

Learning System RN 3.0 Nursing Care of Children Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What should a nurse avoid during a physical assessment of an infant?**
 - A. Speaking softly and reassuringly**
 - B. Maintaining a quick pace to finish the exam**
 - C. Observing the infant's reactions closely**
 - D. Using playful interactions**
- 2. Which immunization is typically administered at 12 months of age?**
 - A. Hepatitis B vaccine**
 - B. Measles, mumps, and rubella (MMR) vaccine**
 - C. Chickenpox vaccine**
 - D. Pneumococcal vaccine**
- 3. When teaching parents about managing gastroesophageal reflux in their 4-month-old, which statement reflects understanding?**
 - A. Feeding the baby whenever he is fussy**
 - B. Adding 1 teaspoon of rice cereal per ounce to the baby's formula**
 - C. Using diluted fruit juices**
 - D. Feeding only solid foods at this age**
- 4. What is one of the initial signs of congenital heart defects in infants?**
 - A. Rapid growth**
 - B. Cyanosis (bluish coloring of the skin)**
 - C. Excessive crying**
 - D. Increased appetite**
- 5. When should an infant receive their first dose of the hepatitis B vaccine?**
 - A. At 2 months**
 - B. At 6 months**
 - C. At birth**
 - D. At 1 year**

- 6. Which of the following menu choices should a nurse suggest to a 10-year-old child reducing fat intake?**
- A. 3 oz of baked chicken on a whole wheat roll**
 - B. 2 oz of fried fish with tartar sauce**
 - C. 4 oz of creamy macaroni and cheese**
 - D. 6 oz of chocolate pudding**
- 7. When educating parents of a child with cerebral palsy, which statement should the nurse make?**
- A. Your child may require physical therapy frequently.**
 - B. Your child will need a botulinum toxin A injection to help with muscle spasticity.**
 - C. Your child will need surgery for improvement in mobility.**
 - D. Your child may require assistive devices for walking.**
- 8. What is the recommended treatment for a child experiencing an allergic reaction?**
- A. Give a glass of water**
 - B. Administer antihistamines**
 - C. Provide extra vitamins**
 - D. Encourage exercise**
- 9. How should the nurse respond if a child expresses fear about a lumbar puncture?**
- A. Advise the child that they need to be brave**
 - B. Explain the importance of the procedure in simple terms**
 - C. Tell them there is no reason to be afraid**
 - D. Dismiss the fear as being childish**
- 10. What is the purpose of a lead screening in children?**
- A. To determine iron levels in the blood**
 - B. To identify lead exposure and prevent lead poisoning**
 - C. To evaluate overall health**
 - D. To assess vitamin deficiency**

Answers

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

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Explanations

1. What should a nurse avoid during a physical assessment of an infant?

- A. Speaking softly and reassuringly
- B. Maintaining a quick pace to finish the exam**
- C. Observing the infant's reactions closely
- D. Using playful interactions

During a physical assessment of an infant, it is essential to create a calm and supportive environment to ensure that the infant feels secure and relaxed. Maintaining a quick pace to finish the exam can be detrimental to this process. Infants often require more time for assessments as they can be sensitive to rapid movements and may need time to acclimate to the environment and the presence of the nurse. Taking a deliberate approach not only allows the nurse to thoroughly assess the infant's health but also provides the opportunity to observe the infant's reactions, which can be crucial in understanding their well-being. When the pace is rushed, the nurse might miss important cues about the infant's comfort level or distress, which can affect the overall assessment. Furthermore, employing a gentle, measured approach will enhance the nurse-infant interaction, helping to build trust and cooperation, thereby supporting a more effective examination. This approach aligns well with the developmental needs of infants, who thrive on gentle handling and reassurance during clinical encounters.

