

HOLISTIC NURSING EXAM 2 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 item is an example of PHI?

- A. Name, Address, Birthday, Treatment, Lab Results, Admission/Discharge Dates, Photos, Billing/Insurance Info
- B. Phone Numbers Only
- C. Only Color Of Patient's Eyes
- D. Name And Address Only

2. Which of the following constitutes a HIPAA social media violation?

- A. Posting a general health tip
- B. Any patient information, describing unique cases, photos, confirming someone is a patient
- C. Sharing de-identified data in a research context
- D. Anonymized case study

3. Which conveys info from receptors in the periphery to the CNS?

- A. Neurons
- B. Efferent neurons
- C. Afferent nervous system
- D. Skeletal muscles

4. Which statement best describes Stage 4 pressure injury?

- A. Partial thickness skin loss with only the epidermis damaged.
- B. Wound base is covered by slough or eschar and extent cannot be determined.
- C. Bone, muscle, or tendon is visible; slough or eschar may be present.
- D. No tissue loss; only redness.

5. Overweight BMI range is:

- A. 25-29.9
- B. 18.5-24.9
- C. <18.5
- D. 30-34.9

- 6. Normal BMI is in which range?**
- A. 18.5-24.9
 - B. <18.5
 - C. 25-29.9
 - D. 30-34.9
- 7. Which term describes the flow of blood to deliver oxygen and nutrients to tissues?**
- A. Perfusion
 - B. Oxygenation
 - C. Ventilation
 - D. Hematopoiesis
- 8. Which area cannot be delegated and is therefore not delegable?**
- A. Medication administration
 - B. Ambulation
 - C. Bathing
 - D. Nursing process
- 9. Which statement best describes the composition of a nutritional assessment?**
- A. Dietitian-prescribed meal plan only
 - B. Genetic testing and imaging only
 - C. History taking, physical assessment, biochemical data
 - D. Exercise testing only
- 10. Which pain is superficial, located in the skin or subcutaneous tissue?**
- A. Visceral pain
 - B. Neuropathic pain
 - C. Nociceptive pain
 - D. Cutaneous pain

Answers

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

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Explanations

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1. Which item is an example of PHI?

- A. Name, Address, Birthday, Treatment, Lab Results, Admission/Discharge Dates, Photos, Billing/Insurance Info
- B. Phone Numbers Only
- C. Only Color Of Patient's Eyes
- D. Name And Address Only

PHI means information that identifies a person and relates to their health status, the care they receive, or the payment for that care. An item that lists a patient's name, address, birth date, along with actual health data like treatment details, lab results, admission or discharge dates, a patient photo, and billing or insurance information clearly ties identity to health information, so it counts as PHI. The other options don't combine identifying data with health or billing details: a stand-alone phone number is just an identifier without health information in context, a single physical trait like eye color isn't health data, and a name and address without any health data isn't PHI by itself in this scenario. In short, PHI covers any record that links identifying information to health care or payment for care.

2. Which of the following constitutes a HIPAA social media violation?

- A. Posting a general health tip
- B. Any patient information, describing unique cases, photos, confirming someone is a patient
- C. Sharing de-identified data in a research context
- D. Anonymized case study

Protecting patient privacy on social media is the main idea. Sharing information that could identify a patient or confirm their status violates HIPAA. Describing a unique or distinctive case, posting a photo of a patient, or stating that someone is a patient discloses protected health information and breaches confidentiality. In contrast, general health tips that don't reference any individual are allowed, and data that has been de-identified for research is permissible because identifiers have been removed. Anonymized case material is acceptable only if all identifying details are removed so the person cannot be identified. So the action that constitutes a HIPAA violation is sharing patient information that identifies the patient or confirms their status. If you ever share information, ensure it's de-identified or obtained with clear consent and adheres to the minimum necessary standard.

3. Which conveys info from receptors in the periphery to the CNS?

- A. Neurons
- B. Efferent neurons
- C. Afferent nervous system
- D. Skeletal muscles

This question tests how sensory information travels to the brain. Information from receptors in the periphery is carried to the central nervous system by the afferent nervous system. These are the sensory pathways that bring signals such as touch, temperature, pain, and proprioception from skin, organs, and muscles up to the spinal cord and brain for processing. In contrast, efferent pathways carry commands from the CNS out to effectors like muscles and glands, not toward the CNS. Skeletal muscles are targets of those motor commands, so they don't convey sensory information to the CNS. While neurons are the cells that transmit signals, the key distinction here is the direction of transmission: afferent pathways move information toward the CNS.

