

FUNDAMENTALS OF NURSING CA PRACTICE TEST (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. Which nursing activity exemplifies Orem's "supportive-educative" nursing system in the caring process?**
 - A. Preparing the pre-op checklist before the surgery.
 - B. Teaching the client on how to do self-injection of insulin.
 - C. Performing a catheterization skillfully.
 - D. Assessing the client's health history.
- 2. What is the main goal of patient education in nursing?**
 - A. To reduce hospital readmissions
 - B. To inform patients about billing procedures
 - C. To improve patient compliance with treatment plans
 - D. To decrease the workload of healthcare staff
- 3. Which theory is recognized as a major force in redefining nursing as a caring-healing health model?**
 - A. Human Becoming Theory
 - B. Human Caring Theory
 - C. Adaptation Model
 - D. Cultural Care Diversity and Universality Theory
- 4. What distinguishes subjective data from objective data?**
 - A. Subjective data is measurable; objective data is not
 - B. Objective data is based on patient self-reporting; subjective data is observable
 - C. Subjective data is based on patient self-reporting; objective data is measurable and observable
 - D. Objective data reflects nurse's opinions; subjective data does not
- 5. What action should a nurse take if a patient exhibits signs of an allergic reaction?**
 - A. Ignore the signs unless symptoms worsen
 - B. Monitor the patient for an extended period
 - C. Administer prescribed antihistamines if ordered
 - D. Maintain fluid intake only

- 6. Which patient has the greatest predisposition to an adverse reaction when administering medications?**
- A. A 9-year-old boy with an ear infection
 - B. A 75-year-old woman with cystitis
 - C. A 50-year-old man with an upper respiratory tract infection
 - D. A 30-year-old man with kidney disease
- 7. What is the best practice for handling hazardous materials?**
- A. Use gloves and report all spills
 - B. Follow the safety data sheets and facility protocols
 - C. Store them in any accessible area
 - D. Mix with other chemicals to reduce hazard
- 8. What does asepsis refer to in nursing practice?**
- A. The presence of bacteria in a sterile environment
 - B. The absence of infection or infectious material
 - C. The method of sterilizing surgical instruments
 - D. The use of antibiotics to minimize infection
- 9. What is an appropriate measure for preparing a plastic nasogastric tube before insertion?**
- A. Immerse the tube in warm water
 - B. Immerse the tube in cold water
 - C. Stretch the tube
 - D. Place the tube inside the oven for a minute
- 10. Why is it necessary to conduct a thorough medication review every six months for elderly patients?**
- A. To prepare patients for potential surgery
 - B. To assess overall health improvements
 - C. To adjust for age-related changes in drug metabolism
 - D. To evaluate insurance coverage

Answers

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

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Explanations

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1. Which nursing activity exemplifies Orem's "supportive-educative" nursing system in the caring process?

- A. Preparing the pre-op checklist before the surgery.
- B. Teaching the client on how to do self-injection of insulin.**
- C. Performing a catheterization skillfully.
- D. Assessing the client's health history.

The activity that best exemplifies Orem's "supportive-educative" nursing system is teaching the client how to perform self-injection of insulin. This approach aligns with Orem's theory that emphasizes the importance of nursing in supporting patients to achieve self-care. In this scenario, the nurse acts as a facilitator, providing the client with the necessary knowledge and skills to manage their own health condition, specifically in administering insulin, which is a vital aspect of diabetes management. The supportive-educative system not only addresses the physical aspect of care but also empowers clients to take responsibility for their own health, promoting independence and ensuring they have the skills to manage their condition effectively. This educational process is essential in fostering confidence and competence in the client's ability to continue self-care after the nursing intervention has concluded. In contrast, activities such as preparing a pre-op checklist or performing a catheterization focus more on direct patient management and clinical skills rather than on educating and empowering the patient. Similarly, assessing the client's health history primarily involves data collection and does not directly contribute to teaching the client how to take care of themselves, which is the core of the supportive-educative system.

2. What is the main goal of patient education in nursing?

- A. To reduce hospital readmissions
- B. To inform patients about billing procedures
- C. To improve patient compliance with treatment plans**
- D. To decrease the workload of healthcare staff

The primary aim of patient education in nursing is to improve patient compliance with treatment plans. Educating patients about their health conditions, medications, and self-care strategies empowers them to take an active role in their own health. When patients understand the importance of adhering to treatment plans, they are more likely to follow through with prescribed therapies, medications, and lifestyle changes, which ultimately leads to better health outcomes. This focus on patient compliance not only enhances the effectiveness of treatment but also fosters a collaborative relationship between patients and healthcare providers. When patients are well-informed, they can make educated decisions about their care, which can lead to increased satisfaction and overall well-being. While reducing hospital readmissions, informing patients about billing, and decreasing workload for healthcare staff may be beneficial outcomes of effective patient education, they are not the primary goal. The essence of patient education lies in enabling patients to manage their health more effectively, which plays a crucial role in promoting adherence to treatment regimens.

