

HOSPICE AND PALLIATIVE REGISTERED NURSE CERTIFICATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://hospicepalliativern.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. What disorder is defined by persistent difficulty in parting with possessions, leading to extreme clutter?**
 - A. Hoarding disorder
 - B. Obsessive-Compulsive Disorder
 - C. Bipolar disorder
 - D. Social anxiety disorder

- 2. What should be considered when managing pain in patients with a history of psychiatric disorders?**
 - A. The severity of pain is often exaggerated
 - B. Pain may be more frequent but underreported
 - C. Patients typically request strong opioids
 - D. Such patients rarely experience pain

- 3. Syndrome of inappropriate secretion of antidiuretic hormone (SIADH) causes what abnormal laboratory finding?**
 - A. Low blood sodium levels
 - B. Higher urine osmolality than plasma osmolality
 - C. Elevated plasma osmolality
 - D. Decreased urine sodium levels

- 4. Which of the following is a primary focus of palliative care nurses?**
 - A. Providing curative treatments
 - B. Maintaining quality of life for patients
 - C. Monitoring vital signs alone
 - D. Discharging patients as soon as possible

- 5. What is a reversible cause of anorexia/cachexia syndrome in end-stage illness?**
 - A. Fatigue
 - B. Xerostomia (dry mouth)
 - C. Nausea
 - D. Pain management inadequacies

- 6. What is one potential outcome of using untrained family members as interpreters in medical settings?**
- A. Improved understanding of medical terminology
 - B. Emotional and cognitive biases interfering with accurate interpretation
 - C. Increased confidentiality of patient information
 - D. Clearer communication with healthcare providers
- 7. Which is not considered an appropriate intervention for managing a bowel obstruction?**
- A. Administration of metoclopramide
 - B. Surgical evaluation and intervention
 - C. Intravenous fluid replacement therapy
 - D. Monitoring of bowel sounds
- 8. What does an ethics of care approach in nursing emphasize?**
- A. Strict adherence to clinical protocols
 - B. The importance of healing procedures over emotional support
 - C. How and why nurses care for patients
 - D. Providing care without ethical considerations
- 9. Which type of cancer is least likely to spread to the bone?**
- A. Breast cancer
 - B. Prostate cancer
 - C. Lung cancer
 - D. Colorectal cancer
- 10. What is defined as breakthrough pain?**
- A. Chronic pain that worsens over time
 - B. Incidental, idiopathic, or end-of-dose failure pain
 - C. Constant pain with no relief
 - D. Sudden pain after a long period of relief

Answers

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

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Explanations

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1. What disorder is defined by persistent difficulty in parting with possessions, leading to extreme clutter?

A. Hoarding disorder

B. Obsessive-Compulsive Disorder

C. Bipolar disorder

D. Social anxiety disorder

Hoarding disorder is characterized by a persistent difficulty in discarding or parting with possessions, regardless of their actual value. This behavior leads to extreme clutter in living spaces, which can significantly impair functioning and restrict the use of the home. Individuals with hoarding disorder often feel distress at the thought of getting rid of their belongings, which contributes to the accumulation of items to the point where their living area becomes uninhabitable. The distinction between hoarding disorder and other anxiety or mood disorders, such as obsessive-compulsive disorder, bipolar disorder, or social anxiety disorder, lies in the specific symptoms and behaviors associated with each condition. While obsessive-compulsive disorder may involve compulsive behaviors related to cleanliness or organization, it does not necessarily involve the extreme accumulation of possessions seen in hoarding disorder. Bipolar disorder primarily affects mood and energy levels, and social anxiety disorder is centered around fear of social situations, not possession retention. Understanding these nuances is crucial for proper diagnosis and treatment.

2. What should be considered when managing pain in patients with a history of psychiatric disorders?

A. The severity of pain is often exaggerated

B. Pain may be more frequent but underreported

C. Patients typically request strong opioids

D. Such patients rarely experience pain

Considering the nuances of managing pain in patients with a history of psychiatric disorders, it's crucial to recognize that these individuals may experience higher levels of pain that are frequently underreported. This underreporting can stem from various factors, such as fear of stigma, a belief that their pain will not be taken seriously, or difficulties in communicating their pain effectively due to their psychiatric conditions. Patients with psychiatric disorders may also have challenges in expressing discomfort or establishing trust with healthcare providers, which can lead to a lack of adequate pain assessment. Therefore, while pain may be prevalent in this population, it is essential for healthcare providers to be vigilant and proactive in assessing pain, rather than making assumptions based on the patient's psychiatric history. Regular and thorough pain assessments, open communication, and a compassionate approach can help reveal pain levels more accurately in these patients, allowing for appropriate pain management strategies.

