

# FUNDAMENTALS OF NURSING – VITAL SIGNS PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://fundofnursingvitalsigns.examzify.com>



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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 .....            | 15 |

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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. What occurs in the auscultatory gap?**
  - A. Consistent sound is heard when measuring pressure
  - B. Temporary disappearance of sounds during blood pressure measurement
  - C. All sounds are heard continuously and clearly
  - D. Increased pressure is always indicated
- 2. What is the difference between systolic and diastolic blood pressure?**
  - A. Systolic is the pressure during rest while diastolic is during heartbeats
  - B. Systolic is the pressure before medication and diastolic is after
  - C. Systolic is the pressure during heartbeats, while diastolic is the pressure during rest between beats
  - D. Systolic is measured in the veins, diastolic in the arteries
- 3. Which tool is used to measure respiratory airflow?**
  - A. A sphygmomanometer
  - B. A stethoscope
  - C. A thermometer
  - D. A spirometer
- 4. What can an elevated pulse indicate?**
  - A. Exercise, pain, anxiety, or fever
  - B. Dehydration, low blood pressure
  - C. Excessive sleepiness
  - D. Increased appetite
- 5. What is the normal pulse oximetry reading range for healthy individuals?**
  - A. 90% to 95%
  - B. 95% to 100%
  - C. 85% to 90%
  - D. 100% to 105%
- 6. What is a common temperature range during heat exhaustion?**
  - A. 97-98°F
  - B. 99-100°F
  - C. 100-101°F
  - D. 101-102°F

**7. What does the basal metabolic rate (BMR) represent?**

- A. Rate of energy utilization in the body required for activity
- B. Amount of blood pumped by the heart
- C. Rate of oxygen consumption in tissues
- D. Volume of fluids ingested by an individual

**8. What is the difference between systolic and diastolic pressure known as?**

- A. Pulse pressure
- B. Blood pressure gradient
- C. Systolic difference
- D. Diastolic variability

**9. What defines a peripheral pulse?**

- A. Pulse in the neck
- B. Pulse located away from the heart
- C. Pulse felt at the apex of the heart
- D. Pulse measured in the lungs

**10. What does exhalation refer to?**

- A. Breathing in
- B. Movement of gases into the lungs
- C. Breathing out
- D. Expansion of the diaphragm

## **Answers**

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

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## **Explanations**

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## 1. What occurs in the auscultatory gap?

- A. Consistent sound is heard when measuring pressure
- B. Temporary disappearance of sounds during blood pressure measurement**
- C. All sounds are heard continuously and clearly
- D. Increased pressure is always indicated

*The auscultatory gap refers to a phenomenon that can occur during the measurement of blood pressure using a stethoscope and sphygmomanometer. It is characterized by a temporary disappearance of Korotkoff sounds after the initial sound is heard, often occurring in patients with hypertension or vascular stiffness. When the sphygmomanometer cuff is inflated, initial sounds will be audible as the pressure in the cuff is released. However, as the pressure continues to decrease, there is a point where these sounds may momentarily vanish due to fluctuations in blood flow and pressure; this is the auscultatory gap. If the observer is unaware of this gap, they may erroneously underestimate the systolic blood pressure by continuing to listen for sounds without realizing that the blood flow has returned to audible levels after the gap. Recognizing this phenomenon is crucial for obtaining an accurate blood pressure reading, as failing to account for it could lead to misdiagnosis or ineffective treatment. In contrast, the other choices discuss situations that do not accurately reflect the nature of the auscultatory gap, such as consistent sound being heard or all sounds being clear continuously, which do not align with this temporary silence in sound perception.*

## 2. What is the difference between systolic and diastolic blood pressure?

- A. Systolic is the pressure during rest while diastolic is during heartbeats
- B. Systolic is the pressure before medication and diastolic is after
- C. Systolic is the pressure during heartbeats, while diastolic is the pressure during rest between beats**
- D. Systolic is measured in the veins, diastolic in the arteries

