

Mark Klimek NCLEX-RN Yellow Book 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 the therapeutic range for Lanoxin (digoxin)?**
 - A. 0.5-1.5**
 - B. 1-2**
 - C. 2-3**
 - D. 3-4**

- 2. In the latent phase of labor, what is the dilation range?**
 - A. 0-3 cm**
 - B. 0-4 cm**
 - C. 5-7 cm**
 - D. 8-10 cm**

- 3. How should a nurse teach a 0-2 year old child?**
 - A. Prepare detailed lessons ahead of time**
 - B. Teach them at the same time as actions are happening**
 - C. Use complex visual aids**
 - D. Engage in play-based learning**

- 4. What does a "swing through" gait refer to?**
 - A. A method where both crutches move first**
 - B. The traditional crutching technique**
 - C. A type of gait used for running**
 - D. A method where legs are moved before crutches**

- 5. What typically triggers high pressure alarms in monitoring equipment?**
 - A. Fluid overload**
 - B. They cannot push air in**
 - C. Low oxygen levels**
 - D. Patient movement**

- 6. What is a synonym for aminoglycosides?**
 - A. Aminoglycopeptide**
 - B. Glycopeptide**
 - C. Beta-lactam**
 - D. Macrolide**

- 7. Which of the following best describes the anticholinergic effects of Tricyclic antidepressants?**
- A. Increased production of saliva**
 - B. Dehydration and dry mouth**
 - C. Excessive sweating**
 - D. Rapid heart rate**
- 8. In a Total Thyroidectomy, what is required for the patient's management post-surgery?**
- A. Calcium supplements**
 - B. Regular blood transfusions**
 - C. Hormone replacement therapy**
 - D. Increased dietary iodine**
- 9. When performing a task that requires a doctor's order, what is the best approach?**
- A. Assume you have the doctor's order**
 - B. Skip the task**
 - C. Proceed without calling the doctor**
 - D. Call the doctor before proceeding**
- 10. If bubbling in the water seal is continuous, what does it indicate?**
- A. It is a good sign of proper function**
 - B. It indicates a possible air leak**
 - C. It signifies proper suction pressure**
 - D. It suggests fluid is being drained effectively**

Answers

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

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Explanations

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1. What is the therapeutic range for Lanoxin (digoxin)?

- A. 0.5-1.5
- B. 1-2**
- C. 2-3
- D. 3-4

The therapeutic range for Lanoxin (digoxin) is recognized as being between 0.5 and 2.0 ng/mL. This range is critical for ensuring the medication's effectiveness while minimizing the risk of toxicity. Digoxin works by helping to improve the efficiency and contraction of the heart muscle, which is especially important in conditions like congestive heart failure and atrial fibrillation. A therapeutic level below 0.5 ng/mL may not provide sufficient therapeutic effects, while levels above 2.0 ng/mL can lead to signs of toxicity, such as nausea, vomiting, visual disturbances, and arrhythmias. Maintaining digoxin levels within this range is essential for safe and effective patient management.

2. In the latent phase of labor, what is the dilation range?

- A. 0-3 cm
- B. 0-4 cm**
- C. 5-7 cm
- D. 8-10 cm

In the latent phase of labor, the dilation typically ranges from 0 to 3 cm. This phase is the early part of labor, where the cervix begins to efface and open in preparation for delivery. During this stage, contractions become more frequent and might be mild to moderate in nature, but they are generally not very painful. Option B, which suggests a dilation range of 0-4 cm, extends slightly beyond the typical range for the latent phase and includes early active labor. The standard definition recognizes that the latent phase specifically covers up to 3 cm, while the active phase begins as soon as the cervix is dilated to 4 cm and contractions become more intense and regular. Understanding these phases of labor is crucial for monitoring progress and determining appropriate interventions.

3. How should a nurse teach a 0-2 year old child?

- A. Prepare detailed lessons ahead of time
- B. Teach them at the same time as actions are happening**
- C. Use complex visual aids
- D. Engage in play-based learning

Teaching a child aged 0 to 2 years is best accomplished through contextual and experiential methods. This developmental stage emphasizes the importance of learning through observation and direct experience, which means that linking teaching to real-time actions will resonate most with toddlers. By providing education while actions are happening, the lessons become more meaningful and memorable. For instance, if you are explaining the process of handwashing, demonstrating it at the same time reinforces the concept and helps the child grasp the necessary steps involved. This age group thrives on immediate context rather than abstract or planned lessons, which can often be too advanced for their developmental stage. Engaging them during activities through repetition and simple language effectively reinforces learning in a way that they can understand and mimic.

4. What does a "swing through" gait refer to?

- A. A method where both crutches move first
- B. The traditional crutching technique**
- C. A type of gait used for running
- D. A method where legs are moved before crutches

A "swing through" gait is a specific technique used by individuals who use crutches. In this gait, the person advances both crutches forward simultaneously and then swings their legs through the crutches. This method allows for a more fluid and efficient movement, especially in cases of lower limb injuries or disabilities. The option indicating the traditional crutching technique aligns correctly with the definition of the "swing through" gait because it is one of the universally recognized methods in crutch walking, contrasting with other gaits that involve different movements or sequences of the crutches and legs. This technique is particularly beneficial for individuals who need to maintain balance while moving quickly or with greater distance between steps. Understanding this technique is essential for effective patient education and assessment, as using the appropriate gait can significantly impact mobility and safety for individuals reliant on crutches.

