

FITZGERALD NURSE PRACTITIONER (NP) EXIT 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. At what age should temper tantrums be recognized according to anticipatory guidance?**
 - A. 10-12 months
 - B. 14-16 months
 - C. 18-20 months
 - D. 3 years old
- 2. Which class of antihypertensive medications is most beneficial for patients with diabetes mellitus?**
 - A. Beta-blockers
 - B. Calcium channel blockers
 - C. ACE inhibitors
 - D. Diuretics
- 3. Under which condition can a nurse practitioner be reimbursed by a third-party payer?**
 - A. If the service is solely for a check-up
 - B. If they are not enrolled with the payer
 - C. If the service includes medical evaluation and decision-making
 - D. If the patient agrees to the service
- 4. To ensure that a patient treated for BPH is improving, which statement would indicate progress?**
 - A. I am not able to void easily
 - B. My stream has become almost normal
 - C. I have pain when I urinate
 - D. I have no symptoms at all
- 5. Which class of medication is most commonly associated with urinary retention in older men with Benign Prostatic Hyperplasia (BPH)?**
 - A. Beta-blockers
 - B. Anticholinergics
 - C. Diuretics
 - D. Alpha-blockers

- 6. At what age is a baby most likely to cry when being held down on an exam table?**
- A. 3-4 months
 - B. 5-6 months
 - C. 7-8 months
 - D. 9-10 months
- 7. What mental health disorder is characterized by early morning waking?**
- A. Anxiety disorder
 - B. Post-traumatic stress disorder
 - C. Depression
 - D. Bipolar disorder
- 8. What is one benefit of hormone replacement therapy (HRT)?**
- A. Increased frequency of symptoms
 - B. Decreased frequency and severity of symptoms
 - C. Improved mood without any side effects
 - D. Complete elimination of symptoms
- 9. Creatinine clearance usually approximates what other measurement?**
- A. Urine output
 - B. Blood urea nitrogen
 - C. GFR
 - D. Plasma creatinine
- 10. What symptom is NOT typically associated with otitis media?**
- A. Ear pain
 - B. Fever
 - C. Ringing in the ears
 - D. Clear nasal discharge

Answers

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

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Explanations

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1. At what age should temper tantrums be recognized according to anticipatory guidance?

- A. 10-12 months**
- B. 14-16 months
- C. 18-20 months
- D. 3 years old

The recognition of temper tantrums is an important aspect of developmental anticipatory guidance, especially in early childhood. Typically, temper tantrums begin to manifest as children start to assert themselves and express their emotions, which usually begins to occur around 10 to 12 months of age. At this stage, children are starting to experience frustration as they encounter limitations in their ability to communicate and perform tasks independently. By this age, it is important for caregivers and healthcare providers to understand and recognize these behaviors as a normal part of developmental growth rather than a sign of behavioral problems. This recognition helps in guiding parents to respond appropriately to tantrums, encouraging healthy emotional development and parenting strategies. Understanding this timeframe allows parents to prepare for and manage expectable emotional outbursts, contributing positively to the child's emotional regulation as they grow.

2. Which class of antihypertensive medications is most beneficial for patients with diabetes mellitus?

- A. Beta-blockers
- B. Calcium channel blockers
- C. ACE inhibitors**
- D. Diuretics

The most beneficial class of antihypertensive medications for patients with diabetes mellitus is ACE inhibitors. This is primarily due to their unique renal protective effects, which are particularly important for diabetic patients who are at an increased risk for kidney disease. ACE inhibitors help to lower blood pressure and also reduce the progression of diabetic nephropathy by decreasing the intraglomerular pressure, thus protecting kidney function. Additionally, ACE inhibitors have been shown to improve cardiovascular outcomes in individuals with diabetes, making them a preferred choice in this population. They not only help manage hypertension but also mitigate the risk factors associated with diabetes-related complications. This dual benefit of controlling blood pressure while providing renal protection is why ACE inhibitors are often recommended as first-line therapy in hypertensive patients with diabetes.

