

Intro to Professional Nursing Exam 1 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. Which organization published the National League for Nursing Position Statement on Nursing Roles?**
 - A. American Association of Colleges of Nursing**
 - B. National League for Nursing**
 - C. American Nurses Association**
 - D. International Council of Nurses**

- 2. Lai and Lim describe the two conditions of professional socialization as which?**
 - A. Structural and cultural conditions**
 - B. Formal and informal conditions**
 - C. Rites and vocabulary**
 - D. Mentorship and clinical practice**

- 3. Which year did Mary Adelaide Nutting become the first nursing professor at Teachers College?**
 - A. 1903**
 - B. 1905**
 - C. 1907**
 - D. 1910**

- 4. Which statement best describes the role of biases in nursing care?**
 - A. Biases should never be acknowledged**
 - B. Biases are irrelevant to patient care**
 - C. Biases should be identified and set aside to provide excellent care**
 - D. Biases automatically improve patient outcomes**

- 5. What term describes using current knowledge from research to base clinical judgement and client care?**
 - A. Nurse Navigator**
 - B. EBP (Nurse Researcher)**
 - C. Evidence-Based Practice**
 - D. Best Practice Method**

- 6. Which statement is included among the four main areas of competency?**
- A. Values/Ethics**
 - B. Evidence-based practice**
 - C. Health policy**
 - D. Pharmacology**
- 7. Which core value is defined as the consistent demonstration of and strict adherence to accountability, responsibility, dependability, and commitment?**
- A. Professionalism**
 - B. Stewardship**
 - C. Integrity**
 - D. Diversity**
- 8. Which core value centers on developing and supporting diverse talents through sensitivity, social justice, and cultural competence?**
- A. Excellence**
 - B. Diversity**
 - C. Caring**
 - D. Organizational Citizenship**
- 9. Diversity is defined as**
- A. Managing costs and efficiency.**
 - B. Leadership and collaboration.**
 - C. Sensitivity, social justice and cultural competence.**
 - D. Maintaining clinical skills.**
- 10. The theoretical, scientific orientation of the BSN program contrasted with which hallmark of hospital-based diploma education?**
- A. BSN emphasizes theoretical, scientific orientation; diploma emphasizes hands-on skill and service**
 - B. BSN emphasizes hands-on skill and service**
 - C. BSN focuses on administrative leadership only**
 - D. Diploma program is more research-oriented**

Answers

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

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Explanations

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1. Which organization published the National League for Nursing Position Statement on Nursing Roles?

- A. American Association of Colleges of Nursing**
- B. National League for Nursing**
- C. American Nurses Association**
- D. International Council of Nurses**

This question hinges on recognizing who publishes a position statement. The publisher is the organization whose name appears in the title of the statement. The National League for Nursing is the organization focused on nursing education and policy, and it produces position statements that define roles and expectations within education and practice. That alignment is why the National League for Nursing publishes the National League for Nursing Position Statement on Nursing Roles. The other groups—American Association of Colleges of Nursing, American Nurses Association, and International Council of Nurses—have different primary focuses (educational leadership for AACN, practitioner standards and ethics for ANA, and international nursing policy for ICN), so they wouldn't be the publisher of this NLN statement.

2. Lai and Lim describe the two conditions of professional socialization as which?

- A. Structural and cultural conditions**
- B. Formal and informal conditions**
- C. Rites and vocabulary**
- D. Mentorship and clinical practice**

Professional socialization unfolds through two kinds of conditions: structural and cultural. The structural side covers how nursing education and practice are organized—curriculum design, sequence of learning experiences, clinical placements, supervision, and the policies that govern training. These factors create the framework within which students learn and adopt professional roles. The cultural side covers the profession's shared beliefs, values, norms, language, rituals, and identity—the expectations about how nurses think, communicate, collaborate, and behave. This culture gives meaning to what is learned and helps newcomers internalize what it means to be a nurse. Together, structure and culture shape how a learner becomes integrated into the profession. The other options describe aspects that are either parts of the process or elements within the culture, but they don't capture the two broad conditions as Lai and Lim describe.

3. Which year did Mary Adelaide Nutting become the first nursing professor at Teachers College?

- A. 1903
- B. 1905
- C. 1907**
- D. 1910

Mary Adelaide Nutting's landmark achievement was moving nursing education into the university setting by taking on the professorship at Teachers College, making her the first nursing professor there in 1907. This year marks a turning point when nursing began to be taught as an academic discipline within a major university, rather than only through hospital-based training. Her appointment helped legitimize nursing as a field of higher education and paved the way for the development of formal degree programs in nursing.

4. Which statement best describes the role of biases in nursing care?

- A. Biases should never be acknowledged
- B. Biases are irrelevant to patient care
- C. Biases should be identified and set aside to provide excellent care**
- D. Biases automatically improve patient outcomes

Bias awareness and management is crucial in nursing care because biases can unconsciously shape how patients are assessed, how information is interpreted, and how care is delivered. Identifying biases and setting them aside allows you to focus on the patient's needs, respect their autonomy, and provide equitable, evidence-based care. When biases influence care, they can lead to misjudgments, poorer communication, or unequal treatment, which undermines trust and can worsen outcomes. By recognizing and mitigating biases, you maintain professional standards and deliver patient-centered care. Ignoring biases, claiming they don't matter, or assuming biases automatically improve outcomes all miss the essential goal of providing fair, high-quality care to every patient.

