

Holistic Nursing Exam 2 Practice (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. In nursing process assessment, which elements are collected?**
 - A. Subjective data, objective data, and diagnostic tests**
 - B. Only subjective data**
 - C. Only objective data**
 - D. Administrative data**

- 2. HIPAA civil penalties apply per violation up to how much?**
 - A. Civil penalties per violation up to 50,000**
 - B. Criminal penalties apply**
 - C. Professional consequences only**
 - D. No penalties exist**

- 3. Which nutrient is essential for maintaining body tissue and supporting growth?**
 - A. Carbohydrates**
 - B. Proteins**
 - C. Fats**
 - D. Vitamins**

- 4. A physiologic response to pain is best described as which of the following?**
 - A. Voluntary muscle movements**
 - B. Involuntary body response**
 - C. Reflects mood and emotions**
 - D. Culture influences pain**

- 5. Which groups are included in special pain consideration populations?**
 - A. Children**
 - B. Cognitively impaired**
 - C. Older adults**
 - D. All of the above**

- 6. During the proliferation phase, which process describes the role of epithelial tissue?**
- A. It forms granulation tissue**
 - B. It contracts the wound edges**
 - C. It covers the wound bed after granulation tissue has formed**
 - D. It destroys collagen**
- 7. Phase two wound healing is characterized by which signs?**
- A. Bleeding, tenderness, pallor**
 - B. Epithelialization only**
 - C. Decreased inflammation**
 - D. Pain, heat, redness, swelling**
- 8. Which area cannot be delegated and is therefore not delegable?**
- A. Medication administration**
 - B. Ambulation**
 - C. Bathing**
 - D. Nursing process**
- 9. If a patient cannot be aroused after opioid administration, what medication should be given?**
- A. Naloxone**
 - B. Acetaminophen**
 - C. Ibuprofen**
 - D. Morphine**
- 10. A rating of 1-3 on the 10-point scale corresponds to which level of pain?**
- A. Moderate pain**
 - B. Mild pain**
 - C. Severe pain**
 - D. Worst pain imaginable**

Answers

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

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Explanations

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1. In nursing process assessment, which elements are collected?

- A. Subjective data, objective data, and diagnostic tests**
- B. Only subjective data**
- C. Only objective data**
- D. Administrative data**

In the nursing process assessment, data collection includes subjective data from the patient's reports, objective data obtained through observation and measurement, and diagnostic test results. Subjective data capture the patient's experiences, symptoms, and feelings that only the patient can describe. Objective data are tangible findings you can observe or measure directly, such as vital signs, physical examination results, and observable conditions. Diagnostic tests provide additional, quantifiable information from labs, imaging, and other investigations that help clarify the patient's health status. Together, these three sources create a comprehensive picture that informs nursing diagnoses and care planning. Choosing only subjective data misses measurable signs; choosing only objective data overlooks the patient's experiences; administrative data relates to non-clinical information and does not constitute the clinical assessment data used to guide care.

2. HIPAA civil penalties apply per violation up to how much?

- A. Civil penalties per violation up to 50,000**
- B. Criminal penalties apply**
- C. Professional consequences only**
- D. No penalties exist**

HIPAA penalties are civil fines applied for violations by covered entities and business associates, and they are assessed per violation rather than as one lump sum. The maximum civil penalty for a single violation is \$50,000. There are tiered considerations based on the level of fault or negligence, but the per-violation cap stays at \$50,000. There's also a separate annual cap for multiple violations and criminal penalties can apply for willful or more serious offenses, but those are distinct from the civil per-violation fines. So the per-violation amount being up to \$50,000 is the key point here.

3. Which nutrient is essential for maintaining body tissue and supporting growth?

- A. Carbohydrates**
- B. Proteins**
- C. Fats**
- D. Vitamins**

Proteins are the nutrient essential for maintaining body tissue and supporting growth. They supply amino acids, the building blocks for all tissues and for important proteins like enzymes, hormones, and antibodies. Essential amino acids must come from the diet, making adequate protein intake crucial for tissue repair, wound healing, and growth during childhood, pregnancy, and recovery from illness. Carbohydrates mainly provide energy; fats provide dense energy and support cell membranes and fat-soluble vitamin absorption; vitamins act as cofactors in many metabolic processes. Without enough protein, tissue breakdown occurs, healing slows, and growth can be impaired.

4. A physiologic response to pain is best described as which of the following?

- A. Voluntary muscle movements**
- B. Involuntary body response**
- C. Reflects mood and emotions**
- D. Culture influences pain**

Pain triggers automatic, involuntary responses. When tissue is damaged, the nervous system activates reflexes and autonomic changes that occur without conscious control—such as increased heart rate and blood pressure, rapid breathing, sweating, and pupil dilation—as part of the body's protective "fight-or-flight" reaction. Voluntary muscle movements are deliberate actions and aren't the immediate physiologic reaction to pain. Mood, emotions, and cultural factors influence how pain is perceived and expressed, but the rapid, automatic physiologic changes are best described as an involuntary body response.

