

Lab Values for Nurses Practice Test (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. What is the normal range for Chloride?**
 - A. 95-105**
 - B. 85-95**
 - C. 100-110**
 - D. 90-100**

- 2. What is the normal arterial oxygen saturation range (SpO₂) for healthy individuals?**
 - A. 94-100%**
 - B. 90-92%**
 - C. 96-98%**
 - D. 92-96%**

- 3. What is the normal Calcium range?**
 - A. 9-11**
 - B. 8-10**
 - C. 10-12**
 - D. 9.5-11.5**

- 4. What is the normal range for Albumin?**
 - A. 3.4-5.4**
 - B. 3.0-4.0**
 - C. 4.0-5.0**
 - D. 3.8-5.0**

- 5. Which assessment is used to determine readiness for PACU discharge?**
 - A. MAP**
 - B. Aldrete Score**
 - C. Braden Scale**
 - D. Norton Scale**

- 6. Which lab value is used to assess oxygen-carrying capacity of the blood?**
- A. Hemoglobin**
 - B. WBC count**
 - C. Platelet count**
 - D. Prothrombin Time**
- 7. Which A1C range defines prediabetes?**
- A. Below 5.7%**
 - B. Greater than 6.5%**
 - C. 6.5-7.0%**
 - D. 5.7-6.4%**
- 8. Which value is at the upper limit of the normal pH range?**
- A. 7.40**
 - B. 7.45**
 - C. 7.50**
 - D. 7.35**
- 9. Which laboratory value is measured in seconds?**
- A. WBC**
 - B. Platelet**
 - C. Hb**
 - D. PT**
- 10. An ESR of 0 mm/hr in a young female is within the normal range?**
- A. Yes**
 - B. No**
 - C. Only if pregnant**
 - D. Only if under hydration**

Answers

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

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Explanations

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1. What is the normal range for Chloride?

- A. 95-105**
- B. 85-95**
- C. 100-110**
- D. 90-100**

Chloride is a major extracellular anion that works with sodium to maintain fluid balance and acid-base status; it often tracks with bicarbonate and total body water. The normal serum chloride range is about 95-105 mEq/L, which is the window most labs use as the reference for a typical adult. This range is centered around where chloride balance with sodium and bicarbonate stays stable, so values within it generally indicate no acute chloride disturbance. If chloride falls below or rises above this range, it points to an imbalance that often pairs with changes in acid-base status or fluid balance. For example, high chloride (hyperchloremia) can occur with excess saline administration or dehydration, while low chloride (hypochloremia) can accompany vomiting, NG suction, diuretics, or certain metabolic alkaloses. In practice, clinicians interpret chloride alongside bicarbonate and other electrolytes to assess the overall acid-base and volume status. So the best choice is the 95-105 mEq/L range because it matches the widely accepted reference interval used in clinical practice.

2. What is the normal arterial oxygen saturation range (SpO₂) for healthy individuals?

- A. 94-100%**
- B. 90-92%**
- C. 96-98%**
- D. 92-96%**

SpO₂ is the percentage of hemoglobin carrying oxygen in arterial blood. In healthy adults at sea level, this oxygen saturation is normally in the mid-to-high 90s up to 100%. Allowing for small pulse oximeter variation and normal physiological fluctuation, a range of 94-100% is commonly regarded as normal. Values below about 90% indicate hypoxemia and need evaluation. The other ranges either start too low to be considered normal or include lower values that would be borderline or abnormal for a healthy person.

3. What is the normal Calcium range?

- A. 9-11**
- B. 8-10**
- C. 10-12**
- D. 9.5-11.5**

Normal total serum calcium is expressed in mg/dL, and a commonly used reference range in nursing practice is about 9 to 11 mg/dL. This window captures the typical healthy values and serves as a practical cue for spotting hypo- or hypercalcemia. Values below 9 mg/dL suggest hypocalcemia, which can cause tingling, muscle cramps, tetany, and potential cardiac effects; values above 11 mg/dL suggest hypercalcemia, which can present with confusion, constipation, increased thirst and urination, bone pain, or kidney stones. While some labs use slightly different references (for example, 8.5-10.5 mg/dL), ranges like 8-10 or 10-12 miss legitimate normal values at one end, and a narrower range such as 9.5-11.5 excludes these values. So 9-11 mg/dL is the best, most commonly accepted normal range.

