

Learning System RN 3.0

Nursing Care of Children

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 an important consideration when caring for children with diabetes?**
 - A. Monitoring physical activity without dietary considerations**
 - B. Ensuring a strict carbohydrate-free diet**
 - C. Regular monitoring of blood glucose levels**
 - D. Limiting water intake during the day**
- 2. When assessing a child stung by a bee who has allergies, which symptoms might indicate anaphylaxis?**
 - A. Urticaria and stomach cramps**
 - B. Nausea, urticaria, stridor**
 - C. Headache and fever**
 - D. Rash and dizziness**
- 3. What should a nurse frequently monitor in a child with acute glomerulonephritis?**
 - A. Heart rate every hour**
 - B. Child's blood pressure every 4 hours**
 - C. Temperature every 2 hours**
 - D. Fluid intake and output continuously**
- 4. What approach should a nurse take when assessing adolescents?**
 - A. Demonstrate respect for their privacy and autonomy**
 - B. Involve their parents at every step**
 - C. Use a very formal questioning style**
 - D. Prioritize physical examinations over emotional discussions**
- 5. What is a common characteristic of attention deficit hyperactivity disorder (ADHD)?**
 - A. Difficulty with paying attention and controlling impulses**
 - B. Excessive focus on tasks**
 - C. High levels of physical activity**
 - D. Inability to follow instructions**

6. What is a crucial component of teaching for parents of a child with diabetes?

- A. Understanding how to monitor blood glucose levels**
- B. Knowing the types of insulin available**
- C. Choosing the right diet plan**
- D. Administering insulin injections**

7. What is a key factor in managing pediatric patients?

- A. Involving only the medical team in decision-making**
- B. Communicating effectively with both the child and parents**
- C. Minimizing parental involvement**
- D. Focusing solely on physical health**

8. What should the nurse inform parents regarding a child with congenital hypothyroidism?

- A. Your child will need to take thyroid hormone replacement for her entire life**
- B. The condition can be resolved with a special diet**
- C. Medication will not be needed after childhood**
- D. Daily thyroid levels will stabilize on their own**

9. What is an important aspect of aftercare following a lumbar puncture in children?

- A. Keeping the child in an upright position**
- B. Providing sedation to ease discomfort**
- C. Encouraging rest and minimizing activity**
- D. Restricting fluid intake for 24 hours**

10. What sign indicates that a child may be experiencing dehydration?

- A. Increased thirst**
- B. Dry skin**
- C. Decreased urinary output**
- D. Headache**

Answers

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

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Explanations

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1. What is an important consideration when caring for children with diabetes?

- A. Monitoring physical activity without dietary considerations**
- B. Ensuring a strict carbohydrate-free diet**
- C. Regular monitoring of blood glucose levels**
- D. Limiting water intake during the day**

Regular monitoring of blood glucose levels is crucial in the management of diabetes in children. This practice ensures that the child's blood glucose levels remain within the target range, preventing both hyperglycemia and hypoglycemia, which can lead to serious complications. Children with diabetes experience fluctuating insulin needs due to growth patterns, activity levels, and dietary changes; therefore, frequent monitoring becomes essential to adjust their management plan accordingly. Consistent blood glucose checks allow for timely interventions and help in teaching both the child and the caregivers about maintaining safe levels, emphasizing the importance of proactive care in diabetes management. In addition to blood glucose monitoring, it is important to educate families about balancing insulin doses with food intake and physical activity, rather than strictly adhering to a carbohydrate-free diet or limiting hydration, which could lead to other health issues.

2. When assessing a child stung by a bee who has allergies, which symptoms might indicate anaphylaxis?

- A. Urticaria and stomach cramps**
- B. Nausea, urticaria, stridor**
- C. Headache and fever**
- D. Rash and dizziness**

In the context of assessing a child who may be experiencing anaphylaxis after a bee sting, recognizing the specific symptoms associated with this severe allergic reaction is crucial. Anaphylaxis can occur rapidly and is characterized by a range of symptoms that indicate a systemic reaction. The symptoms of nausea, urticaria, and stridor are particularly indicative of anaphylaxis and reflect the body's acute response to the allergen. Urticaria, or hives, is a common skin reaction seen in allergic responses, showing that the immune system is reacting. Nausea can occur due to gastrointestinal involvement, which can be a symptom of an early anaphylactic response. Stridor, which is a high-pitched sound during breathing, suggests upper airway involvement and indicates that the child's airway may be compromised, a critical sign that anaphylaxis is occurring. In contrast, the other options consist of symptoms that are less specific to anaphylaxis. For example, headache and fever may suggest other conditions but do not align with the typical presentation of anaphylaxis, while rash and dizziness might be observed in various allergic reactions without the severe implications of anaphylaxis. Stomach cramps can occur in a variety of contexts and are not unique to anaphylaxis.

