

Licensed Practical Nurse (LPN) Exit Practice Exam (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 symptom should the nurse associate with Cushingoid effects of dexamethasone?**
 - A. Fatigue and dizziness**
 - B. Moon face, slow wound healing, and muscle wasting**
 - C. Weight loss and increased appetite**
 - D. Joint pain and swelling**

- 2. Which of the following is NOT one of the five steps of the nursing process?**
 - A. Evaluation**
 - B. Diagnosis**
 - C. Implementation**
 - D. Medication administration**

- 3. What is a major risk factor for developing pressure ulcers?**
 - A. Frequent ambulation**
 - B. Inability to move or change position**
 - C. High-protein diet**
 - D. Increased fluid intake**

- 4. What sign is most likely exhibited by a child with acute glomerulonephritis that motivated parents to seek medical care?**
 - A. Frequent headaches**
 - B. Fever and chills**
 - C. Hematuria**
 - D. Fatigue and weakness**

- 5. What is the primary focus of palliative care?**
 - A. To relieve symptoms and improve quality of life for patients with serious illnesses**
 - B. To find a cure for the illness**
 - C. To provide extensive diagnostics**
 - D. To prolong life at all costs**

- 6. A client experiencing neglect syndrome after a right hemisphere stroke requires assistance. What should the PN instruct the UAP to do?**
- A. Encourage independence during transfers**
 - B. Assist the client to use both sides**
 - C. Protect the client's left side when transferring**
 - D. Ensure the client is verbally reminded during transfers**
- 7. What is the significance of performing a head-to-toe assessment?**
- A. It provides a comprehensive overview of the patient's health status**
 - B. It identifies specific symptoms only**
 - C. It is only necessary in emergency situations**
 - D. It focuses on the patient's mental health**
- 8. To assess for enlarged submandibular lymph nodes, where should the practical nurse palpate on the client?**
- A. In front of the ear**
 - B. Beneath the lower jaw**
 - C. At the back of the neck**
 - D. Above the collarbone**
- 9. What type of diet would be recommended for a patient with hypertension?**
- A. Low-fat diet**
 - B. High-protein diet**
 - C. Low-sodium diet**
 - D. High-carbohydrate diet**
- 10. What does the term "asepsis" refer to?**
- A. The presence of harmful microorganisms**
 - B. The absence of bacteria, viruses, and other microorganisms**
 - C. The use of antibiotics to kill bacteria**
 - D. The process of sterilizing surgical equipment**

Answers

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

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Explanations

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1. Which symptom should the nurse associate with Cushingoid effects of dexamethasone?

- A. Fatigue and dizziness**
- B. Moon face, slow wound healing, and muscle wasting**
- C. Weight loss and increased appetite**
- D. Joint pain and swelling**

The symptoms associated with Cushingoid effects of dexamethasone include moon face, slow wound healing, and muscle wasting. Dexamethasone is a corticosteroid that can lead to a condition known as Cushing's syndrome when used long-term or in high doses. Moon face is characterized by a rounded facial appearance that occurs due to fat redistribution, which is a common symptom in patients with Cushing's syndrome. Slow wound healing is another hallmark effect as corticosteroids can suppress the inflammatory response and impair tissue regeneration, impacting the healing process. Muscle wasting occurs because of the catabolic effects of glucocorticoids, leading to the breakdown of protein in muscle tissue. In contrast, fatigue and dizziness are more general symptoms and may not specifically indicate Cushingoid effects. Weight loss and increased appetite contradict the effects of Cushing syndrome, which typically leads to weight gain and increased appetite due to metabolic alterations. Joint pain and swelling do not specifically signal Cushingoid effects directly related to dexamethasone use. Thus, the association of specific symptoms such as moon face, slow wound healing, and muscle wasting accurately reflects the unique presentations linked to the use of dexamethasone resulting in Cushingoid features.

