

# Galen College of Nursing Practice Exam (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. Which statement best reflects ethical handling of patient information in nursing practice?**
  - A. Confidential information should be shared only with authorized individuals**
  - B. Patient information can be shared freely with visitors**
  - C. All patient data should be posted publicly for transparency**
  - D. Information should never be documented in charts**
  
- 2. For a gluten-free diet in a child with celiac disease, which item is gluten-free and generally safe?**
  - A. Barley**
  - B. Oats**
  - C. Wheat bread**
  - D. Plain white rice**
  
- 3. At a health promotion fair, which car seat statement indicates understanding of proper car seat safety?**
  - A. I will place my newborn infant in a rear facing car seat in the middle of the rear seat.**
  - B. I will place the car seat in the front passenger seat facing backward.**
  - C. I will use a forward-facing seat as soon as the child can sit up.**
  - D. I will place the newborn in a rear-facing seat near the window.**
  
- 4. Which of the following best represents a normal fetal heart rate range during labor?**
  - A. 90-110**
  - B. 100-120**
  - C. 120-160**
  - D. 170-190**

- 5. During a continuous NG feeding, which action would require immediate intervention by the nurse?**
- A. Installs 30cc of NS into the feeding tube while auscultating the stomach for bowel sounds**
  - B. Verifies tube placement with X-ray prior to initiating feeding**
  - C. Flushes the feeding tube with 30 mL of water before starting the feed**
  - D. Checks residual volume and adheres to the feeding policy before continuing**
- 6. A patient is being transported for an MRI and has a pulse oximeter attached. What is the priority nursing action?**
- A. Verify that all monitoring devices are MRI-compatible before entering the MRI**
  - B. Remove all monitors regardless of MRI compatibility**
  - C. Proceed with transport and monitor changes from outside MRI**
  - D. Call security to stop transport**
- 7. An expected finding for a 5-month-old infant is which of the following?**
- A. Roll from back to abdomen**
  - B. Sit unsupported**
  - C. Roll from abdomen to back**
  - D. Begin to crawl**
- 8. Which toy is appropriate for a child on protective precautions due to thrombocytopenia?**
- A. A board game**
  - B. A soccer ball**
  - C. A plush stuffed animal**
  - D. A video game**

- 9. During a staff development conference on vitamins and minerals, which statement would require follow-up?**
- A. Vitamin B6 supplements are given to help prevent macular degeneration**
  - B. Vitamin C should never be given with iron therapy**
  - C. Lead exposure can be prevented by vitamin A**
  - D. Vitamin D and calcium are unrelated to bone health**
- 10. A 3-year-old child should typically participate in play in which setting?**
- A. Play in a group of 2-3 with one leader**
  - B. Play alone**
  - C. Group of 6 with no leader**
  - D. Structured activities only**

## Answers

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

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## **Explanations**

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**1. Which statement best reflects ethical handling of patient information in nursing practice?**

- A. Confidential information should be shared only with authorized individuals**
- B. Patient information can be shared freely with visitors**
- C. All patient data should be posted publicly for transparency**
- D. Information should never be documented in charts**

Protecting patient privacy is central to ethical nursing practice. Information about a patient should be shared only with people who have a legitimate need to know in order to provide care, and only with the patient's consent or as required by law. This safeguards autonomy, maintains trust, and aligns with legal standards for confidentiality. In practice, this means chart notes and sensitive data are accessible only to the health care team directly involved in care, conversations about a patient are held in private spaces, and information isn't disclosed to visitors or posted publicly. Breaches can harm patients, erode trust, and have legal consequences. Sharing confidential information with visitors is not appropriate, as it violates privacy. Posting all patient data publicly is dangerous and unethical. Not documenting information in charts would impair continuity of care and accountability. The best approach is to limit disclosure to authorized individuals who need the information to provide safe, effective care.