3. Under which condition can a nurse practitioner be reimbursed by a third-party payer?

- A. If the service is solely for a check-up
- B. If they are not enrolled with the payer
- C. If the service includes medical evaluation and decision-making**
- D. If the patient agrees to the service

Reimbursement from a third-party payer for a nurse practitioner's services typically hinges on the nature of the service provided. When the service includes a medical evaluation and decision-making, it demonstrates that the nurse practitioner is engaging in a comprehensive approach to patient care. This often includes assessing a patient's medical condition, developing a treatment plan, and making clinical decisions based on their evaluation. Such depth of service is recognized by insurance companies, as it aligns with the expectations for billable services. In contrast, a service that is solely for a check-up may not meet the necessary criteria for reimbursement if it lacks an involved evaluation and decision-making process. Additionally, if a nurse practitioner is not enrolled with the payer, they usually cannot submit claims for reimbursement. Lastly, patient agreement to the service does not inherently ensure that the service meets criteria set forth by third-party payers for reimbursement purposes. Thus, the most relevant element for ensuring reimbursement is the inclusion of medical evaluation and decision-making in the services provided.

4. To ensure that a patient treated for BPH is improving, which statement would indicate progress?

- A. I am not able to void easily
- B. My stream has become almost normal**
- C. I have pain when I urinate
- D. I have no symptoms at all

The statement indicating progress in a patient treated for Benign Prostatic Hyperplasia (BPH) is that the patient's stream has become almost normal. This shows improvement in urinary function, which is often the primary goal of treatment for BPH. In cases of BPH, patients typically experience symptoms such as difficulty initiating urination, a weak urine stream, and incomplete emptying of the bladder. Therefore, a near-normal urine stream suggests that the treatment is effectively addressing these obstructive symptoms and enhancing the patient's quality of life. The other options suggest ongoing symptoms or complications rather than improvement. For instance, having difficulty voiding indicates that the patient is still experiencing obstruction. Pain during urination can signify a complication, such as infection or irritation, which would require further evaluation and management. Reporting no symptoms at all may suggest a resolution of BPH but isn't as directly indicative of improvement in urinary flow as a near-normal stream after treatment. It is important to assess progress based on the specific symptoms BPH treatment aims to alleviate.

5. Which class of medication is most commonly associated with urinary retention in older men with Benign Prostatic Hyperplasia (BPH)?

- A. Beta-blockers
- B. Anticholinergics**
- C. Diuretics
- D. Alpha-blockers

Anticholinergics are known to cause urinary retention, particularly in older men with Benign Prostatic Hyperplasia (BPH). This is due to their mechanism of action, which blocks the action of acetylcholine, a neurotransmitter that promotes bladder contraction and facilitates urination. In men with BPH, the prostate enlarges, leading to obstruction of the urinary flow, so any medication that further decreases bladder tone or inhibits bladder contraction can exacerbate urinary retention. In older men who already have compromised urinary flow due to prostate enlargement, the use of anticholinergics can significantly increase the risk of urinary retention, making this class of medication particularly concerning in this population. Other medication classes, such as beta-blockers and diuretics, have different primary effects and are less directly associated with this specific side effect. Alpha-blockers are often used as treatment for BPH because they relax smooth muscle in the prostate and bladder neck, improving urinary flow rather than causing retention.

6. At what age is a baby most likely to cry when being held down on an exam table?

- A. 3-4 months
- B. 5-6 months
- C. 7-8 months**
- D. 9-10 months

At around 7-8 months, infants experience significant developmental milestones, including increased awareness of their surroundings and heightened separation anxiety. This age marks a period when babies become more socially aware and begin to show preferences for their caregivers, which can lead to distress when they are placed in unfamiliar situations or handled by individuals they do not know well. When placed on an exam table, the baby may feel insecure and anxious, resulting in crying as a way to express discomfort or fear. This reaction is part of a normal developmental phase where separation from caregivers causes emotional distress, and the desire for security is very strong. The developmental psychology surrounding this age group explains why babies would be most likely to cry when being held down in a situation that feels threatening or unfamiliar to them.