2. Which of the following is NOT one of the five steps of the nursing process?

- A. Evaluation**
- B. Diagnosis**
- C. Implementation**
- D. Medication administration**

The nursing process is a systematic method used by nurses to deliver patient care effectively. It consists of five key steps: assessment, diagnosis, planning, implementation, and evaluation. Each of these steps plays a crucial role in ensuring that patient care is thorough and individualized. Medication administration, while an important aspect of patient care, is not classified as one of the five steps of the nursing process. Instead, it typically falls under the implementation phase. During this phase, nurses carry out the interventions that were planned, which may include administering medications. However, medication administration itself is a specific action rather than a core component of the nursing process. Understanding the five steps is essential for LPNs, as this framework guides their decision-making and interventions in patient care. Recognizing that certain actions, such as medication administration, support the implementation phase helps clarify the nursing process's structure and promotes effective practice.

3. What is a major risk factor for developing pressure ulcers?

- A. Frequent ambulation
- B. Inability to move or change position**
- C. High-protein diet
- D. Increased fluid intake

The inability to move or change position is a significant risk factor for developing pressure ulcers. When an individual cannot shift their weight or reposition themselves, areas of the body become susceptible to prolonged pressure against a surface, such as a bed or chair. This constant pressure restricts blood flow to the skin and underlying tissues, which can lead to tissue ischemia, cell death, and ultimately the formation of pressure ulcers. In contrast, frequent ambulation can actually help prevent pressure ulcers by encouraging movement and reducing the amount of sustained pressure on any one area of the body. A high-protein diet and increased fluid intake support overall health and may contribute to skin integrity and healing. However, they do not directly address the mechanical risk factors associated with immobility, which is why the inability to move or change position is highlighted as a primary concern.

4. What sign is most likely exhibited by a child with acute glomerulonephritis that motivated parents to seek medical care?

- A. Frequent headaches
- B. Fever and chills
- C. Hematuria**
- D. Fatigue and weakness

Hematuria, or the presence of blood in the urine, is a hallmark sign of acute glomerulonephritis, which is an inflammation of the glomeruli in the kidneys. This condition can arise after infections, particularly streptococcal throat infections, leading to kidney complications. When parents notice that their child's urine appears pink, red, or cola-colored, it often raises immediate concern and prompts them to seek medical evaluation. While other symptoms like frequent headaches, fever and chills, or general fatigue and weakness may occur with various illnesses, hematuria is particularly associated with kidney issues such as glomerulonephritis. The visual aspect of the urine changing color typically captures attention and signals a potential serious health issue, making it the most motivating factor for parents to seek medical care.

5. What is the primary focus of palliative care?

- A. To relieve symptoms and improve quality of life for patients with serious illnesses**
- B. To find a cure for the illness**
- C. To provide extensive diagnostics**
- D. To prolong life at all costs**

Palliative care primarily focuses on relieving symptoms and enhancing the quality of life for patients facing serious illnesses, rather than attempting to cure the illness itself. This approach centers on the patient's comfort, addressing physical pain, emotional distress, and psychosocial issues that may arise during the course of a serious health condition. By prioritizing quality of life, palliative care allows patients to maintain dignity and experience the best possible version of life despite challenging circumstances. This type of care can be provided alongside curative treatments, but its essential aim is to support patients and their families through the complexities of serious illness, fostering an environment where patients can express their wishes and needs. In contrast, trying to find a cure for the illness, providing extensive diagnostics, or prolonging life at all costs does not align with the fundamental principles of palliative care, which emphasizes holistic support and symptom management instead.

6. A client experiencing neglect syndrome after a right hemisphere stroke requires assistance. What should the PN instruct the UAP to do?

- A. Encourage independence during transfers**
- B. Assist the client to use both sides**
- C. Protect the client's left side when transferring**
- D. Ensure the client is verbally reminded during transfers**

When a client experiences neglect syndrome following a right hemisphere stroke, they may have difficulty recognizing or responding to stimuli on their left side, which is often the side opposite the affected hemisphere. Instructing the UAP to protect the client's left side during transfers is essential for safety. This client may not be aware of their left side and might inadvertently lean or fall towards it, leading to injury. By ensuring that the left side is protected, the UAP can prevent potential accidents, such as falls. This protection could involve positioning the UAP on the left side of the client during transfers or providing extra support to keep the client stable. It's important for caregivers working with clients experiencing neglect syndrome to focus on ensuring safety first, as awareness of body sides may be compromised.