3. What should a nurse frequently monitor in a child with acute glomerulonephritis?

- A. Heart rate every hour
- B. Child's blood pressure every 4 hours**
- C. Temperature every 2 hours
- D. Fluid intake and output continuously

Monitoring the child's blood pressure frequently in cases of acute glomerulonephritis is crucial due to the potential for hypertension that can arise from the condition. Acute glomerulonephritis can lead to increased fluid retention and changes in renal function, which may culminate in elevated blood pressure levels. By measuring blood pressure every four hours, the nurse can quickly identify significant changes that may require immediate intervention. This vigilance helps to prevent complications such as hypertensive crises and supports the overall management of the child's condition. While monitoring heart rate, temperature, and fluid intake and output is also important in assessing the child's overall health status, they do not directly address the immediate and significant concerns associated with blood pressure changes in acute glomerulonephritis. Therefore, prioritizing blood pressure monitoring aligns with the critical needs of the patient experiencing this condition.

4. What approach should a nurse take when assessing adolescents?

- A. Demonstrate respect for their privacy and autonomy**
- B. Involve their parents at every step
- C. Use a very formal questioning style
- D. Prioritize physical examinations over emotional discussions

The most effective approach when assessing adolescents is to demonstrate respect for their privacy and autonomy. This age group is at a developmental stage where they are forming their identities and seeking independence. By respecting their privacy, the nurse fosters a trusting relationship, encouraging the adolescent to share pertinent information about their health and well-being. This approach not only enhances the accuracy of the assessment but also empowers the adolescent, making them feel valued and understood. Involving parents at every step could undermine the adolescent's sense of autonomy. While parents do play a critical role in a child's life, especially in terms of health and decision-making, adolescents may be more comfortable discussing sensitive topics if they know their privacy will be respected. Using a very formal questioning style might create a barrier between the nurse and the adolescent. Adolescents often respond better to a conversational approach where they feel more relaxed and open to sharing. Prioritizing physical examinations over emotional discussions could lead to missing significant psychosocial issues that are especially relevant in this developmental stage. Adolescents may struggle with various emotional and social challenges, making it crucial to give equal importance to both physical health and emotional well-being during assessments.

5. What is a common characteristic of attention deficit hyperactivity disorder (ADHD)?

- A. Difficulty with paying attention and controlling impulses**
- B. Excessive focus on tasks**
- C. High levels of physical activity**
- D. Inability to follow instructions**

Attention deficit hyperactivity disorder (ADHD) is primarily characterized by a persistent pattern of inattention and hyperactivity-impulsivity that interferes with functioning or development. Individuals with ADHD often exhibit difficulty maintaining attention, organizing tasks, and following through on instructions. This challenge in paying attention is not just an occasional issue; it is a consistent pattern that can affect academic performance and everyday activities. While high levels of physical activity and impulsivity can be noted in some individuals with ADHD, these are part of the broader spectrum of symptoms associated with the disorder and are not universally present. In fact, some individuals may not display significant hyperactivity but can still have challenges with attention and impulse control. The excessive focus on tasks or inability to follow instructions, while they may occur in some cases, are not defining characteristics of ADHD. Instead, the hallmark feature remains the difficulty with sustaining attention and managing impulses effectively. This makes the first option the most representative of ADHD as a diagnostic criteria.

6. What is a crucial component of teaching for parents of a child with diabetes?

- A. Understanding how to monitor blood glucose levels**
- B. Knowing the types of insulin available**
- C. Choosing the right diet plan**
- D. Administering insulin injections**

Understanding how to monitor blood glucose levels is indeed a crucial component of teaching for parents of a child with diabetes. This skill is essential for managing the child's condition effectively. Monitoring blood glucose levels allows parents to identify trends in their child's glucose readings, recognize when levels are too high or too low, and respond appropriately to maintain optimal health. Effective monitoring helps in adjusting insulin doses, managing dietary intake, and planning for physical activities. Parents who are well-versed in this practice can better collaborate with healthcare providers to tailor their child's diabetes management plan. This proactive involvement promotes better health outcomes and empowers parents to take an active role in their child's care. While knowing the types of insulin available, choosing the right diet plan, and administering insulin injections are also important aspects of diabetes management, without the ability to accurately monitor blood glucose levels, these other components may not be as effective or safe. Mastery of blood glucose monitoring fundamentally underpins successful management of diabetes in children.

