

# Fundamentals of Nursing - Communication Practice Test (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. The most accurately stated goal for urinary elimination is which of the following?**
  - A. Be taught how to use the urinal when on bed rest**
  - B. Experience fewer incontinence episodes at night**
  - C. Be assisted to the toilet every two hours and whenever necessary**
  - D. Transfer independently and safely to a commode before discharge**
  
- 2. When providing nursing care, humor should be used to:**
  - A. Delay dealing with the inevitable**
  - B. Refocus the patient's attention**
  - C. Maintain a balanced perspective**
  - D. Diminish feelings of anger**
  
- 3. A patient states, 'I just found out that I have cancer everywhere and I don't have long to live. My life is over.' What is the best nurse response?**
  - A. It might be good if your wife were here right now. Shall I call her?**
  - B. What might be the best way to approach this terrible news?**
  - C. That is so sad, you must feel like crying.**
  - D. It sounds like you feel hopeless.**
  
- 4. The nurse must conduct a focused interview to complete an admission history. Which interviewing technique should the nurse use?**
  - A. Direct questions**
  - B. Probing**
  - C. Paraphrasing**
  - D. Clarification**
  
- 5. During the evaluation step of the nursing process, which action is taken?**
  - A. Determine priorities**
  - B. Set the time frames for goals**
  - C. Take corrective action**
  - D. Establish outcomes**

- 6. Which word best describes the role of the nurse when using the Nursing Process to meet the needs of the patient holistically?**
- A. Counselor**
  - B. Advocate**
  - C. Surrogate**
  - D. Teacher**
- 7. The nurse understands that the statement that is most accurate about communication is:**
- A. Communication is inevitable**
  - B. Behavior clearly reflects feelings.**
  - C. Hands are the most expressive part of the body.**
  - D. Verbal communication is essential for human relationships.**
- 8. What should the nurse do first when preparing to draw up medication from a vial?**
- A. Ensure the needle is firmly attached to the syringe.**
  - B. Rub vigorously back and forth over the rubber cap of the medication vial with an alcohol swab.**
  - C. Inject air into the vial with the needle bevel below the surface of the medication.**
  - D. Draw up slightly more air than the volume of the medication to be withdrawn from the vial**
- 9. Which statement best describes the nursing process as an essential concept?**
- A. It is dynamic and adaptable.**
  - B. It focuses only on the nurse's role.**
  - C. It moves from simple to complex.**
  - D. It is based on the patient's medical problem.**
- 10. Which of the following is an example of objective data?**
- A. Pain of 5 on 1 to 10 pain scale**
  - B. Irregular rapid pulse of 50 bpm**
  - C. Shortness of breath**
  - D. Dizziness**

## **Answers**

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

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## **Explanations**

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**1. The most accurately stated goal for urinary elimination is which of the following?**

- A. Be taught how to use the urinal when on bed rest**
- B. Experience fewer incontinence episodes at night**
- C. Be assisted to the toilet every two hours and whenever necessary**
- D. Transfer independently and safely to a commode before discharge**

Focusing on the ability to manage elimination independently and safely in the patient's home environment is the strongest goal for urinary elimination. When a patient can transfer to a commode independently, it demonstrates functional mobility, balance, and the capacity to use the toilet safely without assistance. This level of independence reduces fall risk, supports dignity and privacy, and signals readiness for discharge with continued self-care in daily life. The other scenarios describe interim or dependent arrangements rather than the ultimate discharge goal. Using a urinal during bed rest reflects a temporary accommodation for limited mobility, not a goal toward autonomous elimination at discharge. Fewer nocturnal incontinence episodes targets a symptom outcome rather than the patient's ability to perform elimination alone. Being assisted to the toilet every two hours and as needed indicates ongoing dependence, which is not the ideal discharge objective when aiming for safe, independent self-care.

