

LVN FUNDAMENTALS PRACTICE EXAM (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. What does a pulse oximeter measure?**
 - A. Blood pressure levels
 - B. Respiratory rate
 - C. Oxygen saturation in the blood
 - D. Body temperature
- 2. What should a client do if they cannot place weight on the affected leg when going upstairs?**
 - A. Skip using crutches
 - B. Hop up on the unaffected leg
 - C. Use both crutches to pull up
 - D. Ask for assistance
- 3. What type of assessment is conducted at the time of patient admission?**
 - A. Follow-up assessment
 - B. Comprehensive assessment
 - C. Initial assessment
 - D. Exit assessment
- 4. What is the primary purpose of hand hygiene in healthcare settings?**
 - A. To make a good impression on patients
 - B. To prevent the spread of infections
 - C. To comply with hospital policy
 - D. To reduce the need for gloves
- 5. What is a potential complication of immobility?**
 - A. Increased flexibility
 - B. Improved cardiovascular function
 - C. Deep vein thrombosis (DVT)
 - D. Enhanced muscle strength
- 6. Which vital sign is typically the first indicator of a patient's deterioration?**
 - A. Respiratory rate
 - B. Temperature
 - C. Blood pressure
 - D. Heart rate

- 7. What does "patient advocacy" involve?**
- A. Supporting and promoting the interests and health of patients
 - B. Creating treatment plans for patients
 - C. Monitoring patient medications
 - D. Providing medical education to patients
- 8. Which protective measure should be taken when handling radioactive materials?**
- A. Use gloves without any protective equipment
 - B. Handle them with bare hands
 - C. Wear monitoring badges
 - D. Wear appropriate protective equipment
- 9. What legal document specifies an individual's preferences for life-sustaining treatment if they are unable to make decisions?**
- A. Power of Attorney
 - B. Living Will
 - C. Patient Brochure
 - D. Clinical Directive
- 10. Which leg should move first when walking up stairs using crutches?**
- A. Affected leg
 - B. Unaffected/good leg
 - C. Crutches
 - D. None of the above

Answers

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

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Explanations

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1. What does a pulse oximeter measure?

- A. Blood pressure levels
- B. Respiratory rate
- C. Oxygen saturation in the blood**
- D. Body temperature

A pulse oximeter is a non-invasive device used primarily to measure the oxygen saturation of a person's blood. It works by using light technology to evaluate how much oxygen is being carried by hemoglobin in the red blood cells. This measurement is crucial, especially in medical settings, as it provides immediate information about a patient's respiratory status and the efficiency of oxygen delivery to the tissues. Understanding the significance of oxygen saturation is important because low levels may indicate respiratory issues or other health concerns that require immediate attention. Keeping track of oxygen saturation helps healthcare providers make informed decisions about patient care, particularly in emergency situations or for patients with conditions affecting lung function. The other options focus on different physiological parameters that a pulse oximeter does not assess. For instance, blood pressure levels, respiratory rate, and body temperature each require specific tools or methods—such as sphygmomanometers for blood pressure, manual counting or respiratory monitors for respiratory rate, and thermometers for body temperature—to provide accurate readings.

2. What should a client do if they cannot place weight on the affected leg when going upstairs?

- A. Skip using crutches
- B. Hop up on the unaffected leg**
- C. Use both crutches to pull up
- D. Ask for assistance

The best approach for a client who cannot place weight on the affected leg when going upstairs is to hop up on the unaffected leg. This method allows the individual to ascend stairs safely while avoiding additional strain or injury to the affected leg. It employs balance and strength from the unaffected leg, providing a practical solution for negotiating stairs without reliance on crutches or support, which may be challenging if the client lacks sufficient upper body strength or coordination. Using the unaffected leg to hop provides support and stability during the ascent, which is crucial for preventing falls. Individuals should be trained to ensure they maintain their weight in a way that promotes safety, making this method particularly effective. While assistance or crutches could be options under specific circumstances, hopping allows for greater independence in situations where immediate assistance isn't available or when mobility aids are cumbersome.

3. What type of assessment is conducted at the time of patient admission?

- A. Follow-up assessment
- B. Comprehensive assessment
- C. Initial assessment**
- D. Exit assessment

The correct answer is the initial assessment, which is a critical component of the nursing process conducted at the time of patient admission. This assessment serves to gather essential information about the patient's health status, medical history, and any immediate needs or concerns. It creates a baseline that healthcare providers can use to plan appropriate care and interventions moving forward. During the initial assessment, a nurse typically evaluates the patient's physical and psychological condition, gathers vital signs, and learns about the patient's current medications and allergies. The data collected during this assessment is invaluable for formulating a nursing diagnosis and ensuring effective communication among the healthcare team. In contrast, a comprehensive assessment generally occurs later and involves a more in-depth review of the patient's overall health, including psychosocial, environmental, and spiritual factors. A follow-up assessment is conducted after the initial assessment to monitor progress and changes in the patient's condition, while an exit assessment typically occurs upon discharge to evaluate the patient's readiness to leave the healthcare facility and to make appropriate referrals if necessary.

4. What is the primary purpose of hand hygiene in healthcare settings?

- A. To make a good impression on patients
- B. To prevent the spread of infections**
- C. To comply with hospital policy
- D. To reduce the need for gloves

The primary purpose of hand hygiene in healthcare settings is to prevent the spread of infections. Hand hygiene is a critical practice that involves cleaning hands thoroughly to remove dirt, germs, and pathogens. This action significantly reduces the transmission of infectious agents from one person to another, especially in environments where vulnerable populations, such as patients with compromised immune systems, are present. Effective hand hygiene can dramatically lower the incidence of healthcare-associated infections, which are a major concern within medical facilities. Proper techniques include washing with soap and water or using alcohol-based hand sanitizers, both of which are effective at killing a wide range of microorganisms. While making a good impression on patients and complying with hospital policy are important aspects of healthcare, they are secondary to the fundamental goal of maintaining patient safety through infection control. Reducing the need for gloves can be a consideration, but it is not the core purpose of hand hygiene; hands should still be cleaned regularly even when wearing gloves to ensure maximum protection against infection transmission.