3. Syndrome of inappropriate secretion of antidiuretic hormone (SIADH) causes what abnormal laboratory finding?

- A. Low blood sodium levels
- B. Higher urine osmolality than plasma osmolality**
- C. Elevated plasma osmolality
- D. Decreased urine sodium levels

The syndrome of inappropriate secretion of antidiuretic hormone (SIADH) is characterized by an excessive release of antidiuretic hormone (ADH), which leads to the body retaining water and can significantly affect laboratory values. The correct choice emphasizes the relationship between urine and plasma osmolality levels. In SIADH, the excessive ADH causes the kidneys to retain water, which results in dilutional hyponatremia, or low sodium levels in the blood. As water is retained, the urine becomes concentrated due to the high levels of ADH, leading to higher urine osmolality compared to plasma osmolality. Essentially, the urine retains more solutes due to the concentrated state, while the plasma becomes more diluted. This condition is fundamental in understanding fluid and electrolyte management in patients with SIADH. Monitoring urine and plasma osmolality is crucial because it can assist healthcare providers in differentiating between SIADH and other causes of hyponatremia, understanding the fluid status of the patient, and guiding appropriate treatment interventions. Having this knowledge allows nurses and healthcare professionals to provide better patient care and effectively address the complications that can arise from fluid imbalances in patients suffering from conditions associated with SIADH.

4. Which of the following is a primary focus of palliative care nurses?

- A. Providing curative treatments
- B. Maintaining quality of life for patients**
- C. Monitoring vital signs alone
- D. Discharging patients as soon as possible

Palliative care nurses prioritize maintaining the quality of life for patients who are facing serious, life-limiting illnesses. This focus involves addressing not only the physical symptoms but also the emotional, spiritual, and social needs of the patient and their families. By emphasizing comfort, relief from pain, and support during challenging times, palliative care aims to enhance the overall well-being of patients, irrespective of the stage of their illness. In contrast, providing curative treatments may not align with the philosophy of palliative care, which seeks to alleviate suffering rather than cure the underlying disease. Monitoring vital signs is an important aspect of patient care, yet it is only part of a broader holistic approach that includes patient comfort and family support. Discharging patients quickly does not typically reflect the values of palliative care, where the focus is on comprehensive and compassionate management of the patient's needs rather than the speed of discharge.

5. What is a reversible cause of anorexia/cachexia syndrome in end-stage illness?

- A. Fatigue
- B. Xerostomia (dry mouth)**
- C. Nausea
- D. Pain management inadequacies

Xerostomia, or dry mouth, is indeed a reversible cause of anorexia/cachexia syndrome in patients experiencing end-stage illness. This condition can significantly impact a person's ability to eat and enjoy food due to discomfort or difficulty swallowing. When saliva production is insufficient, it can lead to a decreased appetite and contribute to the symptoms of cachexia, which is characterized by weight loss and muscle wasting that often accompanies chronic illness. Management of xerostomia can lead to improvements in a patient's quality of life and may enhance their nutritional intake. Interventions such as artificial saliva products, oral hydration, or other treatments to stimulate saliva flow can effectively alleviate this symptom, making xerostomia a key target for reversal in the context of appetite preservation. The other options can certainly influence a patient's overall condition, but they do not present reversible causes in the same context. Fatigue, for instance, while it may affect appetite indirectly, is typically associated with chronic illness and is less likely to be reversible. Nausea is a common symptom in end-stage illness but is usually managed rather than completely reversed. Pain management inadequacies can lead to worsening symptoms, but improving pain control doesn't directly reverse anorexia/cachexia; it may only address one aspect of the patient's

6. What is one potential outcome of using untrained family members as interpreters in medical settings?

- A. Improved understanding of medical terminology
- B. Emotional and cognitive biases interfering with accurate interpretation**
- C. Increased confidentiality of patient information
- D. Clearer communication with healthcare providers

The use of untrained family members as interpreters in medical settings can lead to emotional and cognitive biases interfering with accurate interpretation. Family members may have personal feelings, beliefs, or biases that can affect how they convey information. This can result in misinterpretation or omissions of critical details, ultimately leading to misunderstandings about medical conditions, treatment options, and care plans. The nuanced nature of medical conversations often requires not just language translation but also an understanding of medical terminology and context, which untrained interpreters may lack. Additionally, if family members have a personal stake or emotional involvement in the situation, it can further cloud their ability to accurately transmit the information. This risk highlights the importance of using trained interpreters who can maintain objectivity and professionalism to ensure clear and accurate communication in healthcare settings.