2. Which immunization is typically administered at 12 months of age?

- A. Hepatitis B vaccine
- B. Measles, mumps, and rubella (MMR) vaccine**
- C. Chickenpox vaccine
- D. Pneumococcal vaccine

The measles, mumps, and rubella (MMR) vaccine is typically administered at 12 months of age as part of the routine childhood immunization schedule. This vaccine is crucial because it protects against three serious viral infections: measles, which can lead to severe health complications; mumps, which can result in swelling and fever; and rubella, a disease that poses significant risks during pregnancy, potentially causing congenital rubella syndrome in infants. Administering the MMR vaccine at this age is strategic because by 12 months, a child's immune system has matured sufficiently to respond to the vaccine effectively. Additionally, the vaccine generally requires two doses, with the first given around one year and a second dose between ages 4 and 6. The timing ensures that children are protected before exposure to these viruses, which are more common in young children. The other immunizations mentioned, such as the hepatitis B vaccine, chickenpox vaccine, and pneumococcal vaccine, have different recommended ages for administration. The hepatitis B vaccine is given in multiple doses, with the first dose typically administered at birth. The chickenpox vaccine is generally recommended at 12 to 15 months, but it can be given as early as 12 months. The

3. When teaching parents about managing gastroesophageal reflux in their 4-month-old, which statement reflects understanding?

A. Feeding the baby whenever he is fussy

B. Adding 1 teaspoon of rice cereal per ounce to the baby's formula

C. Using diluted fruit juices

D. Feeding only solid foods at this age

Adding 1 teaspoon of rice cereal per ounce to the baby's formula is a correct approach that reflects an understanding of managing gastroesophageal reflux (GER) in infants. This practice is based on the principle that thickening the formula can help reduce the frequency and severity of reflux episodes. Rice cereal increases the viscosity of the formula, making it less likely to flow back into the esophagus after feeding. Infants with gastroesophageal reflux often benefit from having thicker feeds, which can help improve their feeding experience and reduce discomfort associated with reflux. This method is commonly recommended as a first-line strategy for managing mild cases of GER in babies. The other options do not address the management of GER effectively. Feeding a baby whenever he is fussy can lead to overfeeding, which may exacerbate reflux symptoms. Using diluted fruit juices is not appropriate for a 4-month-old, as introducing such liquids can irritate the gastrointestinal tract and potentially worsen reflux. Feeding solid foods is not suitable at this age, as infants are typically not developmentally ready for solids until around 6 months, and introducing solids too early can interfere with their digestion and may not help with reflux management.

4. What is one of the initial signs of congenital heart defects in infants?

A. Rapid growth

B. Cyanosis (bluish coloring of the skin)

C. Excessive crying

D. Increased appetite

Cyanosis, or a bluish coloring of the skin, is a significant initial sign of congenital heart defects in infants. This occurs due to the inadequate oxygenation of blood, which can be a result of structural abnormalities in the heart that impede normal blood flow. Infants with congenital heart defects may have difficulties oxygenating their blood effectively, leading to a noticeable bluish tint on their skin, particularly in the lips, fingers, and toes. Identifying cyanosis promptly is critical for early intervention and management of potential complications related to heart defects. Other signs and symptoms may manifest later or may not be as apparent as cyanosis. For instance, while rapid growth is typically seen in healthy infants, excessive crying and increased appetite can be influenced by various factors including hunger or discomfort, and they may not specifically indicate a heart defect. Thus, cyanosis serves as a more definitive and urgent indicator warranting further evaluation.

5. When should an infant receive their first dose of the hepatitis B vaccine?

- A. At 2 months**
- B. At 6 months**
- C. At birth**
- D. At 1 year**

Infants should receive their first dose of the hepatitis B vaccine at birth to provide them with crucial early protection against the virus, which can lead to serious liver conditions. Administering the vaccine at this stage is essential because it helps to prevent mother-to-infant transmission, especially if the mother is a carrier of the hepatitis B virus. The early vaccination also contributes to the establishment of immunity ahead of potential exposure to the virus as the infant grows. Following this initial dose, additional doses are recommended at 1-2 months and 6 months of age to ensure complete vaccine efficacy and long-lasting immunity. Timely vaccination according to the recommended schedule is key in preventing hepatitis B in children.

6. Which of the following menu choices should a nurse suggest to a 10-year-old child reducing fat intake?

- A. 3 oz of baked chicken on a whole wheat roll**
- B. 2 oz of fried fish with tartar sauce**
- C. 4 oz of creamy macaroni and cheese**
- D. 6 oz of chocolate pudding**

The suggestion of 3 ounces of baked chicken on a whole wheat roll is aligned with the goal of reducing fat intake for a 10-year-old child. Baked chicken is a lean protein source, typically low in fat, especially when skinless, making it a healthier choice compared to fried options. The whole wheat roll adds fiber and complex carbohydrates, which are beneficial for a child's nutrition and overall energy levels. In contrast, the other options contain higher levels of fat. Fried fish often includes added fats from the frying process and tartar sauce may also add more calories and fat. Creamy macaroni and cheese is typically rich in cheese and creamy sauces, contributing significantly to fat and calorie intake. Chocolate pudding generally contains added sugars and fats, making it a less desirable option for someone looking to reduce fat in their diet. Therefore, the combination of baked chicken with a whole wheat roll provides a balanced meal choice that supports healthier eating habits while limiting fat intake.