*The correct answer is that systolic blood pressure represents the pressure in the arteries during heartbeats, whereas diastolic blood pressure indicates the pressure in the arteries when the heart is resting between beats. During systole, the heart contracts and pumps blood into the arteries, creating higher pressure, which is recorded as the systolic measurement. Conversely, during diastole, the heart relaxes and fills with blood, leading to lower pressure in the arteries, recorded as the diastolic measurement. Understanding this distinction is crucial for assessing a person's cardiovascular health. Blood pressure readings are typically expressed as systolic over diastolic (e.g., 120/80 mmHg), providing insight into the functioning of the heart and vascular resistance. Recognizing the phases of the cardiac cycle associated with these pressures helps healthcare professionals evaluate and manage conditions like hypertension effectively.*

### 3. Which tool is used to measure respiratory airflow?

- A. A sphygmomanometer
- B. A stethoscope
- C. A thermometer
- D. A spirometer**

The spirometer is the correct tool for measuring respiratory airflow because it is specifically designed to assess lung function by measuring the volume of air that is inhaled and exhaled. This device is crucial for evaluating respiratory conditions and determining how well the lungs are performing. It provides vital information on various lung metrics, such as tidal volume, vital capacity, and forced expiratory volume, which help in diagnosing conditions like asthma or chronic obstructive pulmonary disease (COPD). In contrast, a sphygmomanometer is intended for measuring blood pressure, and a stethoscope is used to listen to internal body sounds, including heartbeats and lung sounds, but it does not provide quantitative measurements of airflow. A thermometer measures body temperature, which is not related to airflow measurement. Thus, the spirometer stands out as the appropriate choice for assessing respiratory airflow.

### 4. What can an elevated pulse indicate?

- A. Exercise, pain, anxiety, or fever**
- B. Dehydration, low blood pressure
- C. Excessive sleepiness
- D. Increased appetite

An elevated pulse can indicate several physiological and psychological states that require the body to either increase blood flow or respond to stress. When a person exercises, their muscles require more oxygen, prompting the heart to beat faster to supply this increased demand. Similarly, pain and anxiety can elevate heart rate as part of the body's stress response, often referred to as the "fight or flight" response, where adrenaline increases heart activity. Fever can also lead to an elevated heart rate as the body works to fight off infection, thereby increasing metabolic demands. In contrast, dehydration and low blood pressure may lead to a compensatory increase in heart rate, but they are not typically the primary associations with elevated pulse rates compared to the factors mentioned. Excessive sleepiness usually corresponds to a lowered pulse rate as the body's metabolic rate decreases during rest, and increased appetite does not have a direct correlation with pulse rate changes. Thus, activity levels, emotional states, and physical conditions such as fever are the most straightforward explanations for an elevated pulse.

### 5. What is the normal pulse oximetry reading range for healthy individuals?

- A. 90% to 95%
- B. 95% to 100%**
- C. 85% to 90%
- D. 100% to 105%

The normal pulse oximetry reading range for healthy individuals is 95% to 100%. This range indicates that the blood is adequately oxygenated, which is vital for the body's tissues and organs to function effectively. A reading below 95% may suggest some level of hypoxemia, or insufficient oxygen in the blood, which could warrant further assessment and potentially prompt medical intervention. Readings exceeding 100% are not physiologically possible, as the hemoglobin in the blood can only carry a certain amount of oxygen. Thus, an ideal reading is within the 95% to 100% range, reflecting optimal oxygen saturation in healthy individuals.

## 6. What is a common temperature range during heat exhaustion?

- A. 97-98°F
- B. 99-100°F
- C. 100-101°F
- D. 101-102°F**

During heat exhaustion, the body experiences elevated temperatures as a result of prolonged exposure to high temperatures and inadequate fluid intake. The typical temperature range for individuals suffering from heat exhaustion is generally between 101°F and 102°F. This range indicates that the body is struggling to regulate its temperature effectively, which can lead to symptoms such as heavy sweating, weakness, dizziness, and nausea. The selected range is significant because it marks the point where the body is unable to cope with heat stress, and intervention is often necessary to prevent progression to heat stroke, which can be life-threatening. Recognizing this temperature range is crucial for healthcare providers to take appropriate action, such as encouraging fluid replacement and moving the affected individual to a cooler environment. Understanding the physiological implications of these temperature readings helps in prioritizing patient care effectively.