**2. For a gluten-free diet in a child with celiac disease, which item is gluten-free and generally safe?**

- A. Barley**
- B. Oats**
- C. Wheat bread**
- D. Plain white rice**

In gluten-free eating for celiac disease, the goal is to avoid gluten, the protein found in wheat, barley, and rye, because it triggers autoimmune damage to the intestinal lining. Plain white rice contains no gluten, so it is inherently gluten-free and generally safe for most children with celiac disease. Barley and wheat bread both contain gluten and are not appropriate choices. Oats can be contaminated with gluten during processing, and some individuals with celiac disease may react to them, so they're not universally safe unless labeled gluten-free and well tolerated. Therefore, plain white rice stands out as the item that is gluten-free and generally safe.

3. At a health promotion fair, which car seat statement indicates understanding of proper car seat safety?

- A. I will place my newborn infant in a rear facing car seat in the middle of the rear seat.**
- B. I will place the car seat in the front passenger seat facing backward.**
- C. I will use a forward-facing seat as soon as the child can sit up.**
- D. I will place the newborn in a rear-facing seat near the window.**

Infants belong in a rear-facing car seat in the back seat until they surpass the seat's weight and height limits, and the safest spot in the back is typically the middle seat. This arrangement protects the head, neck, and spine by distributing crash forces more evenly and keeps the child away from potential side impact and airbag risks. The statement about placing a newborn in a rear-facing seat in the middle of the rear seat best reflects this guidance. It combines two key safety principles: keep the child rear-facing as long as possible, and choose the rear seat's center position when feasible for maximum protection. Why the other options aren't as safe: putting a rear-facing seat in the front passenger seat exposes the child to airbag injury risks in a crash. Moving to a forward-facing seat as soon as the child can sit up shortens the period of rear-facing protection, increasing risk of injury. Placing the newborn in a rear-facing seat near the window makes the child more vulnerable to window-related hazards and side impacts than the middle back seat.

4. Which of the following best represents a normal fetal heart rate range during labor?

- A. 90-110**
- B. 100-120**
- C. 120-160**
- D. 170-190**

Normal fetal heart rate during labor is typically 110-160 beats per minute. The range 120-160 stays well inside this normal window, avoiding rates that are too low (bradycardia) or too high (tachycardia). The other options dip below or go above these limits, which would raise concern. So 120-160 bpm best represents a normal fetal heart rate during labor.

5. During a continuous NG feeding, which action would require immediate intervention by the nurse?
- A. Installs 30cc of NS into the feeding tube while auscultating the stomach for bowel sounds**
  - B. Verifies tube placement with X-ray prior to initiating feeding**
  - C. Flushes the feeding tube with 30 mL of water before starting the feed**
  - D. Checks residual volume and adheres to the feeding policy before continuing**

Accurate placement verification is essential before starting or continuing an NG tube feed. Relying on auscultation over the stomach after instilling fluid is not a valid way to confirm where the tube sits; sounds heard in the abdomen do not prove the tube is in the stomach and can miss misplacement, increasing the risk of aspiration. Because of this, the action requiring immediate intervention is to stop and verify the tube's location using a reliable method—typically radiographic confirmation before initiating a feed, or aspirating contents to check pH when available. The other steps—flushing with water to maintain patency and checking residual per policy—are appropriate parts of ongoing enteral care. You would proceed only after placement is confirmed by a dependable method.

6. A patient is being transported for an MRI and has a pulse oximeter attached. What is the priority nursing action?
- A. Verify that all monitoring devices are MRI-compatible before entering the MRI**
  - B. Remove all monitors regardless of MRI compatibility**
  - C. Proceed with transport and monitor changes from outside MRI**
  - D. Call security to stop transport**

In an MRI setting, every piece of equipment that will enter the scanner must be MRI-compatible. The strong magnetic field can turn non-compatible devices into dangerous projectiles and can cause heating or malfunction of monitoring equipment like a pulse oximeter. Verifying that all monitoring devices are MRI-compatible before entering the MRI ensures the patient remains safely monitored without risking device movement, heating, or interference. Removing all monitors before confirming compatibility leaves the patient unmonitored and ignores the hazard of non-compatible equipment; proceeding with transport and monitoring from outside the MRI risks missing important physiologic changes inside the scan; calling security to stop transport doesn't address the safety requirement of using MRI-safe equipment.

