

MARK KLIMEK NCLEX- RN YELLOW BOOK 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. What flavoring should a patient taking Antabuse be cautious about due to potential alcohol content?**
 - A. Chocolate syrup
 - B. Vanilla extract
 - C. Maple syrup
 - D. Honey

- 2. What is the best indicator of Congestive Heart Failure (CHF)?**
 - A. Blood pressure readings
 - B. Heart rate variability
 - C. ANF and BNP levels
 - D. Symptoms of chest pain

- 3. What should be done if a patient exhibits signs of respiratory distress and low P02?**
 - A. Place the patient in a supine position
 - B. Obtain an arterial blood gas test
 - C. Administer oxygen and prepare for intubation
 - D. Encourage deep breathing exercises

- 4. What class of medications does Zoloft belong to?**
 - A. Antipsychotics
 - B. Benzodiazepines
 - C. Antidepressants
 - D. Stimulants

- 5. What is the nurse's primary role in chemical decontamination?**
 - A. Provide First Aid treatment
 - B. Put clothes in a Biohazard bag that gets burned
 - C. Transport patients to a hospital
 - D. Monitor vital signs

- 6. If a patient with hypothyroidism is NPO for surgery, what should still be administered?**
- A. Fluid therapy
 - B. Hormone replacement medication
 - C. Pain medication
 - D. Antibiotics
- 7. What characterizes Alcohol Withdrawal Syndrome?**
- A. Extreme fatigue within 12 hours of the last drink
 - B. Hyper irritability state less than 24 hours after the first drink
 - C. Severe hallucinations occurring immediately after withdrawal
 - D. Physical symptoms beginning after 48 hours of abstinence
- 8. What symptom is typically associated with hypocalcemia?**
- A. Increased heart rate
 - B. Muscle spasms
 - C. Lower than normal blood pressure changes
 - D. Decreased urine output
- 9. What is the appropriate position of your elbows when scrubbing?**
- A. Above the hands
 - B. Aligned with the hands
 - C. Below the hands
 - D. At the waist level
- 10. What is the recommended dressing protocol once a chest tube comes out?**
- A. Apply a vaseline gauze dressing and tape on all sides
 - B. Place a sterile dressing followed by vaseline gauze
 - C. Apply a sterile dressing taped on three sides
 - D. Only tape the area securely without dressing

Answers

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

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Explanations

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1. What flavoring should a patient taking Antabuse be cautious about due to potential alcohol content?

- A. Chocolate syrup
- B. Vanilla extract**
- C. Maple syrup
- D. Honey

Patients taking Antabuse, which is also known as disulfiram, must be cautious about consuming any products that may contain alcohol, as these can trigger adverse reactions when combined with the medication. Vanilla extract is often a common concern because it can contain high levels of alcohol, typically around 35% by volume. Even though it is used in small quantities in food preparation, it could potentially lead to a reaction in someone taking Antabuse. In contrast, chocolate syrup, maple syrup, and honey do not generally contain significant amounts of alcohol, making them safer options for someone on this medication. Therefore, awareness and caution regarding flavorings and extracts containing alcohol, specifically vanilla extract, is critical for patients on Antabuse.

2. What is the best indicator of Congestive Heart Failure (CHF)?

- A. Blood pressure readings
- B. Heart rate variability
- C. ANF and BNP levels**
- D. Symptoms of chest pain

The best indicator of Congestive Heart Failure (CHF) is the measurement of ANF (Atrial Natriuretic Factor) and BNP (B-type Natriuretic Peptide) levels. These biomarkers are crucial in the clinical assessment of CHF because they are released by the heart in response to increased pressure that occurs with heart failure. Elevated levels of BNP, in particular, are strongly associated with the diagnosis and severity of CHF. Monitoring ANF and BNP can help differentiate CHF from other conditions that may cause similar symptoms and can guide treatment decisions. They provide objective, quantifiable data about the heart's function and fluid status, which is essential for managing patients with heart failure effectively. In contrast, blood pressure readings, heart rate variability, and symptoms of chest pain can be influenced by various other cardiac and non-cardiac conditions, making them less specific for diagnosing CHF. While they are important for overall cardiovascular assessment, they do not provide the same direct insight into the status of heart failure as ANF and BNP levels do.