5. What is a potential complication of immobility?

- A. Increased flexibility
- B. Improved cardiovascular function
- C. Deep vein thrombosis (DVT)**
- D. Enhanced muscle strength

Deep vein thrombosis (DVT) is a potential complication of immobility because prolonged periods of inactivity can lead to blood pooling in the veins, particularly in the legs. When a person is immobile—due to bed rest, injury, or surgical recovery—the normal blood flow can be obstructed, increasing the risk of clot formation. DVT is characterized by the formation of a blood clot in a deep vein, often in the legs, which can lead to serious health issues if the clot dislodges and travels to the lungs, resulting in a pulmonary embolism. Recognizing DVT as a complication of immobility underscores the importance of implementing mobility strategies and interventions, such as range-of-motion exercises and frequent position changes, to promote circulation and reduce thrombus development.

6. Which vital sign is typically the first indicator of a patient's deterioration?

- A. Respiratory rate
- B. Temperature
- C. Blood pressure
- D. Heart rate**

Heart rate is usually the first vital sign to show changes that indicate a patient's deterioration. In clinical practice, an increased or decreased heart rate can signify underlying physiological changes, such as the onset of shock, pain, anxiety, or an acute illness. It often serves as an early warning sign of potential complications because the heart rate responds quickly to various stressors, including hypoxia, fever, fluid imbalance, or cardiovascular compromise. Due to its sensitivity to changes in the body's state, monitoring heart rate can help healthcare professionals identify when a patient's condition is worsening, allowing for timely interventions. Other vital signs, like respiratory rate, temperature, and blood pressure, may not change as rapidly and can reflect conditions that are already more advanced in severity. Thus, tracking heart rate is critical in ongoing patient assessments in order to catch and address any deteriorations early.

7. What does "patient advocacy" involve?

- A. Supporting and promoting the interests and health of patients**
- B. Creating treatment plans for patients
- C. Monitoring patient medications
- D. Providing medical education to patients

Patient advocacy involves supporting and promoting the interests and health of patients. This concept is rooted in the ethical obligation of healthcare professionals to represent the rights and needs of their patients, ensuring they receive appropriate care and that their voices are heard within the healthcare system. Advocates work to empower patients, helping them navigate complex medical situations, understand their options, and make informed decisions about their care. This may encompass assisting with communication between patients and healthcare providers or addressing any barriers that might prevent patients from receiving optimal care and services. While creating treatment plans, monitoring medications, and providing education are all important aspects of patient care, they do not fully encapsulate the broad and active role that advocacy plays in safeguarding patient rights and enhancing their healthcare experiences.

8. Which protective measure should be taken when handling radioactive materials?

- A. Use gloves without any protective equipment
- B. Handle them with bare hands
- C. Wear monitoring badges
- D. Wear appropriate protective equipment**

When handling radioactive materials, wearing appropriate protective equipment is essential to minimize exposure to harmful radiation. This equipment typically includes lead aprons, gloves, safety goggles, and sometimes face shields, depending on the level and type of radiation. Protective gear is designed to absorb or deflect radiation, thereby protecting the skin and internal organs from potential damage. Using gloves without any other protective gear or handling radioactive materials with bare hands can lead to contamination and increased risk of radiation exposure, which is why those options are not considered safe practices. Monitoring badges can also be part of safety protocols, but they serve as a means of tracking exposure rather than providing immediate protection. Therefore, the most effective measure for ensuring safety while working with radioactive materials is to wear the appropriate protective equipment.

9. What legal document specifies an individual's preferences for life-sustaining treatment if they are unable to make decisions?

- A. Power of Attorney
- B. Living Will**
- C. Patient Brochure
- D. Clinical Directive

A Living Will is a legal document that clearly outlines an individual's preferences regarding life-sustaining treatment in situations where they may become incapable of making their own medical decisions. This document typically addresses specific medical interventions, such as resuscitation, mechanical ventilation, or feeding tubes, and conveys the individual's wishes to healthcare providers, ensuring that they receive care in alignment with their values and preferences during critical health situations. It plays a crucial role in medical decision-making by providing clarity to family members and healthcare professionals about what actions should be taken or avoided when a person is unable to express these decisions themselves. This can help prevent distressing situations for loved ones, as they are guided by the individual's documented wishes. While a Power of Attorney designates someone to make decisions on behalf of an individual, it does not specifically spell out treatment preferences. A Patient Brochure typically contains information about the care or services available at a healthcare facility, and a Clinical Directive involves specific guidelines set by healthcare institutions, which do not reflect individual patient preferences for life-sustaining treatment.

10. Which leg should move first when walking up stairs using crutches?

- A. Affected leg
- B. Unaffected/good leg**
- C. Crutches
- D. None of the above

When walking up stairs using crutches, the unaffected or good leg should move first. The reason for this is to provide stability and support as the individual ascends the stairs. By leading with the unaffected leg, the person can place weight on the healthier leg, which typically can bear more weight and provides a stronger base of support. After the unaffected leg has moved up to the next step, the crutches can then be raised and positioned on the same step, followed by bringing the affected leg up. This method helps ensure that the individual maintains balance and reduces the risk of falling. The focus on the good leg first is crucial as it allows the person to effectively use their strength to propel themselves upwards in a safe manner.

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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://lvnfundamentals.examzify.com>

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

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