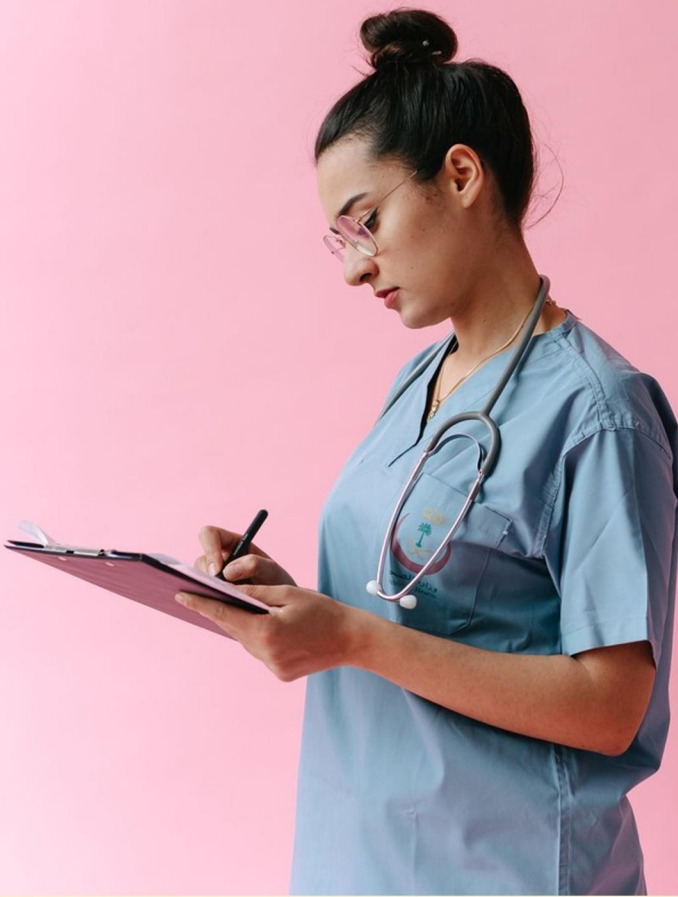


GALEN FUNDAMENTALS OF NURSING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 elements are essential in a patient hand-off report?**
 - A. Only patient identification and room number.
 - B. The last visit notes.
 - C. Patient identification, current condition, medications, allergies, recent changes, and care plan.
 - D. Diagnosis and treatment plan only.
- 2. Which body system is primarily responsible for protection, support, and movement?**
 - A. Musculoskeletal system
 - B. Respiratory system
 - C. Digestive system
 - D. Nervous system
- 3. What is the average normal body temperature in Fahrenheit?**
 - A. 99.0 F
 - B. 97.6 F
 - C. 98.6 F
 - D. 100.4 F
- 4. Which term describes a high-pitched, musical, squeaking adventitious lung sound?**
 - A. Biohazard
 - B. Hypotension
 - C. Wheeze
 - D. Tachypnea
- 5. Which position means lying on the abdomen with the face downward?**
 - A. Prone Position
 - B. Supine Position
 - C. Lateral Position
 - D. Fowler's Position

6. Which term describes a condition that persists over an extended period?

- A. Wheeze
- B. Acute Nursing Care
- C. Chronic
- D. Biohazard

7. Wound drainage types are categorized into which four categories?

- A. Bloody, watery, thick, and thin
- B. Serous, sanguineous, serosanguinous, and purulent
- C. Odorless, malodorous, foul, and neutral
- D. Clear, green, blue, and yellow

8. Name the three phases of wound healing.

- A. Inflammatory, proliferative, maturation (remodeling)
- B. Hemostasis, inflammation, proliferation
- C. Inflammation, healing, scarring
- D. Primary, secondary, tertiary

9. What is the proper order for donning PPE?

- A. Gown, gloves, mask/respirator, eye protection.
- B. Gown, mask/respirator, eye protection, gloves.
- C. Mask/respirator, gown, eye protection, gloves.
- D. Gloves, gown, mask/respirator, eye protection.

