

Ivy Tech Fundamentals of Nursing Test 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 statement best describes the ANA?**
 - A. Licensing authority for nurses in each state**
 - B. An international health policy body**
 - C. An accrediting body for nursing education**
 - D. The national professional membership organization that fosters high professional standards for the nursing profession and advances the economic and general welfare of nurses**

- 2. Illness refers to**
 - A. The body's response to disease; when the body's function is impaired or altered from its previous homeostatic state**
 - B. A medical diagnosis by a physician**
 - C. The absence of symptoms**
 - D. A temporary mood disturbance**

- 3. Febrile means which of the following?**
 - A. fever**
 - B. Afebrile**
 - C. normal**
 - D. high temperature**

- 4. Which term refers to tapping on a surface to determine density differences in the underlying structure?**
 - A. Percussion**
 - B. Direct percussion**
 - C. Fist percussion**
 - D. Indirect percussion**

- 5. Evidence-based practice in nursing involves:**
 - A. Relying on traditional practices without considering research.**
 - B. Following the latest hospital policy regardless of patient characteristics.**
 - C. Clinical decision making that integrates the best available research with clinical expertise and patient characteristics and preferences.**
 - D. Making decisions based solely on personal experience.**

- 6. Which component is best for soft, low-pitched sounds such as heart murmurs?**
- A. Stethoscope Bell**
 - B. Stethoscope Diaphragm**
 - C. Stethoscope tubing**
 - D. Earpieces**
- 7. License practical nurse**
- A. Work under the supervision of a Registered Nurse, assist with the plan of care, consult with other team members, possess technical knowledge and skills, participate in nursing care**
 - B. Works independently as a primary care provider**
 - C. Diagnoses medical conditions**
 - D. Only performs administrative tasks**
- 8. Pyrogens are which of the following?**
- A. antibodies**
 - B. substances that cause fever**
 - C. vitamins**
 - D. hormones**
- 9. Patient-centered care means:**
- A. Providing care that is respectful of and responsive to individual patient preferences, needs, and values.**
 - B. Standardized care for all patients.**
 - C. Providing care that is respectful of and responsive to individual patient preferences, needs, and values and ensuring that patient values guide all clinical decisions.**
 - D. Ignoring patient input in decisions.**
- 10. Which temperature reading corresponds to temporal temperature?**
- A. 97.7 F**
 - B. 99.5 F**
 - C. 98.6 F (37 C)**
 - D. 36.5 C**

Answers

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

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Explanations

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1. Which statement best describes the ANA?

- A. Licensing authority for nurses in each state
- B. An international health policy body
- C. An accrediting body for nursing education
- D. The national professional membership organization that fosters high professional standards for the nursing profession and advances the economic and general welfare of nurses**

The key idea here is understanding what the American Nurses Association does as a national professional membership group. The ANA functions as the national organization for nurses, bringing members together to promote high standards of nursing practice, ethics, and professional growth, while also advocating for policies that support nurses' economic and general welfare. It works to influence practice standards, provide resources and continuing education, and give nurses a collective voice in policy decisions. It isn't a licensing authority—that authority rests with state boards of nursing that grant licensure after meeting state requirements. It isn't an international health policy body—that would involve organizations operating on a global scale. And it isn't an accrediting body for nursing education—the programs are accredited by specialized agencies like CCNE or ACEN, not by the ANA. So the description that matches the ANA is that it's the national professional membership organization focused on fostering high standards and advancing the welfare of nurses.

2. Illness refers to

- A. The body's response to disease; when the body's function is impaired or altered from its previous homeostatic state**
- B. A medical diagnosis by a physician
- C. The absence of symptoms
- D. A temporary mood disturbance

Illness is the body's response to disease, involving a disruption of normal function from the person's usual state. It's about how a person experiences symptoms, feels, and functions day to day as a result of disease, not just the disease label itself. In nursing, we focus on the subjective experience and the impact on daily activities, comfort, and overall well-being. The other statements describe a medical diagnosis, the absence of symptoms (which is health), or a mood disturbance, none of which capture illness as the body's response with altered function.

3. Febrile means which of the following?

- A. fever**
- B. Afebrile
- C. normal
- D. high temperature

Febrile describes having a fever, an elevated body temperature. In practice, fever is a temperature above the normal range (commonly around 38°C/100.4°F or higher, though exact thresholds can vary). Afebrile means no fever, normal means the temperature is within the usual range, and while "high temperature" can signal fever, febrile specifically means the state of having a fever.