## 7. What does the basal metabolic rate (BMR) represent?

- A. Rate of energy utilization in the body required for activity**
- B. Amount of blood pumped by the heart
- C. Rate of oxygen consumption in tissues
- D. Volume of fluids ingested by an individual

The basal metabolic rate (BMR) represents the rate at which energy is utilized in the body at rest to maintain essential physiological functions. This includes processes such as breathing, circulation, cellular production, and thermoregulation. BMR reflects the minimum energy requirement needed to sustain life when an individual is in a state of rest and has not consumed food for several hours. This is distinct from other options provided. The amount of blood pumped by the heart pertains to cardiac output, which is a measure of the heart's performance and is not related to the energy expenditure at rest. The rate of oxygen consumption in tissues relates to metabolic demands during activity, rather than the basal state. Finally, the volume of fluids ingested by an individual does not directly correlate with metabolic rate or energy expenditure.

## 8. What is the difference between systolic and diastolic pressure known as?

- A. Pulse pressure**
- B. Blood pressure gradient
- C. Systolic difference
- D. Diastolic variability

The difference between systolic and diastolic pressure is known as pulse pressure. This term is significant because it reflects the force that the heart generates each time it contracts and offers insight into the condition of the arteries. More specifically, pulse pressure can indicate the health of the cardiovascular system; a wider pulse pressure may suggest increased stiffness of the arteries, potentially leading to cardiovascular risk. In contrast, the other terms presented do not accurately describe this specific measurement. "Blood pressure gradient" does not specifically refer to the difference between systolic and diastolic pressures in a way that is clinically recognized or defined. "Systolic difference" and "diastolic variability" are phrases that don't correspond to established terminology used in the assessment of blood pressure. Understanding pulse pressure is crucial for nursing practice, as it allows healthcare professionals to monitor and interpret cardiovascular health effectively.

## 9. What defines a peripheral pulse?

- A. Pulse in the neck
- B. Pulse located away from the heart**
- C. Pulse felt at the apex of the heart
- D. Pulse measured in the lungs

*The definition of a peripheral pulse refers to the pulse that is located away from the heart, which is indeed the correct choice. Peripheral pulses can be felt in various locations throughout the body, such as the wrists, ankles, and feet, where arteries are relatively close to the skin's surface. This allows for the detection of the pulse as blood is pumped through the arteries. Understanding peripheral pulses is crucial for assessing a patient's circulatory status, as these pulses provide information about the adequacy of blood flow throughout the body. Monitoring peripheral pulses can also help identify potential issues such as restricted blood flow or vascular disease. In contrast, the pulses found in the neck, like the carotid pulse, are considered central pulses because they are located closer to the heart. The apex pulse, which is palpated over the left ventricle of the heart, is also not a peripheral pulse because it is directly related to heart activity. Similarly, measuring a pulse in the lungs does not fit the definition of a pulse, since the lungs are not where blood flow is monitored via pulse points.*

## 10. What does exhalation refer to?

- A. Breathing in
- B. Movement of gases into the lungs
- C. Breathing out**
- D. Expansion of the diaphragm

*Exhalation refers to the process of breathing out, which is the act of expelling air from the lungs. It is a key part of the respiratory cycle, following inhalation, where fresh air is drawn into the lungs. During exhalation, the diaphragm and intercostal muscles relax, which causes the volume of the thoracic cavity to decrease and air to be pushed out of the lungs. This process is essential for maintaining adequate gas exchange in the body, as it removes carbon dioxide, a waste product of metabolism, and plays a critical role in maintaining respiratory health. Understanding the mechanics of exhalation helps in recognizing the importance of breathing patterns and their influence on overall well-being.*

## 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://fundofnursingvitalsigns.examzify.com>

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

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