3. What should be done if a patient exhibits signs of respiratory distress and low PO₂?

- A. Place the patient in a supine position
- B. Obtain an arterial blood gas test
- C. Administer oxygen and prepare for intubation**
- D. Encourage deep breathing exercises

When a patient exhibits signs of respiratory distress and low PO₂, the most immediate and appropriate action is to administer oxygen and prepare for possible intubation. This response focuses on addressing the urgent need for adequate oxygenation and ventilation, which is critical when a patient is experiencing respiratory distress. Administering supplemental oxygen can help increase the patient's blood oxygen levels while preparing for intubation ensures that the healthcare team is ready to secure the airway if the patient's condition deteriorates further. In respiratory distress, immediate stabilization is crucial, and intubation may become necessary if the patient cannot maintain adequate oxygenation or ventilation on their own. Taking prompt action can prevent further complications and can be life-saving.

4. What class of medications does Zoloft belong to?

- A. Antipsychotics
- B. Benzodiazepines
- C. Antidepressants**
- D. Stimulants

Zoloft, known generically as sertraline, belongs to the class of medications called antidepressants, specifically selective serotonin reuptake inhibitors (SSRIs). This class of medications is primarily used to treat major depressive disorder, anxiety disorders, obsessive-compulsive disorder, and other mood-related conditions. SSRIs like Zoloft work by increasing the level of serotonin in the brain, which can help improve mood and emotional balance. Understanding the class of medications Zoloft belongs to is crucial for recognizing its therapeutic uses, expected effects, and potential side effects. This knowledge also helps in providing comprehensive care to patients by ensuring appropriate monitoring for effectiveness and side effects, as well as considering drug interactions when administering treatment.

5. What is the nurse's primary role in chemical decontamination?

- A. Provide First Aid treatment
- B. Put clothes in a Biohazard bag that gets burned**
- C. Transport patients to a hospital
- D. Monitor vital signs

The primary role of the nurse in chemical decontamination involves ensuring that any potentially contaminated materials, including clothing, are safely handled to prevent further exposure or harm. By placing the clothing in a biohazard bag that is meant for incineration, the nurse plays a crucial part in the decontamination process, as it helps in eliminating any residual chemicals and reducing the risk of contamination to others. This action supports not only the safety of the patient but also the safety of healthcare personnel, environmental services, and other individuals who may come into contact with those items. Proper disposal of contaminated clothing is a key step in managing a chemical exposure scenario, helping to contain the spread of harmful substances. In contrast, while providing first aid, transporting patients, and monitoring vital signs are important nursing responsibilities, they are secondary to the immediate need for decontamination in cases of chemical exposure. Addressing contamination issues is critical to effectively managing the overall situation and ensuring the safety of all involved.

6. If a patient with hypothyroidism is NPO for surgery, what should still be administered?

- A. Fluid therapy
- B. Hormone replacement medication**
- C. Pain medication
- D. Antibiotics

In the case of a patient with hypothyroidism who is NPO (nothing by mouth) for surgery, it is crucial to administer hormone replacement medication. Patients with hypothyroidism typically require consistent thyroid hormone therapy to maintain metabolic functions and overall physiological stability. Failure to provide hormone replacement in an NPO situation can lead to complications such as thyroid crisis or worsening of hypothyroid symptoms, which can affect the patient's recovery and overall health. Keeping the thyroid levels stable is particularly important to ensure that the patient's body can effectively respond to the stress of surgery. Fluid therapy, pain medication, and antibiotics have their specific roles but do not address the critical need for maintaining thyroid hormone levels in a hypothyroid patient. It's vital to ensure that the patient's endocrine needs are met, which is why hormone replacement is the priority intervention in this scenario.

