

GRIEF, DEATH, AND DYING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://griefdeathdying.examzify.com>



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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. How can grief influence a person's sense of self and identity over time?**
 - A. Grief can prompt identity shifts, changes in priorities or roles, and the need to redefine purpose and belonging.
 - B. Identity remains completely unchanged.
 - C. Grief always strengthens identity in the same way.
 - D. Grief only affects emotions, not identity.
- 2. Which statement best distinguishes prolonged grief disorder from normal grief?**
 - A. It lasts longer and interferes with functioning.
 - B. It is less intense but longer.
 - C. It is unrelated to the loss.
 - D. It always ends within 2 weeks.
- 3. How long does grief manifestation typically decline?**
 - A. Within a few days.
 - B. After six months.
 - C. After several years.
 - D. Most clients see a decline after six months.
- 4. Identify five common near-death or end-of-life signs that may precede natural death in adults.**
 - A. Decreased level of consciousness; irregular or slowed breathing; reduced intake of fluids/food; coolness and mottling of extremities; decreased urine output.
 - B. Increased appetite, hyperactivity, and improved mood, fast breathing, warm extremities.
 - C. Development of rashes, hair growth, improved energy, stable vitals, weight gain.
 - D. Headache, insomnia, muscle tremors, diarrhea, increased thirst.
- 5. Compassion fatigue tends to arise from which underlying process?**
 - A. A feeling of over-competence.
 - B. Cumulative stress from the desire to help suffering clients.
 - C. Lack of compassion.
 - D. Excessive detachment unrelated to patient care.

- 6. 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.
- 7. Which statement best describes the role of culture in grief?**
- A. Culture influences grief solely through medical beliefs
 - B. Culture has no impact
 - C. Culture shapes how grief is experienced through beliefs, values, and rituals
 - D. Culture only affects language
- 8. Why is pet loss grief considered a legitimate form of bereavement, and how does it compare to human loss?**
- A. It can be less intense than human loss.
 - B. Social acknowledgment is always present.
 - C. Pets provide attachment and daily companionship.
 - D. Pet loss is not a legitimate form of bereavement.
- 9. What is the importance of recognizing different types of grief in nursing?**
- A. It is optional in practice.
 - B. It has no impact on patient outcomes.
 - C. It leads to standardized care for all clients.
 - D. It helps nurses provide appropriate support and interventions tailored to each client's needs.
- 10. Which is NOT typically a physical symptom of grief?**
- A. Tightness in chest
 - B. Dizziness
 - C. Sudden improved hearing
 - D. Headaches

Answers

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

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Explanations

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1. How can grief influence a person's sense of self and identity over time?

- A. Grief can prompt identity shifts, changes in priorities or roles, and the need to redefine purpose and belonging.
- B. Identity remains completely unchanged.
- C. Grief always strengthens identity in the same way.
- D. Grief only affects emotions, not identity.

Grief disrupts the self you carry in daily life and often triggers a reworking of who you are. After a loss, people commonly reassess priorities, take on new or altered roles, and search for a sense of purpose and belonging in a changed world. This process of redefining meaning can unfold over time as memories integrate and life scripts are rewritten, leading to a transformed sense of identity that can include growth, resilience, or new responsibilities. Grief is not limited to emotions alone; it reshapes self-concept and life narratives, which is why the idea that grief prompts identity shifts and redefinitions best captures how identity can evolve after loss.

2. Which statement best distinguishes prolonged grief disorder from normal grief?

- A. It lasts longer and interferes with functioning.
- B. It is less intense but longer.
- C. It is unrelated to the loss.
- D. It always ends within 2 weeks.

Prolonged grief disorder is defined by a persistent, intense grief reaction that lasts well beyond what is culturally expected and that causes clear impairment in daily functioning. The key distinction is not just how strong the distress is, but how long it endures and how it interferes with life. In normal grief, pain and yearning are real but typically lessen over time, and people gradually reconnect with daily activities, relationships, and responsibilities. In prolonged grief disorder, the distress remains prolonged and pervasive, with symptoms like persistent yearning, preoccupation with the deceased, trouble accepting the death, and significant impairment in work, social life, or self-care, all closely tied to the loss. That combination of extended duration and functional disruption is what sets it apart.

3. How long does grief manifestation typically decline?

- A. Within a few days.
- B. After six months.
- C. After several years.
- D. Most clients see a decline after six months.

Grief tends to follow a pattern where distress is strongest in the early period after a loss and then gradually eases as people adjust. In practice, the typical trajectory shows a noticeable decline in grief manifestations around six months after the loss, with continued gradual improvement thereafter. This reflects the common experience that, while some people heal faster and others take longer, the six-month mark is a realistic milestone for many to see relief emerge. The other statements are less accurate when describing what's typical: decline within a few days is usually too rapid for most, saying it happens after six months without noting that this is common for many but not universal isn't as precise, and waiting several years to decline goes beyond the usual course for most people. So, most clients seeing a decline after six months best captures the common pattern.

4. Identify five common near-death or end-of-life signs that may precede natural death in adults.

- A. Decreased level of consciousness; irregular or slowed breathing; reduced intake of fluids/food; coolness and mottling of extremities; decreased urine output.**
- B. Increased appetite, hyperactivity, and improved mood, fast breathing, warm extremities.
- C. Development of rashes, hair growth, improved energy, stable vitals, weight gain.
- D. Headache, insomnia, muscle tremors, diarrhea, increased thirst.

