

Grief, Death, and Dying Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 16

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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 describes adolescents' response to emotional distress during grief?**
 - A. They will rely on family first for emotional comfort.**
 - B. They only seek comfort from adults.**
 - C. They may rely on friends or detach from others in response to their emotions.**
 - D. They never seek peer support.**

- 2. What is a common misconception preschoolers have about death?**
 - A. Death is permanent**
 - B. They are to blame for the death**
 - C. Death only happens to adults**
 - D. Death is temporary and reversible**

- 3. What strategies can help prevent compassion fatigue?**
 - A. Reflective journaling, continuing education, meditation, and engaging in non-nursing activities.**
 - B. Avoiding support groups and colleagues.**
 - C. Working longer shifts without breaks.**
 - D. Ignoring personal emotions.**

- 4. Which description best captures the bargaining stage of grief?**
 - A. Withdrawal from daily tasks**
 - B. Negotiating with a higher power for a better outcome, often accompanied by guilt**
 - C. Acceptance of reality**
 - D. Ignoring the concern**

- 5. What is the impact of social support on grieving individuals?**
 - A. It has no effect on grief.**
 - B. It can significantly alleviate the burden of grief and facilitate healing.**
 - C. It worsens the grieving process.**
 - D. It only helps with physical symptoms.**

- 6. Which statement is NOT identified as a factor influencing a child's grief response after losing a parent?**
- A. The child's favorite color.**
 - B. The circumstances of the parent's death.**
 - C. The child's relationship with the parent.**
 - D. Beliefs about the timing of the death.**
- 7. During the implementation phase, what is the nurse doing?**
- A. Writing the initial assessment**
 - B. Planning future interventions**
 - C. Carrying out the treatment plan and monitoring the client for signs of change**
 - D. Determining family contacts**
- 8. Which is an effective approach to support grieving clients?**
- A. Building rapport and developing a relationship.**
 - B. Withholding information to avoid discomfort.**
 - C. Avoiding personal connection with the client.**
 - D. Limiting interaction to essential tasks only.**
- 9. Which emotional manifestations are commonly associated with grief?**
- A. Joy, relief, indifference, euphoria.**
 - B. Anxiety, sadness, guilt, yearning, anger, and regret.**
 - C. Apathy, nostalgia, surprise.**
 - D. Happiness, confidence, calm.**
- 10. Which phase involves developing a plan of care with client-specific goals and outcomes?**
- A. Planning phase**
 - B. Analysis phase**
 - C. Implementation phase**
 - D. Evaluation phase**

Answers

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

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Explanations

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1. Which statement best describes adolescents' response to emotional distress during grief?

A. They will rely on family first for emotional comfort.

B. They only seek comfort from adults.

C. They may rely on friends or detach from others in response to their emotions.

D. They never seek peer support.

Adolescents cope with emotional distress in grief through the pull of peer relationships and a push toward autonomy. They often turn to friends for comfort, sharing feelings with peers who are navigating similar changes and can offer relatable support. At the same time, some adolescents may withdraw or detach as a way to manage overwhelming emotions or to protect themselves while they process what has happened. This combination—seeking support from friends and sometimes pulling back from others—best captures the variability seen in teen grief responses. Other patterns are less representative. Relying on family first isn't universal for teens, as peers often become a primary source of support during adolescence. Seeking comfort only from adults ignores how central peer connections are at this stage. And stating they never seek peer support contradicts the common tendency for teens to lean on friends during times of distress.

2. What is a common misconception preschoolers have about death?

A. Death is permanent

B. They are to blame for the death

C. Death only happens to adults

D. Death is temporary and reversible

Preschoolers often think death is temporary or reversible because their thinking is concrete and magical at this age. They haven't yet grasped irreversibility—the idea that death is final and that the body isn't going to wake up or come back. That's why the common misconception is that death can be reversed or undone; they may describe or imply that the person will return, wake up, or resume life as before. Understanding this helps you talk with them in honest, age-appropriate terms. Use simple, concrete language: death means the body has stopped working and the person will not come back. Answer questions as they arise, validate their feelings, and offer steady reassurance and routines. Encourage expression through play or drawing to help them process the loss, and avoid euphemisms that might reinforce the idea of revival while still being gentle and supportive.