5. Which groups are included in special pain consideration populations?

- A. Children**
- B. Cognitively impaired**
- C. Older adults**
- D. All of the above**

Pain in populations with special consideration includes children, people who are cognitively impaired, and older adults. Each group brings unique challenges that require tailored approaches to both assessment and management. Children may not be able to describe pain reliably, especially the youngest ones. Therefore, clinicians use age-appropriate, validated tools such as the FLACC scale for preverbal children or the Wong-Baker Faces scale for older children to gauge pain intensity and guide treatment. Cognitively impaired individuals might not be able to communicate their pain even if it is present. Relying on observable behaviors, changes in routine, agitation, facial expressions, and caregiver reports becomes essential, often with specialized observational scales like PACSLAC or MOBID-2 to detect and quantify pain. Older adults often face under-recognition of pain due to myths, and they have unique pharmacologic considerations—polypharmacy, altered drug metabolism, and increased susceptibility to adverse effects. Pain management in this group emphasizes starting with safer options when possible, careful dosing and monitoring, and balancing analgesia with safety and functional goals. Because all of these groups require special attention, the correct answer encompasses all of them.

6. During the proliferation phase, which process describes the role of epithelial tissue?

- A. It forms granulation tissue**
- B. It contracts the wound edges**
- C. It covers the wound bed after granulation tissue has formed**
- D. It destroys collagen**

During the proliferation phase, epithelial tissue's job is to re-epithelialize the wound by migrating across the underlying granulation tissue to form a new, continuous epidermal layer. Epithelial cells move in from the wound margins (and from any remaining epidermal structures) once a vascularized granulation bed is established, sealing the surface to restore the skin's barrier. This re-epithelialization reduces fluid loss and lowers infection risk, helping the wound achieve a stable, protective cover. Wound contraction is driven by other cells (myofibroblasts) and serves to shrink the wound, while collagen laid down during proliferation is later remodeled. Epithelial tissue doesn't destroy collagen.

7. Phase two wound healing is characterized by which signs?

- A. Bleeding, tenderness, pallor**
- B. Epithelialization only**
- C. Decreased inflammation**
- D. Pain, heat, redness, swelling**

Recognizing the inflammatory signs of wound healing. Early wound response is dominated by inflammation, and the body increases blood flow to the area while capillaries become more permeable. That boost in blood flow causes warmth and redness around the wound, and the leakage of fluid into the tissue leads to swelling. Nociceptors are activated by inflammatory mediators, so pain is common as well. These four signs—pain, heat, redness, and swelling—are the classic indicators of the inflammatory phase in many nursing texts. The other options describe processes not characteristic of this phase: bleeding reflects initial hemostasis, epithelialization is part of the proliferative phase, and decreased inflammation would not match the prominent inflammatory signs seen during this stage.

8. Which area cannot be delegated and is therefore not delegable?

- A. Medication administration**
- B. Ambulation**
- C. Bathing**
- D. Nursing process**

The main idea here is delegation of professional responsibilities versus routine tasks. The nursing process—the sequence of assessment, nursing diagnoses, planning, implementation, and evaluation—depends on clinical judgment, critical thinking, and accountability for outcomes. Because these steps require professional expertise and decision-making, they cannot be handed off to others. A nurse must synthesize data, prioritize needs, and adjust the care plan based on patient responses. In contrast, many routine care activities—like helping a patient ambulate or assisting with bathing—can be performed by trained assistive personnel under supervision according to an established plan. These tasks follow set procedures and don't require independent nursing judgment about the overall care plan.

9. If a patient cannot be aroused after opioid administration, what medication should be given?

- A. Naloxone**
- B. Acetaminophen**
- C. Ibuprofen**
- D. Morphine**

Opioid-induced CNS and respiratory depression requires reversing the opioid effects. Naloxone is an opioid receptor antagonist that competes with opioids at mu receptors, displacing the opioid and rapidly reversing sedation and respiratory depression. This makes it the appropriate treatment when a patient cannot be aroused after opioid administration. Be aware that if a long-acting opioid is involved, symptoms can return after naloxone wears off, so repeat dosing or an infusion may be needed and airway support should be available. The other options do not address opioid receptors: acetaminophen and ibuprofen relieve pain via different pathways and won't reverse CNS depression, and giving more morphine would worsen the problem.

10. A rating of 1-3 on the 10-point scale corresponds to which level of pain?

- A. Moderate pain**
- B. Mild pain**
- C. Severe pain**
- D. Worst pain imaginable**

Pain intensity is categorized on a numeric scale to guide management: lower numbers indicate milder pain, while higher numbers indicate greater intensity. The lower end of the scale reflects mild pain—pain that is noticeable and bothersome but does not limit activities or require strong analgesia. This helps clinicians decide initial treatment and when to reassess. Moderate pain is a higher range, severe pain is even higher, and the maximum score represents the worst possible pain. So the described rating on the lower end corresponds to mild pain.

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://holisticnursing2.examzify.com>

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

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