As death approaches, the body shows a characteristic pattern of declining organ function and perfusion. The best answer reflects five signs that are commonly observed as natural death nears: consciousness fades as the brain's function declines; breathing becomes irregular or slows, sometimes with periods of shallow breaths or pauses; intake of fluids and food decreases because the body's energy needs fall and the drive to eat or drink diminishes; extremities feel cool and may develop mottling as circulation slows and blood pools in dependent areas; urine output decreases due to reduced kidney perfusion and overall fluid shifts. Together, these signs indicate the body is moving toward the final stage of life and focus often shifts to comfort and symptom relief. Other options describe symptoms not typical of the dying process, such as increased appetite and improved mood, or unrelated signs like rashes or stable vitals, which don't align with the physiological changes seen at the end of life.

5. Compassion fatigue tends to arise from which underlying process?

- A. A feeling of over-competence.
- B. Cumulative stress from the desire to help suffering clients.**
- C. Lack of compassion.
- D. Excessive detachment unrelated to patient care.

Compassion fatigue comes from the cumulative stress of continually trying to help people who are suffering. When a caregiver repeatedly bears witness to trauma and pain, the emotional resources used for empathic engagement get depleted over time, leading to fatigue, numbness, and a reduced capacity to care. This is about ongoing exposure and the burden of trying to "fix" or support others, not a sudden or single-slip in mood. The other ideas don't fit because over-competence isn't a fatigue trigger, lack of compassion isn't the mechanism at work, and detachment that isn't tied to patient care wouldn't reflect the sustained empathic strain that produces compassion fatigue.

6. 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.

7. Which statement best describes the role of culture in grief?

- A. Culture influences grief solely through medical beliefs
- B. Culture has no impact
- C. Culture shapes how grief is experienced through beliefs, values, and rituals
- D. Culture only affects language

Culture shapes how grief is experienced through beliefs, values, and rituals. This means that the way people think about death, what they consider appropriate to feel or say, and the practices they follow after a loss all flow from cultural norms. Some cultures encourage outward, communal expressions of mourning with public rituals and extended support, while others prioritize private reflection and shorter public displays. Rituals like wakes, funerals, and mourning periods provide structure for the bereaved and signal who participates, how long mourning lasts, and what responsibilities family and friends have. Valuing family, community roles, and gender expectations also influences who offers support and how it is given. This view is broader than saying culture is only about medical beliefs, or that culture has no impact, or that it only affects language; culture actually shapes the entire lived experience of grief through these intertwined beliefs, values, and practices.

8. Why is pet loss grief considered a legitimate form of bereavement, and how does it compare to human loss?

- A. It can be less intense than human loss.
- B. Social acknowledgment is always present.
- C. Pets provide attachment and daily companionship.**
- D. Pet loss is not a legitimate form of bereavement.

Attachment to pets and the daily companionship they provide explains why pet loss grief is a legitimate form of bereavement. When a pet becomes a regular part of everyday life, they function as a source of emotional support, comfort, and routine. The bond can be strong and meaningful, shaping how we feel, act, and even view ourselves as caregivers and companions. Losing that partner triggers a grief process that mirrors many aspects of human bereavement: deep sadness, longing, questions about life without the beloved animal, changes in daily routines, and a sense of emptiness. The key is recognizing that the legitimacy of grief rests on the strength and significance of the attachment, not on the species of the relationship. Grief reactions can vary in intensity and duration from person to person, and social responses to pet loss can differ, but the experience of mourning a cherished animal shares the same emotional architecture as mourning a human who mattered to us. Coping strategies—like creating rituals, memorializing the lost pet, seeking social support, and gradually rebuilding routines—are applicable to both pet and human losses, underscoring the valid, lived experience of pet loss grief.

9. What is the importance of recognizing different types of grief in nursing?

- A. It is optional in practice.
- B. It has no impact on patient outcomes.
- C. It leads to standardized care for all clients.
- D. It helps nurses provide appropriate support and interventions tailored to each client's needs.**

Understanding that grief is expressed in many different ways is essential in nursing care. Grief isn't a uniform experience; people respond based on culture, relationships, prior losses, coping styles, and the situation surrounding the death or anticipated loss. When a nurse can identify the type or pattern of grief a patient or family is experiencing—whether anticipatory grief, normal bereavement, disenfranchised grief, or more complicated grief—the care provided can be precisely matched to those needs. This means offering the right support at the right time: listening and validating feelings, providing space to express emotions, guiding rituals or memory-making activities, and coordinating with social work, chaplaincy, or bereavement services. It also involves planning care that reduces distress and supports meaningful coping, such as preparing for existential questions, facilitating clear communication about goals of care, and connecting people with appropriate resources. Because grief processes are individualized, care cannot be one-size-fits-all. Recognizing diverse grief types improves emotional support, helps families navigate the transition more smoothly, and can positively influence overall patient and family outcomes. The other options imply that grief recognition is optional, inconsequential to outcomes, or leads to the same care for everyone. In reality, consistent attention to the specific ways a person grieves guides personalized interventions that better meet each client's needs.

10. Which is NOT typically a physical symptom of grief?

- A. Tightness in chest
- B. Dizziness
- C. Sudden improved hearing
- D. Headaches

Grief often shows up in the body as a stress reaction, with common physical signs like chest tightness, dizziness, and headaches stemming from emotional overwhelm, tension, and disrupted sleep. Sudden improvement in hearing doesn't fit with how grief typically affects the body; grief tends to amplify tension and somatic sensations rather than produce new, improved sensory function. If hearing changes happen suddenly, they're not a usual grief symptom and should be checked by a clinician to rule out other medical issues.

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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.

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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