

Galen Fundamentals 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 practice best describes proper foot care for nursing patients?**
 - A. Inspect and clean daily; dry thoroughly.**
 - B. Soak feet for 30 minutes daily.**
 - C. Trim nails aggressively.**
 - D. Apply lotion between toes.**

- 2. Which technique uses pillows to cushion bony prominences and support bed positions?**
 - A. Laying bed with pillows on bony prominences**
 - B. Lying flat without support**
 - C. Sitting up in bed without pillows**
 - D. Hanging feet over bed edge**

- 3. Which position is described as side-lying with the top hip and knee flexed in front of the rest of the body?**
 - A. Prone Position**
 - B. Lateral Position**
 - C. Sims Position**
 - D. Fetal Position**

- 4. Which infection control precautions are used for pathogens transmitted by large particle droplets expelled during coughing, sneezing, talking, or laughing?**
 - A. Contact precautions**
 - B. Droplet precautions**
 - C. Airborne precautions**
 - D. Standard precautions**

- 5. Which term describes abnormally low blood pressure?**
 - A. Hypotension**
 - B. Tachypnea**
 - C. Wheeze**
 - D. Biohazard**

- 6. The Braden Scale is used to assess risk for what condition?**
- A. Nutritional Deficiency**
 - B. Surgical Infections**
 - C. Pressure Injuries**
 - D. Wound Dehiscence**
- 7. Which term describes a condition existing from birth?**
- A. Acute Nursing Care**
 - B. Congenital Nursing**
 - C. Poison**
 - D. Chronic**
- 8. Which term means continuing for a long time?**
- A. Acute Nursing Care**
 - B. Chronic**
 - C. Terminal Nursing**
 - D. Primary Nursing**
- 9. Which stage involves partial-thickness skin loss with a visible dermis or blistering?**
- A. Stage 1**
 - B. Stage 3**
 - C. Stage 2**
 - D. Unstageable**
- 10. Which term describes a temperature below normal?**
- A. Hyperthermia**
 - B. Hypothermia**
 - C. Fever**
 - D. Pyrexia**

Answers

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

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Explanations

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1. Which practice best describes proper foot care for nursing patients?

A. Inspect and clean daily; dry thoroughly.

B. Soak feet for 30 minutes daily.

C. Trim nails aggressively.

D. Apply lotion between toes.

Regular foot care for nursing patients centers on preventing skin breakdown and infection through daily inspection, gentle cleaning, and thorough drying. By examining the feet every day for cuts, sores, redness, or changes, you catch problems early. Cleaning with mild soap and water, then patting the skin dry completely— including between the toes—reduces moisture buildup that can lead to maceration and infection. Moisture left on the feet is a common risk factor for fungal infections and skin breakdown, especially in older adults or those with circulation issues. Soaking the feet can soften skin and increase the risk of injury and infection, trimming nails aggressively can cause cuts or ingrown nails, and applying lotion between the toes can trap moisture there, promoting fungal growth. Moisturize the tops and bottoms of the feet after drying if needed, but avoid excess moisture between the toes.

2. Which technique uses pillows to cushion bony prominences and support bed positions?

A. Laying bed with pillows on bony prominences

B. Lying flat without support

C. Sitting up in bed without pillows

D. Hanging feet over bed edge

Padding bony prominences with pillows while positioning a patient is a key technique for preventing pressure injuries and maintaining proper alignment. Placing pillows on areas where the body presses against a surface—such as the heels, sacrum, elbows, hips, or between the knees—distributes pressure more evenly, reduces shear forces, and protects fragile skin from direct contact and friction. This cushioning helps keep joints in a comfortable, stable position and supports rest or sleep without concentrating pressure on tender points. Choosing this method over lying flat without support avoids creating unrelieved pressure on key areas, while avoiding pillows when sitting up or dangling the feet removes the cushioning effect and can worsen misalignment or circulation issues. So, using pillows to cushion bony prominences and support bed positions is the best approach for safer, more comfortable positioning.

3. Which position is described as side-lying with the top hip and knee flexed in front of the rest of the body?

A. Prone Position

B. Lateral Position

C. Sims Position

D. Fetal Position

Lateral (side-lying) position involves lying on one side with the body's weight supported by the side of the chest and pelvis. The description of the top hip and knee flexed in front of the rest of the body matches a common variation of this position, where the upper leg is bent forward to help stabilize the trunk and keep the body from rolling. This flexed top leg also aids in alignment and comfort, and is often used to relieve pressure on certain areas while providing access to the back or flank as needed. While Sims is a specific side-lying variation with the top knee bent and positioned forward, many fundamentals texts classify that as a form of lateral positioning; the key idea is still side-lying with the upper leg flexed forward. When placing someone here, support the head and neck, use pillows between the knees and under the work arm if needed, and ensure the spine remains straight to prevent strain.

4. Which infection control precautions are used for pathogens transmitted by large particle droplets expelled during coughing, sneezing, talking, or laughing?

