies among the studies. By focusing on the consistency of evidence, the nurse can determine the strength of the overall findings and how they relate to clinical practice, thereby informing decision-making and potentially guiding future research directions. This stage is essential because it helps establish the validity and reliability of the existing literature, which is foundational for Evidence-Based Practice.

2. Which models are related to evidence-based practice in large organizations? (Select all that apply)

- A. Stetler Model**
- B. Iowa Model**
- C. A-GAME Model**
- D. None of the above**

In the context of evidence-based practice within large organizations, the Stetler Model and Iowa Model are both recognized frameworks that guide the integration of research into practice. The Stetler Model is designed to facilitate the systematic use of research findings in clinical settings. It emphasizes the importance of assessing the quality of evidence and the context in which it is applied. This model outlines five stages: preparation, validation, comparison, translation, and evaluation, which help practitioners implement evidence-based interventions effectively. The Iowa Model serves a similar purpose, focusing on the process of implementing changes in practice based on the best available evidence. It encourages organizations to define specific problems, gather relevant research, and consider organizational factors that may facilitate or hinder the adoption of evidence-based practices. The Iowa Model is particularly useful in large healthcare settings as it promotes collaboration among stakeholders and aims for widespread systemic changes. The A-GAME Model, while it may present valuable concepts, is not as widely recognized or established in the literature within the realm of evidence-based practice in large organizations compared to the Stetler and Iowa Models. Therefore, identifying the correct models associated with evidence-based practice in this context primarily highlights the Stetler and Iowa Models, affirming their utility and relevance in large organizational settings.

3. Which role specifically describes the nurse who develops policies and procedures for a health care agency after analyzing the available research?

- A. Conducting clinical trials**
- B. Critique relevant research studies**
- C. Educating patients and families**
- D. Implementing health promotion activities**

The role that specifically involves developing policies and procedures for a health care agency after analyzing the available research is accurately represented by critiquing relevant research studies. This process is integral to evidence-based practice, where nurses assess existing research to inform practice standards and guidelines. By critically evaluating and synthesizing research findings, nurses can establish policies that enhance patient care, improve outcomes, and streamline processes within the organization. In this role, the nurse not only reviews literature but also assesses the applicability and relevance of research within the context of the agency's operations and patient population. This ensures that the policies and procedures developed are rooted in sound evidence, thereby fostering an improved health care environment. Conducting clinical trials focuses primarily on research and experimentation rather than the application of research to policy-making. Educating patients and families is centered on disseminating knowledge to improve understanding and adherence to treatment plans, and implementing health promotion activities is focused on promoting health and wellness rather than policy development. Therefore, the critique of research studies stands out as the most pertinent role related to developing evidence-based policies and procedures.

4. What defines a well-formulated research question?

- A. It is broad and open-ended**
- B. It aligns with methodological standards**
- C. It is based solely on anecdotal evidence**
- D. It can be answered with a simple yes or no**

A well-formulated research question is critical in guiding a research study and ensuring that it follows a structured and methodologically sound approach. When a research question aligns with methodological standards, it often incorporates clarity, specificity, and relevance to the field of inquiry. A well-defined research question enables researchers to develop appropriate methodologies, select suitable research designs, and identify relevant data sources. This alignment with methodological standards ensures that the question is not only answerable but also significant and capable of contributing to the existing body of knowledge. Approaches that are too broad or open-ended can lead to vague research outcomes, while questions based solely on anecdotal evidence lack the rigor required for systematic investigation. Lastly, framing the question to elicit only a yes or no answer oversimplifies the complexity that often surrounds research inquiries, which can lead to insufficient exploration of the topic. Hence, a question that adheres to methodological standards is essential for a robust research process.

5. What ethical principle requires that vulnerable populations receive special consideration in research?

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

The ethical principle that requires special consideration for vulnerable populations in research is justice. This principle emphasizes fairness and equity in the distribution of research benefits and burdens. Vulnerable populations, such as children, the elderly, or individuals with cognitive impairments, may face obstacles that limit their ability to participate in research or protect their rights. Therefore, justice mandates that researchers ensure these groups have appropriate safeguards in place and that they do not bear disproportionate risks while still benefiting from research outcomes. In the context of justice, researchers are called upon to promote equitable access to research opportunities and ensure that those who may be less able to give informed consent are adequately protected. This principle places importance on the idea that everyone deserves fair treatment and that specific attention must be given to those who are at greater risk of exploitation or harm within the research process.

