

# 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 position is defined by the head of the bed raised to 30 degrees, with possible knee elevation of 15 degrees?**
  - A. Fowler's position**
  - B. Semi-Fowler's Position**
  - C. High-Fowler's Position**
  - D. Trendelenburg position**
  
- 2. Which PPE item protects the eyes from splashes?**
  - A. Goggles**
  - B. Face Shield**
  - C. Mask**
  - D. Gown**
  
- 3. 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**
  
- 4. During lifting a patient, which principle should be applied?**
  - A. Use the greatest number of muscles possible**
  - B. Use only the back muscles**
  - C. Keep elbows extended away from body**
  - D. Move while twisting the torso**
  
- 5. Airborne precautions are used for patients known or suspected to be infected with pathogens transmitted by?**
  - A. Airborne Droplet Nuclei**
  - B. Direct Contact**
  - C. Large Droplets**
  - D. Standard Precautions**

- 6. Which aid helps reposition a patient safely without excessive bending?**
- A. Trapeze**
  - B. Gait belt**
  - C. Lift sheet**
  - D. Slide board**
- 7. Which term describes a substance that causes illness, injury or death if taken into the body?**
- A. Poison**
  - B. Biohazard**
  - C. Chronic**
  - D. Congenital Nursing**
- 8. Which statement reflects recommended bathing guidance for older adults?**
- A. Do not bathe daily; use warm water, not hot, and soap sparingly**
  - B. Bathe daily with hot water**
  - C. Use abrasive soap**
  - D. Wash only with cold water**
- 9. Which term describes a normal breathing pattern?**
- A. Dyspnea**
  - B. Eupnea**
  - C. Crackles**
  - D. Ronchi**
- 10. Which term refers to an abnormal heart rhythm?**
- A. Tachycardia**
  - B. Eupnea**
  - C. Hypothermia**
  - D. Arrhythmia**

## Answers

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

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## **Explanations**

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**1. Which position is defined by the head of the bed raised to 30 degrees, with possible knee elevation of 15 degrees?**

- A. Fowler's position**
- B. Semi-Fowler's Position**
- C. High-Fowler's Position**
- D. Trendelenburg position**

The situation tests how bed angle and knee position define Fowler variants. Elevating the head of the bed to about 30 degrees creates a moderate incline that is not fully upright, while a slight knee bend around 15 degrees provides support and reduces strain on the lower back. Taken together, this combination is characteristic of the semi-Fowler's position, which offers comfortable, mid-range elevation that aids diaphragmatic movement and breathing without the more upright angle of high Fowler's. Higher angles (roughly 60-90 degrees) define high Fowler's, and a head-down tilt defines Trendelenburg, neither of which match the described setup. This position is commonly used to ease breathing, assist with meals, and promote comfort in various clinical scenarios.

**2. Which PPE item protects the eyes from splashes?**

- A. Goggles**
- B. Face Shield**
- C. Mask**
- D. Gown**

Eye protection from splashes comes from a device that forms a tight barrier around the eyes. Goggles fit snugly over the eyes and seal around the orbital area, blocking splashes from reaching the cornea and mucous membranes from all directions. A face shield protects the entire face but sits away from the eyes, so droplets can still reach the eyes from sides or bottom; in high-splash situations it's common to use a face shield plus goggles to ensure complete coverage. A mask protects the nose and mouth, not the eyes, and a gown protects skin and clothing. So, goggles are the item that directly protects the eyes from splashes.

**3. 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.

**4. During lifting a patient, which principle should be applied?**

- A. Use the greatest number of muscles possible**
- B. Use only the back muscles**
- C. Keep elbows extended away from body**
- D. Move while twisting the torso**

Engaging the largest number of muscle groups while lifting distributes the effort and protects the spine. When you lift, you should involve the legs and core, keep the load close to your body, and maintain a stable stance so the work is shared rather than borne by the back alone. This approach reduces the risk of injury to you and the patient by spreading the strain across multiple muscles and maintaining safer alignment. Relying on back muscles alone concentrates stress on the spine. Keeping elbows extended away from the body can reduce control and increase leverage on the back and shoulders, making the lift harder and riskier. Moving while twisting the torso creates torsional stress on the spine, a common source of injury. If the lift is heavy, seek help or use assistive devices to maintain proper mechanics.