4. Which statement best describes Stage 4 pressure injury?

- A. Partial thickness skin loss with only the epidermis damaged.
- B. Wound base is covered by slough or eschar and extent cannot be determined.
- C. Bone, muscle, or tendon is visible; slough or eschar may be present.**
- D. No tissue loss; only redness.

Stage 4 injuries are full-thickness tissue losses with exposure of bone, tendon, or muscle. The wound bed may also contain slough or eschar, and there can be undermining or tunneling. The defining feature is that deeper structures are visible, which sets this stage apart from stages where only skin or subcutaneous tissue loss is present. The statement describing exposure of bone, muscle, or tendon, with possible slough or eschar, matches this deepest level of tissue destruction. This depth confirms full-thickness involvement, rather than a shallower loss or an unstageable wound where depth isn't assessable due to coverings.

5. Overweight BMI range is:

- A. 25-29.9**
- B. 18.5-24.9
- C. <18.5
- D. 30-34.9

BMI categories are used to classify weight status, with a range just above the healthy zone labeled as overweight. This category sits above the normal weight upper limit but below the obesity threshold. The standard range for this overweight category is a BMI from 25 up to 29.9. The healthy or normal weight range lies between 18.5 and 24.9, while obesity begins at 30. So the range that defines overweight is 25–29.9.

6. Normal BMI is in which range?

- A. 18.5-24.9**
- B. <18.5
- C. 25-29.9
- D. 30-34.9

Body Mass Index (BMI) uses a person's weight and height to quickly screen weight status. The normal range for adults is 18.5 to 24.9 kg/m². Values below 18.5 indicate underweight, while 25 to 29.9 indicate overweight, and 30 or higher indicate obesity. BMI is a useful screening tool, but it doesn't measure body fat directly, so it can misclassify athletes or people with atypical body composition.

7. Which term describes the flow of blood to deliver oxygen and nutrients to tissues?

- A. Perfusion**
- B. Oxygenation
- C. Ventilation
- D. Hematopoiesis

Perfusion is the flow of blood through the tissue capillaries, delivering oxygen and nutrients to cells and removing waste products. This circulation enables tissues to function properly and respond to metabolic demands. Oxygenation, by contrast, refers to how much oxygen is carried in the blood (the oxygen content after gas exchange in the lungs), not how blood moves to tissues. Ventilation is the movement of air into and out of the lungs, a prerequisite for oxygenation but not the distribution of blood. Hematopoiesis is the production of blood cells in the bone marrow, unrelated to how blood reaches tissues. So the term that best fits "flow of blood to deliver oxygen and nutrients to tissues" is perfusion.

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. Which statement best describes the composition of a nutritional assessment?

- A. Dietitian-prescribed meal plan only
- B. Genetic testing and imaging only
- C. History taking, physical assessment, biochemical data**
- D. Exercise testing only

A nutritional assessment is built on gathering information from three interconnected sources: history taking, physical examination, and biochemical data. History taking reveals what a patient eats and drinks, dietary patterns, appetite, medical and social factors, and medications that can affect nutrition. The physical examination adds observable signs of nutritional status, such as muscle wasting, loss of subcutaneous fat, edema, skin or hair changes, and signs of deficiencies. Biochemical data provide objective evidence of nutritional adequacy and organ function, including lab values like proteins (albumin, prealbumin), electrolyte balance, micronutrient levels, and metabolic markers. These components together give a comprehensive picture of nutritional status and needs, guiding appropriate interventions. The other options describe either an intervention (a diet plan) or tests not typically part of the nutritional assessment (genetic testing, imaging, or exercise testing), which explains why they don't best describe the composition of an assessment.

10. Which pain is superficial, located in the skin or subcutaneous tissue?

- A. Visceral pain
- B. Neuropathic pain
- C. Nociceptive pain
- D. Cutaneous pain**

The main idea here is that pain can be classified by where it originates. Pain from the skin or just beneath it is called cutaneous pain, a superficial type that is usually well localized and often described as sharp, pricking, or burning. This contrasts with visceral pain, which comes from internal organs and is typically dull, crampy, and poorly localized; and neuropathic pain, which results from nerve injury and is often burning, shooting, or electric in sensation. Nociceptive pain is a broad category of pain from tissue injury and includes both cutaneous (skin-related) and deeper somatic sources, but since the question specifies the skin or subcutaneous tissue, the best fit is cutaneous pain.

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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://holisticnursing2.examzify.com>

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

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