7. When educating parents of a child with cerebral palsy, which statement should the nurse make?
- A. Your child may require physical therapy frequently.
 - B. Your child will need a botulinum toxin A injection to help with muscle spasticity.**
 - C. Your child will need surgery for improvement in mobility.
 - D. Your child may require assistive devices for walking.

The recommended choice emphasizes that a child with cerebral palsy may need a botulinum toxin A injection to help manage muscle spasticity. This reflects a common therapeutic strategy used to relieve tightness in muscles that can cause pain and limit movement in children with this condition. Botulinum toxin works by temporarily blocking nerve signals to the muscles where it is injected, which can lead to improved functional mobility and allow for better engagement in physical therapy and daily activities. The use of botulinum toxin A for muscle spasticity is well-documented in clinical practice, as it can be an effective component of a comprehensive treatment plan that includes physical therapy and other interventions aimed at improving quality of life and functional abilities for children with cerebral palsy. It is important to communicate to parents that treatment plans are individualized and that interventions like botulinum toxin A are just one part of the larger picture in managing their child's condition.

8. What is the recommended treatment for a child experiencing an allergic reaction?
- A. Give a glass of water
 - B. Administer antihistamines**
 - C. Provide extra vitamins
 - D. Encourage exercise

Administering antihistamines is the recommended treatment for a child experiencing an allergic reaction because these medications are specifically designed to counteract the effects of histamines released during an allergic response. Histamines are substances produced by the immune system that can lead to symptoms such as itching, swelling, and hives. By blocking these histamines, antihistamines help to alleviate these symptoms and provide relief to the child. In cases of mild to moderate allergic reactions, over-the-counter antihistamines can be effective for managing symptoms. For more severe reactions, such as anaphylaxis, other interventions such as the administration of epinephrine would be necessary. Hence, understanding the role of antihistamines in treating allergic reactions is crucial for effective management and care. Other interventions, such as giving water, providing extra vitamins, or encouraging exercise do not address the underlying allergic response and thus are not effective treatment options for allergic reactions.

9. How should the nurse respond if a child expresses fear about a lumbar puncture?

- A. Advise the child that they need to be brave**
- B. Explain the importance of the procedure in simple terms**
- C. Tell them there is no reason to be afraid**
- D. Dismiss the fear as being childish**

When a child expresses fear about a lumbar puncture, the most appropriate response is to explain the importance of the procedure in simple terms. This approach is effective because it acknowledges the child's feelings and provides them with a clear understanding of what to expect. Using age-appropriate language helps demystify the procedure, making it less intimidating for the child. It can also increase their sense of control and cooperation, which often leads to a more positive experience. Explaining the procedure can help alleviate anxiety by encouraging the child to ask questions and express further concerns. This open line of communication is crucial in pediatric care, as it fosters trust between the child and the healthcare provider. Understanding the reason behind the lumbar puncture can also help the child feel more involved in their own care, which is an essential aspect of pediatric nursing.

10. What is the purpose of a lead screening in children?

- A. To determine iron levels in the blood**
- B. To identify lead exposure and prevent lead poisoning**
- C. To evaluate overall health**
- D. To assess vitamin deficiency**

The purpose of lead screening in children is primarily to identify lead exposure and prevent lead poisoning. Lead poisoning is a significant health concern that can cause severe developmental and neurological issues in children, even at low levels of exposure. Routine screening is crucial because children may be exposed to lead without showing obvious signs of poisoning, as symptoms can be subtle or non-specific. Early identification allows for interventions to reduce exposure and mitigate potential health effects, making it essential for protecting children's health. Screening is typically conducted through blood tests, especially for children who may be at higher risk due to environmental factors, such as living in older homes with lead-based paint or in areas with contaminated water. By focusing on lead exposure, this screening plays a critical role in public health initiatives aimed at reducing the incidence of lead poisoning and ensuring healthier outcomes for children.

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://learningsysrn3careofchildren.examzify.com>

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