**5. Airborne precautions are used for patients known or suspected to be infected with pathogens transmitted by?**

- A. Airborne Droplet Nuclei**
- B. Direct Contact**
- C. Large Droplets**
- D. Standard Precautions**

Airborne precautions are used for pathogens transmitted by airborne droplet nuclei—tiny particles that can stay suspended in the air for long periods and travel on air currents beyond the patient’s immediate vicinity. Because these particles can be inhaled by people who are not in direct contact with the patient, special measures are needed: a negative-pressure room and a properly fitted respirator (like an N95) for staff. This is different from large droplets, which travel only short distances and fall to nearby surfaces; those require droplet precautions and typically a surgical mask within a close range of the patient. Direct contact precautions address transmission through skin-to-skin or contaminated surfaces, not through the air. Standard precautions are the baseline practices used with all patients to prevent spread of infections. Examples of diseases that commonly require airborne precautions include tuberculosis, measles, and varicella (chickenpox).

**6. Which aid helps reposition a patient safely without excessive bending?**

- A. Trapeze**
- B. Gait belt**
- C. Lift sheet**
- D. Slide board**

A trapeze provides overhead assist that lets the patient help with repositioning using their arms, reducing the need for the clinician to bend deeply or twist. By grasping the bar and pulling, the patient can shift position, lift up toward the head of the bed, or scoot toward the edge with easier control. This setup protects the caregiver from excessive bending and strain while promoting safer, more independent movement for the patient. Other aids have different primary uses. A gait belt assists with transfers from bed to chair and helps the caregiver maintain control during that movement but doesn’t specifically enable repositioning in bed without bending. A lift sheet (draw sheet) reduces friction and helps with turning or sliding the patient, yet it still often requires some bending and does not provide an overhead grip the way a trapeze does. A slide board is designed for lateral transfers between surfaces and is not the ideal tool for repositioning in bed without bending. So, the trapeze is the best option for repositioning safely without excessive bending.

7. Which term describes a substance that causes illness, injury or death if taken into the body?

- A. Poison**
- B. Biohazard**
- C. Chronic**
- D. Congenital Nursing**

Poison is any substance that, when it enters the body by ingestion, inhalation, absorption, or injection, can cause illness, injury, or death. It includes chemicals, drugs in overdose, pesticides, or toxic metals, and the harm depends on the dose and route of exposure, as well as the specific toxin's effects on organs such as the liver, heart, or nervous system. In practice, recognizing poisoning risk and knowing how to respond—secure storage and labeling of chemicals, avoiding accidental ingestion, and when to contact poison control for guidance or emergency care—are essential nursing responsibilities. The other terms don't describe a harmful substance: a biohazard refers to biological materials that pose health risks, not a chemical toxin; chronic describes duration; congenital relates to conditions present at birth.

8. Which statement reflects recommended bathing guidance for older adults?

- A. Do not bathe daily; use warm water, not hot, and soap sparingly**
- B. Bathe daily with hot water**
- C. Use abrasive soap**
- D. Wash only with cold water**

Caring for skin in older adults centers on protecting a thinner, drier, more fragile barrier. Baths should be gentle, minimizing drying and irritation while preserving comfort and safety. The best guidance is to avoid daily baths unless needed, keep the water warm rather than hot, and use soap sparingly. Warm water reduces drying and the risk of burns, and using only a small amount of soap helps maintain the skin's natural oils and pH, preventing excessive dryness and irritation. Daily hot baths, abrasive soaps, or washing with cold water can all worsen dryness, irritation, and discomfort, so they're not recommended.

9. Which term describes a normal breathing pattern?

- A. Dyspnea**
- B. Eupnea**
- C. Crackles**
- D. Ronchi**

Eupnea describes a normal breathing pattern: regular rhythm and rate at rest, effortless depth, no use of accessory muscles, and symmetrical chest movement. In adults, this is typically about 12 to 20 breaths per minute with quiet, unlabored breaths. Dyspnea means shortness of breath or difficult breathing, which shows breathing isn't normal. Crackles and rhonchi are abnormal breath sounds heard on auscultation—crackles suggest fluid in the airways or alveoli, while rhonchi indicate secretions or obstruction in larger airways. Because eupnea reflects a normal, effortless pattern, it is the correct term to describe normal breathing.

**10. Which term refers to an abnormal heart rhythm?**

- A. Tachycardia**
- B. Eupnea**
- C. Hypothermia**
- D. Arrhythmia**

Identifying the term for an abnormal heart rhythm. A rhythm refers to the pattern and timing of heartbeats, and an abnormal rhythm means the heart isn't beating in its normal, regular pattern. Arrhythmia is the umbrella term for any deviation from normal sinus rhythm, including rhythms that are too fast, too slow, or irregular. Tachycardia describes a fast heart rate, which is a type of rhythm disturbance but not the broad category itself. Eupnea means normal breathing, and hypothermia means an abnormally low body temperature—neither term describes heart rhythm.

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

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

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