A. Contact precautions

B. Droplet precautions

C. Airborne precautions

D. Standard precautions

Pathogens that spread through large respiratory droplets released by coughing, sneezing, talking, or laughing travel only a short distance and can deposit on mucous membranes or contaminate nearby surfaces. To prevent this type of transmission, droplet precautions are used. Implementing them typically means placing the patient in a private room if possible, wearing a surgical mask (and eye protection if splash risk exists) when you are within about three feet of the patient, and practicing proper hand hygiene with gloves as needed for contact with secretions. The patient should wear a mask during transport to limit dispersion of droplets. Remember that standard precautions are applied to all patients, but droplet precautions add these measures specifically for diseases spread by larger droplets. Airborne precautions are for smaller particles that linger in the air and require negative-pressure rooms and respirators, while contact precautions focus on preventing transfer via direct or indirect contact and involve gowns and gloves.

5. Which term describes abnormally low blood pressure?

- A. Hypotension**
- B. Tachypnea**
- C. Wheeze**
- D. Biohazard**

Abnormally low blood pressure is called hypotension. It means arterial pressure is lower than normal, which can lead to reduced blood flow to organs. In adults, a common reference is systolic below 90 mmHg or diastolic below 60 mmHg, though exact thresholds can vary with age and context. Clinically, watch for symptoms such as dizziness, lightheadedness, fainting, or confusion, especially when standing (orthostatic hypotension), because these signs reflect decreased perfusion. This term specifically describes low pressure, distinguishing it from hypertension, which is high blood pressure. The other terms describe different concepts: rapid breathing (tachypnea), a noisy airway sound (wheeze), and hazardous material (biohazard), none of which relate to blood pressure.

6. The Braden Scale is used to assess risk for what condition?

- A. Nutritional Deficiency**
- B. Surgical Infections**
- C. Pressure Injuries**
- D. Wound Dehiscence**

The Braden Scale screens for risk of developing pressure injuries (pressure ulcers). It evaluates six areas—sensory perception, moisture, activity, mobility, nutrition, and friction/shear—and adds their scores to produce a total. Lower total scores indicate higher risk, guiding preventive actions like regular repositioning, pressure-relieving devices, skin care, moisture management, and nutrition monitoring. It is not a tool for diagnosing nutritional deficiency, surgical infections, or wound dehiscence.

7. Which term describes a condition existing from birth?

- A. Acute Nursing Care**
- B. Congenital Nursing**
- C. Poison**
- D. Chronic**

Congenital describes a condition present from birth. It refers to something that is existing at the time of birth, whether detected right away or identified later through screening. This timing distinction helps differentiate it from other terms: acute means a sudden onset, often short-term; chronic means long-lasting or ongoing; and poison refers to a toxic substance, not a descriptor of when a condition began. In nursing, recognizing a congenital condition guides initial assessments, planning, and monitoring, with examples such as congenital heart defects or neural tube defects. It's also useful to remember that congenital does not always mean inherited—some conditions arise from factors during fetal development, including maternal health or exposure to teratogens.

8. Which term means continuing for a long time?

- A. Acute Nursing Care
- B. Chronic**
- C. Terminal Nursing
- D. Primary Nursing

Duration of illness is being tested. When a condition lasts a long time, we call it chronic. Chronic diseases persist for months or years and often require ongoing management, regular monitoring, and patient education to prevent complications. This contrasts with acute nursing care, which is for new, sudden, and short-lived problems; terminal nursing, which focuses on end-of-life care; and primary nursing, a care model rather than a descriptor of duration. Therefore, the term that means continuing for a long time is chronic.

9. Which stage involves partial-thickness skin loss with a visible dermis or blistering?

- A. Stage 1
- B. Stage 3
- C. Stage 2**
- D. Unstageable

Stage II pressure ulcers involve partial-thickness skin loss with exposure of the dermis or the presence of a blister. The wound bed is pink to red and moist, and a blister may be intact or ruptured. This indicates damage that goes through the epidermis and into the dermis but does not extend to subcutaneous tissue. That's why the described presentation fits Stage II. In contrast, Stage I is characterized by intact skin with non-blanchable redness; Stage III shows full-thickness skin loss with visible subcutaneous tissue; and an unstageable ulcer has depth that cannot be assessed because of slough or eschar.

10. Which term describes a temperature below normal?

- A. Hyperthermia
- B. Hypothermia**
- C. Fever
- D. Pyrexia

Hypothermia is a temperature below normal. It happens when the body's heat loss exceeds its production, causing the core temperature to fall below about 95°F (35°C). It can result from cold exposure, immersion in cold water, certain medical conditions, aging, malnutrition, or anesthesia. Early signs include shivering, cool pale skin, confusion, and slowed movements; as it progresses, heart rate and breathing may slow, and the person may become lethargic or unconscious. Management involves safe rewarming, removing wet or cold exposure, providing warm blankets, and monitoring vital signs and core temperature. The other terms describe higher-than-normal temperatures: hyperthermia refers to elevated temperature due to external heat or excessive heat production, and fever (pyrexia) indicates an elevated temperature from infection or illness.

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://galenfundamentalsofnursing.examzify.com>

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

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