3. What strategies can help prevent compassion fatigue?

- A. Reflective journaling, continuing education, meditation, and engaging in non-nursing activities.**
- B. Avoiding support groups and colleagues.**
- C. Working longer shifts without breaks.**
- D. Ignoring personal emotions.**

Preventing compassion fatigue relies on strategies that replenish emotional energy and maintain resilience for caregivers. Reflective journaling gives you a private space to process tough experiences, name your emotions, and notice patterns in what triggers stress, which in turn supports healthier responses over time. Continuing education helps you feel competent and up-to-date, reducing moral distress and the sense that you're floundering in difficult situations. Meditation and other mindfulness practices calm the mind and nervous system, improving emotional regulation so you can stay present without becoming overwhelmed. Engaging in activities outside of nursing preserves your identity beyond your role, strengthens social connections, and provides meaningful balance that supports recovery between shifts. These elements work together to build a sustainable approach to care work. By contrast, avoiding support groups and colleagues removes valuable social support; working longer shifts without breaks compounds fatigue and reduces recovery time; and ignoring personal emotions blocks awareness of stress and delaying necessary coping.

4. Which description best captures the bargaining stage of grief?

- A. Withdrawal from daily tasks**
- B. Negotiating with a higher power for a better outcome, often accompanied by guilt**
- C. Acceptance of reality**
- D. Ignoring the concern**

The bargaining stage of grief centers on trying to regain a sense of control or influence over the loss by making deals, often with a higher power or fate, in hopes of a different outcome. People envision "if only" scenarios and may promise changes in behavior in exchange for relief from the pain or a reversal of what happened. This stage is frequently accompanied by guilt as the person reflects on what they might have done differently and hopes for a chance to alter the outcome. This is why the description that involves negotiating with a higher power for a better outcome, often with guilt, best captures bargaining. It's distinct from withdrawal or depression, which relate more to sadness and disengagement, and from acceptance, which is about coming to terms with the reality rather than trying to bargain to change it.

5. What is the impact of social support on grieving individuals?

- A. It has no effect on grief.
- B. It can significantly alleviate the burden of grief and facilitate healing.**
- C. It worsens the grieving process.
- D. It only helps with physical symptoms.

Social support acts as a protective factor in grieving, helping people cope more effectively. When friends, family, or support networks listen with empathy, share memories of the deceased, and offer practical help, the bereaved feel less isolated and overwhelmed. This emotional warmth and validation reduce distress and make it easier to express grief, process the loss, and gradually adapt to new routines. Practical support—help with daily tasks, childcare, or getting to appointments—also lightens the burden, freeing energy for healing. Because supportive relationships provide encouragement to seek additional help when needed and reinforce adaptive coping strategies, they tend to promote resilience and a healthier grieving trajectory. In short, social support significantly alleviates the burden of grief and facilitates healing, rather than having no effect, worsening the grief, or addressing only physical symptoms.

6. Which statement is NOT identified as a factor influencing a child's grief response after losing a parent?

- A. The child's favorite color.**
- B. The circumstances of the parent's death.
- C. The child's relationship with the parent.
- D. Beliefs about the timing of the death.

Understanding how a child grieves after losing a parent involves looking at factors that shape meaning-making and adjustment. The most influential ones include the quality of the child's relationship with the parent (attachment history and closeness) and the circumstances surrounding the death (whether it was sudden or anticipated, level of distress, and the involvement of supportive caregivers). Beliefs about the timing of death also matter, because they influence how the child makes sense of the loss within their cultural or spiritual framework. These elements affect the intensity, duration, and expression of grief and guide how families and professionals support the child. The child's favorite color is a personal preference and does not map onto the psychological processes involved in bereavement, such as attachment, appraisal, or meaning-making, so it isn't identified as a factor shaping a child's grief response.