**2. When providing nursing care, humor should be used to:**

- A. Delay dealing with the inevitable**
- B. Refocus the patient's attention**
- C. Maintain a balanced perspective**
- D. Diminish feelings of anger**

Humor in nursing care is used to help both patient and nurse maintain a balanced perspective, reducing tension and making difficult situations more manageable while staying respectful and compassionate. When used appropriately and with sensitivity to the individual, humor can ease anxiety, foster rapport, and support coping, helping patients engage more openly in care and decision-making. It should never be used to delay addressing serious issues, dismiss or diminish a patient's anger, or distract from important information or needs. Boundaries, cultural factors, and reading the room are essential to ensure the humor remains therapeutic and supportive rather than harmful.

- 3. A patient states, 'I just found out that I have cancer everywhere and I don't have long to live. My life is over.' What is the best nurse response?**
- A. It might be good if your wife were here right now. Shall I call her?**
  - B. What might be the best way to approach this terrible news?**
  - C. That is so sad, you must feel like crying.**
  - D. It sounds like you feel hopeless.**

When someone is faced with devastating news, responding with reflective listening that names the patient's emotion helps them feel understood and less alone. Saying, "It sounds like you feel hopeless," validates the patient's despair without judgment and invites them to share more about what they're experiencing. This approach keeps the focus on the patient's emotional state, supports trust, and opens a space for further communication about fears, fears, and needs. Other options shift the focus away from the patient's feelings or move toward problem-solving or involving others prematurely, which can feel impersonal or intrusion-like in the moment. By labeling the emotion accurately and gently, you acknowledge the reality of what the patient is feeling and provide a safe doorway for dialogue. If hopelessness persists or there are thoughts of self-harm, ongoing assessment and support should follow to ensure safety.

- 4. The nurse must conduct a focused interview to complete an admission history. Which interviewing technique should the nurse use?**
- A. Direct questions**
  - B. Probing**
  - C. Paraphrasing**
  - D. Clarification**

For a focused admission history, you want to gather essential facts quickly and precisely. Direct questions—closed-ended prompts that elicit specific, concise answers—are the most efficient way to obtain key data such as onset of symptoms, past medical problems, current medications, allergies, and recent events. This approach helps ensure you cover all required elements in a limited time and reduces ambiguity in what the patient reports. Probing questions are useful for digging deeper when a response needs more detail, but they can slow the process if used too early. Paraphrasing helps confirm understanding but doesn't by itself collect new factual data. Clarification addresses unclear statements after an answer, but it's not the primary method for obtaining the baseline information needed for admission. Therefore, direct questions are the best fit for a focused admission history.

**5. During the evaluation step of the nursing process, which action is taken?**

- A. Determine priorities**
- B. Set the time frames for goals**
- C. Take corrective action**
- D. Establish outcomes**

In the nursing process, evaluation is the step where you review how the patient has responded to care and measure progress toward the expected outcomes. If progress toward those outcomes is not achieved or new information changes the picture, you take corrective action by adjusting the care plan, modifying interventions, or setting new goals. This reflects using what happened during care to improve future care. The other actions—establishing outcomes, setting time frames for goals, and determining priorities—belong to planning and guide what you aim to achieve and by when, rather than what you do after care has been given.

**6. Which word best describes the role of the nurse when using the Nursing Process to meet the needs of the patient holistically?**

- A. Counselor**
- B. Advocate**
- C. Surrogate**
- D. Teacher**

In meeting a patient's needs holistically through the Nursing Process, the nurse's most fitting role is to advocate for the patient. This means actively representing the patient's preferences, values, and rights in every step of care—from assessment and diagnosis through planning, implementation, and evaluation. Advocacy ensures care decisions align with the patient's goals, supports informed consent, and helps address barriers to access, cultural or spiritual considerations, and family dynamics. It's about ensuring the patient's voice shapes the plan, coordinating with the healthcare team to obtain needed resources, and protecting autonomy within an ethical, patient-centered framework. Teaching and counseling are important parts of nursing care, helping patients understand their conditions and participate in decisions. A surrogate would imply acting in the patient's place when they can't, which isn't the intended role in the Nursing Process. A counselor focuses on guiding—not the broader, ongoing responsibility to represent and secure the patient's interests. A teacher delivers information, but advocacy encompasses ensuring that information leads to choices that reflect the patient's values and holistic well-being.