3. Which theory is recognized as a major force in redefining nursing as a caring-healing health model?

- A. Human Becoming Theory
- B. Human Caring Theory**
- C. Adaptation Model
- D. Cultural Care Diversity and Universality Theory

The Human Caring Theory is recognized as a major influence in redefining nursing as a caring-healing health model because it emphasizes the central role of caring in nursing practice. Developed by Jean Watson, this theory articulates the importance of the nurse-patient relationship and posits that care is a moral ideal that transcends a mere task-oriented approach to nursing. It suggests that caring is essential for healing and well-being and that the nurse should strive to create a therapeutic environment that fosters interpersonal connections and supports the patient's emotional and spiritual needs. Watson's framework calls for nurses to be attentive to the holistic aspects of patient care, thereby transforming nursing into a discipline that prioritizes not just physical health, but also emotional, social, and spiritual healing. This perspective encourages nurses to engage in a compassionate manner that respects patient dignity and promotes health through a caring process. The other theories, while significant in their own rights, focus on different aspects of nursing practice. For example, the Human Becoming Theory emphasizes individual health and the person's experience of living. The Adaptation Model concentrates on how individuals adapt to changes in their environment, and the Cultural Care Diversity and Universality Theory highlights the importance of cultural competence in nursing care. Thus, the Human Caring Theory's focus on the essence

4. What distinguishes subjective data from objective data?

- A. Subjective data is measurable; objective data is not
- B. Objective data is based on patient self-reporting; subjective data is observable
- C. Subjective data is based on patient self-reporting; objective data is measurable and observable**
- D. Objective data reflects nurse's opinions; subjective data does not

The distinction between subjective and objective data is crucial in nursing practice, as it informs how assessments and interventions are conducted. Subjective data refers to information that is shared by the patient, typically involving their feelings, perceptions, and experiences. This includes symptoms like pain, fatigue, and emotional states, which cannot be quantified directly and rely on the patient's personal account. On the other hand, objective data encompasses measurable and observable facts that healthcare professionals obtain through physical assessments, laboratory results, imaging studies, or vital signs. These data points can be quantified, such as blood pressure readings, temperature, or the appearance of a wound. Understanding this difference allows nurses to develop comprehensive care plans, as both subjective and objective data are essential for a holistic view of the patient's health status. This distinction emphasizes that subjective data provides insights into the patient's experience while objective data offers concrete evidence of physiological conditions. The ability to integrate both types of data is fundamental for accurate diagnosis and effective treatment in nursing practice.

5. What action should a nurse take if a patient exhibits signs of an allergic reaction?

- A. Ignore the signs unless symptoms worsen
- B. Monitor the patient for an extended period
- C. Administer prescribed antihistamines if ordered**
- D. Maintain fluid intake only

When a patient exhibits signs of an allergic reaction, administering prescribed antihistamines, if ordered, is crucial because antihistamines can effectively counteract the effects of histamine release, which is a key component of allergic reactions. These medications help alleviate symptoms such as itching, hives, and swelling, and they can prevent the escalation of the reaction into more severe symptoms. Antihistamines act by blocking histamine receptors, which reduces the inflammation and discomfort associated with allergic responses. Prompt administration can be vital, especially if the allergic reaction is starting to escalate, as it can mitigate the potential for more serious complications, such as anaphylaxis. Monitoring the patient is essential, but simply observing without taking action, as suggested by ignoring the signs or maintaining fluid intake only, could place the patient at risk for worsening symptoms. Antihistamines are a proactive intervention, and their timely use is a standard nursing practice in managing allergic reactions.

6. Which patient has the greatest predisposition to an adverse reaction when administering medications?

- A. A 9-year-old boy with an ear infection
- B. A 75-year-old woman with cystitis**
- C. A 50-year-old man with an upper respiratory tract infection
- D. A 30-year-old man with kidney disease

The 75-year-old woman with cystitis has the greatest predisposition to an adverse reaction when administering medications primarily due to age-related physiological changes. As individuals age, their bodies typically undergo various alterations in pharmacokinetics and pharmacodynamics, which can affect drug metabolism and excretion processes. In older adults, organ systems such as the liver and kidneys may not function as efficiently, leading to impaired clearance of medications from the body. This can heighten the risk of drug accumulation and, consequently, adverse drug reactions. Additionally, older populations often have multiple comorbidities and may be taking several medications concurrently, increasing the likelihood of drug-drug interactions and side effects. In comparison, while the other patients may also be at risk for adverse reactions, they do not have the same level of vulnerability associated with advanced age and its related physiological changes. For instance, the 9-year-old boy's physiology is generally more adaptable, the 50-year-old man's health status may not indicate significant risk factors, and while the 30-year-old man with kidney disease does have a specific concern, his age suggests a potentially more robust system in processing medications compared to the older woman.