7. What is the significance of performing a head-to-toe assessment?

- A. It provides a comprehensive overview of the patient's health status**
- B. It identifies specific symptoms only**
- C. It is only necessary in emergency situations**
- D. It focuses on the patient's mental health**

Performing a head-to-toe assessment holds significant importance in nursing practice as it provides a comprehensive overview of the patient's health status. This systematic approach allows the nurse to evaluate all body systems, gathering essential data about the patient's physiological functions and overall well-being. The assessment helps in identifying not only current health issues but also potential concerns that may require intervention or monitoring. By covering all aspects of the patient's health—both physical and vital signs—this thorough evaluation supports the formulation of a complete individualized care plan. It also aids in establishing baseline data that can be essential for tracking changes over time and determining the effectiveness of treatments. This holistic view is crucial not just for identifying specific symptoms or in emergency situations but for ongoing patient care in various settings.

8. To assess for enlarged submandibular lymph nodes, where should the practical nurse palpate on the client?

- A. In front of the ear**
- B. Beneath the lower jaw**
- C. At the back of the neck**
- D. Above the collarbone**

To assess for enlarged submandibular lymph nodes, the practical nurse should palpate beneath the lower jaw. The submandibular lymph nodes are located in the submandibular triangle, which is situated beneath the mandible or lower jawbone. This area is specifically associated with the submandibular salivary glands and is where the lymph nodes can be located and examined for enlargement or tenderness, indicating possible infection or other medical conditions. Palpating in front of the ear refers to the preauricular lymph nodes, which are located near the ear and not directly associated with the submandibular region. The back of the neck is associated with cervical lymph nodes, while palpation above the collarbone pertains to supraclavicular nodes. Thus, these locations would not provide the relevant assessment for submandibular lymph nodes.

9. What type of diet would be recommended for a patient with hypertension?

- A. Low-fat diet**
- B. High-protein diet**
- C. Low-sodium diet**
- D. High-carbohydrate diet**

The recommended diet for a patient with hypertension is a low-sodium diet. This is because sodium plays a significant role in regulating blood pressure. When sodium levels are high, it can lead to an increase in water retention, which in turn increases the volume of blood in the bloodstream, causing elevated blood pressure. By reducing sodium intake, individuals with hypertension can help decrease blood pressure levels. A low-sodium diet typically emphasizes fresh fruits and vegetables, whole grains, and lean proteins while limiting processed foods, which often contain high levels of sodium. The DASH (Dietary Approaches to Stop Hypertension) diet is a specific dietary plan often recommended and focuses on reducing sodium as a key component to managing blood pressure effectively. While other diets such as low-fat, high-protein, or high-carbohydrate can have their benefits for various health issues, they do not specifically address the primary concern of managing blood pressure as effectively as a low-sodium diet does. Therefore, adopting a low-sodium diet is critical for controlling hypertension and promoting overall cardiovascular health.

10. What does the term "asepsis" refer to?

- A. The presence of harmful microorganisms**
- B. The absence of bacteria, viruses, and other microorganisms**
- C. The use of antibiotics to kill bacteria**
- D. The process of sterilizing surgical equipment**

The term "asepsis" specifically refers to the absence of bacteria, viruses, and other microorganisms that can cause infection. In clinical practice, maintaining aseptic conditions is crucial to prevent infections during medical procedures, especially in surgical settings and wound care. This concept underlies various practices in healthcare, such as hand hygiene, proper sterilization techniques, and the use of barriers like gloves and masks. Understanding this term is essential for nurses and healthcare workers because it emphasizes the importance of minimizing the risk of infection, thereby ensuring patient safety and the efficacy of treatments. Recognizing asepsis as the state where harmful microorganisms are entirely absent allows healthcare practitioners to implement appropriate infection control measures effectively.

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://lpnextit.examzify.com>

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

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