**7. The nurse understands that the statement that is most accurate about communication is:**

- A. Communication is inevitable**
- B. Behavior clearly reflects feelings.**
- C. Hands are the most expressive part of the body.**
- D. Verbal communication is essential for human relationships.**

Communication is inevitable in every human interaction; messages are conveyed through words, tone of voice, facial expressions, posture, gestures, and even silence. This makes the statement about communication being inevitable the most accurate, because people are always sending and interpreting signals, even when they think they're not speaking. In nursing, recognizing that nonverbal and environmental cues carry meaning is essential for understanding a patient's needs, building trust, and ensuring safe, effective care. The idea that behavior clearly reflects feelings isn't always reliable—people may mask or misread emotions—so you can't assume accuracy from behavior alone. Hands may be expressive, but they aren't the sole or universal source of meaning; other nonverbal cues like facial expressions and posture often speak more clearly. And while verbal communication is important, it's not the only way relationships form—nonverbal communication frequently carries just as much weight and can even convey meaning when words fall short.

**8. What should the nurse do first when preparing to draw up medication from a vial?**

- A. Ensure the needle is firmly attached to the syringe.**
- B. Rub vigorously back and forth over the rubber cap of the medication vial with an alcohol swab.**
- C. Inject air into the vial with the needle bevel below the surface of the medication.**
- D. Draw up slightly more air than the volume of the medication to be withdrawn from the vial**

Attaching the needle securely to the syringe is the first step because you cannot safely begin drawing from a vial if the needle could come loose. A firm connection prevents the syringe from detaching, avoids spills and contamination, and ensures a stable, sterile setup for all subsequent steps. After that initial check, you would proceed with aseptic preparation of the vial stopper, inject the appropriate amount of air, invert the vial to withdraw the medication, and so on. Rubbing the stopper back and forth with alcohol is not the recommended technique, and inserting air into the vial or drawing extra air beyond what's needed aren't the first steps and may be done incorrectly if not following proper sequence.

**9. Which statement best describes the nursing process as an essential concept?**

- A. It is dynamic and adaptable.**
- B. It focuses only on the nurse's role.**
- C. It moves from simple to complex.**
- D. It is based on the patient's medical problem.**

The nursing process is a dynamic and adaptable framework that guides patient care. It's not a rigid sequence; nurses continuously assess a patient, plan, implement, and evaluate, revising actions as the patient's condition changes, new data arrive, or goals shift. This flexibility allows care to be responsive to real-time needs and priorities, ensuring outcomes align with the patient's values and situation. It isn't limited to the nurse's role alone. While nurses lead the process, effective care involves collaboration with the patient, families, and other health professionals, and it extends beyond a single medical diagnosis to address functional, psychosocial, and learning needs. It also isn't fixed to move strictly from simple to complex. The process is iterative and sometimes revisits earlier steps based on new information or evolving goals, rather than following a strict linear path. And while medical problems inform care, the nursing process centers on holistic, ongoing assessment and adjustment to achieve patient-centered outcomes, making the dynamic and adaptable description the best fit.

**10. Which of the following is an example of objective data?**

- A. Pain of 5 on 1 to 10 pain scale**
- B. Irregular rapid pulse of 50 bpm**
- C. Shortness of breath**
- D. Dizziness**

Objectively verifiable findings are measurable or observable data you can confirm with tools or another observer, independent of what the patient says about their experience. A pulse rate that is irregular and quantified (for example, 50 beats per minute) is something you can measure with a pulse check, a monitor, or an ECG, and it can be verified by anyone who repeats the measurement. This makes it objective data. Pain rated on a scale, shortness of breath as a symptom described by the patient, and dizziness as a sensation reported by the patient are all subjective—they rely on the patient's own report rather than something you can measure directly.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://fundofnursingcomms.examzify.com>**

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

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