7. What characterizes Alcohol Withdrawal Syndrome?

- A. Extreme fatigue within 12 hours of the last drink
- B. Hyper irritability state less than 24 hours after the first drink**
- C. Severe hallucinations occurring immediately after withdrawal
- D. Physical symptoms beginning after 48 hours of abstinence

Alcohol Withdrawal Syndrome is characterized by a variety of symptoms that occur when an individual who has been consuming alcohol heavily suddenly reduces or stops their intake. One of the hallmark features of this syndrome is the onset of withdrawal symptoms, which typically begin within a specific timeframe after the last drink. An individual can experience a hyper irritability state due to neurochemical changes in the brain caused by the absence of alcohol. This heightened irritability and agitation can manifest as early as six to 12 hours after the last drink, which aligns with the option chosen. It highlights the disturbances in mood and behavior that often accompany withdrawal, reflecting the brain's struggle to adjust to the lack of alcohol, which was previously influencing its function. Other symptoms may follow and can escalate in severity if not managed appropriately. It's important to consider the timing of symptom onset in relation to alcohol consumption, as understanding these patterns is critical for effective assessment and intervention in clinical settings.

8. What symptom is typically associated with hypocalcemia?

- A. Increased heart rate
- B. Muscle spasms**
- C. Lower than normal blood pressure changes
- D. Decreased urine output

Muscle spasms are typically associated with hypocalcemia because calcium plays a critical role in neuromuscular function. When calcium levels in the blood drop, it can lead to increased excitability of the nerves and muscles. This heightened excitability can result in involuntary muscle contractions, known as spasms or tetany. In addition, hypocalcemia can lead to other symptoms such as numbness, tingling, and cramps, all of which are linked to the effects of low calcium on muscle and nerve function. The other symptoms listed, like increased heart rate, lower blood pressure changes, and decreased urine output, are not characteristic of hypocalcemia. Increased heart rate is generally more associated with stress or hypercalcemia, lower blood pressure can result from various factors unrelated to calcium levels, and decreased urine output is more linked to kidney issues or dehydration rather than changes in calcium levels. Thus, muscle spasms are the clear and specific symptom indicative of hypocalcemia.

9. What is the appropriate position of your elbows when scrubbing?

- A. Above the hands
- B. Aligned with the hands
- C. Below the hands**
- D. At the waist level

When scrubbing for a surgical procedure, it is essential to maintain a specific technique to ensure proper aseptic technique and prevent contamination. The appropriate position for your elbows during scrubbing is below the hands. This position helps to maintain a sterile field as you scrub, allowing for the hands and forearms to be cleaned without risk of contamination from any non-sterile surfaces. Placing the elbows below the hands promotes a natural and controlled movement that enables thorough cleaning of all surfaces, following the protocols for effective hand hygiene. This technique is critical in a surgical setting, where maintaining sterility is paramount to prevent infections. The other positions, such as having the elbows aligned with or above the hands, would not facilitate the same level of cleanliness and could risk the potential recontamination of the hands or forearms during the scrubbing process. Additionally, positioning the elbows at waist level deviates from the sterile field requirement, increasing the risk of microbiological contamination. Maintaining proper hand scrubbing technique is crucial for patient safety and the integrity of surgical procedures.

10. What is the recommended dressing protocol once a chest tube comes out?

- A. Apply a vaseline gauze dressing and tape on all sides
- B. Place a sterile dressing followed by vaseline gauze
- C. Apply a sterile dressing taped on three sides**
- D. Only tape the area securely without dressing

Upon removal of a chest tube, the recommended dressing protocol is to apply a sterile dressing taped on three sides. This approach is crucial as it allows for air to escape from the pleural space while providing a barrier against contaminants. By taping the dressing on three sides, a one-way valve effect is created, which facilitates the release of any trapped air but prevents it from re-entering the chest cavity. This is especially important in managing the risk of pneumothorax after tube removal. Using sterile dressings is essential to minimize the risk of infection at the insertion site. The decision to leave one side untaped rather than completely sealing the dressing promotes drainage, which is necessary because the area may still have residual fluid or air post-removal. This dressing strategy optimally balances the need to protect the site while allowing for the body's natural healing processes and managing any potential complications.

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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