7. Which is not considered an appropriate intervention for managing a bowel obstruction?

- A. Administration of metoclopramide**
- B. Surgical evaluation and intervention
- C. Intravenous fluid replacement therapy
- D. Monitoring of bowel sounds

The management of a bowel obstruction often involves a combination of interventions aimed at relieving the obstruction and preventing complications. Administration of metoclopramide, a medication that increases gut motility, is generally not appropriate in cases of bowel obstruction because stimulating the bowel may exacerbate the condition by causing perforation or worsening the obstruction. In contrast, surgical evaluation and intervention are critical in many instances of bowel obstruction, especially when there is a risk of ischemia or perforation. Intravenous fluid replacement therapy is essential for rehydrating the patient and maintaining electrolyte balance, as patients with bowel obstructions often experience fluid loss and can become dehydrated. Monitoring of bowel sounds is also an important nursing intervention, as it helps to assess the status of bowel activity and detect any changes indicating worsening or resolving obstruction. Thus, the identification of metoclopramide as the intervention that is not appropriate reflects a correct understanding of the complexities involved in managing bowel obstructions, emphasizing the need for careful consideration of how certain medications can impact the condition.

8. What does an ethics of care approach in nursing emphasize?

- A. Strict adherence to clinical protocols
- B. The importance of healing procedures over emotional support
- C. How and why nurses care for patients**
- D. Providing care without ethical considerations

An ethics of care approach in nursing emphasizes the fundamental role of relationships and the context in which nursing care is delivered. This approach highlights the significance of understanding how and why nurses care for patients, focusing on empathy, compassion, and responsiveness to patients' emotional and physical needs. It advocates for a patient-centered perspective, where the caregiver acknowledges the complexities of individual situations and prioritizes the well-being of the patient through meaningful connections. In contrast to a strict adherence to clinical protocols, an ethics of care approach recognizes that the nuances of patient care often require flexibility and adaptability. Additionally, it does not prioritize healing procedures over emotional support; rather, it integrates both aspects to promote holistic care. Lastly, it inherently involves ethical considerations, making it distinct from the idea of providing care without ethical considerations, as the ethics of care is fundamentally rooted in ethical practice. Thus, the emphasis lies on the rationale behind caring actions and the relational dynamics between nurses and patients.

9. Which type of cancer is least likely to spread to the bone?

- A. Breast cancer
- B. Prostate cancer
- C. Lung cancer
- D. Colorectal cancer**

The type of cancer that is least likely to spread to the bone is colorectal cancer. This is based on the common patterns of metastasis associated with different types of cancers. Breast cancer, prostate cancer, and lung cancer are known to have a high propensity for metastasizing to bone. For instance, breast cancer frequently spreads to the ribs, spine, and pelvis, while prostate cancer often invades the bones as part of its progression. Lung cancer can also metastasize to the bones, as well as other distant sites. Colorectal cancer, on the other hand, tends to spread primarily to the liver and lungs instead of the bones. While it is not impossible for colorectal cancer to metastasize to the bone, it is considerably less common compared to the other types mentioned. This understanding helps clarify the metastatic patterns of various cancers, emphasizing the bones' role in the spread of cancer and the significance of targeting treatment based on where metastases are likely to occur.

10. What is defined as breakthrough pain?

- A. Chronic pain that worsens over time
- B. Incidental, idiopathic, or end-of-dose failure pain**
- C. Constant pain with no relief
- D. Sudden pain after a long period of relief

Breakthrough pain is characterized as an episode of pain that occurs despite the use of regularly scheduled pain relief medications. It is often described as incidental, idiopathic, or a failure of medication to control the pain at the end of a dosing interval. This type of pain typically arises unexpectedly and can sharply interrupt a patient's otherwise stable pain control regimen. Individuals may experience this sudden increase in pain for various reasons, which could be related to activities, emotional stressors, or even changes in the underlying condition. An effective palliative care plan therefore needs to incorporate strategies to manage breakthrough pain effectively, ensuring that patients can maintain their quality of life. The other options provided do not accurately capture the essence of breakthrough pain. Chronic pain that worsens over time refers to a progressive condition and does not imply episodes of escalating pain occurring in a controlled environment. Constant pain with no relief suggests a more persistent, unrelenting condition rather than episodes of increased pain intensity. Sudden pain after a long period of relief describes a more general scenario of acute pain rather than the specific clinical phenomenon of breakthrough 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:

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

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