6. Evidence-based practice (EBP) focuses on integrating which of the following components for clinical decisions?

- A. Economic constraints**
- B. Standardized protocols**
- C. Evidenced-based theories and patient preferences**
- D. Provider opinions and historical practices**

Evidence-based practice (EBP) emphasizes the integration of the best available evidence, clinical expertise, and patient preferences to inform clinical decision-making. The correct choice highlights the importance of using scientifically sound evidence alongside an understanding of patients' unique preferences, values, and circumstances. This approach ensures that care is tailored to individual patients, leading to improved outcomes and higher levels of satisfaction. In EBP, the reliance on evidenced-based theories denotes utilizing research findings and clinical guidelines that have been rigorously tested to ascertain efficacy and effectiveness in patient care. By considering patient preferences, practitioners can ensure that treatment plans align with what patients desire and expect, making the care more relevant and acceptable. In contrast, other options focus on elements that do not prioritize patient-centered approaches or evidence. Economic constraints, while significant in healthcare, do not integrate the core aspects of EBP's commitment to patient care. Standardized protocols, although they can provide consistency in care, may not always reflect the unique needs of individual patients or the latest evidence. Similarly, relying primarily on provider opinions and historical practices can lead to outdated practices that do not necessarily reflect the most effective or updated interventions needed for patients. Thus, the multi-faceted approach of integrating evidence with individual preferences is the foundation of EBP

7. Which best describes randomized controlled trials (RCTs)?

- A. They are observational in nature.
- B. They involve random assignment to treatment or control groups.**
- C. They are based on expert consensus.
- D. They are retrospective studies.

Randomized controlled trials (RCTs) are characterized by the process of random assignment of participants to either treatment or control groups. This methodological feature is crucial as it helps eliminate bias and ensures that the groups are comparable at the start of the trial. By randomly assigning participants, researchers can more confidently attribute any differences in outcomes directly to the intervention or treatment being tested, rather than to pre-existing differences between the participants. This approach allows for a more rigorous evaluation of the effectiveness and safety of interventions, making RCTs one of the gold standards in clinical research. Their design strengthens the validity of the study findings, as randomization tends to balance both known and unknown confounding factors across the groups. Other options describe different types of study designs. Observational studies do not involve intervention or assignment and are focused on observing outcomes and exposures in natural settings. Expert consensus refers to guidelines or recommendations shaped by the opinions of specialists rather than empirical data, and retrospective studies analyze existing data instead of conducting new interventions, which is the opposite of what RCTs do.

8. What component of PICOT do "hospitalized adults with diabetes" and "infants with feeding problems" belong to?

- A. Comparison
- B. Time
- C. Population**
- D. Outcome

The correct answer is population. In the PICOT format, the "P" stands for population or patient group, which identifies the specific group of individuals that the research question addresses. In this case, "hospitalized adults with diabetes" and "infants with feeding problems" are specific groups of patients who are the focus of the intervention or observation. Identifying the population is essential for understanding the context of the research, as it sets the groundwork for determining the relevance of the findings to particular groups. This specificity allows healthcare professionals to tailor interventions to meet the unique needs of different populations, ensuring that care is both appropriate and effective. In contrast, comparison, time, and outcome refer to other aspects of the PICOT framework that specify the intervention being compared, the time frame for the study, and the expected outcomes of the intervention, respectively. These components are crucial for comprehensive research design but do not pertain to the identification of the specific population being studied.

9. Which of the following is a challenge to evidence-based practice (EBP) in nursing?

- A. Lack of organizational support for research**
- B. Excessive funding for qualitative studies**
- C. High turnover rates among nursing staff**
- D. Overwhelming empirical data availability**

Lack of organizational support for research is indeed a significant challenge to evidence-based practice (EBP) in nursing. When an organization does not prioritize or support research initiatives, it can hinder nurses' ability to access, implement, and integrate the latest evidence into their practice. This lack of support may manifest in insufficient resources, such as funding, time allowances for research engagement, or inadequate infrastructure to facilitate EBP initiatives. Without an environment that encourages and facilitates research utilization, nurses may struggle to keep up with advancements in care practices that are informed by the best available evidence. In contrast, the other options present challenges that, while relevant in various contexts, do not hinder the foundational principle of EBP as directly as the lack of organizational support. Excessive funding for qualitative studies may lead to a balance of research types but does not inherently challenge EBP. High turnover rates among nursing staff could affect continuity of care but do not fundamentally impede the application of evidence in practice. Overwhelming empirical data availability could complicate the decision-making process but again does not address the core issue of lacking support to utilize that data effectively. Thus, the absence of institutional backing is a primary barrier that significantly impacts the implementation of EBP in nursing settings.

10. Which type of study design would provide the weakest evidence?

- A. Randomized controlled trial**
- B. Single qualitative study**
- C. Case-control study**
- D. Systematic review**

Basing the assessment of evidence strength on study design, a single qualitative study generally provides more subjective data and personal insights rather than objective, quantifiable results. Qualitative studies are valuable for exploring complex phenomena and gaining deeper understanding into experiences, feelings, or issues faced by individuals or groups. However, they often lack generalizability and may have limited sample sizes, which can affect the overall credibility and strength of the evidence produced. In contrast, other study designs listed, such as randomized controlled trials, case-control studies, and systematic reviews, employ more rigorous methodologies aimed at reducing bias and enhancing reliability. Randomized controlled trials, for instance, are considered a gold standard as they help establish cause-and-effect relationships through random assignment and controlled conditions. Systematic reviews compile and synthesize information from multiple studies, providing a comprehensive overview of evidence on a particular topic. Case-control studies compare subjects with a condition to those without, allowing for the examination of potential risk factors, which is also a more structured approach compared to a singular qualitative study. Thus, while single qualitative studies contribute valuable insights, they typically offer the weakest form of evidence in the hierarchy of study designs owing to their limitations in terms of generalizability and potential for subjective interpretation.

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://evidencebasedebp.examzify.com>

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

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