10. Abnormally rapid heartbeat is called?

- A. Arrhythmia
- B. Tachycardia
- C. Hypothermia
- D. Stridor

Answers

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

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Explanations

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1. Which elements are essential in a patient hand-off report?

- A. Only patient identification and room number.
- B. The last visit notes.
- C. Patient identification, current condition, medications, allergies, recent changes, and care plan.**
- D. Diagnosis and treatment plan only.

A hand-off report must convey information that supports safe, continuous care as the patient moves between caregivers. The essential elements are patient identification to verify you're discussing the correct person; the current condition to show stability and any changes since the last update; medications and allergies to prevent errors and adverse reactions; recent changes such as new test results, symptoms, or status shifts; and the care plan outlining ongoing interventions, goals, and what's next in the patient's care. Together, these pieces give the incoming team a clear, actionable picture of where the patient stands and what actions are planned, reducing the risk of omissions or unsafe events. Reports that include only identification and room number miss critical clinical information; last visit notes can be outdated and not reflect current status; and focusing solely on diagnosis and treatment plan neglects how the patient is doing now and what safety concerns—like medications and allergies—must be considered up front.

2. Which body system is primarily responsible for protection, support, and movement?

- A. Musculoskeletal system**
- B. Respiratory system
- C. Digestive system
- D. Nervous system

The musculoskeletal system provides the framework and machinery for protection, support, and movement. Bones, joints, and skeletal muscles work together to form a sturdy structure that supports the body's shape and posture. The bones shield vital organs—like the skull protecting the brain and the rib cage guarding the heart and lungs—while the spinal column protects the spinal cord. The skeleton also serves as a rigid framework that supports soft tissues and provides attachment points for muscles and ligaments. Movement arises when muscles contract and pull on bones via tendons, with joints acting as the pivots that allow different types of motion. The bones function as levers, changing the direction and range of movement produced by muscle forces. Although the nervous system coordinates and modulates these actions, the actual protection, support, and movement come from the musculoskeletal structures themselves. In nursing practice, disruptions to this system—from fractures to muscle weakness—directly impact mobility, stability, and safety, guiding interventions like fall prevention, assistive devices, and rehabilitation to restore function.

3. What is the average normal body temperature in Fahrenheit?

- A. 99.0 F
- B. 97.6 F
- C. 98.6 F**
- D. 100.4 F

Understanding the usual reference for a healthy adult's temperature helps you gauge what's normal. The value most often cited as the average normal body temperature is 98.6°F (37°C). This serves as a standard reference, though real readings vary from person to person and depend on how you measure it. For oral measurements, many healthy adults are near this value, with a normal range roughly from 97.6°F to 99.6°F. So 98.6°F is the best answer as the typical average. A reading around 99.0°F can be normal for some individuals or at certain times, but it isn't the standard average. A reading of 97.6°F is within normal limits but represents the lower end of the spectrum. A reading of 100.4°F is generally considered fever, suggesting a potential illness.

4. Which term describes a high-pitched, musical, squeaking adventitious lung sound?

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

High-pitched, musical, squeaking adventitious lung sounds are wheezes. They occur when air flows through narrowed or obstructed airways, causing turbulent, whistle-like sound transmission, often heard during expiration in conditions like asthma or bronchospasm. The other terms don't describe a lung sound: a biohazard is a safety concern, hypotension is low blood pressure, and tachypnea means rapid breathing without reference to a sound produced.

5. Which position means lying on the abdomen with the face downward?

- A. Prone Position**
- B. Supine Position
- C. Lateral Position
- D. Fowler's Position

In nursing, this question tests knowledge of body position terminology. Prone means lying on the abdomen with the face downward. This contrasts with the supine position, where a person lies on the back facing upward; the lateral position involves lying on one side; and Fowler's position is a semi-sitting pose with the head and chest elevated. Understanding these terms helps you describe how a patient is positioned for exams, procedures, or comfort, and knowing the distinctions clarifies which posture matches "face downward on the abdomen."