4. What is the normal range for Albumin?

- A. 3.4-5.4**
- B. 3.0-4.0**
- C. 4.0-5.0**
- D. 3.8-5.0**

Albumin is the main plasma protein that helps keep fluid in the blood vessels (oncotic pressure) and also carries various substances through the blood. The normal serum albumin range most commonly cited is about 3.4 to 5.4 g/dL, though some labs report a similar range with slight variations. This interval reflects adequate liver synthesis and nutritional status. Values below this range indicate hypoalbuminemia, which can occur with malnutrition, liver disease, nephrotic syndrome, or inflammatory/protein-losing states. High values are uncommon and usually point to dehydration or concentrated samples, but the exact interpretation should consider the clinical context and lab method.

5. Which assessment is used to determine readiness for PACU discharge?

- A. MAP**
- B. Aldrete Score**
- C. Braden Scale**
- D. Norton Scale**

The key idea is how clinicians decide if a patient has recovered enough from anesthesia to safely leave the post-anesthesia care unit. The Aldrete Score is the standard tool for this, because it combines multiple critical recovery domains into one quick assessment. It evaluates activity (can the patient move), respiration (is breathing adequate and stable), circulation (blood pressure and heart rate near baseline without major instability), consciousness (awareness and responsiveness), and color (perfusion, usually reflected in skin color). Each domain is scored and added up, with a typical discharge threshold around 9 or 10. If the score is that high, the patient is considered ready to leave PACU or transfer to the next care area. Other options don't fit this purpose because they measure different things: a mean arterial pressure value is just a single vital sign, not a composite recovery picture; the Braden Scale and Norton Scale assess risk for pressure ulcers, not immediate post-anesthesia recovery.

6. Which lab value is used to assess oxygen-carrying capacity of the blood?

- A. Hemoglobin**
- B. WBC count**
- C. Platelet count**
- D. Prothrombin Time**

Oxygen-carrying capacity is determined by hemoglobin content, because hemoglobin inside red blood cells binds and carries most of the oxygen from the lungs to tissues. The higher the hemoglobin level, the more oxygen can be transported; conversely, low hemoglobin reduces the blood's ability to deliver oxygen, which is what this lab value assesses. The other tests measure different functions: white blood cell count reflects immune cells, platelets relate to clotting, and prothrombin time assesses coagulation pathways. While hematocrit (the percentage of red cells in blood) can give a rough sense of oxygen-carrying capacity, the direct, most relevant measure here is hemoglobin.

7. Which A1C range defines prediabetes?

- A. Below 5.7%**
- B. Greater than 6.5%**
- C. 6.5-7.0%**
- D. 5.7-6.4%**

A1C shows the average blood glucose over about the past 2 to 3 months, which is why fixed thresholds help categorize glycemic status. Normal is below 5.7%, prediabetes is from 5.7% up to 6.4%, and diabetes is diagnosed at 6.5% or higher. So the range 5.7% to 6.4% defines prediabetes, indicating higher-than-normal glucose but not enough to meet diabetes criteria. Values above 6.5% are considered diabetes, while below 5.7% is normal.

8. Which value is at the upper limit of the normal pH range?

- A. 7.40**
- B. 7.45**
- C. 7.50**
- D. 7.35**

Normal arterial blood pH is kept within a narrow range, about 7.35 to 7.45. The highest value inside that range is 7.45, which represents the upper limit of normal. Values higher than this, such as 7.50, indicate alkalemia beyond normal balance. A value like 7.40 sits squarely in the middle of the normal range, and 7.35 marks the lower limit. The body maintains this balance through buffers, respiratory regulation of CO₂, and renal regulation of bicarbonate, because even small shifts in hydrogen ion concentration can affect enzyme activity and cellular function.

9. Which laboratory value is measured in seconds?

- A. WBC
- B. Platelet
- C. Hb
- D. PT**

Time-based lab tests are reported in seconds; the prothrombin time is one of them. PT measures how long it takes plasma to clot after adding tissue factor, so the result is a duration expressed in seconds (with typical ranges around 11-13.5 seconds, though this varies by lab). In contrast, white blood cell count and platelets are reported as cell counts (per microliter or per liter), and hemoglobin is reported in grams per deciliter. So the value measured in seconds is the prothrombin time.

10. An ESR of 0 mm/hr in a young female is within the normal range?

- A. Yes**
- B. No
- C. Only if pregnant
- D. Only if under hydration

Erythrocyte sedimentation rate is a nonspecific test for inflammation. Normal ranges vary with age and sex, and in healthy young women the ESR can be very low, even 0 mm/hr, depending on the lab reference. A value of 0 can be seen in someone without inflammation, so it can be within the normal range for a healthy young female. Inflammation tends to raise ESR because inflammatory proteins cause red cells to stack and settle faster, while pregnancy and hydration status can shift the reference range, typically increasing ESR or altering its interpretation. So this 0 value doesn't indicate a problem on its own and is considered normal in this context.

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://labvaluesfornurses.examzify.com>

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

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