7. During the implementation phase, what is the nurse doing?

- A. Writing the initial assessment**
- B. Planning future interventions**
- C. Carrying out the treatment plan and monitoring the client for signs of change**
- D. Determining family contacts**

During implementation, the nurse puts the care plan into action and watches the patient's response. After planning, the actual interventions are carried out—administering treatments, performing procedures, providing teaching, coordinating with the care team—and the patient is continuously monitored for signs of change. This monitoring is crucial because it shows whether the plan is effective or if adjustments are needed. The other activities—collecting the initial data, outlining future interventions, or arranging family contacts—happen earlier in the nursing process or in related steps, not during the implementation phase.

8. Which is an effective approach to support grieving clients?

- A. Building rapport and developing a relationship.**
- B. Withholding information to avoid discomfort.**
- C. Avoiding personal connection with the client.**
- D. Limiting interaction to essential tasks only.**

Establishing trust through rapport is essential when supporting grieving clients. Grief work is deeply personal and can bring up vulnerability; a safe, collaborative relationship gives the client space to express painful emotions, memories, and questions. When a caregiver listens actively, validates feelings, mirrors emotions, and remains consistently present, the client feels seen and understood, making it easier to share what's most affecting them and to try coping strategies at their own pace. This relationship also supports accurate assessment and makes interventions feel tailored, respectful, and culturally appropriate. Choosing to withhold information to avoid discomfort breaks trust and leaves the client guessing or anxious, rather than feeling guided. Avoiding a personal connection creates emotional distance, which can stall processing and increase isolation. Limiting interactions to only essential tasks misses the ongoing, relational nature of grief, where ongoing support, validation, and opportunities for meaning-making are important. Building rapport addresses these needs, making it the most effective approach.

9. Which emotional manifestations are commonly associated with grief?

A. Joy, relief, indifference, euphoria.

B. Anxiety, sadness, guilt, yearning, anger, and regret.

C. Apathy, nostalgia, surprise.

D. Happiness, confidence, calm.

Grief is a complex emotional response to loss, not a single feeling. When people grieve, a mix of emotions often appears, reflecting how loss unsettles safety, plans, and identity. The emotions most commonly seen are anxiety about what life will be like without the person, deep sadness, guilt or self-blame for things left undone or said, yearning or longing for the deceased, anger about the circumstances or the loss itself, and regret about how things turned out. This combination captures the turmoil and searching for meaning that grief can provoke, showing why this option fits best. Other choices mix in states that aren't the typical core of grief. For example, joy, relief, indifference, or euphoria can occur in some moments or specific situations, but they aren't the sustained or central emotional patterns people usually report during grief. Similarly, apathy, nostalgia, or surprise may appear, but they don't represent the primary emotional constellation most people experience as they adjust to loss. The end result is a pattern dominated by sadness, longing, and the related feelings listed above.

10. Which phase involves developing a plan of care with client-specific goals and outcomes?

A. Planning phase

B. Analysis phase

C. Implementation phase

D. Evaluation phase

The important idea here is turning gathered information into a concrete plan of action. In the planning phase, the nurse works with the client to articulate specific, measurable goals and the expected outcomes, then designs the care plan to achieve those goals. This involves prioritizing problems, selecting appropriate interventions, and outlining who will do what and by when. The goals should be realistic, client-centered, and time-bound so progress can be tracked and adjustments made if needed. Implementation is about carrying out the plan, while evaluation checks whether the goals and outcomes were met and informs any necessary changes. The analysis or assessment work that comes before planning shapes what goes into the plan, but the explicit creation of client-specific goals and outcomes happens during planning.

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://griefdeathdying.examzify.com>

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

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