5. What term describes using current knowledge from research to base clinical judgement and client care?

- A. Nurse Navigator
- B. EBP (Nurse Researcher)**
- C. Evidence-Based Practice
- D. Best Practice Method

Using current knowledge from research to guide clinical judgment and client care is called Evidence-Based Practice. It means decisions are informed by the best available research, combined with your clinical expertise and the patient's values and preferences. This approach ensures care isn't based on tradition or opinion alone, but on validated findings that improve outcomes. A nurse researcher is someone who conducts studies, not the process of applying evidence to practice. A nurse navigator guides patients through the healthcare system, and a generic "best practice method" term doesn't inherently reflect the use of current research. So the term that describes this practice is Evidence-Based Practice.

6. Which statement is included among the four main areas of competency?

- A. Values/Ethics**
- B. Evidence-based practice**
- C. Health policy**
- D. Pharmacology**

Values and ethics provide the moral compass for nursing practice, guiding decisions about patient autonomy, informed consent, confidentiality, and respectful treatment. Because nurses routinely face complex, sensitive situations, clearly defined values and ethical standards help ensure consistent, patient-centered care in any setting. In many standard competency frameworks, Values/Ethics is listed as one of the four main areas of competency, forming the foundation that shapes how nurses apply knowledge in areas like evidence-based practice, health policy, or pharmacology. While those other areas are essential, the inclusion of Values/Ethics as a primary domain emphasizes that doing the right thing for patients is foundational to all nursing activities.

7. Which core value is defined as the consistent demonstration of and strict adherence to accountability, responsibility, dependability, and commitment?

- A. Professionalism**
- B. Stewardship**
- C. Integrity**
- D. Diversity**

Professionalism in nursing is shown through consistently meeting obligations, taking responsibility for actions and outcomes, being dependable, and staying committed to high standards of care. When you demonstrate accountability, you own your role in patient safety and outcomes; responsibility means following through on duties and recognizing your limits; dependability shows up as reliability in attendance, punctuality, and consistent performance; and commitment reflects a steady dedication to ethical practice and ongoing competence. Together, these behaviors embody a professional approach to care. Stewardship would emphasize managing resources wisely; integrity focuses on honesty and moral character; diversity centers on valuing and including differences among people. The described pattern of accountability, responsibility, dependability, and commitment aligns most closely with professionalism.

8. Which core value centers on developing and supporting diverse talents through sensitivity, social justice, and cultural competence?

- A. Excellence
- B. Diversity**
- C. Caring
- D. Organizational Citizenship

Diversity as a value centers on recognizing and valuing a wide range of backgrounds, perspectives, and talents within both the team and the patient population. It emphasizes actively developing and supporting diverse abilities by approaching interactions with sensitivity to differences, advocating for social justice to ensure fair treatment and opportunities for all, and building cultural competence to understand and respectfully respond to the beliefs, practices, and needs of people from different cultures. This combination helps create inclusive care, improves communication, and enriches problem-solving with varied experiences. Excellence focuses on achieving high standards and quality outcomes; Caring emphasizes compassionate, patient-centered relationships and concern for well-being; Organizational Citizenship involves discretionary actions that support the organization, like helping colleagues or volunteering beyond duties. These are important, but they do not specifically center on developing and supporting diverse talents through sensitivity, social justice, and cultural competence as Diversity does.

9. Diversity is defined as

- A. Managing costs and efficiency.
- B. Leadership and collaboration.
- C. Sensitivity, social justice and cultural competence.**
- D. Maintaining clinical skills.

Diversity in nursing means recognizing, respecting, and valuing differences among people and adapting care to meet varied needs. The best description emphasizes sensitivity to differences, commitment to social justice, and cultural competence because these elements equip nurses to understand diverse backgrounds, communicate effectively, and address disparities in health care. Sensitivity helps clinicians notice and respond to cultural differences and personal experiences; social justice drives actions to ensure fair access to care and eliminate bias; cultural competence involves knowledge, attitudes, and skills to provide care that respects the values and practices of different cultures. Together, these aspects define how diversity is integrated into practice. The other options focus on costs and efficiency, leadership and collaboration, or maintaining clinical skills, which are important but do not capture the essence of diversity.

10. The theoretical, scientific orientation of the BSN program contrasted with which hallmark of hospital-based diploma education?

A. BSN emphasizes theoretical, scientific orientation; diploma emphasizes hands-on skill and service

B. BSN emphasizes hands-on skill and service

C. BSN focuses on administrative leadership only

D. Diploma program is more research-oriented

The question hinges on the contrast between a BSN's emphasis on nursing science, theory, research, and critical thinking, and what hospital-based diploma programs historically prioritize. Diploma education developed as a hands-on, bedside apprenticeship focused on practical clinical skills and direct patient service. So the hallmark of the diploma is hands-on skill and service. The idea that the BSN centers on hands-on skill or that the diploma is more research-oriented would misstate the typical focus of each program; the BSN foregrounds theory and evidence-based practice, while the diploma centers on skilled, direct patient care.

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://introtopronursing1.examzify.com>

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

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