4. Which term refers to tapping on a surface to determine density differences in the underlying structure?

- A. Percussion**
- B. Direct percussion**
- C. Fist percussion**
- D. Indirect percussion**

Percussion involves tapping on a surface to reveal density differences in underlying structures. The sounds produced help distinguish air-filled from solid or fluid-filled tissues, guiding assessment of organs and masses. The term that describes this tapping to assess density differences is percussion. There are specific methods—direct percussion (tapping directly on the body), indirect percussion (striking with a finger on another finger placed on the body), and fist percussion (tapping with a clenched fist)—but the overall technique being described is percussion.

5. Evidence-based practice in nursing involves:

- A. Relying on traditional practices without considering research.**
- B. Following the latest hospital policy regardless of patient characteristics.**
- C. Clinical decision making that integrates the best available research with clinical expertise and patient characteristics and preferences.**
- D. Making decisions based solely on personal experience.**

Evidence-based practice in nursing means using the best available research evidence together with clinical expertise and the patient's values and circumstances to guide care. This approach ensures decisions are informed by solid data while staying tailored to the individual patient. It isn't about relying on tradition, following policies without regard to the patient, or making decisions based solely on personal experience. Instead, you integrate research findings with your clinical judgment and the patient's preferences to choose the best course of action, then evaluate the outcomes.

6. Which component is best for soft, low-pitched sounds such as heart murmurs?

- A. Stethoscope Bell**
- B. Stethoscope Diaphragm**
- C. Stethoscope tubing**
- D. Earpieces**

Low-pitched, soft sounds like heart murmurs are best heard with the bell. The bell is a small, cupped part of the stethoscope that resonates more with low-frequency vibrations when placed lightly on the chest. Using the bell with gentle pressure lets these subtle sounds travel through the chest wall without being damped by stiffness. The diaphragm, by contrast, is designed for higher-frequency sounds and can mute low-pitched murmurs if pressed firmly. Tubing and earpieces just convey sound—they don't tune by frequency. So for murmurs, the bell is the most effective choice.

7. License practical nurse

- A. Work under the supervision of a Registered Nurse, assist with the plan of care, consult with other team members, possess technical knowledge and skills, participate in nursing care**
- B. Works independently as a primary care provider**
- C. Diagnoses medical conditions**
- D. Only performs administrative tasks**

Licensed practical nurses provide direct patient care within a defined scope under supervision by a registered nurse or physician. They help carry out the plan of care by performing routine nursing tasks, monitoring patient status, and reporting changes to the RN. They bring essential technical nursing skills to the bedside—such as taking vital signs, assisting with activities of daily living, wound care, and administering certain medications per state rules—and they collaborate with other team members to support the patient's care. They contribute to nursing care by observing, documenting, and communicating about the patient's condition, helping to adjust care as needed in collaboration with the supervising nurse. They do not diagnose medical conditions or independently manage the overall plan of care, and their role involves more than administrative duties.

8. Pyrogens are which of the following?

- A. antibodies**
- B. substances that cause fever**
- C. vitamins**
- D. hormones**

Pyrogens are substances that raise the body's temperature set point, causing fever. They act on the hypothalamus to increase the body's thermostat, often by promoting the production of prostaglandin E2 in response to signals from immune cells or bacterial toxins. This fever response helps the body fight infection by creating a less favorable environment for pathogens and enhancing immune activity. Antibodies are immune proteins that neutralize pathogens, vitamins are essential nutrients, and hormones regulate various body functions; none of these define fever-inducing pyrogens.

9. Patient-centered care means:

- A. Providing care that is respectful of and responsive to individual patient preferences, needs, and values.**
- B. Standardized care for all patients.**
- C. Providing care that is respectful of and responsive to individual patient preferences, needs, and values and ensuring that patient values guide all clinical decisions.**
- D. Ignoring patient input in decisions.**

Patient-centered care means care that is respectful of and responsive to individual patient preferences, needs, and values, and actively uses those values to guide all clinical decisions. This captures both honoring what matters to the patient and ensuring that their values steer the treatment plan through shared decision-making and tailored care. The other statements miss parts of this approach: standardized care treats everyone the same regardless of individual differences, and ignoring patient input directly contradicts the patient-centered mindset.

10. Which temperature reading corresponds to temporal temperature?

A. 97.7 F

B. 99.5 F

C. 98.6 F (37 C)

D. 36.5 C

Temporal temperature is taken with a temporal artery thermometer across the forehead, reflecting the blood in the temporal artery and aligning closely with a normal oral reading. A normal temporal reading is about 98.6 F (37 C), so this option matches the usual temporal temperature most accurately. Values around 97.7 F (36.5 C) are cooler than normal, and 99.5 F is mildly elevated and could indicate fever; the key point is that temporal temps typically hover near 98.6 F.

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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://ivytechfundofnursing1.examzify.com>

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

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