

LEWIS'S MEDICAL- SURGICAL NURSING PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 framework guides nursing practice and incorporates the biopsychosocial nature of humans?**
 - A. Nursing Theory
 - B. Care Model
 - C. Patient-Centered Approach
 - D. Evidence-Based Framework
- 2. What does a clinical problem indicate in nursing?**
 - A. Prognosis of a patient's disease
 - B. A statement of patient issues requiring nursing intervention
 - C. The financial aspects of patient care
 - D. Details regarding medication adherence
- 3. What principle emphasizes focusing on individual patient needs and preferences in healthcare?**
 - A. Population Health Management
 - B. Patient-Centered Care
 - C. Community-Based Care
 - D. Clinical Pathways
- 4. What term describes a patient who needs language assistance for effective communication?**
 - A. Non-English-Speaking Patient
 - B. Multilingual Patient
 - C. Culturally Diverse Patient
 - D. Language Barrier Patient
- 5. What term describes mechanisms that influence the quality and accessibility of healthcare services?**
 - A. Quality Care Initiatives
 - B. Health Care Financing
 - C. Patient Satisfaction
 - D. Preventable Conditions

- 6. What type of facility is designed for patients needing rehabilitation before home discharge?**
- A. Acute Care Facility
 - B. Transitional Care Facility
 - C. Nursing Home
 - D. Subacute Care Center
- 7. Which approach involves integrating traditional therapies with Western medicine?**
- A. Cultural Sensitivity
 - B. Culturally Based Treatments
 - C. Cultural Competence
 - D. Family Involvement
- 8. Which assessment method is utilized to listen to and analyze intestinal sounds?**
- A. Patient Assessment
 - B. Bowel Sounds Assessment
 - C. Patient Teaching
 - D. Blood Glucose Monitoring
- 9. Which of the following indicates an essential goal of the nursing process?**
- A. Maintaining physician orders
 - B. Improving overall patient health outcomes
 - C. Reducing hospital expenses
 - D. Increasing staff efficiency
- 10. What provides credible studies that inform nursing practices?**
- A. Clinical Trials
 - B. Research Evidence
 - C. Patient Surveys
 - D. Healthcare Reports

Answers

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

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Explanations

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1. Which framework guides nursing practice and incorporates the biopsychosocial nature of humans?

A. Nursing Theory

B. Care Model

C. Patient-Centered Approach

D. Evidence-Based Framework

The correct answer, nursing theory, is essential in guiding nursing practice as it provides a systematic way to understand and frame the complexities of human health and illness. Nursing theories are specifically designed to incorporate the biopsychosocial model, which considers biological, psychological, and social factors in patient care. This holistic approach acknowledges that a person's health is influenced not only by physiological aspects but also by mental health and social conditions, leading to better patient outcomes. By utilizing nursing theories, practitioners can apply frameworks that support their clinical judgments, tailor interventions to individuals, and foster a deeper understanding of the factors affecting a patient's overall well-being. This ultimately enhances the quality of care provided and ensures a comprehensive approach to nursing practice. While other options like care models and patient-centered approaches are important aspects of nursing, they are often influenced by underlying nursing theories. Evidence-based frameworks prioritize the use of research and data to guide practice but do not inherently integrate the biopsychosocial view in the same comprehensive manner as nursing theory does.

2. What does a clinical problem indicate in nursing?

A. Prognosis of a patient's disease

B. A statement of patient issues requiring nursing intervention

C. The financial aspects of patient care

D. Details regarding medication adherence

A clinical problem in nursing is fundamentally understood as a statement that identifies specific issues or challenges that a patient is experiencing, which require nursing intervention. It reflects the actual needs of the patient and serves as a guide for the nursing process, including assessment, planning, implementation, and evaluation. When nurses assess their patients, they take into account various factors such as physical health, emotional well-being, and social circumstances. Once a clinical problem is identified, nurses can develop appropriate interventions aimed at addressing those specific issues. This might involve direct care, education, counseling, or collaboration with other healthcare professionals. The other aspects mentioned, like prognosis, financial implications, or medication adherence, while significant in the broader context of patient care, do not directly define a clinical problem in the same way. They may indirectly influence nursing actions but do not serve as the primary focus of nursing interventions. Therefore, stating that a clinical problem indicates a need for nursing intervention correctly aligns with the core principles of nursing practice.