7. What is a key factor in managing pediatric patients?

- A. Involving only the medical team in decision-making**
- B. Communicating effectively with both the child and parents**
- C. Minimizing parental involvement**
- D. Focusing solely on physical health**

Effective communication with both the child and parents is a key factor in managing pediatric patients because it fosters trust, promotes understanding, and enhances the overall care process. Pediatric patients often rely heavily on their parents or guardians for support and decision-making, as they may not have the capacity to fully understand their medical situations. By communicating clearly with both the child and the parents, healthcare professionals can address concerns, provide education about the child's condition, and ensure that both parties feel involved in the treatment process. This collaborative approach not only improves outcomes but also helps in managing the child's anxiety and encourages adherence to the treatment plan. Engaging both the child and parents can lead to better decision-making and continuity of care, ultimately improving the child's health and well-being.

8. What should the nurse inform parents regarding a child with congenital hypothyroidism?

- A. Your child will need to take thyroid hormone replacement for her entire life**
- B. The condition can be resolved with a special diet**
- C. Medication will not be needed after childhood**
- D. Daily thyroid levels will stabilize on their own**

Informing parents that their child will need to take thyroid hormone replacement for her entire life is crucial in understanding the management of congenital hypothyroidism. This condition arises when the thyroid gland is underactive or absent, leading to insufficient levels of thyroid hormones necessary for growth and metabolism. Thyroid hormones are essential for normal development, particularly for the brain during childhood. Therefore, lifelong hormone replacement therapy is required to ensure proper growth, cognitive function, and overall health. Regular monitoring and dosage adjustments will be necessary, but the key point is that the child will depend on this medication throughout their life to maintain normal thyroid function. In contrast, suggesting that the condition can be resolved with a special diet misrepresents the nature of congenital hypothyroidism, which is primarily a hormonal deficiency rather than a dietary issue. While nutrition plays a role in overall health, it cannot replace the need for thyroid hormone replacement. Indicating that medication will not be needed after childhood is misleading, as most children with this condition will continue requiring treatment indefinitely. Lastly, implying that daily thyroid levels will stabilize on their own ignores the need for consistent medical intervention to manage hormone levels effectively.

9. What is an important aspect of aftercare following a lumbar puncture in children?

- A. Keeping the child in an upright position**
- B. Providing sedation to ease discomfort**
- C. Encouraging rest and minimizing activity**
- D. Restricting fluid intake for 24 hours**

Encouraging rest and minimizing activity is crucial following a lumbar puncture in children. This procedure involves inserting a needle into the spinal canal to collect cerebrospinal fluid or administer medication, and it can cause some transient discomfort or headache. Post-procedure, children are advised to avoid strenuous activities to reduce the risk of complications such as post-lumbar puncture headaches or bleeding. Rest helps the body recover and is an important part of promoting healing at the puncture site. Adequate support and a calm environment can help the child feel more comfortable during this recovery phase. In contrast, keeping the child in an upright position can actually increase the likelihood of developing a headache, as lying flat is often recommended to minimize this risk. Providing sedation could mask important assessments needed to monitor recovery and does not directly contribute to aftercare. Lastly, restricting fluid intake is not advisable as hydration can actually help prevent headaches and support overall recovery when performed appropriately.

10. What sign indicates that a child may be experiencing dehydration?

- A. Increased thirst**
- B. Dry skin**
- C. Decreased urinary output**
- D. Headache**

Decreased urinary output is a significant indicator that a child may be experiencing dehydration. In a healthy child, urine production is closely linked to fluid intake; when a child is dehydrated, the body conserves water by reducing the amount of urine produced. This reduced output serves as a physiological response to maintain fluid balance. Other signs of dehydration, while relevant, do not directly point to the body's ability to conserve fluids as effectively as decreased urinary output. Increased thirst is a common response that occurs as the body signals the need for more fluids but is not as definitive on its own. Dry skin can be a symptom of dehydration, but skin condition can also be influenced by factors such as the environment or individual skin types. A headache may occur due to a variety of reasons, including dehydration, but it is less specific as an indicator of fluid status. Thus, decreased urinary output is a clear and direct sign that can signal dehydration in a child, making it the most appropriate choice 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://learningsysrn3careofchildren.examzify.com>

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

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