7. What mental health disorder is characterized by early morning waking?

- A. Anxiety disorder
- B. Post-traumatic stress disorder
- C. Depression**
- D. Bipolar disorder

The characteristic of early morning waking is most commonly associated with depression. In individuals experiencing major depressive disorder, sleep disturbances are a prevalent symptom, and one specific pattern they often report is waking up earlier than desired and being unable to return to sleep. This phenomenon, known as terminal insomnia, reflects the underlying issues with mood regulation and often accompanies feelings of hopelessness and sadness that are typical in depressive episodes. While anxiety disorders can also lead to sleep disturbances, they typically cause difficulty falling asleep rather than early morning awakening. Post-traumatic stress disorder can involve sleep disturbances, but this is more commonly related to nightmares or restless sleep rather than specifically waking earlier. Bipolar disorder also presents unique sleep challenges, particularly during manic episodes, where individuals may have diminished need for sleep, but early morning waking is more specifically tied to the depressive phase. Thus, early morning waking serves as a hallmark symptom of depression, connecting it directly to this mental health disorder.

8. What is one benefit of hormone replacement therapy (HRT)?

- A. Increased frequency of symptoms
- B. Decreased frequency and severity of symptoms**
- C. Improved mood without any side effects
- D. Complete elimination of symptoms

One significant benefit of hormone replacement therapy (HRT) is the decreased frequency and severity of symptoms associated with hormonal imbalances, particularly during menopause. HRT aims to replenish the hormones that the body no longer produces in sufficient quantities, such as estrogen and progesterone. This therapy can significantly alleviate common symptoms like hot flashes, night sweats, mood swings, and vaginal dryness. By addressing these symptoms, individuals often experience an improved quality of life and greater comfort in their daily activities. It's important to note that while HRT can be highly effective for many women, it may not completely eliminate all symptoms for everyone. This is why a decrease in both frequency and severity of symptoms is a more accurate portrayal of what patients can expect from this treatment.

9. Creatinine clearance usually approximates what other measurement?

- A. Urine output
- B. Blood urea nitrogen
- C. GFR**
- D. Plasma creatinine

Creatinine clearance is a measurement used to estimate the kidney's ability to filter creatinine from the blood, which directly correlates with the glomerular filtration rate (GFR). The GFR is a critical indicator of kidney health, representing the rate at which blood is filtered in the glomeruli of the kidneys. Since creatinine is produced at a relatively constant rate by muscles and eliminated through the kidneys, measuring its clearance provides a practical approximation of GFR. The methodologies for calculating creatinine clearance often involve measuring the concentration of creatinine in both the blood and the urine over a specified time period, which enhances the accuracy of this estimate. This relationship is crucial for assessing renal function and detecting any impairment or dysfunction in the kidneys. In short, creatinine clearance is primarily used as a valuable tool to approximate GFR, thus providing essential insights into kidney health.

10. What symptom is NOT typically associated with otitis media?

- A. Ear pain
- B. Fever
- C. Ringing in the ears
- D. Clear nasal discharge**

Otitis media, an inflammation or infection of the middle ear, often presents with a variety of symptoms, including ear pain, fever, and sometimes tinnitus, or ringing in the ears. Ear pain is a common complaint as the infection or fluid build-up causes pressure and discomfort. Fever can also occur due to the infectious nature of the condition, as the body responds to the infection. Tinnitus, while not always present, can happen as a result of the changes in pressure in the ear or irritation in the auditory pathway. However, clear nasal discharge is typically not a symptom associated with otitis media. Instead, clear nasal discharge is more characteristic of conditions like allergic rhinitis or viral upper respiratory infections rather than an ear-specific problem. In otitis media, especially with infection, one might expect to see purulent (pus-like) discharge if the eardrum is ruptured or if there is an associated upper respiratory infection, but clear nasal discharge on its own does not point to otitis media as the primary issue.

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://fitzgeraldnpexit.examzify.com>

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

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