3. What principle emphasizes focusing on individual patient needs and preferences in healthcare?

- A. Population Health Management
- B. Patient-Centered Care**
- C. Community-Based Care
- D. Clinical Pathways

The principle that emphasizes focusing on individual patient needs and preferences in healthcare is Patient-Centered Care. This approach prioritizes the patient's unique values, preferences, and specific circumstances, ensuring that their treatment plan is tailored to their individual goals and lifestyle. Patient-centered care encompasses understanding and respecting the patient's perspective and involving them in decision-making about their own health. This means actively engaging patients in discussions about their treatment options and encouraging them to express their concerns and desires regarding their care. It fosters a therapeutic partnership between healthcare providers and patients, aiming for the best possible health outcomes aligned with what matters most to the patient. In contrast, other options like Population Health Management focus on the health outcomes of a group of individuals, rather than tailoring care to the individual. Community-Based Care emphasizes services provided within community settings to improve access and address specific local health needs but does not specifically center on individual patient preferences. Clinical Pathways are standardized care plans that streamline treatment for specific conditions but may not consider individual patient needs and preferences as thoroughly as patient-centered care does.

4. What term describes a patient who needs language assistance for effective communication?

- A. Non-English-Speaking Patient**
- B. Multilingual Patient
- C. Culturally Diverse Patient
- D. Language Barrier Patient

The term that best describes a patient who needs language assistance for effective communication is "Non-English-Speaking Patient." This phrase specifically identifies individuals whose primary language is not English, indicating that they may require interpreters or other forms of language support to facilitate clear and accurate communication with healthcare providers. This assistance is crucial in ensuring that patients understand medical instructions, consent forms, and treatment options, ultimately leading to better health outcomes. While other terms may describe different aspects of communication challenges, they do not precisely convey the need for language assistance. For instance, "Multilingual Patient" refers to someone who speaks more than one language, which doesn't inherently indicate the need for assistance; they may be proficient in English. "Culturally Diverse Patient" pertains to individuals from different cultural backgrounds, which could include English speakers. Similarly, "Language Barrier Patient" is somewhat vague, as it does not specify the language that creates the barrier or the patient's primary language. Thus, "Non-English-Speaking Patient" is the most direct and relevant term for identifying patients who require language assistance in a healthcare setting.

5. What term describes mechanisms that influence the quality and accessibility of healthcare services?

- A. Quality Care Initiatives
- B. Health Care Financing**
- C. Patient Satisfaction
- D. Preventable Conditions

The term that describes mechanisms influencing the quality and accessibility of healthcare services is health care financing. This encompasses the methods and sources through which healthcare services are funded, which directly impacts both the quality and availability of those services. Effective health care financing systems can enhance access to care, allow for better allocation of resources, and improve overall health outcomes by enabling healthcare providers to invest in quality improvements and innovative services. For instance, publicly funded programs and insurance models can ensure that a larger segment of the population has access to necessary medical services, thereby improving health equity. Conversely, inadequate financing may lead to disparities in access and compromise the quality of care available to certain populations. Understanding the role of health care financing is crucial in addressing gaps in the healthcare system and ensuring that services meet the needs of the community effectively.

6. What type of facility is designed for patients needing rehabilitation before home discharge?

- A. Acute Care Facility
- B. Transitional Care Facility**
- C. Nursing Home
- D. Subacute Care Center

A transitional care facility is specifically designed to provide a bridge for patients recovering from acute illnesses or surgeries, enabling them to regain their strength and independence before returning home. These facilities focus on rehabilitation and may offer a variety of therapies, including physical, occupational, and speech therapy. The goal is to ensure that patients can safely transition from the hospital or higher acuity care back to their home environment with the necessary support and resources. In contrast, an acute care facility primarily addresses urgent and critical medical needs, providing immediate intervention for serious illnesses or injuries but not focusing on rehabilitation. A nursing home typically offers long-term care for individuals with chronic illnesses or disabilities who require ongoing assistance rather than short-term rehabilitation. A subacute care center can provide rehabilitation services as well, but it usually caters to patients with more complex medical needs who may require a longer stay than what is typical for transitional care facilities. Thus, while subacute care can overlap in some areas, transitional care facilities specifically emphasize rehabilitation for those ready to return home.