6. Which term describes a condition that persists over an extended period?

- A. Wheeze
- B. Acute Nursing Care
- C. Chronic**
- D. Biohazard

Understanding how we describe how long a health issue lasts helps you pick the right term. A condition that persists for a long time is described as chronic. Chronic means lasting for months or years and often requiring ongoing management. A wheeze is a breathing sound (a symptom), not a duration descriptor; acute nursing care refers to immediate, short-term care needs; and a biohazard is a safety risk. So the term that fits a condition that endures over time is chronic.

7. Wound drainage types are categorized into which four categories?

- A. Bloody, watery, thick, and thin
- B. Serous, sanguineous, serosanguinous, and purulent**
- C. Odorless, malodorous, foul, and neutral
- D. Clear, green, blue, and yellow

Assessing wound drainage centers on the four main exudate types that describe the fluid coming from a healing wound: serous, sanguineous, serosanguinous, and purulent. Serous drainage is clear or pale yellow and watery, often seen in normal healing as small amounts of fluid serum seep from capillaries. Sanguineous drainage is red or deep red, containing a high number of red blood cells, which can indicate active bleeding or fragile capillaries in a fresh wound. Serosanguinous drainage blends the two—a pinkish or light red fluid that's partly serum and partly blood—commonly seen as wounds transition through healing. Purulent drainage is thick and opaque, often yellow, green, or brown, and signifies pus with white blood cells and bacteria, typically reflecting infection or contamination. These categories help guide assessment and management: serous indicates normal healing, serosanguinous is common in the healing process, purulent signals potential infection requiring further evaluation, and sanguineous warrants monitoring for ongoing bleeding.

8. Name the three phases of wound healing.

- A. Inflammatory, proliferative, maturation (remodeling)**
- B. Hemostasis, inflammation, proliferation
- C. Inflammation, healing, scarring
- D. Primary, secondary, tertiary

The concept being tested is how wound healing progresses through distinct, sequential stages. After an injury, the body moves through an inflammatory phase that immediately works to control bleeding and fight infection, followed by a proliferative phase where new tissue, blood vessels, and collagen begin to fill and close the wound, and finally a maturation (remodeling) phase where the new tissue rearranges and strengthens over time, reducing scar tissue as much as possible. This set of three phases—inflammatory, proliferative, and maturation/remodeling—is why the best answer lists those terms. Inflammation includes the initial defense and cleanup, the proliferative phase builds new tissue, and maturation/remodeling refines and strengthens that tissue for the long term. The other options don't fit as cleanly: one combination splits out hemostasis as its own phase rather than considering it part of the inflammatory response, another uses non-phase terms like healing or scarring, and another reflects wound classifications (primary, secondary, tertiary) rather than healing stages.

9. What is the proper order for donning PPE?

- A. Gown, gloves, mask/respirator, eye protection.
- B. Gown, mask/respirator, eye protection, gloves.**
- C. Mask/respirator, gown, eye protection, gloves.
- D. Gloves, gown, mask/respirator, eye protection.

Donning PPE in a clean-to-dirty sequence keeps the barrier intact and reduces the risk of self-contamination. Start with the gown to cover your clothes and provide a protective layer. Then apply the mask or respirator to protect your respiratory tract. After that, put on eye protection to shield the eyes from droplets. Finally, put on gloves, ensuring the glove cuffs extend over the gown sleeves to seal the barrier at the wrists. This order preserves the integrity of each barrier and minimizes the chance that contaminated surfaces touch exposed skin or other PPE. Remember to perform hand hygiene before donning and after doffing.

10. Abnormally rapid heartbeat is called?

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

Tachycardia is the term used for an abnormally rapid heartbeat. In adults, a normal resting heart rate is about 60 to 100 beats per minute; when the rate rises above 100 beats per minute, it's described as tachycardia. This term specifically refers to speed, not rhythm. Arrhythmia, by contrast, means an abnormal heart rhythm that can be fast, slow, or irregular, so it isn't the precise label for a fast heart rate. The other options describe unrelated concepts: stridor is a harsh breathing sound from the airway, and hypothermia is a low body temperature.

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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