**7. An expected finding for a 5-month-old infant is which of the following?**

- A. Roll from back to abdomen**
- B. Sit unsupported**
- C. Roll from abdomen to back**
- D. Begin to crawl**

Gross motor development in infancy follows a typical progression, with movements becoming more coordinated as strength and control improve. By about five months, many infants have enough neck and trunk strength to roll from tummy (abdomen) to back, using weight shifting and arm leverage to initiate the roll. This direction—tummy to back—tends to appear earlier than the reverse, so it's a common and expected milestone around this age. Rolling from back to tummy is usually seen a bit later, once more shoulder and trunk control has developed. Sitting unsupported generally isn't reliably achieved until around six to eight months, and beginning to crawl occurs even later, typically around eight to ten months or beyond.

**8. Which toy is appropriate for a child on protective precautions due to thrombocytopenia?**

- A. A board game**
- B. A soccer ball**
- C. A plush stuffed animal**
- D. A video game**

Protecting a child with thrombocytopenia means choosing activities that minimize the risk of injury and bleeding. A video game lets the child stay seated and engage without any physical contact or exertion, eliminating chances of bumps, bruises, or falls that could lead to bleeding. While a board game or a plush stuffed animal are also safe options, they involve handling objects or small pieces that could pose a risk or require more physical interaction, increasing (even slightly) the potential for injury. A soccer ball, with running and potential collisions, clearly increases bleeding risk. So a video game provides the safest, lowest-risk way to stay entertained while hematologic precautions are in place.

- 9. During a staff development conference on vitamins and minerals, which statement would require follow-up?**
- A. Vitamin B6 supplements are given to help prevent macular degeneration**
  - B. Vitamin C should never be given with iron therapy**
  - C. Lead exposure can be prevented by vitamin A**
  - D. Vitamin D and calcium are unrelated to bone health**

The main idea being tested is recognizing statements about vitamins and minerals that would require follow-up because they are inaccurate or could lead to unsafe practice. The statement that lead exposure can be prevented by vitamin A is the one that would need follow-up because it is not true. Lead exposure is prevented by reducing or eliminating the sources of lead and by applying appropriate public health and safety measures; vitamin A has no proven role in preventing lead exposure. In practice, misinformation like this needs correction to ensure safe care and accurate guidance. For context, vitamin C does not need to be avoided with iron therapy; in fact, vitamin C can increase iron absorption, so the claim that they should never be given together is incorrect and would require clarification. Likewise, vitamin D and calcium are both important for bone health, with vitamin D aiding calcium absorption, so saying they are unrelated is inaccurate and would also warrant follow-up. The statement about vitamin B6 and macular degeneration is less clearly supported by standard prevention guidelines, so it would also merit review, but the clearest safety issue to address first is correcting the lead exposure claim.

- 10. A 3-year-old child should typically participate in play in which setting?**
- A. Play in a group of 2-3 with one leader**
  - B. Play alone**
  - C. Group of 6 with no leader**
  - D. Structured activities only**

At three years old, children are moving from solitary and parallel play toward more social interaction in small groups, where they can practice sharing, taking turns, and following simple group rules. A small group of two to three children with one leader provides the right balance: it allows peer engagement while giving clear guidance to organize the activity, keep everyone involved, and help the child stay focused. Large groups without a designated leader can be overwhelming and hard to manage for a preschooler, and playing alone doesn't support developing social skills. While some structured activities are useful, this age also benefits from guided, cooperative play in a small group.

## 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://galencollegeofnursing.examzify.com>**

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

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