7. Which approach involves integrating traditional therapies with Western medicine?

- A. Cultural Sensitivity
- B. Culturally Based Treatments**
- C. Cultural Competence
- D. Family Involvement

The approach that integrates traditional therapies with Western medicine is accurately identified as culturally based treatments. This method acknowledges and incorporates the significant role that cultural beliefs and practices play in health and wellness. Patients often come from diverse backgrounds where traditional healing modalities may be deeply rooted in their identity. By combining these traditional therapies with evidence-based Western medical practices, healthcare providers can offer a more holistic treatment plan that respects the patient's cultural context while also adhering to contemporary medical standards. This integration can lead to improved patient outcomes, as it helps establish trust and better alignment with patients' values and beliefs regarding health and healing. In contrast, cultural sensitivity involves awareness and understanding of different cultural backgrounds without necessarily integrating those practices into treatment. Cultural competence refers to a broader ability to effectively interact with people across different cultures, which includes understanding, appreciating, and responding to cultural differences. Family involvement focuses on engaging family members in the care process, which is important but does not specifically address the integration of traditional and Western medical practices.

8. Which assessment method is utilized to listen to and analyze intestinal sounds?

- A. Patient Assessment
- B. Bowel Sounds Assessment**
- C. Patient Teaching
- D. Blood Glucose Monitoring

The assessment method utilized to listen to and analyze intestinal sounds is through a bowel sounds assessment. This technique involves using a stethoscope to auscultate the abdomen, allowing the healthcare provider to evaluate the presence, frequency, and quality of sounds produced by intestinal activity. Bowel sounds can provide critical information about a patient's gastrointestinal (GI) function. Normal bowel sounds indicate active peristalsis, while decreased or absent sounds may suggest issues such as bowel obstruction or ileus. Conversely, increased bowel sounds can occur with conditions like diarrhea or gastrointestinal irritation. Understanding bowel sounds and their significance is crucial for healthcare professionals, as it can guide diagnosis and treatment plans in patients presenting with GI complaints. In contrast, the other methods listed do not directly assess intestinal sounds; patient assessment is a broader evaluation approach, patient teaching focuses on educating individuals about health conditions, and blood glucose monitoring pertains specifically to diabetes management and does not involve the assessment of bowel sounds.

9. Which of the following indicates an essential goal of the nursing process?

- A. Maintaining physician orders
- B. Improving overall patient health outcomes**
- C. Reducing hospital expenses
- D. Increasing staff efficiency

Improving overall patient health outcomes is a fundamental goal of the nursing process. The nursing process is designed to provide a structured method for nurses to assess patient needs, formulate nursing diagnoses, plan care, implement interventions, and evaluate outcomes. Throughout this cyclical process, the primary focus is on the patient's health and well-being, ensuring that care is centered around enhancing their health status. In the nursing practice, achieving optimal health outcomes involves a holistic approach, addressing not just physical health, but also emotional, psychological, and social aspects of patient care. This focus ensures that care plans are tailored to the individual needs of patients, helping to promote recovery, prevent illness, and enhance quality of life. While maintaining physician orders, reducing hospital expenses, and increasing staff efficiency are important operational aspects of healthcare, they do not encapsulate the primary goal of the nursing process. Effective nursing care ultimately aims to improve patient outcomes, which is why option B stands out as the essential goal.

10. What provides credible studies that inform nursing practices?

- A. Clinical Trials
- B. Research Evidence**
- C. Patient Surveys
- D. Healthcare Reports

Research evidence serves as a crucial foundation for nursing practices by providing the findings from systematic investigations into clinical questions. This evidence is derived from various methodologies, including quantitative and qualitative studies, which rigorously test hypotheses and generate conclusions based on empirical data. The strength of research evidence lies in its peer-reviewed nature, ensuring that the findings have undergone scrutiny by experts in the field. This evidence can lead to improved patient outcomes when integrated into practice, as it offers insights into effective interventions, best practices, and guidelines that nurses can follow. Moreover, research evidence is essential for developing evidence-based policies and protocols, ultimately aiming to enhance the quality of care provided to patients. While clinical trials contribute valuable data on the effectiveness of treatments, the broader category of research evidence encompasses a wide range of studies that inform nursing practice beyond just trials. Other options, such as patient surveys and healthcare reports, provide important information but may not have the same rigor or systematic approach as research evidence, thus making it less suitable as the fundamental basis for informing nursing practices.

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:

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

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