7. What is the best practice for handling hazardous materials?

- A. Use gloves and report all spills
- B. Follow the safety data sheets and facility protocols**
- C. Store them in any accessible area
- D. Mix with other chemicals to reduce hazard

The best practice for handling hazardous materials is to follow the safety data sheets (SDS) and facility protocols. Safety data sheets provide essential information about the chemicals, including their hazards, handling procedures, storage requirements, and emergency measures. By adhering to these guidelines, individuals can ensure proper safety measures are in place to protect themselves and others in the workplace. Facility protocols are designed to enhance safety when dealing with hazardous materials by outlining specific procedures tailored to the particular environment or type of chemicals being used. This approach minimizes the risk of accidents, exposures, and environmental contamination. Other options suggest actions that could jeopardize safety. For instance, using gloves and reporting spills is certainly important, but it is only part of a broader safety strategy. Storing hazardous materials in accessible areas contradicts safety practices, which typically require secure storage to prevent unauthorized access and potential accidents. Mixing chemicals without proper guidance can create unexpected reactions and increase risks, making it critical to consult SDS and organizational protocols to avoid such dangerous practices.

8. What does asepsis refer to in nursing practice?

- A. The presence of bacteria in a sterile environment
- B. The absence of infection or infectious material**
- C. The method of sterilizing surgical instruments
- D. The use of antibiotics to minimize infection

Asepsis refers specifically to the absence of infection or infectious material, making it a critical concept in nursing practice. Maintaining asepsis is vital in healthcare settings to prevent the transmission of microorganisms that can cause infections. This includes practices such as hand hygiene, using sterile technique during procedures, and ensuring that environments and equipment are devoid of pathogens. The other options describe related but distinct concepts. The presence of bacteria in a sterile environment contradicts the principles of asepsis, as a sterile environment should not contain any microorganisms. The method of sterilizing surgical instruments falls under aseptic techniques but does not encompass the broader definition of asepsis itself. Lastly, while the use of antibiotics is important in managing infections, it does not align with the definition of asepsis, which focuses on preventing the existence of infectious agents rather than treating them once they have established an infection.

9. What is an appropriate measure for preparing a plastic nasogastric tube before insertion?

- A. Immerse the tube in warm water**
- B. Immerse the tube in cold water
- C. Stretch the tube
- D. Place the tube inside the oven for a minute

Immersing a plastic nasogastric tube in warm water is an appropriate measure before insertion because it makes the tube more pliable and flexible. When the tube is warmed, it can conform more easily to the anatomical contours of the nasal passages and esophagus, which facilitates a smoother insertion process and reduces discomfort for the patient. Using warm water helps to soften the plastic material, which can prevent kinking or obstruction during insertion. This method is commonly recommended as it enhances both the efficacy of the procedure and patient comfort.

10. Why is it necessary to conduct a thorough medication review every six months for elderly patients?

- A. To prepare patients for potential surgery
- B. To assess overall health improvements
- C. To adjust for age-related changes in drug metabolism**
- D. To evaluate insurance coverage

Conducting a thorough medication review every six months for elderly patients is essential primarily because of the age-related changes in drug metabolism. As individuals age, their bodies undergo various physiological changes that can significantly affect how medications are processed. This includes alterations in liver function, kidney function, and overall body composition, which can influence the pharmacokinetics (how the body absorbs, distributes, metabolizes, and excretes drugs) and pharmacodynamics (how drugs affect the body) of medications. Elderly patients often take multiple medications, and the risk of adverse drug reactions increases with age. A regular medication review allows healthcare providers to evaluate the effectiveness of current medications, identify possible drug interactions, and make necessary adjustments to dosages or medication regimens. This proactive approach helps mitigate risks and enhances the therapeutic outcomes for elderly patients, ultimately supporting their health and well-being. While preparing patients for potential surgery, assessing overall health improvements, or evaluating insurance coverage are important aspects of patient care, they are not the primary reasons for the specific focus on medication reviews in the elderly population. The unique challenges posed by age-related changes in drug metabolism make this review critical for ensuring safe and effective medication management.

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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