5. What typically triggers high pressure alarms in monitoring equipment?

- A. Fluid overload
- B. They cannot push air in**
- C. Low oxygen levels
- D. Patient movement

High-pressure alarms in monitoring equipment are typically triggered when the machine encounters resistance and cannot deliver the required airflow effectively. This is commonly due to an obstruction in the airway or the ventilator circuit, preventing it from pushing air into the patient's lungs. When the pressure within the system exceeds a certain threshold, the alarm activates as a safety measure to alert the healthcare provider to investigate the cause of the obstruction and ensure the patient receives proper ventilation. While fluid overload can lead to increased airway pressure and complications, it is not the primary trigger for high-pressure alarms. Low oxygen levels do not directly cause the high-pressure alarm; they would more commonly lead to low oxygen warnings or alarms. Patient movement can cause temporary changes in pressure readings, but it usually does not directly result in a persistent high-pressure alarm unless it causes a significant obstruction or dislodgment of equipment.

6. What is a synonym for aminoglycosides?

- A. Aminoglycopeptide
- B. Glycopeptide**
- C. Beta-lactam
- D. Macrolide

Aminoglycosides are a class of antibiotics that are primarily used to treat serious bacterial infections. They work by inhibiting protein synthesis in bacteria. The term "aminoglycoside" is derived from their chemical structure, which contains an amino group and a glycoside. Among the options presented, glycopeptide is not a synonym for aminoglycosides. On the other hand, while aminoglycopeptides and glycopeptides are related classes of antibiotics, they serve different purposes and have distinct mechanisms of action. Beta-lactams and macrolides also represent separate classes of antibiotics with unique characteristics and uses. It is important to have a clear understanding of antibiotic classifications, as this knowledge aids in appropriate prescribing practices and minimizing antibiotic resistance.

7. Which of the following best describes the anticholinergic effects of Tricyclic antidepressants?

- A. Increased production of saliva
- B. Dehydration and dry mouth**
- C. Excessive sweating
- D. Rapid heart rate

Tricyclic antidepressants (TCAs) are known for their anticholinergic properties, which can lead to a variety of side effects due to their action on the cholinergic system. One of the hallmark anticholinergic effects is the reduction of secretions in the body. This includes a decrease in saliva production, leading to dry mouth (xerostomia). In the context of the options provided, the correct answer highlights the dehydration and dry mouth associated with these medications. This occurs because anticholinergic agents inhibit the action of acetylcholine, a neurotransmitter that promotes secretion in various glands, including those that produce saliva. The result is a sensation of dryness in the mouth, which can also contribute to difficulties in swallowing and harms oral health over time due to the lack of saliva. Understanding the anticholinergic effects of TCAs is vital for managing patient care, especially in assessing their impact on hydration and oral hygiene. Other effects such as rapid heart rate can also occur due to these properties, but the primary and most distinctive issues related to anticholinergic activity in TCAs are indeed dehydration and dry mouth.

8. In a Total Thyroidectomy, what is required for the patient's management post-surgery?

- A. Calcium supplements**
- B. Regular blood transfusions**
- C. Hormone replacement therapy**
- D. Increased dietary iodine**

Following a Total Thyroidectomy, patients typically experience a significant decrease in thyroid hormone production because the thyroid gland, which produces these hormones, has been completely removed. As a result, hormone replacement therapy becomes essential to maintain normal metabolic function and overall health. Without adequate thyroid hormones, patients can develop symptoms of hypothyroidism, such as fatigue, weight gain, and depression. Hormone replacement therapy usually involves the administration of levothyroxine, which is a synthetic form of the thyroid hormone thyroxine (T4). Regular monitoring of thyroid hormone levels post-operatively is crucial to ensure that the dosage of medication is appropriate and to prevent complications associated with hypothyroidism. Management options such as calcium supplements may be necessary in cases where the parathyroid glands are affected during surgery, as they regulate calcium levels in the body. However, the immediate and critical need after a Total Thyroidectomy is to provide the patient with the necessary thyroid hormones, which is why hormone replacement therapy is a fundamental aspect of post-surgical care.

9. When performing a task that requires a doctor's order, what is the best approach?

- A. Assume you have the doctor's order**
- B. Skip the task**
- C. Proceed without calling the doctor**
- D. Call the doctor before proceeding**

The best approach when performing a task that requires a doctor's order is to call the doctor before proceeding. This ensures that you have explicit confirmation and clarity on the task, minimizing the risk of error and ensuring patient safety. It's essential to operate within the parameters of medical guidelines and protocols, which dictate that certain interventions cannot be initiated without appropriate physician orders. This protects both the patient and the healthcare provider, as it reinforces the chain of communication and accountability required in healthcare settings. Taking this step also prevents any potential complications that could arise from assuming an order exists, which could lead to neglecting necessary patient care responsibilities.

10. If bubbling in the water seal is continuous, what does it indicate?

- A. It is a good sign of proper function**
- B. It indicates a possible air leak**
- C. It signifies proper suction pressure**
- D. It suggests fluid is being drained effectively**

Bubbling in the water seal chamber of a chest tube system is significant because it indicates that air may be escaping from the pleural space, which suggests the presence of an air leak. In a properly functioning system, intermittent bubbling may occur with patient respiration but continuous bubbling is not typical. This is a signal for healthcare providers to investigate further, as an air leak can compromise the effectiveness of the chest tube in re-establishing normal intrathoracic pressure and can lead to complications. Monitoring for continuous bubbling allows for timely interventions to correct the issue and ensure proper management of the patient's condition.

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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://markklimeknclexrnyellowbook.examzify.com>

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

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